



Our Whole Lives helps children learn about and discuss the physical and emotional changes of puberty. You can be actively involved as your child explores values, communication and decision making.

### **Our Whole Lives: Sexuality Education for Grades 4-6**

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## ***Our Whole Lives (OWL) values:***

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

In eight one-hour workshops, OWL models and teaches caring, compassion, respect, and justice.

It helps children in Grades 4-6 understand the physical and emotional changes of puberty. Participants explore values, communication and decision making, as well as physical health and development.

The HomeLinks feature opens lines of communication between parents and children. This program is designed for groups comprised of Grades 4-5 or 5-6, or with any one of these grades separately.

OWL is a secular curriculum, appropriate in a variety of settings.

*Sexuality and Our Faith* is available separately as a religious supplement for Unitarian Universalist and United Church of Christ congregations.

For more information, contact [OWL@UUA.org](mailto:OWL@UUA.org)

## **Workshops**

Parent Meeting

Parent/Child Orientation Program

1. Values and Sexuality
2. Family Relationships
3. Puberty: Physical and Emotional Changes
4. Gender Identity and Sexual Orientation
5. Lovemaking and Reproduction
6. Health and Safety
7. Communication
8. Decision Making

