



# Our Whole Lives

## A Human Sexuality Program

Honest, accurate information about sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives.

For these reasons, the **First Universalist Church of Yarmouth** is offering this free, secular, human sexuality course beginning in September that is open to all high school aged individuals.

### Details and Logistics

**What is it?** A developmentally appropriate, comprehensive, fun, and engaging multi-week course about human sexuality.

**Who is it for?** While there are OWL programs for all ages, these sessions are for high school students.

**When, Where, How Long?** Our weekly OWL sessions are held most Sundays from 4pm-5:30pm at the First Universalist Church in Yarmouth, Maine beginning September 18th and ending December 18th.

**Why is it held at a church?** Our Whole Lives was developed jointly by the Unitarian Universalist Association and the United Church of Christ, but contains no religious references or doctrine. We strongly believe in the importance of providing sexuality education and know that many schools don't have the time or ability to offer a comprehensive program.

Our Whole Lives is a **secular curriculum, but it isn't without values**. We believe that these values are a critical component of sexual education:

- self-worth
- sexual health
- responsibility
- justice and inclusivity

**Is there a cost?** While many organizations who offer OWL charge a fee, First Universalist is offering it for free.

**Who runs it?** We have a team of OWL certified instructors, comprised of both staff and volunteers, who co-facilitate all group sessions. There will always be two adults present in the group.

**Do you have more information for parents?** Absolutely. Parents are encouraged to attend an orientation session and can view the curriculum.

**How do I sign up? What if I have more questions?** For more information or to register, please contact **Gwen Matthews, Program Assistant** at First Universalist at [gwenatfirstu@gmail.com](mailto:gwenatfirstu@gmail.com)

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