

Exploring Human Sexuality

Workshops for adults 35 and older



For more than four decades, the Unitarian Universalist Association and the United Church of Christ have developed, produced and offered a highly-acclaimed series of educational workshops on human sexuality, tailored to ages ranging from kindergarten to older adults.

Beginning in January 2019, workshops from their *Our Whole Lives* series will be offered to adults in the greater Tampa Bay area.

The sessions will be led by Betty Clark and Ron Hammerle.



Betty Clark is a masters-educated registered nurse and a certified rehabilitation nurse. She has over 45 years of experience in sexuality education and has developed a variety of human sexuality curricula for healthcare professionals, students and patients. Betty has presented workshops nationally and internationally on sexual function and sexuality issues related to people with disabilities. For many years, she was the primary sexuality educator for patients in a rehabilitation setting and has taught the *Our Wholes Lives* curricula for nine years.



Ron Hammerle was an Interuniversity Traveling Scholar at the Kinsey Institute for Sex Research, earned his doctorate for interdisciplinary studies at the University of Chicago and has taught in graduate schools of medicine, pharmacy and business. He previously developed and co-led human sexuality programs using material from his research at the Kinsey Institute and the UUA's earliest human sexuality curriculum.

Free Workshop Preview – Sun. Nov. 18, 2018

A free information session about the adult sexuality workshops will be held at the Unitarian Universalist Church of Tampa, 11400 Morris Bridge Road, Tampa, at **1:00 p.m., Sunday, November 18.**

About the Workshops

While the entire *Our Whole Lives* curriculum is designed for people “regardless of age, gender, gender identity, sexual orientation, life experience, religion or marital status,” the adult version (for ages 35 and over) is the one now being offered. The workshops include sexual images and devices.

Two workshops, beginning in January, are prerequisites for attending additional workshops in the series. They deal with *sexual attraction in early and developing relationships*. The cost for attending both is \$25 per person.

Additional, elective workshops will be offered, based upon the confidential interests expressed by those attending the introductory sessions and initial workshops. Series topics include:

- Sexuality and committed relationships
- Sexual diversity
- Sexuality and aging
- Discovering the Sexual Self
- Sexuality in institutional settings
- Sexuality and health
- Sexuality and social values

Workshop Rules

- No one will be asked to share personal sexual experiences. Participants may do so, however, as long as what is shared is not embarrassing or harmful to other participants or individuals known to participants.
- Information, opinions and attitudes expressed within the group stay within the group.
- Everyone is a learner; everyone is a teacher.

Time commitments

The introductory session is one hour in length. No registration is required.

The workshops run approximately 2 hours in length. Pre-registration is required.

Cost

There is no cost for attending the information session.

The cost for attending the two, prerequisite workshops is \$ 25 per person.

Each additional workshop is \$ 10 per person.

Fees include both program materials and refreshments.



Attire

Attire for all workshops is casual.

Purpose

The stated purpose for the *Our Whole Lives* curriculum is to:

- advance communication about sexuality and help participants address their own needs;
- help participants identify and use the many sexuality resources available;
- promote safer sexual practices;
- build understanding of healthy sexual relationships and activities;
- advance the causes of tolerance and justice;
- help participants accept, understand and affirm their own sexuality; and
- bring an affirmative spirit to the understanding and practice of sexuality, which can and should be a positive, safe and creative force in human life.

Locations and Directions

Workshops will be held in the Multi-Purpose Building of the Unitarian Universalist Church of Tampa, at 11400 Morris Bridge Road, in Tampa. The church campus is a quarter mile southwest of Interstate 75 and Fowler, on Morris Bridge Road.



For questions and registration, contact the Unitarian Universalist Church of Tampa. 813.988.8188