



Oak Park Our Whole Lives

5th Grade Schedule Fall 2021

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

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

Tuesday	9/28	6:30-8 pm
Wednesday	9/29	6:30-8 pm

Regular sessions:

Sunday	10/3-12/19 (No Class on 10/10, 10/31, 11/28)	3-4:15 pm
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All classes take place at Oak Park Friends School, located at 6300 Roosevelt Road, Oak Park.

Session Topics

10/3	Session 1	Values and Sexuality
10/17	Session 2	Images in Popular Culture and Body Image
10/24	Session 3	Changes of Puberty
11/7	Session 4	Gender
11/14	Session 5	Feelings and Attractions
11/21	Session 6	Reproduction and Staying Healthy
12/5	Session 7	Decisions and Actions
12/12	Session 8	Consent and Peer Pressure
12/19	Session 9	Healthy Relationships and Celebration (There will be a short closing celebration at the end of this class)

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: All participants should be masked whenever they are in the building. All eligible people will be vaccinated. Please share with us if you or your child tests positive for covid. If there has been exposure we will pause the class and resume when it is safe to do so. Because of this, dates of the sessions are subject to change.

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.

Last modified on: 8/16/2021