



## Our Whole Lives Parent Education Series

HELLO PARENTS! FLC will be offering an Our Whole Lives (OWL) Sexuality Education Series for 8<sup>th</sup>-10<sup>th</sup> graders starting in September. Whether you plan to enroll your youth in this upcoming OWL series, or simply want to gain confidence in knowing how to effectively talk with your children and teens about sexuality topics, these parent education workshops are for you!

The sessions are designed to meet the needs of adults raising children of a wide age range, from elementary through high school. Like the OWL Sexuality Education series for youth, these parent sessions build comfort in talking about sexuality-related topics and offer skill-building activities. The sessions address topics provided in OWL curriculum for ages 12-15 (grades 7–10), but these Parent Education sessions focus on the participants' needs as parents and caregivers.

Trusted adults carry extraordinary power to influence their children's attitudes and values around sexuality. Many adults struggle to wield that power with intentionality, grace, and confidence. These sessions invite parents and caregivers to find support, insight, and courage with one another, while emphasizing the ongoing adult responsibility to seek and share accurate, current information with their child or youth.

The parent workshops provide a spiritually grounded space, yet the approach to sexuality is secular and grounded in science, in tune with the OWL sexuality education curriculum on which it is based. These sessions invite adults to ask themselves: How can I embody my role as my child's primary sexuality educator in a way that expresses my values and faith? By participating, adults build skills for healthy family communication. Communication is the foundation of this program, just as it is the foundation of healthy relationships within and beyond families.

**If you intend to register your youth for OWL this September, these parent workshops will help your family get the most out of your teen's experience.**

- We plan to meet:  
**Sunday, April 6** ("Hopes and Concerns for Kids' Sexual Health") and  
**Sunday, May 4** ("How Do We Talk About Sex?").  
*Additional workshops may be added in June or July if there is interest.*  
More details to come!
- Each workshop will be on a different topic – come to one, or come to all. Come as you are able. Drop-ins welcome! No need to sign up.
- Bring a Notebook for note-taking and journaling.
- These workshops are for parents only – please, no children in attendance.
- Workshop content will be primarily aimed at parents of 7<sup>th</sup>-10<sup>th</sup> grade youth. However, parents of all ages of children are welcome to attend and will find meaning in the topics.
- Questions? Email Beth Aebly (certified OWL Instructor) [beth.aebly@gmail.com](mailto:beth.aebly@gmail.com)