



# Oak Park Our Whole Lives

## 4/5<sup>th</sup> Grade Schedule Winter 2018: Sundays

### Family Information Meeting (required, choose one):

Tuesday	1/16	6:30-8:30 pm
Wednesday	1/17	6:30-8:30 pm

*Child care provided upon request for the Family Information Meetings.*

*Location TBA*

*Classes take place at Oak Park Friends School, located at 1192 S. Cuyler Ave., Oak Park.*

### Session Topics

Session 1	1/21	3-4:15 pm	Values and Sexuality
Session 2	1/28	3-4:15 pm	Images in Popular Culture and Body Image
Session 3	2/4	3-4:15 pm	Changes of Puberty
Session 4	2/11	3-4:15 pm	Gender <i>*No Class 2/18</i>
Session 5	2/25	3-4:15 pm	Feelings and Attractions
Session 6	3/4	3-4:15 pm	Reproduction and Staying Healthy
Session 7	3/11	3-4:15 pm	Decisions and Actions
Session 8	3/18	3-4:15 pm	Consent and Peer Pressure
Session 9	3/25	3-4:30 pm	Healthy Relationships and Celebration <i>(Parents invited to join in a celebration during the last 15 min.)</i>

*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.*

The OP-OWL 4<sup>th</sup> & 5<sup>th</sup> grade curriculum consists of 9 workshops on a variety of subjects. Each workshop begins with a "re-entry" in which youth are asked to reflect on ways in which the topic might be relevant to their lives, now or in future; a reading; and answering the previous week's "Question Box" questions. Each workshop ends with all students contributing to the "Question Box" - a system that allows them to ask questions anonymously.



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The book *It's Perfectly Normal*, by Robie M. Harris, is given to all participants and used as a reference for many questions and topics.

**Session 1: Sexuality and Values** In this session, participants become informed about and aware of how the media portray sexuality.

**Session 2: Images in Popular Culture** This session helps participants become informed about and aware of how the media portray sexuality. Participants explore the concept of body image, understand the diverse experiences that people have with their body and its abilities, and consider ways to keep their own body healthy.

**Session 3: Gender** This session helps participants examine the messages they receive about gender. They learn what it means to have a gender identity and about some of the many variations in gender identity.

**Session 4: Body Image and Changes of Puberty** This session helps participants understand the physical and emotional changes of puberty. Participants get their questions answered.

**Session 5: Feelings and Attractions** This session helps participants understand the concept of being romantically attracted to someone else, whether of a different gender or the same gender. Participants learn some of the terms commonly used to talk about sexual orientation, and think about what people may do in a variety of scenarios related to attraction.

**Session 6: Reproduction and Staying Healthy** In this session, we cover conception, pregnancy, contraception, sexually transmitted infections, and other possible consequences of sexual activity.

**Session 7: Decisions and Actions** This session educates participants about a range of sexual activity, including masturbation and sexually explicit media (pornography). Participants have an opportunity to think about when they would and would not want to engage in certain behaviors.

**Session 8: Consent and Peer Pressure** This session helps participants learn how to communicate about consent, to examine situations in which consent is violated, and to identify people in their lives who can offer help.

**Session 9: Healthy Relationships and Celebration** This session helps participants understand components of a healthy relationship. The end of the session is a celebration for the conclusion of the program.