

**Message from the
Director of Religious
Exploration,
Tracy Breneman**



Offering positive and supportive community for young people is essential, even lifesaving.

Children and youth today face scrutiny and pressure in person and online. We are a community in which young people can celebrate their uniqueness in a safe and affirming environment, explore issues important to them and engage in social justice work. We also support the adults in their lives, recognizing that they are their children's primary spiritual guides. We welcome you!

**Unitarian Universalist Principles
Children's Version**

We believe:

- Each and every person is important
- All people should be treated fairly and kindly
- We should accept one another and learn together
- Each person must be free to search for what is true and right in life
- All persons should have a vote on things that concern them
- In working for a peaceful, fair and free world
- In caring for our planet earth, the home we share with all living things



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**More information at
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Healthy Values for Healthy Bodies

*Our Whole Lives for
Elementary Children
and Families*

at the First Unitarian Society
of Westchester (Hastings)
&
the Unitarian Universalist
Fellowship of Northern
Westchester (Mt. Kisco)

The goals of these classes are to:

- strengthen and support each child's sense of self and self-esteem
- help children recognize and appreciate their bodies as good and beautiful, private and special
- help children prepare for the normal changes they will experience as they grow and develop
- help children develop the interpersonal skills – including communication, decision-making, and problem-solving – that will keep them safe and healthy
- engage families in open communication about life questions
- strengthen parents' roles as their children's most important educator

Our Whole Lives

- Accurate information presented in developmentally and age-appropriate ways
- Activities that help participants clarify values and improve decision-making skills
- Safe community
- Affirmation of parents as their children's primary educator

Underlying Values

- All children should be loved and cared for, respected and valued as unique individuals
- Children learn from how people touch them, talk with them, and expect them to behave as males and females
- The messages children receive about sexuality, their bodies, and identity affect their future attitudes, values, and behaviors
- Information about human development, relationships and health should be presented to children in positive, accurate, and developmentally supportive ways

Our Whole Lives recognizes and respects diversity with respect to biological sex, gender identity, gender expression, sexual orientation, and disability. Affirming and supportive community can be life saving for children and youth.

Our Whole Lives for Children

Children are exposed to images and messages about self and others through television, movies, the internet, music, and video games. They are growing up in a world of confusing, unhealthy, and sometimes dangerous messages about bodies, safety, self-image, and relationships. The *Our Whole Lives* curriculum for children offers accurate and age-appropriate information, in a safe environment, and grounded in the values of self-worth, health, responsibility, and justice.

Parents are their children's primary educators, playing a central role in their emotional development. The HomeLink activities offer parents an opportunity to be intentional about conversations with their children. By supporting children and genuine interest in their thoughts, feelings and decision-making processes, parents can have the most influence on their children's developing decision-making capacity.

Topics and Schedules

- Younger and older elementary classes meet at Hastings 8 Sunday mornings, 10:30-11:30am, December to March. Visit www.fusw.org/re-calendar.html for the schedule.
- Younger and older elementary classes meet at Mt. Kisco 5 Sunday afternoons, 1:00-2:15pm, October to March. Visit www.uufellowship.org/re-calendar.html for the schedule.

Younger Elementary Class (K-1st grade curriculum)

Topics:

- Parent Orientation & Parent/Child Orientation
- Our Wonderful Bodies
- Healthy Bodies
- Safe Bodies
- Families
- Families and Feelings
- Babies and Families
- Birth of a Baby
- Celebrations!

Older Elementary Class (4th-6th grade curriculum)

Topics:

- Parent Orientation & Parent/Child Orientation
- Sexuality and Values
- Images in Popular Culture
- Body Image
- Changes of Puberty
- Reproduction and Staying Healthy
- Gender
- Feelings and Attraction
- Decisions and Action
- Consent and Peer Pressure
- Healthy Relationships
- Celebrations!

Membership in the congregations is not required to participate. Classes are open to the community. Commitment to the full schedule in one congregation is requested to strengthen safe and supportive community. Fee: \$100/family (waived for members of Westchester UU congregations). Need-based assistance available.

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