



7th – 9th Grade OWL (Our Whole Lives) Coming this fall to All Souls!

OWL is a sexuality education program for youth that models and teaches caring, compassion, respect, and justice. It's a holistic program that moves beyond the intellect to address the attitudes, values, and feelings that youth have about themselves and the world. 7th – 9th grade OWL has been updated and includes new topics about body image, social media/internet, bullying/bystander responsibilities, and consent education. We have five fantastic facilitators lined up: Leon Kelly, Janele Johnson, Erika Fore, Justin Lincoln, & Frances Heiss. They will rotate and work in teams of two.

A **mandatory parent orientation** (no youth) will be held on 9/16/18 from noon-2:30 pm and is required in order for your child to participate in the class. The curriculum includes 25 lessons that will be taught on Sunday afternoons after church from noon-1:30 pm starting 9/23/18. There are also sleepovers planned for 10/13 and 1/26 which helps us to strengthen our bonds with each other while covering additional sessions. This allows us to finish before spring break. The fee for this class will be \$100 for All Souls and High Plains and \$125 for guests. This fee helps us offset the cost of OWL including training and books. Scholarships are available. Please contact Laurie@asuuc.net if you have questions or to reserve your child's spot in the class.

Unit One: Introduction

Workshop 1: What Is Sexuality? 9/23/18

Workshop 2: Examining Values 9/30/18

Workshop 3: The Language of Sexuality 10/7/18

Unit Two: You, As a Sexual Being

Workshop 4: Anatomy and Physiology 10/13/18

Workshop 5: Personal Concerns about Puberty 10/13/18

Workshop 6: Body Image 10/14/18

Workshop 7: Gender Identity 10/14/18

Workshop 8: Gender Expression, Roles & Stereotypes 10/28/18

Workshop 9: Sexual Orientation 11/4/18

Workshop 10: Guest Panel 11/11/18

Workshop 11: Sexuality and Disability 12/2/18

Unit Three: Relationships

Workshop 12: Healthy Relationships 12/9/18

Workshop 13: Relationship Skills 12/16/18

Unit Four: Contemporary Issues

Workshop 14: Sexuality, Social Media & the Internet 1/13/19

Workshop 15: Bullying and Bystander Responsibilities 1/26/19

Unit Five: Responsible Sexual Behavior

Workshop 16: Redefining Abstinence 1/26/19

Workshop 17: Lovemaking 1/27/19

Workshop 18: Consent Education 1/27/19

Unit Six: STIs, Pregnancy, and Parenting Decisions

Workshop 19: Sexually Transmitted Infections 2/3/19

Workshop 20: Pregnancy, Parenting, and Teen Parenting 2/10/19

Workshop 21: Unintended Pregnancy Options 2/17/19

Workshop 22: Contraception and Safer Sex 2/24/19

Unit Seven: Communicating about Sexuality

Workshop 23: Sexual Decision Making 3/3/19

Workshop 24: Communicating with a Sexual Partner 3/10/19

Workshop 25: Self Care, Celebration, and Closure 3/17/19