

### **Preparing for Parenthood**

This unit involves information about conception, pregnancy, and birth. It also explores the realities of adolescent pregnancy and parenting for both males and females.

### **Responsible Sexual Behavior**

Participants gain a broad definition of abstinence that includes sexual intercourse of any type but allows for some affection and sexual contact that is low risk. This unit also focuses on contraception, unplanned pregnancy options, and sexual decision making.

### **Sexually Transmitted Diseases (STDs)**

This unit presents facts about STDs and information about prevention.

### **Conclusion**

this final session provides an opportunity to bring the group experience to a close and to celebrate the learning that has taken place.

**The 2008 Our Whole Lives course will consist of 12 or 13 90 minute session, beginning February Sunday, February 10<sup>th</sup> and concluding May 18st. (there will be no class on Easter or Mother's Day.) The fee is \$35 and covers all materials. Scholarships are available.**

**Sessions will be Sunday evenings from 7:00 to 8:30pm.**

**A parent orientation meeting will be held on Sunday, December 17, 2007 at 2:00 pm at the Oberlin Public Library.**

**Questions? Ready to register? Please call Shelly Rasmussen at OUUF (440-935-3812) or email her at mailbox@ouuf.org**

**Please register by January 21, 2008.**

### **For more information:**

OWL Website: [www.uua.org/owl/main/html](http://www.uua.org/owl/main/html)

Oberlin Unitarian Universalist Fellowship

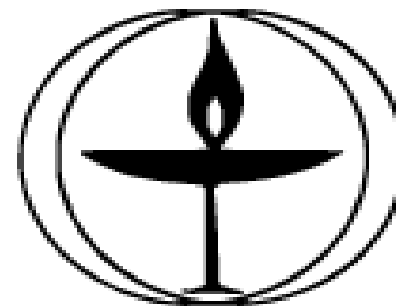
Director Of Religious Education:

Shelly Rasmussen

Trained OWL facilitators: Edie Fuchsman, David Locklear,

Ed Miller

# Our Whole Lives Sexuality Education



...everything you want your teen to know  
to be strong, safe, and healthy

Parents, educators, and religious communities all face the challenge of creating environments that support and nurture sexual health. Young people need sexuality education programs that model and teach caring, compassion, respect, and justice. Such programs should be holistic, moving beyond the intellect to address the attitudes, values, and feelings that youth have about themselves and the world.

*Our Whole Lives: Sexuality Education for Grades 7 – 9* is one component of the *Our Whole Lives* lifespan series. Unlike many other sexuality curricula currently available, this program is comprehensive and progressive. In an inclusive and developmentally appropriate manner, it addresses sensitive topics that are typically excluded. Although the Unitarian Universalist Association and the United Church Board developed the curriculum for Homeland ministry, United Church of Christ, the volume is complete secular and free of specific religious doctrine or reference. However, the underlying values of the program reflect the justice-oriented traditions of both denominations.

This curriculum is intended for young adolescents. Our enrollment will be limited to 15 students. This program has also been used successfully in a variety of community settings, including schools, youth-serving agencies, and religious communities.

# ***GOALS OF THE CURRICULUM***

The overall goal of *Our Whole Lives* is to create a positive and comprehensive lifespan educational program that helps participants gain the knowledge, values, and skills to lead sexually healthy, responsible lives. More specifically, this curriculum is designed to help young adolescents:

**affirm** and respect themselves as sexual persons (including their bodies, sexual orientation, feelings, etc.) and respect the sexuality of others.

**increase comfort** and skills for discussing and negotiating sexuality issues with peers, romantic partners, and people of other generations.

**explore**, develop and articulate values, attitudes, and feelings about their own sexuality and the sexuality of others.

**identify** and live according to their values.

**increase motivation** and skills for developing a just sexual morality that rejects double standards, stereotypes, biases, exploitation, dishonesty, and harassment.

**acquire knowledge** and skills for developing and maintaining romantic or sexual relationships that are consensual, mutually pleasurable, non-exploitative, safe, and based on respect, mutual expectations, and caring.

**increase knowledge** and skills for avoiding unintended pregnancy and sexually transmitted diseases.

**express** and enjoy sexuality in healthy responsible ways at each stage of their development.

**assess** the impact of messages from family culture, religion, media, and society on sexual thoughts, feelings values, and behaviors.

*Our Whole Lives: Sexuality Education for Grades 7 – 9*

# **STRUCTURE OF THE CURRICULUM**

**Our course consists of 90-minute sessions divided into units as described below:**

## **Group Building**

In this introductory unit, participants receive an overview of the program, express their expectations, and establish ground rules, which would include confidentiality issues. They engage in activities to promote group bonding and cohesion.

## **Sexuality and Body Awareness**

This unit helps participants explore attitudes toward and increase comfort with sexual language. These sessions are designed to increase participant's knowledge of sexual anatomy, physiology, and the physical and emotional changes of puberty. Youth will have an opportunity for single gender discussions. This unit also promotes non-stereotyped gender-role attitudes and behaviors.

## **Disability and Diversity Issues**

This unit explores the impact of disability and other dimensions of diversity on sexuality and relationships.

## **Sexual Orientation and Gender Identity**

In this unit, participants gain information and explore attitudes about people who are gay, lesbian, bisexual, and transgender. The unit also puts a face on the issue of sexual orientation by bringing in a guest panel.

## **Relationships**

This unit presents key qualities of relationships, explores thorny issues such as peer pressure, and provides opportunities to learn and practice relationship skills such as listening and decision making. The unit also deals with dating relationships, marriage, and other life-time commitments. The unit also deals with sexual consent, assertiveness skills, sexual harassment, and abuse of sexuality.

## **Lovemaking**

This unit is designed to answer young people's questions about lovemaking. It counters negative media messages that often portray sexual behaviors out of the context of healthy, positive, and consensual relationships. Youth also gain information and dispel myths about masturbation.