



Oak Park Our Whole Lives

8th Grade Schedule Fall 2026

The class has 1 Family Information Meeting and 12 regular sessions

Family Information Meeting—Choose One. (Required, meets on Zoom)

Tuesday	9/08	7:00-8:00 pm
Wednesday	9/09	7:00-8:00 pm

Regular sessions (In Person):

Sunday	9/13 - 12/14 (Class Does Not Meet 10/11 or 11/29)	3:00 - 5:00 pm
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Session Topics

9/13	Session 1	Introduction to OWL
9/20	Session 2	Anatomy
9/27	Session 3	Sexual Identity
10/04	Session 4	Body Image and Self-Respect
10/18	Session 5	Puberty
10/25	Session 6	Dating and Communication
11/01	Session 7	Healthy Relationships
11/08	Session 8	Arousal
11/15	Session 9	Consent and Accountability
11/22	Session 10	Safer Sex
12/6	Session 11	Pregnancy and Parenting
12/13	Session 12	Sexual Decision-Making

Participants are expected to attend all sessions in order to build and maintain group trust and cohesion. We understand that the unexpected happens, but please plan to be there for every session.

Last modified on: 07/26/2026