

OWL -Our Whole Lives Sexuality Education - for Elders

The Unitarian Universalist Association has been at the forefront of sexuality education for children, teens, and adults. This award-winning curriculum, called Our Whole Lives, is outstanding. Now the UUA has developed a curriculum for older adults and they have invited USG to test it and give them feedback. We plan to conduct 7 of the Elder-OWL sessions over the next three months. We invite you to attend any or all of the sessions. The facilitators will be Andrea Barsevick, Treva Burger, Andrea Durham, and Marina Patrice Nolan.

Please note: all individuals (single or in couples) who are interested in the topics may attend any and all workshops. All sessions will be Saturdays from 10am-12noon.

Session	Date	Workshop
1	4/8 10am-12 noon USG	Attitudes about Aging Explore cultural & personal attitudes about sexuality & aging, where assumptions come from; reframe the discourse about older adult sexuality
2	4/29 10am-12 noon USG	Examining Sexual Scripts Challenge self-imposed guidelines for how we see ourselves as sexual beings including sexual orientation, gender identity, desire & arousal patterns, relationships, & logistics of sexual activity
3	5/6 10am-12 noon USG	The Sexual Body Examine facts about age-related changes & medical methods to address changes; appreciate one's changing body
4	5/13 10am-12 noon USG	Sexual Consent & Boundaries Explore consent & boundaries to decide whether, when, how, & with whom to engage in sexual activity
5	5/20 10am-12 noon USG	Sexuality & Loss Delve into many types of loss & grief that can be experienced; find ways to accept feelings & focus on remaining joys & pleasures of life
6	6/3 10am-12 noon USG	Sexuality, Disability & Chronic Illness Understand the unique challenges related to disability when it comes to giving & receiving pleasure including physical challenges & attitudes; consider how to work around barriers to achieve sexual expression
7	6/17 10am-12 noon USG	Safer Sex Gain a better understanding of sexually transmitted diseases (STIs) & safe sex; engage in dialogue about sexual activity, risk, & preventing STIs.