

Sexuality Education Curricula for Faith Communities

Many sexuality education curricula are available for use in faith communities with congregants of all ages from pre-school through adulthood. While a diversity of approaches and educational styles are used and the programs support the values of the particular faith community, each of the curricula listed below supports sexuality as a special gift to be nurtured through faith-filled practice, teaching, and dialogue. We encourage readers to carefully review curricula to assure that they are appropriate for a specific faith community; however, readers may find useful lessons and approaches in curricula from denominations besides their own.

• *This annotated bibliography was prepared by Kate M. Ott, and updates previous bibliographies published in A Time to Speak and A Time to Build.*

PRE-SCHOOL

In God's Image, Janet Neff Brewer

A book for parents and their children ages 2-5. The large-format picture book for toddlers and preschoolers allows parents or caregivers to comfortably teach the facts and values of sexuality education from a faith perspective. Topics include fetal development, boys' and girls' bodies differ, how to stay healthy and safe, how to tell bad touching from good touching and what to do about it, and how to deal with emotions like anger, sadness, and fear. A parent's guide and congregation guide are available separately.

(Presbyterian)

1998; Children's Book \$7.48; Guide for Parents \$3.48; Guide for Congregations \$3.48; Presbyterian Distribution Service, 100 Witherstpoon Street, Louisville, KY 40202-1396; Phone: 800/524-2612; Fax: 502/569-8030; Web site: <http://www.pcusa.org/marketplace>.

ELEMENTARY

Benziger Family Life Program, Grades K-8 Third Edition

Curricula including teachers' and students' guides for each grade level, kindergarten through eighth grade. There are also an implementation manual and a video for parents. Online program resources include student games, extra activities, official church documents, child development information, and frequently asked questions. Call for exact prices. (Roman Catholic) Benzinger Publishing Company, 15319 Chatsworth Street, P.O. box 9609, Mission Hills, California 91346-9609; Order from Glencoe McGraw-Hill, Phone: 800/442-9685; Web site: <http://www.mhschool.com/benzinger>.

Created By God: About Human Sexuality for Older Girls and Boys, Grades 5-6,
James H. Ritchie, Jr.

A six-session curriculum for older elementary school children emphasizing a healthy biblical and Christian perspective on human sexuality, values, and relationships. There is also a Leader's Resource Kit, which is a step-by-step guide to planning and implementing the curriculum. (United Methodist) 1999; Leader's Guide \$6.95; Student Book \$3.50; Cokesbury, 201 Eighth Avenue South, P.O. Box 801, Nashville, TN 37202-0801; Phone: 800/672-1789; Fax: 800/445-8189; Web site: <http://www.cokesbury.com>.

Our Whole Lives (OWL): A Lifespan Sexuality Education Series, Grades K-1, 4-6

Part of a comprehensive lifespan sexuality education series developed jointly by the Unitarian Universalist Association and the United Church Board for Homeland Ministries. Material for grades K-1 support parents in educating children about birth, babies, bodies and families. Following a Parent Meeting and Parent/Child Orientation, the eight class sessions engage children with stories, songs, and activities. In grades 4-6, participants address pubertal changes, read *It's Perfectly Normal*, and examine topics such as values and sexuality, communication and decision making. Both offer a weekly "Home Link"-a homework project for parents and children to do together. (Unitarian Universalist Association and United Church of Christ)

Call for prices for each level. Unitarian Universalist Association, UUA Bookstore, 25 Beacon Street, Boston, MA 02108; Phone: 800/215-9076; Fax: 617/723-4805; Web site: <http://www.uua.org/owl/main.html>.

Preventing Child Sexual Abuse Ages 5-8, Kathryn Goering Reid, Ages 9-12, Kathryn Goering Reid with Marie M. Fortune

These two curricula provide information about sexual abuse and prevention. Age 5 - 8 curriculum offers 10 sessions while the ages 9 - 12 curriculum offers 13 sessions to be used in Sunday school, Vacation Bible School, or youth meeting settings. (UCC) 1994, Ages 5-8, \$9.95; 1989, Ages 9-12, \$ 11.95; United Church Press, 700 Prospect Avenue, Cleveland, OH 44115-1100; Phone: 800/537-3394; Fax 216/736-3713; Web site: <http://www.ucc.org> or <http://www.faitrustinstitute.org>.

MIDDLE SCHOOL/ HIGH SCHOOL

Dating: The Art of Respect, Debbie Eisenbise and Lee Krahenbuhl

From the Generation Why Bible Studies, a middle school and high school curriculum that provides role-playing situations on friend, parent, and boy/girlfriend relationships. The main focus is on defining healthy relationships using scriptural foundations. There are eight sessions: a kick-off activity, six lessons, and a closing or summary session. (Church of the Brethren and the Mennonite Church) 1998; \$14.99; Faith & Life Resources, 616 Walnut Ave, Scottdale, PA 15683; Phone: 800/245-7894; Fax: 724/887-3111; Web site: <http://mph.org/flr/youth-fastlane.html>.

God's Gift of Sex, Carol Duerksen

From the Fast Lane Bible Studies series, this five session course is for junior high students. It follows traditional bible study format with additional skits that address respect for sex role differences, consent, dealing with negative sexual experiences, and how present personal identity affects future sexual happiness. (Church of the Brethren and the Mennonite Church) 1998; \$9.99; Faith & Life Resource, 616 Walnut Ave/ Scottsdale, PA 15683; Phone: 800/245-7894; Fax: 724/887-3111; Web site: <http://www.mph.org/flr/youth-fastlane.html>.

God's Gift of Sexuality: A Study for Young People

For 7th to 12th graders with a younger and older youth two stage series. The younger student curriculum establishes fundamentals while the older offers a more in depth, nuanced view of sexuality. The curriculum is geared toward supplying information and is activity centered. A separate parent's guide (\$7.95) and youth guide (\$7.95) can be purchased in addition to the leader's guide (\$17.95). In 1999, Presbyterian Church, USA developed Sexual Abstinence and the Abundant Life, a supplement supporting abstinence-only education as a modification to the original curriculum (\$2.98). (Presbyterian Church, USA and Reformed Church in America) 1998; Witherspoon Press, 100 Witherspoon Street, Louisville, KY 40202-1396; Phone: 800/524-2612; Fax: 502/569-8030; Website: <http://www.pcusa.org/marketplace>.

Good Sex: A Whole-Person Approach to Teenage Sexuality & God, Jim Hanckock and Kara Eckmann Powell

A non-denominational Christian based high school sexuality program. In seven sessions, the curriculum covers communication, sexual identity, intimacy, desire, boundaries, and responsibility. The package includes a leader's guide, with assistance in setting up parent meetings and supplemental activities plus a student journal and video series (\$44.99). Additional discussion starters can be purchased (\$11.99). This curriculum engages popular culture, uses realistic skits, and provides solid reflection activities. (Non-denominational Christian) 2001; Youth Specialties Books, Zondervan Publisher, 5300 Patterson, S.E., Grand Rapids, MI 49530; Phone: 800/776-8008; Website: <http://shop.gospelcom.net/cgi-bin/YouthSpecialties.storefront>.

In God's Image: Male and Female, Patricia Martens Miller

A human sexuality program for grades five through eight. Teacher's Manuals, videos, student and parent worksheets, and additional materials are available for each grade. The developmental approach is composed of four areas: Respecting Yourself, Asserting Yourself, Informing Yourself, and Challenging Yourself. There are five units in each area. There is one video and one teacher manual per area, with student/parent worksheets for

each of the five units. Materials come in English and Spanish with online updates provided yearly. (Catholic)

1989; Teacher Manual \$10.00 each manual; Call for pricing of additional materials; Flannery Company, 13123 Arrowspace Drive, Victorville, CA 92394; Phone: 800/456-3400; Fax: 800/284-5600; Website: <http://www.flannerycompany.com/Catlgipg2.html>.

Journey to Adulthood, *LeadeResources*

This is an online curriculum for youth from 6th to 12th grade. Youth progress through three levels: Rite 13, Journey to Adulthood (J2A), and Young Adults in Church (YAC). The youth remain with the same group until senior year. The two year curriculum cycle includes Sunday school and retreat material, parent meetings, movie lists, service projects and fundraisers. The program offers a comprehensive approach looking at self-society, spirituality, and sexuality. Specific to sexuality, the Rite 13 material focuses on gender issues and identity formation, while the high school material focuses on relationships and sexual behavior. The senior high material has two sections titled "Meaningful Is Not Good Enough: How to Decide When to Do It" and "Be Yourself and Stay Alive: Feedback on Sexuality." The material is usually downloaded but can be mailed on CD. (Episcopalian) *Updated yearly; \$200 per year (includes resource help); LeadeResources, 38 Mulberry Street Box 302, Leeds, MA 01053-0302; Phone: 800/941-2218; Website: <http://www.leaderresources.org>.*

Keeping It Real: A Faith-Based Model for Teen Dialog on Sex and Sexuality

This is a seven session program for high school teenagers developed by The Black Church Initiative of the Religious Coalition for Reproductive Choice. It consists of a facilitator's guide and a teen activity book. The material deals with popular culture, relationships with others, and defining one's personal identity amidst current real life pressures. This is the only curriculum that incorporates direct discussion of racial issues. 2000; Free, when trained to facilitate curriculum; Religious Coalition for Reproductive Choice, 1025 Vermont Avenue, N.W., Suite 1130, Washington, D.C. 20005; Phone: 202/628-7700; Web site: http://www.rcrc.org/get_involved/black_church_initiative/index.htm.

Let's Be Real Honest Discussions about Faith and Sexuality, *Duane A. Ewers and M. Stevens Games, Editors*

A non-denominational Christian curriculum designed for adolescents in middle school and high school. It consists of six sessions: anatomy, decision-making, relationships, contraception and sexually transmitted diseases, as well as media and culture. A parent resource, "Let's Listen Series" is included. The curriculum is divided by ages for audiences from 6th through 12th grade with a learning sequence chart that helps leaders understand developmental needs. 1998; \$20.00; Abingdon Press, 201 Eighth Avenue South, P.O. Box 801, Nashville, TN 37202-0801; Phone: 800/251-3320; Fax: 800/836-7802; Web site: <http://www.abingdonpress.org>.

Love - All That and More

A program for high school and college youth, it includes a six-session curriculum and three videos, as well as separate facilitators' guides for Jewish and Christian youth. The material focuses on developing healthy relationships that value mutual equality and respect as well as help teens recognize abusive relationships.

2000; \$285; Faith Trust Institute, 2400 N. 45th Street, Suite 10, Seattle, Washington, 98103; Phone: 206/634-1903 or 877/860-2255, Web Site:
<http://www.faithtrustinstitute.org>.

[m]Louie

M Louie is the name of the Lutheran adolescent confirmation resources. M Louie comes with leader guides (\$14.99) and student magazines (\$9.99). Each magazine contains fifteen sessions (5 units, 3 sessions each) covering biblical reflection, catechesis, and a link to media. Two of the magazines-Darius McCrary and Agape-feature the article "Speaking of Sex: What's Love Got to Do with It?" The website <http://www.mlouie.com> offers leader information and additional student resources. (Lutheran, ELCA) 2000; \$14.99; Augsburg Fortress, P.O. Box 1209, Minneapolis, MN 55440-1209; Phone: 800/328-4648; Website: <http://www.augsburgfortress.org>.

Our Whole Lives (OWL): A Lifespan Sexuality Education Series, Grades 7-9, 10-12

Part of the comprehensive lifespan sexuality education series developed jointly by the Unitarian Universalist Association and the United Church Board for Homeland Ministries. The junior high and high school curricula include lessons on positive and negative limit setting, development of moral decision-making, and address disability and sexual identity differences. Further information about the program, planning guides, and advocacy initiatives can be found at the web site of the Unitarian Universalist Association. (Unitarian Universalist Association and United Church of Christ) Call for prices for each level. Unitarian Universalist Association, UUA Bookstore, 25 Beacon Street, Boston, MA 02108; Phone: 800/215-9076; Fax: 617/723-4805; Web site: <http://www.uua.org/owl/main.html>.

Real Life: Living My Faith Every Day, Sexuality Edition

The Real Life series offers nine full-color magazines that cover relevant issues to younger teens. The sexuality issue defines the topic and discusses relationships and responsibility within an abstinence-only framework over the course of five meetings. It includes a facilitator's guide (\$15.96) and student magazine (\$4.77). (Roman Catholic) 1996; Call for current prices; Benzinger Publishing Company, 21600 Oxnard Street, Suite 500, Woodland Hills, California 91367; Order from Glencoe McGraw-Hill, Phone: 800/442-9685; Web site: <http://www.mhschool.com/benzinger>.

Sexual Abuse Prevention: A Course of Study for Teenagers Revised and Updated, Rebecca Voelkel-Haugen and Marie M. Fortune

This curriculum for teenagers covers sexual abuse and harassment in six sessions, one and a half hours each, providing information ranging from the facts and myths of sexual assault to media messages about women, men, and relationships. (UCC) 1996; \$8.95; United Church Press, 700 Prospect Avenue, Cleveland, OH 44115-1100; Phone: 800/537-3394; Fax 216/736-3713; Web site: <http://www.ucc.org> or <http://www.faihttrustinstitute.org>.

Some Body!, *Steve Ropp*

From the Fast Lane Bible Studies series for middle school students, this five-session study helps youth better understand, celebrate and care for their bodies. The units deal with issues of self-esteem, sexuality, physical fitness, and the pressures of alcohol, drugs, and an unhealthy diet from a Biblical perspective. (Church of the Brethren and the Mennonite Church)
1998; \$9.99; Faith & Life Resources, 616 Walnut Ave, Scottsdale, PA 15683; Phone: 800/245-7894; Fax: 724/887-3111; Web site: <http://www.mph.org/flr/youth-fastlane.html>.

True Love Waits 2001: Pure Joy: God's Formula.

An abstinence-only-until marriage campaign for teenagers and college students. Six sessions are designed as an individual study book for personal use or group study. Also available are similar resources: Sexual Resolutions-True Love Waits Resource Book (\$3.95), True Love Waits Takes a Look at Courting, Dating, and Hanging Out (\$5.95). True Love Waits Goes Home Manual - 2003-2004 (\$14.95) is a leader's guide for use with True Love Waits material. (Southern Baptist)
2001; \$4.95 Lifeway Christian Resource, Customer Service Department, P.O. Box 113, Nashville, TN 37202-0113; Phone: 800/458-2772; Fax: 615/251-5933; Web site: <http://www.lifewaystores.com/lwstore>.

LIFESPAN/ADULT EDUCATION

Created in God's Image: A Human Sexuality Program for Ministry and

Mission Overview: *Faith A. Johnson and Gordon J. Svoboda, II*

Leader's Manual: *Eleanor S. Morrison and Melanie Morrison*

Participant's Book: *Melanie Morrison and Eleanor S. Morrison*

A Manual for Ministry in the Congregation: Mary Ellen Haines and Bill

Stackhouse This program is written for college age and adults. (UCC) 1993;

Available with training; contact Ann Hanson for more information 216/736-3282;

Division of the American Missionary Association, United Church Board for Homeland Ministries, 700 Prospect Avenue, Cleveland, OH 44115-1110.

Our Whole Lives (OWL): A Lifespan Sexuality Education Series

OWL is a comprehensive lifespan sexuality education series developed jointly by the Unitarian Universalist Association and the United Church Board for Homeland Ministries.

The series includes OWL Grades K-1, OWL Grades 4-6, OWL Grades 7 - 9, OWL Grades 10 -12, OWL Adults, A Parent Guide, An Advocacy Manual, and accompanying guides on OWL and faith for each grade level. The adult program can be used with adults of all ages or could be adapted for a college audience. Information about the program can be found at the web site of the Unitarian Universalist Association. (Unitarian Universalist Association and United Church of Christ) Call for prices for each level. Unitarian Universalist Association, UUA Bookstore, 25 Beacon Street, Boston, MA 02108; Phone: 800/215-9076; Fax: 617/723-4805; Web site: <http://www.uua.org/owl/main.html>.

Breaking the Silence: A Faith Based Model for Adult Dialogue on Sex and Sexuality, *Black Church Initiative of the Religious Coalition for Reproductive Choice*

A faith-based sexuality education model developed to help adults better address sex and sexuality to assist teens in making healthy life choices. The goal of the nine session programs is to help participants increase their comfort level talking about sex with teens. The curriculum package includes a leader's guide, training modules, bulletin announcements, glossary of terms, information on pregnancy prevention, HIV/AIDS resources, technical assistance, and an extensive biography.

2004; Free, when trained to facilitate curriculum; Religious Coalition for Reproductive Choice, 1025 Vermont Avenue, N.W., Suite 1130, Washington, D.C. 20005; Phone: 202/628-7700; Web site: http://www.rcrc.org/get_involved/black_church_initiative/index.htm.

Talking with Your Teen: Conversations For Life, *Lynn Hutton*

One of six chapters focuses on communicating and discussing sexuality with your teen. The section on sexuality can be a helpful addition to youth curricula that do not include a parent section. The curriculum as a whole is a good parent education tool. It includes a leader's guide (\$10.00) and individual workbooks (\$6.00). (United Methodist/Christian) 1999; Abingdon Press, 201 Eighth Avenue South, P.O. Box 801, Nashville, TN 37202-0801; Phone: 800/251-3320; Fax: 800/836-7802; Web site: <http://www.abingdonpress.org>.