

Our Whole Lives Values

The content of every age-level curriculum embodies these values

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

Sexuality is honored here.

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Our Whole Lives Objectives

- Self-esteem
- Acceptance
- Inclusion
- An ability to articulate and practice one's deepest values and be one's best self
- A base of knowledge for informed personal decision-making



Sexuality Education for Our Whole Lives



Our Whole Lives (OWL) Sexuality Education

OWL is a program of lifespan sexuality education with curricula for:

- Grades K-1
- Grades 4-6
- Grades 7-9
- Grades 10-12
- Young Adults (ages 18-35)
- Adults

Our Whole Lives takes a holistic view of sexuality. It provides accurate, age-appropriate information while helping people clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.

Our Whole Lives is based on the Guidelines for Comprehensive Sexuality Education produced by the National Guidelines Task Force, a group of leading health, education, and sexuality professionals assembled by the Sexuality Information and Education Council of the United States (SIECUS).

Learn more at www.UUA.org/re/owl.

Our Whole Lives Assumptions

- All persons are sexual.
- Sexuality is a good part of the human experience.
- Human beings are sexual from the time they are born until they die.
- It can be natural to express sexual feelings in a variety of ways.
- People engage in healthy sexual behavior for a variety of reasons, including to express caring and love, to experience intimacy and connection with another, to share pleasure, to bring new life into the world, and to experience fun and relaxation.
- Sexuality in our society is damaged by violence, exploitation, alienation, dishonesty, abuse of power, and the treatment of persons as objects.
- It is healthier for young adolescents to postpone sexual intercourse.

Would you like to become a certified facilitator? We have sponsorships available for those who want to join our efforts. Please email connect@huuf.org for more info on training dates.

What's Religious About Sexuality Education?

Liberal religious sexuality education gives children, youth, and adults a safe forum in which to make meaning of their lives. Participants learn to feel positive about themselves and their sexuality while they clarify their values, apply their values to their experiences, and gain knowledge about their bodies, feelings, and behaviors.

When you offer an Our Whole Lives program, you help transform a cultural climate of fear and confusion about sexuality into a new reality in which every person's inherent worth and dignity is valued.

Each Our Whole Lives curriculum has a companion activity and resources guide, Sexuality and Our Faith, which supports you to center sexuality education in a religious context. Participants are guided to grow in spiritual depth, prophetic vision and action for justice, and values congruent with Unitarian Universalist Principles.