

For Opening

- Handout 2: Our Whole Lives Philosophy and Goals, and the Orientation HomeLink
- optional: equipment to show a YouTube video

For What Messages Do We Want to Give Children about Sexuality?

- 5 × 8 index cards and pens

For Talking about Conception

- What Makes a Baby*, by Cory Silverberg, and *The Science of Babies*, by Deborah Roffman

For Closing

- copies of Handout 3: Our Whole Lives Content and Schedule, and Handout 4: Parent/Caregiver Commitment Form

PREPARATION

1. Preview the Amaze.org video called “How Do You Talk to Young Kids about Sex?” at amaze.org/jr. (Amaze.org videos are also available on YouTube.) Decide if you will take a few minutes to show this video to the parents and caregivers. If you prefer, you can view it for your own education and convey similar messages throughout your presentation.
2. Arrange chairs in a circle so participants are facing one other.
3. Set up a display of all course materials and additional resources you plan to use. Parents/caregivers should have access to all materials and resources you share with their children.
4. Make plans for snacks, if you want to provide them.
5. Write the Orientation-at-a-Glance agenda on newsprint and post it where it can be seen by everyone.
6. Fill in Handout 3, Our Whole Lives Content and Schedule, with the date and time of each workshop.
7. Make hard copies of the Orientation HomeLink; Handout 2, Our Whole Lives Philosophy and Goals; the filled-out Handout 3: Our Whole Lives Content and Schedule; and Handout 4, Parent/Caregiver Commitment Form.
8. Create digital copies of the Orientation HomeLink and Handouts 2 and 3 that are accessible to screen readers. For help in how to do this, you may consult this or other resources: <https://support.microsoft.com/en-us/office/make-your-word-documents-accessible-to-people-with-disabilities-d9bf3683-87ac-47ea-b91a-78dcacb3c66d>. You may email these to parents and caregivers, or post them in a secure location online and email links to them.

For Remembering Our Own Sexuality Education

1. Post a piece of newsprint. On it, write the title “What messages did you receive about...” and under that, list the following topics:
 - your own body—including the sexual parts?
 - touch and the need for human affection?
 - masturbation?
 - different kinds of families (families with two moms or two dads, single-parent families, etc.)?
 - how babies are made?
 - gender roles: how you were expected to be or behave on the basis of your sex assigned at birth?
 - lesbian, gay, bisexual, transgender, or queer (LGBTQ) people and identities?
 - loving and intimate relationships?
 - how race and sexuality may interact?
 - how disability and sexuality may interact?

For Talking about Conception

1. Practice reading the books *What Makes a Baby*, by Cory Silverberg, and *The Science of Babies*, by Deborah Roffman, aloud.

OPENING

10 minutes

1. Introduce yourselves again and briefly describe your experience and training as Our Whole Lives facilitators. You might share any teaching experience or special training you have, and emphasize your commitment to the topic. If you bring other personal or professional experience, including experience as a parent/caregiver, you may also choose to share this.
2. Go around the circle and ask participants to introduce themselves, giving their names and the names and ages of all their children (including those who are not participating in Our Whole Lives). If you have chosen to show the Amaze.org video to the parents and caregivers, introduce it briefly and show it.
3. Express your expectation that their participation in the Our Whole Lives program will be a bonding experience for them and their children. Say they will gain the most from the program if they take advantage of the suggestions and ideas in each week’s HomeLink. Distribute Handout 2, Our Whole Lives Philosophy and Goals. Take a moment to highlight one or two elements of the handout that resonate for you. Do not take the time to review everything in the handout.
4. Point out that the last goal is “To strengthen parents’ and caregivers’ roles as their children’s most important sexuality educators.” Distribute the Orientation HomeLink and point out that this first HomeLink has a list of ideas for how to play that role in the months and years ahead—Our Whole Lives for grades K–1 is only nine weeks long, but their children have a lifetime of learning ahead of them. Tell parents/caregivers that they will receive a HomeLink each week with some assignments to do with their children in between workshops, book and