

Our Whole Lives Curriculum Series

Program Values

Self Worth

- Every person is entitled to dignity and self-worth, and to his or her own attitudes and beliefs about sexuality.

Sexual Health

- Knowledge about human sexuality is helpful, not harmful. Every individual has the right to accurate information about sexuality and to have her or his questions answered.
- Healthy sexual relationships are:
 - **consensual** (both people consent)
 - **nonexploitative** (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 persons involved)
 - **based on mutual expectations and caring**
 - **respectful** (including the values of honesty and keeping commitments made to others).
- Sexual intercourse is only one of the many valid ways of expressing sexual feelings with a partner. It is healthier for young adolescents to postpone sexual intercourse.

Responsibility

- We are called to enrich our lives by expressing sexuality in ways that enhance human wholeness and fulfillment and express love, commitment, delight and pleasure.
- All persons have the right and obligation to make responsible sexual choices.

Justice and Inclusivity

- We need to avoid double standards. People of all ages, genders, races, backgrounds, income levels, physical and mental abilities and sexual orientations must have equal value and rights.
- Sexual relationships should never be coercive or exploitative.
- Being romantically and sexually attracted to two genders (bisexual), the same gender (homosexual) or another gender (heterosexual) are all natural in the range of human sexual experience.