

Shadow Rock United Church of Christ



Our Whole Lives (OWL) is a set of human sexuality curricula across many age levels that is published jointly by the Unitarian Universalist Association and the United Church of Christ. OWL combines accurate and straightforward information about sexuality with a set of core values: self-worth, sexual health, responsibility, and justice & inclusivity. OWL facilitators are trained specifically to lead this program and teach in teams.

Registration and Attendance

Shadow Rock's OWL classes frequently fill to capacity with a wait list. Please review the schedule carefully and make plans to attend each session. Consistent participation builds trust in the group. Of course illnesses and emergencies happen... but if attendance will be a problem, you may want to postpone Our Whole Lives until it can be a priority for your family.

Parent Orientation Meeting

Attendance at one parent meeting is required for a student's participation. Parent meetings are scheduled in the Shadow Rock Multipurpose Room on these dates:

August 15 at 9:00 am

August 22 at 5:00 pm

Parents who have attended parent orientation previously are encouraged to participate again to get an update, meet new facilitators, and offer support and wisdom to new parents.

Participation fee is \$75 and is payable by cash or check at the parent meeting.

Our Whole Lives Kick-Off Retreat

August 29 from 3 pm to 7 pm

We hit the ground running! Topics covered will include: Introduction to Our Whole Lives, What is Sexuality, Examining Values, The Language of Sexuality, Anatomy, and Body Image.

COVID Safety

Participation is limited this year to students 12 years of age or older who are fully vaccinated. Please attach a photocopy of your child's vaccination record to the registration form or show it to a facilitator at the parent meeting. This was a difficult decision, not reached lightly. If you have questions about our policy or if your child cannot receive a vaccine, please speak with the Program Director.

Class Sessions

All sessions are at Shadow Rock UCC from 5:00 pm to 7:00 pm and will include dinner provided by families. Session topics are age-appropriate and listed by level on the following pages.

September 12, 19, 26

October 3, 17, 24

November 7, 14, 21

Dinner is an important part of the program and gives students and facilitators time to relax and strengthen friendships. Each family is expected to provide, serve, and clean up dinner once during the program.

Student Behavior

Each class will write a covenant that includes agreed-upon behavior. Parents are encouraged to ask their child about the covenant and how it's working in the OWL classroom. Facilitators will discuss any behavior problems with the Program Director and with parents.

Family Communication

Parents of Our Whole Lives students will get weekly updates from the Program Director with the upcoming week's topic and any needed reminders (including dinner and dietary information). If you have questions or concerns, please reach out!

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Junior High Our Whole Lives (Grades 7 – 9)

Sunday, August 29	Kick-Off Retreat (details above)
Sunday, September 12	You, a Sexual Being Part 1: Gender identity, Gender Expression, Sexual Orientation
Sunday, September 19	You, a Sexual Being Part 2: Body Image, Gender Roles, Sexuality and Disability
Sunday, September 26	Healthy Relationships, Relationship Skills
Sunday, October 3	Sexuality, Social Media and the Internet, Bullying and Bystander Responsibilities
Sunday, October 17	Identity Matters: Gender and Sexuality
Sunday, October 24	Responsible Sexual Behavior – Redefining Abstinence, Lovemaking, Consent
Sunday, November 7	Sexually Transmitted Infections, Pregnancy, Parenting, and Teen Parenthood
Sunday, November 14	Contraception and Safer Sex, Communicating About Sexuality
Sunday, November 21	Sexual Decision Making Communicating with a Sexual Partner Wrap-up, Catch-Up, Closure

Senior High Our Whole Lives (Grades 10 – 12)

Sunday, August 29	Kick-Off Retreat (details above)
Sunday, September 12	Taking Care of Our Sexual Selves
Sunday, September 19	Making Safer Choices
Sunday, September 26	Exploring Our Sexual Development
Sunday, October 3	Parenting Journeys
Sunday, October 17	Identity Matters: Gender and Sexuality
Sunday, October 24	Expressions of Sexuality
Sunday, November 7	Building Healthy Sexual Relationships: Communication, Recognizing Unhealthy Relationships
Sunday, November 14	Reproductive Rights
Sunday, November 21	Power and Control / Equality and Justice