

Oak Park Our Whole Lives 4th & 5th grade Curriculum

The OP-OWL 4th & 5th 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.

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 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.