



Mission Peak Unitarian Universalist Congregation

OUR WHOLE LIVES SEXUALITY EDUCATION FOR 7TH-9TH GRADE YOUTH



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.

Our Whole Lives (OWL) values:

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

OWL teaches and models caring, compassion, respect, and justice. It helps adolescents address their attitudes, values, and feelings about themselves, their sexuality, and others' sexuality. Participants are guided by trained facilitators through an engaging curriculum that addresses topics most important to young adolescents, including those typically excluded from sexuality education and health classes.

For 7th– 9th graders:

- This is your chance to learn everything they're not teaching you in school about sexuality...
- Would you rather learn FACTS about sexuality, instead of believing rumors you hear or internet search results?
- Our trained instructors will answer ANY questions you have because we think knowledge about human sexuality is helpful, not harmful.
- The OWL program is a safe place to talk about relationship issues.
- You'll have the opportunity to have fun while you're learning about sexuality and relationships.
- When you join the OWL program, you commit to attend all the sessions and to keep discussions confidential.
- The class has the same group of people for the whole series. No new youth join in (no drop-ins or late registrants), so you have the chance to develop relationships you can trust.



Workshop Titles

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 & 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 & 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, & 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, & Closure

Information about Classes, which are split between Fremont and San Jose, CA

Mandatory parent's orientation Oct. 20th, 2019 3PM-6PM at the First United Methodist Church Campus, 2950 Washington Boulevard, Fremont, CA

Mandatory parent's orientation Nov. 17th, 2019 3PM-6PM at First Unitarian Church of San José, 160 North Third Street, San Jose, CA

Parents must come to one of the 2 orientations for their youth to participate

Youth classes are on 11 Sunday afternoons and 1 Saturday afternoon/evening, each covering multiple workshops, **starting in January 2018**

For more info email wallcave@mpuuc.org. For more info about Mission Peak go to missionpeakuu.org