

OWL'S HISTORY

Over forty years ago, Unitarian Universalists were introduced to a pioneering new sexuality education program for youth, *About Your Sexuality*. Many years later, that honest and open approach to education about sexuality has grown to become the multi-level curriculum of *Our Whole Lives*.

Unitarian Universalists are a diverse faith community and believe in educating children, youth and adults in health, ethics and sexual decision-making from a progressive, informed standpoint. Evolving morality and ethics over the decades challenged existing systems of sex education. How were parents to inform their children about sex? Working through the 1970's and on, eventually the United Church of Christ (UCC) and the Unitarian Universalist Association (UUA) joined forces between 1992-2000 to develop curriculum and launch the first *Our Whole Lives* program and resources.

Although developed by two religious organizations, the Our Whole Lives curriculum does not promote religious references or doctrines.

OWL Core Values

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

OWL sessions are scheduled for different age levels throughout the year. To access OWL sessions and for more information for yourself and/or your child, please contact:

owl@cuc.ca

1-888-568-5723

Unitarian Universalists are a diverse faith community bound by a common commitment to equity and justice. We covenant to a set of principles, which calls us to seek peace, liberty and compassion, to search for truth and meaning, to respect the inherent worth and dignity of every person, and to uphold democratic processes.

Canadian Unitarian Council
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#302-192 Spadina Avenue
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Our Whole Lives (OWL)



Sexuality Education for All Ages

- ⇒ Comprehensive
- ⇒ Factual
- ⇒ Values-based
- ⇒ Age Appropriate

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Interdependence. Love. Justice

What is Our Whole Lives (OWL)?

Our Whole Lives (OWL) 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)
- 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:

- relationship
- human development
- personal skills
- sexual behavior
- sexual health
- society & culture

Grounded in a holistic view of sexuality, OWL provides facts about anatomy and human development, and also helps participants to clarify their values, build interpersonal skills, while understanding the spiritual, emotional, and social aspects of sexuality.

Our Whole Lives Offers:

- Accurate information and honest, age-appropriate answers to health & sexuality questions and needs
- Activities to help participants clarify values and increase healthy 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
- 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

OWL FOR PARENTS & STUDENTS

Our Whole Lives covers topics and skills about sexuality and decision-making that parents and students need to know but are less likely to be available through public education.

Through experience offering *Our Whole Lives* in Canadian and American contexts, health and sexuality educators understand the profound effect that inclusive, respectful, fact-based sex education can have on young people. OWL empowers children, teens and adults to understand not only their bodies but also their relationships and the importance of consent and respect in building healthy relationships.

"Thank you so much I really loved it!!!"

- Grade 4 -6 participant

Our Whole Lives supports and encourages family conversations about sexual values and healthy sexual decision making.

