

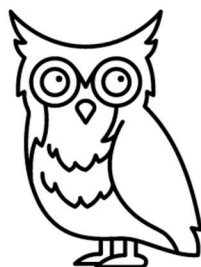
## OWL's History

Over fifty years ago, Unitarian Universalists were introduced to a pioneering new sexuality education program for youth, *About Your Sexuality*. Twenty years later that honest and open approach to education about sexuality became the multilevel curriculum, *Our Whole Lives*.

*Our Whole Lives* was developed by the United Church of Christ (UCC) and the Unitarian Universalist Association (UUA), which joined forces from 1992 to 2000 to develop a sexuality education program that addressed evolving morality and ethics, and helped parents inform their children about sex.

Unitarian Universalists are a diverse faith community. We believe in educating children, youth and adults in health, ethics and sexual decision-making from a progressive, informed standpoint.

Although it was developed by two religious organizations, *Our Whole Lives* does not promote religious doctrines.



## Get In Touch

OWL training is scheduled for different age levels throughout the year. To inquire about training, learn how your community can offer OWL, or to obtain more information for you and/or your child, please contact:

### Canadian Unitarian Council

@Centre for Social Innovation  
#302-192 Spadina Avenue  
Toronto, ON M5T 2C2  
[www.cuc.ca](http://www.cuc.ca)

### E-mail Address

[owl@cuc.ca](mailto:owl@cuc.ca)



*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.*

*Interdependence. Love. Justice.*

# Our Whole Lives

## Sexuality education for all ages

Comprehensive.  
Factual.  
Values-based.  
Age Appropriate.



## What is Our Whole Lives?

*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
- Older Adults (Ages 65+)

*Our Whole Lives* provides accurate developmentally appropriate information about a range of topics, including:

- Relationship & personal skills
- Human development & sexual health
- Gender identity & expression
- Sexual orientation & sexual behaviour
- Society & cultural influences on sexuality

Grounded in a holistic view of sexuality, OWL provides facts about anatomy and human development, helps participants to clarify their values and build interpersonal skills, all 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
- ✓ Opportunities to critique media messages about gender and sexuality
- ✓ Celebration of diversity
- ✓ Encouragement to act for justice
- ✓ A well-designed teacher-friendly leaders' guide
- ✓ Caregiver education programs that affirm caregivers 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

## For Caregivers & Students

*Our Whole Lives* covers a wide range of sexuality topics, including the importance of healthy connections and the development of decision-making skills. These are topics that caregivers and students need to understand, but they are not often addressed in sexuality education.

*Our Whole Lives* sexuality educators have extensive experience in Canadian and American contexts. They understand the profound effect that inclusive, respectful, fact-based sexuality education can have on people of all ages. 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 connections.

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

## OWL Core Values

Self Worth  
Sexual Health  
Responsibility  
Justice and Inclusivity

