

Our Whole Lives for 5th Grade

Content and Schedule for 2019

***All sessions are held on Sundays 10:00 a.m. to 11:15 a.m. in the Wright Tavern**

- **March 10th - Session 1: Sexuality & Values**
Helps participants clarify, support and communicate values about sexuality.
- **March 17th - Session 2: Family Relationships**
Discussion about the concepts of family and intimacy in relation to friends & family.
- **March 24th - Session 3: Puberty**
We will discuss the physical and emotional changes of puberty.
- **March 31st - Session 4: Gender Identity and Sexual Orientation**
Expands participants' understanding of gender identity and sexual orientation, and promotes advocacy skills.
- **April 7th - Session 5: Love Making and Reproduction**
Discussion about lovemaking, reproduction, and how families change when new siblings arrive.
- **April 14th - April Vacation- No OWL**
- **April 14th - Easter- No OWL**
- **April 28th - Session 6: Health & Safety**
Provides accurate and age appropriate information about sexually transmitted infections (STIs) and skills for protection from sexual abuse.
- **May 5th - Coming of Age Service - No OWL**
- **May 12th - Mother's Day Walk for Peace- No OWL**
- **May 19th - Session 7: Communication**
Discussion helps participants grow more comfortable using accurate sexual terminology and develop effective communication skills.
- **May 27th - Memorial Day Weekend - No OWL**
- **June 2nd - Session 8: Decision Making**
Raises awareness about the messages we receive (from family, friends, community, media) and how these messages can influence decisions.