

OUR WHOLE LIVES



LIFESPAN SEXUALITY EDUCATION

WHO

WHAT

WHEN

WHERE

WHY

HOW



■ WHO: UUFM FAMILIES, AND FRIENDS

Students in OWL classes are primarily part of UUFM. We frequently have a handful of students who join us from First Congregational UCC. Additionally, an occasional “friend of the family” joins.

■ WHAT: OUR WHOLE LIVES (OWL) LIFESPAN SEXUALITY EDUCATION

Our Whole Lives, or OWL, is a series of comprehensive sexuality curricula published by the Unitarian Universalist Association and the United Church of Christ Justice and Witness Ministries. Each of the different curriculum options have interactive workshops and activities that engage participants and speak to the particular needs of the age group.

While UUFM has only taught curriculum designed for the first three levels, there are a total of seven curriculum options:

- Grades K-1
- Grades 4-6
- Grades 7-9
- Grades 10-12
- Young Adults
- Adults
- Older Adults

■ WHEN: SUNDAYS, IN ALTERNATING WINTERS

K-1/4-6 - Kindergarten-1st and 4th-6th grade classes generally meet from 12:30-1:30 pm.

7-9 - The young teen curriculum is offered every 2-3 years from 12:30-3:00 pm.

■ WHERE: AT THE FELLOWSHIP

Students and teachers fill the building some years. We've held classes in EVERY room in the building – except the kitchen!

We've even held classes outside.

■ WHY: HONEST, ACCURATE INFORMATION ABOUT SEXUALITY CHANGES LIVES.

Our Whole Lives dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives. For these reasons and more, we are proud to offer the comprehensive, lifespan sexuality education curricula.

Our Whole Lives helps participants make informed and responsible decisions about their relationships, sexual health, and behavior. With a holistic approach, OWL provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity

and expression, sexual orientation, sexual health, and cultural influences on sexuality.

■ HOW: WITH LOTS AND LOTS OF VOLUNTEERS AND YOUR SUPPORT!

Did you know that more than 20 UUFM adults have trained to be OWL facilitators? The training is an intense 3-day event taking 20 hours.

After training, facilitators lead curriculum workshops. Each workshop is 1-2 hours long and the preparation before class is often 1-2 hours as well. Plus follow-up after each session.

The 7-9 curriculum has 26 90-minute sessions so that's a volunteer investment of almost 100 hours per facilitator and there are two facilitators per class. ***If we paid facilitators \$25 an hour it would equate to an investment of about \$5000 per semester.***

Who are these incredible volunteers? Ann J., Larry W., Yvonne L., Anne C., Margaret G., Betty B., Chris B., Brock D., Don, Eric B., Colina S., Sandy N., Carolyn F., Molly M., Sarah B., Cory Z., Ryan M., Katie M., Jessica S., Courtney A., Christopher R., Jen C., Matt C., Kim M., Marisa L., Justin H., Laura L. ... and the list keeps growing!

For more information visit
www.uufm.net
www.uua.org/owl