



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
Pornography

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 in Fremont, CA

Mandatory parent's orientation to be scheduled in Dec or Jan at the First United Methodist Church Campus, 2950 Washington Boulevard, Fremont, CA

One of students' parents/guardians must attend orientation, all must sign permission slip. Proof of youth Covid vaccination must be presented to attend class.

Youth classes are on 12 Sunday afternoons, each covering multiple workshops, between **January 23, 2022** and **May 1, 2022**.

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