



OWL Grades 4-6, 2nd ed. takes the mystery out of puberty.

Our Whole Lives: Sexuality Education for Grades 4-6, 2nd ed. helps children learn about and discuss the physical, emotional changes, and social changes of puberty. Parents and caregivers can be actively involved in the exploration of growing older, values, communication and decision making.

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Our Whole Lives (OWL) values:

- Respect
- Relationship
- Responsibility

In (8) 60-minute workshops, OWL models and teaches caring, compassion, respect, and justice.

It helps children in Grades 4-6 understand the physical and emotional changes of puberty. Participants explore values, communication and decision making, as well as physical health and development.

A Word Bank reinforces new terms and definitions related to sexuality and puberty. This program is designed for groups comprised of Grades 4-5 or 5-6, or any of these grades individually.

OWL is a secular curriculum, appropriate in a variety of settings.

Sexuality and Our Faith is available separately as a religious supplement for Unitarian Universalist and United Church of Christ congregations.

For more information, contact **Director of Religious Education**

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Topics to Cover

- ◆ Our Whole Lives Informational Meeting
- ◆ Parent/Caregiver and Child Orientation
- ◆ Sexuality and Values
- ◆ Images in Popular Culture
- ◆ Body Image
- ◆ Changes in Puberty
- ◆ Gender
- ◆ Feelings and Attractions
- ◆ Reproduction and Staying Healthy
- ◆ Decisions and Actions
- ◆ Consent and Peer Pressure
- ◆ Healthy Relationships and Celebration!

Dates

January 13, 20, 27

February 3, 10

March 3, 10, 17