



Our Whole Lives: Sexuality Education for Adults helps you explore sexuality through your values and experiences. Enhance communication skills as you increase your understanding of healthy relationships, sexual diversity, and sexuality throughout the life cycle. It's the sexuality education opportunity you probably never had growing up.

## **Our Whole Lives Sexuality Education for Adults**

# Our Whole Lives: Sexuality Education for Adults

## ***Our Whole Lives (OWL) values:***

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

OWL models and teaches caring, compassion, respect, and justice. It helps adults address their attitudes, values, and feelings about themselves, their sexuality, and others' sexuality. Participants are guided by trained facilitators through an engaging program that addresses topics many adults have not had the opportunity to discuss in depth. The fourteen two-hour workshops are modular and may be used in any combination or singly.

OWL is a secular curriculum, appropriate for a variety of settings. *Sexuality and Our Faith for Adults* is a religious supplement for use in Unitarian Universalist and United Church of Christ congregations.

For more information, contact [OWL@UUA.org](mailto:OWL@UUA.org)



## **Workshop Titles**

Introduction to OWL

Sexuality and Values

Sexuality and Communication

Sexuality and Spirituality

Discovering the Sexual Self

Experiencing the Sexual Other

Sexuality and Early Relationships

Sexuality and developing  
Relationships

Sexuality and Committed

Relationships

Sexual Diversity

Sexuality and Family

Sexuality and Aging

Sexual Health

Closing Session

*Use all 14 or any combination!*