

Our Whole Lives Lifespan Sexuality Education Curricula

Our Whole Lives covers topics and skills that both parents and students want to have available but schools are less likely to cover. The Kaiser Family Foundation has an interesting report on this subject called "Sex Education in America: A View from Inside the Nation's Classrooms". New national surveys are challenging the convention that Americans are reluctant to have sexual health issues taught in school, the surveys show that most parents, along with educators and students themselves, would expand sex education courses and curriculum.

Our Whole Lives is appropriate for use in a variety of congregational, school and community settings, including after-school programs, and youth groups.

Our Whole Lives is a series of sexuality education curricula for six age groups: grades K-1, grades 4-6, grades 7-9, grades 10-12, young adults (ages 18-35), and adults.

Our Whole Lives helps participants make informed and responsible decisions about their sexual health and behaviour. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationship, personal skills, sexual behaviour sexual health, and society and culture. Grounded in a holistic view of sexuality, *Our Whole Lives* provides not only facts about anatomy and human development, but helps participants to clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.



Our Whole Lives Values:

- Self-worth
- Sexual health
- Responsibility
- Justice and inclusivity

The following is a listing of *Our Whole Lives* programming at the North Shore Unitarian Church and when they will be offered:

Kindergarten-Grade One: Spring 2011

Grade 4-6 Program, offered for grades 5 and 6 participants and parents

Parent Orientation: Tuesday, March 1st and March 15th
from 7:15 to 9:15 pm

Child and Parent Program: Mondays from March 22nd to
May 31st from 6:00-7:30 pm

Grade 7-9 Program: offered for grades 8 and 9 participants:

Fall 2010

Grade 10-12 Program: offered for grades 10 through 12:

Parent Orientation: Monday, September 28 and October 5
from 7:00 to 9:00 pm

Participants: Monday, October 19th through to February 8th
from 6:30 to 9:00 pm

Young Adult: Fall 2010

Adults: Spring 2011

Each level of *Our Whole Lives* offers

- Up-to-date information and honest, age-appropriate answers to all participants' questions
- Activities to help participants clarify values and improve decision-making skills
- Effective group-building to create a safe and supportive peer group
- Education about sexual abuse, exploitation and harassment
- Opportunities to critique media messages about gender and sexuality
- Acceptance of diversity
- Encouragement to act for justice

social aspects of sexuality.

Our Whole Lives uses approaches that work. The curricula are based on the Guidelines for Comprehensive Sexuality Education produced by the National Guidelines Taskforce, a group of leading health, education, and sexuality professionals assembled by the Sexuality Information and Education Council of the United States (SIECUS)

- Encouragement to act for justice
- A well-designed, teacher-friendly leaders' guide
- Parent education programs that affirm parents as the primary sexuality educators of their children
- *Sexuality and Our Faith*, an optional religious component for Unitarian Universalist and United Church of Christ settings

The cost of each program is \$80.00

For more information, contact

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Unitarian Universalist congregations covenant to affirm and promote the following seven principles:

1. The inherent worth and dignity of every person;
2. Justice, equity, and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

These principles are the backbone of our religious community.



North Shore
Unitarian Church

...discovering meaning together

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