

## Sexuality Education

At The Unitarian Church in Summit, we take our commitment to sexuality education seriously. As spiritual beings we are also sexual beings, and we believe that two are interconnected and that cannot be separated. We use the Our Whole Lives curricula to explore the intersection between the two more fully. This program is offered annually at three grade levels.

**Our Whole Lives:** Second, fifth, and eighth graders are offered an opportunity to participate in our lifespan values-based sexuality curriculum. With parental consent and approval, second graders learn of the proper names of body parts, composition of families, and other factual information about topics that are not easily accessible. Fifth graders explore issues of sexual identity, puberty and gender differences. 8<sup>th</sup> graders explore their own choices around sexuality as they clarify their own values.

Children develop skills that benefit their health and human relationships throughout their lives. Our Whole Lives is a cornerstone program of our community and one of the most popular ones we offer.

*Our Whole Lives* was developed jointly by the Unitarian Universalist Association and the United Church of Christ.

*Our Whole Lives* helps participants make informed and responsible decisions about their sexual health and behavior. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture. Grounded in a holistic view of sexuality, *Our Whole Lives* provides not only facts about anatomy and human development, but helps participants to clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.