

The First Unitarian Church of Honolulu
Presents

Our Whole Lives Human Sexuality Education

For 4th – 5th – 6th Graders and their Parents/Care-Givers

Organizing Meeting, for Adults only: Sunday, Sept. 8, 11:30 a.m. - 2:30 p.m.
Fred Harper Room at the First Unitarian Church of Honolulu

Program: Sundays, 8:30 – 9:45 a.m., Sept. 15 – Nov. 24, 2019.
Please see attached schedule for times and topics.

The 4th – 5th – 6th Grade OWL Program covers a wide range of topics: Health and safety, media and body image, love, family and friends, puberty and growing up, sex and gender, communication and decision making, in age appropriate language. Activities, stories and resources set the context for learning about diversity and practicing respect.

Program Goals and Values:

Our Whole Lives is a positive, comprehensive, and age-appropriate educational program that promotes sexual health, and is informed by the guidelines of the Sexuality Information Council of the United States [SIECUS]. The curricula are based on four primary goals: To provide accurate, developmentally appropriate information; to increase self-esteem and understand relationships with and responsibilities toward others, to develop interpersonal skills including communication, decision-making and problem solving, and to teach responsibility for personal health and safety.

Values underlying this curriculum are:

- * All children should be loved and cared for, respected and valued as unique individuals.
- * Sexuality is a natural and healthy part of living. Children learn about sexuality beginning at birth and continue to learn throughout their lives.
- * Children learn about sexuality from how people touch them, talk with them, and expect them to behave as males and females. The messages children receive affect their future attitudes, values and behaviors.
- * Information about sexuality, human development, and sexual health should be presented to children in positive, accurate and developmentally appropriate ways.
- * Parents are their children's most important sexuality educators. The larger community of educators, caregivers and health professionals can also have positive influences on children's sexual health.

Organizing Meeting for Parents:

Sunday, September 8, 11:30 a.m. - 2:30 p.m. in Room #1, upstairs
Child care available

The Goals of this program are:

1. To strengthen and support each child's sense of self and self-esteem.
2. To help children understand the place of sexuality in human life and loving relationships.
3. To encourage children to appreciate their bodies as good, beautiful, private and special.
4. To provide children with accurate, developmentally appropriate information about human sexuality and relationships.
5. To help children develop interpersonal skills – including communication, decision making and problem solving – that will help keep them safe and healthy.
6. To help children understand and interpret messages they receive about sexuality, especially through the media.
7. To help children learn to make responsible decisions that show respect themselves and others.
8. To strengthen parents'/caregivers' roles as their children's most important sexuality educators.
[From the Our Whole Lives Leaders' Guide]

Where does the Our Whole Lives program come from?

This curriculum is one of seven programs in the Our Whole Lives lifespan sexuality education series published jointly by the Unitarian Universalist Association and the United Church Board for Homeland Ministries. Although the Our Whole Lives curricula were developed by two religious organizations, the programs are completely secular and free of specific religious doctrine or references. Curricula are available for Kindergarten – First Grade, 4th – 6th Grade, 7th– 9th Grade, 10th – 12th Grade, Young Adults, Adults, and now Older Adults. The title, Our Whole Lives, expresses our belief that sexuality education is a lifelong process of acquiring information and forming attitudes and values about identity and relationships, intimacy and health. {From the Introduction to the Leaders' Guide]

Program Facilitators

Those who lead the OWL programs are dedicated volunteers who receive special training on how to facilitate these classes. The programs are always taught by a team of volunteers. Parents and children meet in separate groups, with facilitators, during the 4th – 6th Grade OWL program.

Questions?

If you have questions about the OWL program, or want to let us know that your family will be participating in the Kindergarten-First Grade OWL program, please email Nan Kleiber [nankleiber44@gmail.com]

Application/Registration for 4th – 5th – 6th Grade OWL Program

September 8 – November 24, 2019

Child's Name: _____ Birth date: _____

Grade, Fall, 2019: _____ School: _____

Address: _____

Phone: _____ E-mail: _____

Parents'/Guardians' names: _____

Amount of payment attached \$ _____

Cost \$100 per family, by Sunday, September 8, 2019. Checks should be made payable to the First Unitarian Church of Honolulu, with OWL on the memo line. Partial scholarships are available upon request. This money pays for child care and supplies. All facilitators are dedicated volunteers.

Please add the following information:

I will need child care during the OWL programs for _____ children, ages _____

Child's signature: _____ date: _____

Parent's/guardian's signature: _____ date: _____

Another parent's/guardian's signature: _____ date: _____

If your family would like to participate, please let Nan Kleiber know as soon as possible. Registration will close after the Parent Meeting on Sunday, September 8.

Register early to reserve your place. Return this form to OWL, at the First Unitarian Church of Honolulu, 2500 Pali Highway, Honolulu, HI 96817. Or bring this form to the Parent Meeting on Sunday, September 8, 2019. If you have questions, please contact Nan Kleiber [nankleiber44@gmail.com], phone: 808 – 737 – 7544.

OWL 4-5-6th Grade, Fall, 2019

Proposed Schedule

Sept 8 Parent Meeting 11:30 Rm 1	Sept 15 Parents' and Kids' Orientation 8:30 am Rm 1 and FHR 11:30 Rm 1 and FHR	Sept 22 Workshop 1 Sexuality and Values 8:30 a.m. Rm 1 and FHR	Sept 29 Workshop 2 Images in Popular Culture 8:30 Rm 1 and FHR
Oct 6 Workshop 3 Body Image 8:30 Rm 1 and FHR	Oct 13 Workshop 4 Changes of Puberty 8:30 Rm 1 and FHR	Oct 20 Workshop 5 Gender 8:30 am Rm 1 and FHR	Oct 27 Workshop 6 Feelings and Attractions 8:30 Rm 1 and FHR
Nov 3 Workshop 7 Reproduction and Staying Healthy 8:30 Rm 1 and FHR	Nov 10 Workshop 8 Decisions and Actions 8:30 Rm 1 and FHR	Nov 17 Workshop 9 Consent and Peer Pressure 8:30 Rm 1 and FHR	Nov 24 Workshop 10 Healthy Relationships and Celebration 8:30 Rm 1 and FHR