

Our Whole Lives

4th-6th
grade

Lifespan Sexuality Education

BOOKS



Curriculum

Our trained leaders use Our Whole Lives: Sexuality Education for Grades 4-6 by Elizabeth M. Casparian and Eva S. Goldfarb.

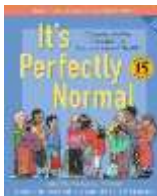


Parent Guide

Parents must have a copy of The Parent Guide to Our Whole Lives Grades K-1 and Grades 4-6 by Patricia Hoertdoerfer.

The guide walks parents through tough questions children pose about sexuality, including information on roles, behaviors, and values and also outlines what the children are learning in the OWL classes.

Available from UUFM for \$15, online from the UUA bookstore, or through your favorite bookseller.



Required Reading

Students must have a copy of It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie Harris.

Students complete easy, weekly reading assignments from the book. The newest edition has been updated for the 21st Century.

Available at the Manhattan Public Library, on loan from UUFM, or through your favorite bookseller. Cost is \$4 - \$30 depending on edition and condition.

DATES

OWL 4-6 Schedule for 2019

January 6 12:30-1:00	Informational meeting Informal Q&A
January 13 12:30-1:00	Informational meeting Informal Q&A
January 20 12:30-3:00	Parent-Child Orientation This 2.5-hour session is mandatory for both parent and child.
January 27 12:30-1:45	Values and sexuality/
February 3 12:30-1:45	Family relationships
February 10 12:30-1:45	Puberty: physical and emotional changes
February 17 12:30-1:45	Gender identity and sexual orientation
February 24 12:30-1:45	Lovemaking and reproduction
March 3 12:30-1:45	Health and safety
March 10 12:30-2:30	Communication, and decision making

Note that this session is 2-hours.

This schedule may change due to inclement weather.

GOALS OF OUR WHOLE LIVES FOR GRADES 4-6

- To strengthen and support each child's sense of self and self-esteem
- To help children understand the place of sexuality in human life and loving.
- To encourage children to appreciate their bodies as good and beautiful, private and special.
- To provide children with accurate, developmentally appropriate information about human sexuality, reproduction, and gender identification.
- To prepare children for the normal changes they will experience as they grow and develop.
- To help children develop interpersonal skills—including communication, decision making, and problem solving—that will help keep them safe and healthy.
- To help children learn to make responsible decisions that show respect for themselves and others.
- To help families communicate openly about all life questions.
- To strengthen parents' roles as their children's most important sexuality educators.

PARTNERING WITH PARENTS

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.

Throughout the curriculum, the three Rs of our religious education about human sexuality - Respect, Relationship, Responsibility, are supported and nurtured. Our religious heritages compel and guide us in creating a safe environment where people can come to understand and respond to the challenges facing them as sexual beings.

Respect. *Each and every person is entitled to dignity, self-worth, and respect for their attitudes and beliefs about sexuality.*

Relationships. *People of all ages, genders, races, backgrounds, income levels, physical and mental abilities, and sexual orientations must have equal value and rights. Sexual relationships should never be coercive or exploitative.*

Responsibility. *Every person has the right to accurate information about sexuality and to have their questions answered. Knowledge about human sexuality is helpful, not harmful. All persons have the right and obligation to make responsible sexual choices. We need to express our sexuality in ways that enhance human wholeness and fulfillment and that express love, commitment, and joy.*

INSTRUCTORS



Sandy Nelson is a life-long UU and a member at UUFM since 1980. She is a graduate of the original, 1970s version of the OWL teen curriculum, "About Your Sexuality" (AYS). Sandy is a trained OWL/AYS instructor and taught both K-1 and 4-6 OWL, as well as the 7-9 AYS curricula. *After 20 years with the International Association for Jazz Education as Publications Director, I retired into my passion: children's religious education. I am the Director of Religious Education at UUFM as well as the part-time admin. assistant at First Congregational UCC.*



Our Whole Lives is an excellent program and a very important part of what we do at UUFM.

For more information, please contact Sandy Nelson, Director of Religious Education DRE@uufm.net
call/text: 785-341-0135

Christopher Renner has been a member at UUFM since 1999. Christopher is a trained OWL instructor and has taught both the K-1 and 4-6 OWL curricula.



In terms of other UUFM activity, I organized the Welcoming Congregation curriculum, and I'm a Happy Kitchen volunteer. I'm also active in other social action work, like organizing the upcoming UU Social Justice Conference in Lawrence on February 4. Professionally, I'm an educator and independent journalist.



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