

## OUR WHOLE LIVES-AT-A-GLANCE\*

\*Each level of Our Whole Lives may be accompanied by a corresponding Sexuality and Our Faith manual that includes scripture and questions to help support UCC faith traditions

### K-1 Our Whole Lives

- Values: Respect, Relationship, Responsibility
- 8 one-hour sessions
- Parent meeting and parent/child orientation
- Education about bodies, families, safety and birth

### 4<sup>th</sup>-6<sup>th</sup> Grade Our Whole Lives

- Values: Respect, Relationship, Responsibility
- 8-10\* one-hour sessions
- Parent meeting and parent/child orientation
- Education about puberty, gender, orientation, values, lovemaking, reproduction, health, safety, decision-making and communication

\*currently being revised to 10 from 8 sessions

### 7<sup>th</sup>-9<sup>th</sup> Grade Our Whole Lives

- Values: Self-Worth, Sexual Health, Responsibility, Justice & Inclusivity
- 25 ninety-minute sessions
- Parent orientation
- Education about language, body image, gender, attraction, decision-making, consent, contraception, risk reduction and more

**“People think OWL is about sex. It is.....but it’s really about respect.”**

**Our Whole Lives participant**

### 10<sup>th</sup>-12<sup>th</sup> Grade Our Whole Lives

- Values: Self-Worth, Sexual Health, Responsibility, Justice & Inclusivity
- 14 two-hour sessions with 41 different workshops
- Parent Orientation
- Deeper education about 7<sup>th</sup>-9<sup>th</sup> topics plus power, harassment, sexuality and social issues, parenting, disabilities, relationships, and more

### Young Adult Our Whole Lives

- Values: Self-Worth, Sexual Health, Responsibility, Justice & Inclusivity
- 14 two-hour modular workshops (each workshop can stand on its own or be combined with others)
- Education about mind, body, pleasure, health, gender, orientation, communication, relationships, family, advocacy and more

### Adult Our Whole Lives

- Values: Self-Worth, Sexual Health, Responsibility, Justice & Inclusivity
- 14 two-hour modular workshops (each workshop can stand on its own or can be combined with others)
- Education about values, communication, health, relationships, diversity, family, aging, and more