

Who can take OWL?

This year-long course is offered to youth who will be at least 13 on or before September 1, 2019

When/where does the OWL class meet?

Sunday mornings at Horizon from 10:45am-12:00pm late August - late May with time off during major holidays, spring break etc.

Two overnight lock ins will also be scheduled each semester

Is there a fee?

No, OWL is a ministry of Horizon UU and is supported entirely by the members' pledges.

Do I have to be a church member for my teen to take OWL?

No, OWL is open to the public, although preference will be given to the children of church members.

Where can I see the OWL lessons?

Visit

www.uua.org/re/owl



1641 W. Hebron Parkway
Carrollton, Texas 75010

To register your teen or if you still have more questions about OWL, email:

dlre@horizonuu.org



Lauren Daniell
Director of Lifespan Religious
Education (DLRE)

Email: dlre@horizonuu.org
Phone: (972) 492-4940 x 102
Blog: www.horizonuu.org/dre/
Pinterest: www.pinterest.com/horizonuu/

**Our Whole Lives
Comprehensive
Sexuality
Education
for
13&14 year olds
2019-2020**



**Horizon
Unitarian
Universalist
Church**

*Growing spiritually healthy people
who promote love and justice in
the world...*

What is Our Whole Lives?



***Our Whole Lives* or OWL is a comprehensive sexuality education course**

Our Whole Lives guides participants to make informed and responsible decisions about their sexual health and behavior.

With a holistic approach, Our Whole Lives provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity, sexual orientation, sexual health, and cultural influences on sexuality.

How are families Involved?

We at Horizon stress that the parents are the first source of information for children regarding issues of health and sexuality, and we foster a strong partnership through open dialogue between teens and parents.

Adult family members are required to attend an OWL orientation before the first class in mid-August.

Each week families are sent an email detailing the upcoming session's content

What is taught in OWL?

UNIT 1 Introduction

- 1 What is Sexuality?
- 2 Examining Values
- 3 The Language of Sexuality

UNIT 2 You, as a Sexual Being

- 4 Anatomy and Physiology
- 5 Personal Concerns About Puberty
- 6 Body Image
- 7 Gender Identity
- 8 Gender Expression, Roles & Stereotypes
- 9 Sexual Orientation
- 10 Guest Panel
- 11 Sexuality and Disability

UNIT 3 Relationships

- 12 Healthy Relationships
- 13 Relationship Skills

UNIT 4 Contemporary Issues

- 14 Sexuality, Social Media and the Internet
- 15 Bullying & Bystander Responsibilities

UNIT 5 Responsible Sexual Behavior

- 16 Redefining Abstinence
- 17 Lovemaking
- 18 Consent Education

UNIT 6 STIs, Pregnancy & Parenting Decisions

- 19 Sexually Transmitted Infections
- 20 Pregnancy, Parenting, & Teen Parenting
- 21 Unintended Pregnancy Options
- 22 Contraception and Safer Sex

UNIT 7 Communicating about Sexuality

- 23 Sexual Decision Making
- 24 Communicating with a Sexual Partner
- 25 Self Care, Celebration, & Closure



