



# Oak Park Our Whole Lives

## 8th Grade Schedule Fall 2025

The class has 1 Family Information Meeting and 12 regular sessions

### Family Information Meeting—Choose One. (Required, meets on Zoom)

Tuesday	9/16	7:00-8:00 pm
Wednesday	9/17	7:00-8:00 pm

### Regular sessions (In Person):

Sunday	9/21 - 12/14 (Class Does Not Meet 10/12) Class <i>Does Meet</i> the Sunday after Thanksgiving, 11/30	5:30-7:30 pm
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### Session Topics

9/21	Session 1	Introduction to OWL
9/28	Session 2	Anatomy
10/05	Session 3	Sexual Identity
10/19	Session 4	Body Image and Self-Respect
10/26	Session 5	Puberty
11/02	Session 6	Dating and Communication
11/09	Session 7	Healthy Relationships
11/16	Session 8	Arousal
11/23	Session 9	Consent and Accountability
11/30	Session 10	Safer Sex
12/07	Session 11	Pregnancy and Parenting
12/14	Session 12	Sexual Decision-Making

*Participants are expected to attend all sessions in order to build and maintain group trust and cohesion. We understand that the unexpected happens, but please plan to be there for every session.*

*Last modified on: 06/11/2025*