

## What are the values that the OWL program is based on?

- Every person is entitled to dignity and self-worth, and to his or her own attitudes and beliefs about sexuality.
- Knowledge about human sexuality is helpful, not harmful. Every individual has the right to accurate information about sexuality and to have her or his questions answered.
- Sexual intercourse is only one of the many, valid ways of expressing sexual feelings with a partner. It is healthier for young adolescents to postpone sexual intercourse.
- All persons have the right and obligation to make responsible sexual choices.
- We need to avoid double standards. People of different ages, genders, races, backgrounds, income levels, physical and mental abilities, and sexual orientations have equal value and rights.
- Sexual relationships should never be coercive or exploitative.

## Where can I find more information about the Our Whole Lives Curriculum?

The Unitarian Universalist Association hosts a comprehensive website covering the OWL curriculum and program. Use the link below to access the UUA OWL website for more information on any component of Our Whole Lives:

<https://www.uua.org/re/owl>

## OUR WHOLE LIVES Sexuality Education for Grades 7-9

### PARENT INFORMATION NIGHT *Sunday, January 6* *from 4 - 6 p.m.* *at Lewis Hall*

(Behind Burton Community Church)

The Vashon Island Unitarian Fellowship is excited to announce our sponsorship of the Our Whole Lives (OWL) Sexuality Education Program for grades 7-9. This is an award winning sexual health program that goes beyond the basics to address topics most important to young adolescents in the context of self-worth, sexual health, responsibility, justice, and inclusivity.

Please join us for a parent information night to learn more about OWL's progressive and age appropriate approach to sexuality education. Our trained OWL facilitators, Alix Clarke and Kyle Britz, will be on hand to answer your questions about the OWL program. Class size will be limited to 14-16 participants and registration is required.

Please RSVP to:

[dir.re@tahomauu.com](mailto:dir.re@tahomauu.com)  
[avblewis@comcast.net](mailto:avblewis@comcast.net)



Vashon Island Unitarian Fellowship

**Parents are children's primary teachers, but what is society teaching our children about sexuality?**

Our Whole Lives is an antidote to sexualized media messages, peer pressure, misinformation, and prejudice. It provides accurate, age-appropriate information, puts sexuality in the context of values and personal responsibility, supports healthy decision making, and strengthens social skills. These skills and values help prepare youth to make healthy choices for life.

**Parent Information Night**

***Sunday, January 6 from 4-6 p.m.***  
at Lewis Hall, behind BCC in Burton.

**RSVP:** [dir.re@tahomauu.com](mailto:dir.re@tahomauu.com) and  
[avblewis@comcast.net](mailto:avblewis@comcast.net)

OWL is a secular program offered by VIUF, in Lewis Hall, behind the Burton Community Church.

The program starts on January 11, 2019 and will run two Fridays a month through early June.

**\*\*Dinner will be served at each class.\*\***

**Registration and attendance at the Parent Information Night is required. Registration is due by *Sunday, January 6, 2019.***

Class size is limited to 16 participants. \$150 participation fee for non-VIUF members (scholarships available).

**Our Whole Lives values:**

- Self-Worth
- Sexual Health
- Responsibility
- Justice and Inclusivity

OWL models and teaches caring, compassion, respect, and justice. It helps adolescents address their attitudes, values, and feelings about themselves, their sexuality, and others' sexuality. Participants are guided by trained facilitators through an engaging curriculum that addresses topics most important to young adolescents, including those typically excluded from sexuality education and health classes. OWL is a secular curriculum appropriate in a variety of settings.

For more information, contact:

[dir.re@tahomauu.com](mailto:dir.re@tahomauu.com)  
[avblewis@comcast.net](mailto:avblewis@comcast.net)



## **Workshop Titles**

### **UNIT 1 Introduction**

- 1 What is Sexuality?
- 2 Examining Values
- 3 The Language of Sexuality

### **UNIT 2 You, as a Sexual Being**

- 4 Anatomy and Physiology
- 5 Personal Concerns About Puberty
- 6 Body Image
- 7 Gender Identity
- 8 Gender Expression, Roles & Stereotypes
- 9 Sexual Orientation
- 10 Guest Panel
- 11 Sexuality and Disability

### **UNIT 3 Relationships**

- 12 Healthy Relationships
- 13 Relationship Skills

### **UNIT 4 Contemporary Issues**

- 14 Sexuality, Social Media and the Internet
- 15 Bullying & Bystander Responsibilities

### **UNIT 5 Responsible Sexual Behavior**

- 16 Redefining Abstinence
- 17 Lovemaking
- 18 Consent Education

### **UNIT 6 STIs, Pregnancy & Parenting Decisions**

- 19 Sexually Transmitted Infections
- 20 Pregnancy, Parenting, & Teen Parenting
- 21 Unintended Pregnancy Options
- 22 Contraception and Safer Sex

### **UNIT 7 Communicating about Sexuality**

- 23 Sexual Decision Making
- 24 Communicating with a Sexual Partner
- 25 Self Care, Celebration, & Closure

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