Our Whole Lives for Older Adults

Faithful Sex Education for Aging Populations
Presenters

Amy Johnson, LICSW, CSE
United Church of Christ
Minister of Sexuality Education and Justice

Melanie Davis, PhD, CSC, CSE
Unitarian Universalist Association
Our Whole Lives Program Manager
Prayer
Group Covenant

- Take personal responsibility
- Right to skip or pass
- Honor all beliefs
- Ask for literacy moments
- Demonstrate mutual respect
Circles of Sexuality

- Sensuality
- Intimacy
- Sexual Identity
- Sexual Health and Reproduction
- Sexualization
“... inseparable elements of full personhood ... The movement toward a more healed, holistic spirituality and the movement to a more healed, holistic sexuality cannot be separated. It is not just that they ought not to be separated; quite literally they cannot be.”

Rev. James B. Nelson Between Two Gardens
Sensuality

- Body Image
- Attraction Template – who gives us that “tingle”
- Skin Hunger
- Non-intercourse Sexual Behaviors
- Sexual Response Cycle (our bodies are hard-wired to respond in predictable ways)
- Fantasy
Liking/Loving
Caring
Sharing
Risk-taking
Being Vulnerable
Trust
Reciprocity
Over-looked importance for teaching safer sex and abstinence
Sexual Identity

- Biological Sex/Sex Assigned at Birth
- Gender Identity
- Gender Expression
- Sexual Orientation
Sexual Health and Reproduction

- Accurate and Factual
- Feelings and Attitudes
- Sexual Intercourse (oral, anal, vaginal) and Associated Health Risks
- Anatomy and Physiology
- Contraception
- STI (sexually transmitted infection) prevention and treatment
- Reproduction
Sexualization

• Use/Abuse of Power in Sexual Settings
• Seduction
• Withholding Sex and Affection
• Ads/Media Messages
• Sexual Harassment
• Rape/Sexual Assault
• Sexual Abuse
Intimacy
Ability and need to experience emotional closeness to another human and have it returned.
Caring, Sharing, Loving/liking, Risk-taking, Vulnerability, Self-disclosure, Trust

Sensuality
Awareness, acceptance of, And comfort with one’s own body; Physiological and psychological Enjoyment of one’s own body and the Body of others.
Body image, Skin Hunger, Fantasy, Human Response cycle

Sexual Identity
A sense of who one is sexually Including a sense of maleness or femaleness or humanness.
Gender Identity, Gender role, Sexual Orientation Biological Sex

Sexual Health and Reproduction
Facts& Information Feelings & Attitudes, Anatomy and Physiology, Reproductive systems, Intercourse

Sexualization
The use of sexuality to manipulate or control others.
Rape, Incest, Harassment, Flirting/seduction, Withholding sex

Sensuality
Awareness, acceptance of, And comfort with one’s own body; Physiological and psychological Enjoyment of one’s own body and the Body of others.
Body image, Skin Hunger, Fantasy, Human Response cycle

Sexual Identity
A sense of who one is sexually Including a sense of maleness or femaleness or humanness.
Gender Identity, Gender role, Sexual Orientation Biological Sex

Sexual Health and Reproduction
Facts& Information Feelings & Attitudes, Anatomy and Physiology, Reproductive systems, Intercourse

Sexualization
The use of sexuality to manipulate or control others.
Rape, Incest, Harassment, Flirting/seduction, Withholding sex

God
Why do older adults need sexuality education?
US population by 2030

20% = 65 years and older
In menopause, will sex ever feel good again?

Is sex OK after a heart attack?

How can I tell my family about my sexual identity?

Is it too soon to date after my spouse’s death?
Our Whole Lives for Older Adults

• Values-based, social justice sex ed

• Affirms and promotes healthy sexual expression (solo or partnered)

• Addresses attitudes, values, and feelings about participant’s own and others’ sexuality
BEHOLD YOU ARE BEAUTIFUL MY LOVE

song of solomon 4:4
Sexuality and Our Faith for Older Adults
How is sexuality education ministry?
Sexuality Education in Your Setting

Form groups of 3-4 and discuss:
• How could you use OWL/SoF in your setting?
• What challenges do you anticipate?
• What questions do you still have?

Share 1 reflection with the larger group; no repeats of previous comments.
An example of how OWL and SoF complement each other:

*Our Whole Lives* activity: Whom do you seek?

*Sexuality and Our Faith* reflection:

“Consider how a recent date, new romantic interest, or long-term partner or spouse has enriched your life.”
Questions?

To receive the OWL/SoF newsletter…

www.ucc.org/owl_signup

Amy Johnson, LICSW, CSE
United Church of Christ
JohnsonA@ucc.org