



# Oak Park Our Whole Lives

## 4/5th Grade Schedule Winter 2022

The class has 1 Family Information Meeting and 9 regular sessions.

**Family Information Meeting—Choose One. (Required, will meet on Zoom)**

Tuesday	1/18	6:30-8 pm
Wednesday	1/19	6:30-8 pm

**Regular sessions:**

Sunday	1/23 - 3/20	3-4:15 pm
--------	-------------	-----------

All classes take place at Oak Park Friends School, located at 6300 Roosevelt Road., Oak Park, IL 60304.

**Session Topics**

1/23	Values and Sexuality
1/30	Images in Popular Culture and Body Image
2/6	Changes of Puberty
2/13	Gender
2/20	Feelings and Attractions
2/27	Reproduction and Staying Healthy
3/6	Decisions and Actions
3/13	Consent and Peer Pressure
3/20	Healthy Relationships and Celebration

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.

**Covid policies: Vaccinations required for all students and facilitators.** All participants should be masked whenever they are in the building. Please share with us if your child tests positive for covid. If there has been exposure we will notify close contacts and/or pause the class until it is safe to resume. Because of this, dates of the sessions are subject to change.



# Oak Park Our Whole Lives

## 4/5th Grade Schedule Winter 2022

**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 and Body Image** This session helps participants become informed about and aware of how the media portray sexuality. It also helps 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: Changes of Puberty** This session helps participants understand the physical and emotional changes of puberty.

**Session 4: Gender Identity** 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 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, Intimacy, 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.