



UNITED CHURCH  
OF CHRIST



UNITARIAN  
UNIVERSALIST  
ASSOCIATION



The Council for Health &  
Human Service Ministries

United Church of Christ

# Our Whole Lives for Older Adults

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## Faithful Sex Education for Aging Populations

*2020 CHHSM 82nd Annual Gathering: Justice and Grace –Together*

# Presenters

**Amy Johnson, LICSW, CSE**

United Church of Christ

Minister of Sexuality Education and Justice

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Unitarian Universalist Association

Our Whole Lives Program Manager

# Prayer

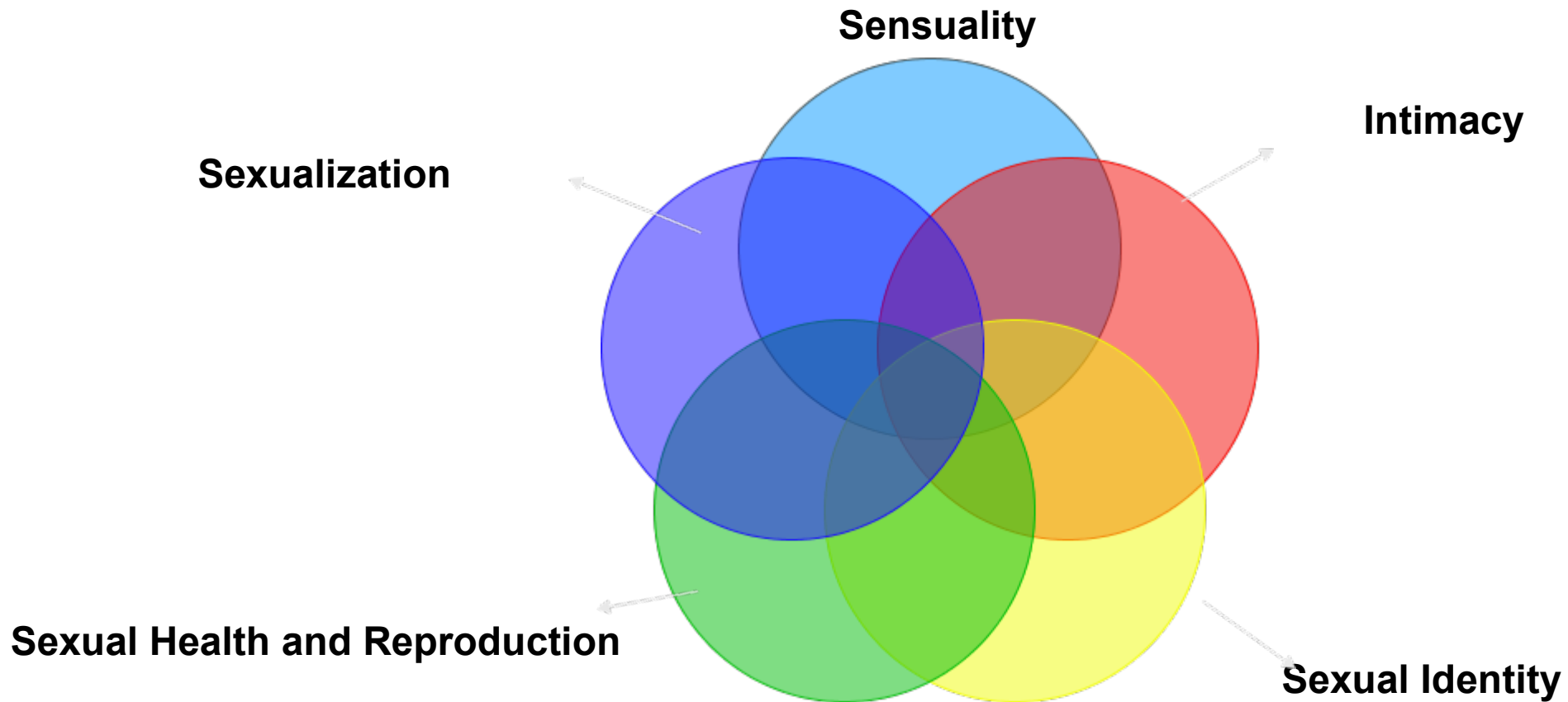


# Group Covenant

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



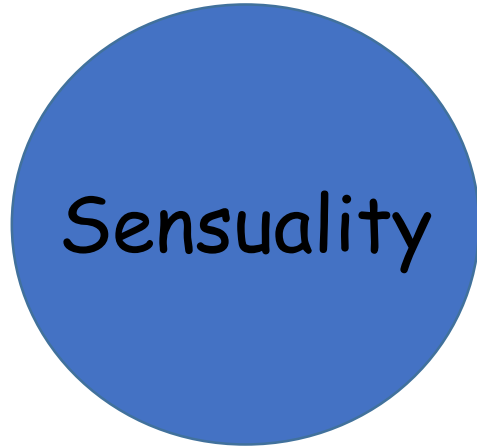
# Circles of Sexuality



# Sexuality and Spirituality

“ ... 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*



- 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



- 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**



God

## Sexual Health and Reproduction

**Facts & Information Feelings & Attitudes, Anatomy and Physiology, Reproductive systems, Intercourse**

## Sexualization

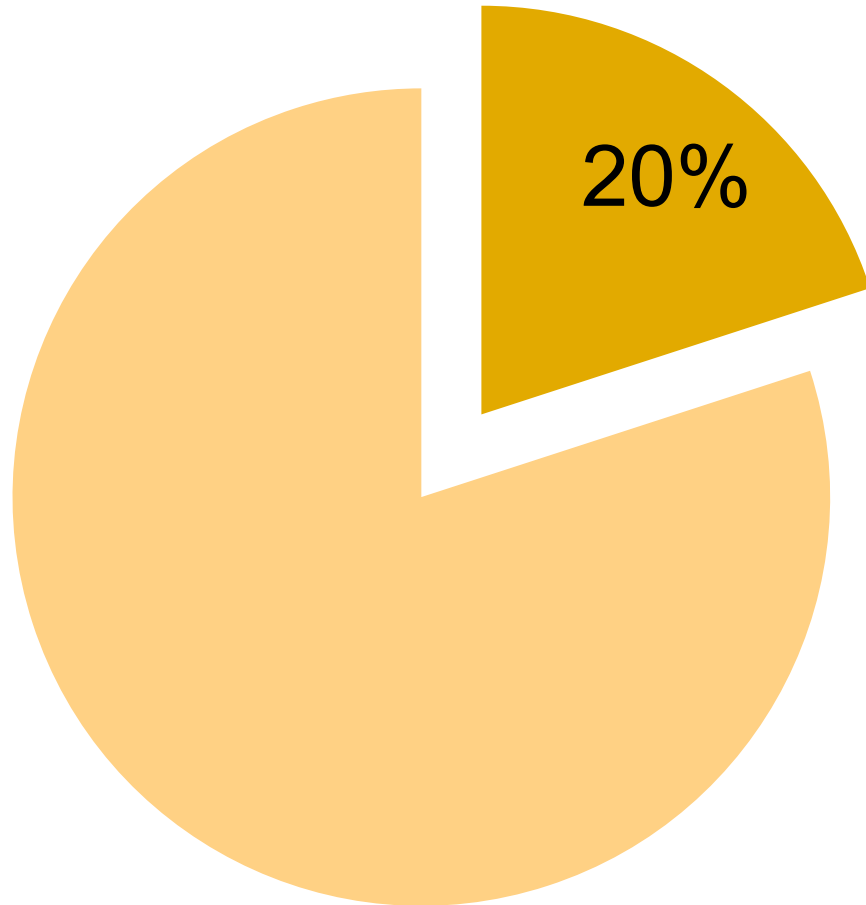
The use of sexuality to manipulate or control others.

**Rape, Incest, Harassment, Flirting/seduction, Withholding sex**

# 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?

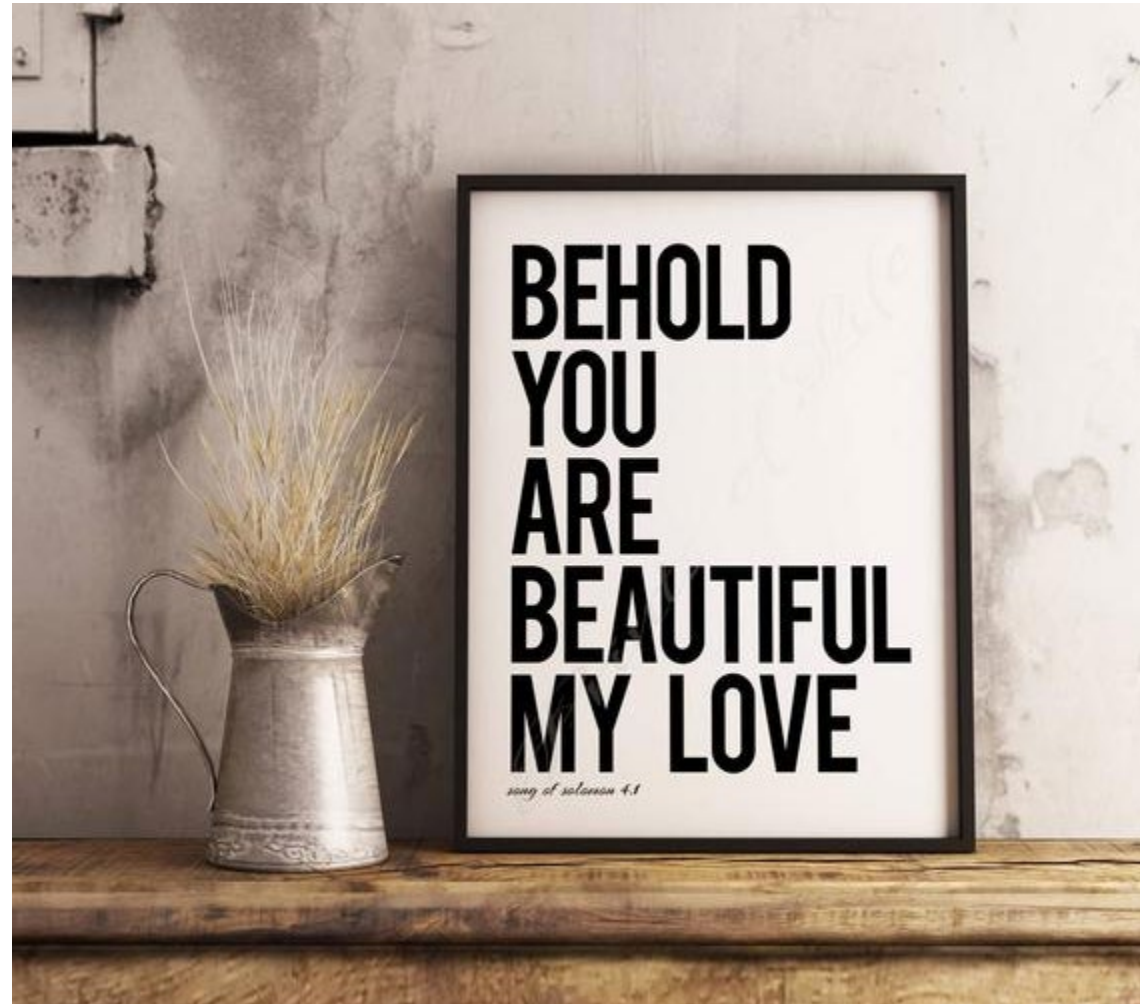
Is it too soon to date after my spouse's death?

# 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



# Body Image, Workshop 11



# 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.

# Dating as an Older Adult, Workshop 12

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](http://www.ucc.org/owl_signup)**

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# Closing Prayer

