

Who can take OWL?

This course is offered to youth who will be in grades 7-9 during the 2019-2020 school year. Families do not need to be members of the Unitarian Universalist Congregation of Grand Traverse to enroll.

When will it be held?

OWL will be held twice a month from October 2019 through April 2020. Consistent attendance is required in order to maintain a safe and comfortable space for all participants.

Please join us for an informational parent meeting!

Sunday, August 11th at 12:30 pm

or Sunday, September 8th at 4:30 pm

Meetings will be held at the Unitarian Universalist Congregation of Grand Traverse.

For questions about the 2019-2020 OWL program or the parent meeting, please email Betsy, the Director of Religious Education:

dre@uucgt.org

Unitarian Universalist Congregation
of Grand Traverse
6726 Center Road
Traverse City, MI 49686
231.947.3117
Find us on Facebook

uucgt.org



OUR WHOLE LIVES

**Comprehensive Sexuality
and Health Education for
Youth in Grades 7-9**

What is Our Whole Lives?

Our Whole Lives (OWL) is a comprehensive sexual education program that offers:

- Honest, age-appropriate answers to all participants' questions.
- Activities to help clarify values and improve decision-making skills.
- Intentional group-building to create a safe and supportive peer group.
- Acceptance of diversity.
- Encouragement to act for justice.
- Opportunities to critique media messages about gender and sexuality.
- Education about sexual abuse, exploitation, and harassment.
- Parent orientation programs that affirm parents as the primary sexuality educators for their children.



What will my child learn?

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, and 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 and 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, and 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, and Closure

For more information about the OWL curriculum, visit:

www.uua.org/re/owl