

Our Whole Lives Lifespan Sexuality Education Curricula

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Factual Information

Values Based

Comprehensive

Age Appropriate

Our Whole Lives Values:

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

What Is Our Whole Lives

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 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)

What Our Whole Lives Covers

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. Although developed by two religious organizations, *Our Whole Lives* contains no religious references or doctrines. Religious references are contained in a Unitarian Universalist and United Church of Christ companion publication, *Sexuality and Our Faith*.

What Our Whole Lives Offers

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
- 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

2010–2011 Program Offering

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: offered for Kindergarten and Grade One participants and parents

Parent Orientation: Monday, April 4th and 11th from 7:15 to 9:15 pm.

Child and Parent Program: Mondays from April 18th through to June 13th from 6:00-7:30 pm

Grade 4-6 Program, offered for grade 5 and 6 participants and parents in Spring 2012

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

Parent Orientation: Monday, September 27 and October 5 from 7:00 to 9:00 pm

Participants: Monday, October 25th through to March 7th from 6:30 to 9:00 pm

Grade 10-12 Program: offered for grades 10 through 12 participants in the Fall, 2011

The cost of each program is \$80.00.

Pledges and contributions to the North Shore Unitarian Church benefit youth programs and services that we provide. Additional financial assistance is granted through the Province of British Columbia. We cele-