

## Our Whole Lives: Girl Power For Rising 4th, 5th, and 6th graders

### **Why is sex education important for this age child?**

Our whole lives are marked by developmental milestones or rites of passage. In our sexual lives, these milestones are happening earlier. Around early adolescence, girls become more aware of gender, beauty standards, gender roles and sexuality. The life long journey of sexual self-discovery starts to gain steam around this age.

### **Start your girl out right. Give her the comprehensive age-appropriate information she will need to start this journey on a positive note.**

An educated and self confident child is much less likely to be victimized. An educated girl can identify red flags in a relationship and know how to properly respond. An educated girl knows where to find information. An educated girl can live fully and confidently.

As your child's teacher, I will provide age-appropriate information and nurture her self-esteem. I will give her tools to combat misinformation that comes from our media-driven culture. Guilt and shame can make healthy sexual relationships impossible. But guilt and shame are not a necessary part of growing up. Make sure your daughter gets the education she needs to make responsible decisions about sexuality.

### **Provide her with the foundation that says sex is healthy and good, and there are many ways to express our sexuality that are satisfying and without risk.**

### **What is the curriculum Our Whole Lives?**

This sexuality education series operates on the principle that every person is entitled to dignity and self-worth and to his/her own attitudes and beliefs about sexuality.

Some of the other guiding principles of this series are:

Knowledge about human sexuality is helpful, not harmful. Every individual has the right to accurate information about sexuality and to have her/his questions answered.

**Healthy sexual relationships are:**

- consensual (both people consent)
- non-exploitative (equal in terms of power, neither person is pressuring or forcing the other into activities or behaviors)
- mutually pleasurable (both receive pleasure)
- safe (no or low risk of unintended pregnancy, sexually transmitted infections and emotional pain)
- developmentally appropriate (appropriate to the age and maturity of the persons involved)
- respectful (including the values of honesty and keeping commitments made to others)