



Our Whole Lives

**a comprehensive, lifespan sexuality education curriculum
co-created by the United Church of Christ and the Unitarian Universalist Association**

Available for Grades K-1, Grades 4-6, Grades 7-9, Grades 10-12,
Young Adults, Adults, and Older Adults.

Our Whole Lives classes at all levels are best when led by trained* facilitators.

Program Values

Elementary Level

Respect
Relationship
Responsibility

Secondary and Adult Levels

Self-Worth
Sexual Health
Responsibility
Justice and Inclusivity

Learn More

Scan the QR code to visit <https://www.ucc.org/our-whole-lives/>
where you can

- learn more about Our Whole Lives
- *register for a facilitator training
- sign up for the quarterly
Our Whole Lives newsletter



About Our Whole Lives

Our Whole Lives, together with Sexuality and Our Faith, helps participants make informed and responsible decisions about their relationships, health, and behavior in the context of their faith. It equips participants with accurate, developmentally appropriate information in human development, relationships, personal skills, sexual behavior, sexual health, and society and culture. The program provides facts about anatomy and human development, and helps participants clarify their values, build interpersonal skills and understand the social, emotional, and spiritual aspects of sexuality.

About Sexuality and Our Faith

Sexuality and Our Faith materials are written by United Church of Christ and Unitarian Universalist Association members and are the accompanying resource used for each level of Our Whole Lives.

By incorporating Sexuality and Our Faith components, facilitators integrate worship, prayer, and the discussion of United Church of Christ faith values and principles into the Our Whole Lives program.

About Facilitator Training

You can help implement this highly regarded sexuality education curriculum! Training prepares facilitators to succeed in their role and enables them to understand their own and others' sexuality within the context of United Church of Christ values. Trainings are available onsite at locations across the US and Canada, and online.