

# **THE** **CATHOLIC** **Vision of Love** Diocese of Pittsburgh

## **CHASTITY EDUCATION AND PERSONAL SAFETY CURRICULUM**

**REVISED 2011**  
**A Curriculum for Christian Education**  
**in Sexuality and the Family**  
**Reverend Kris D. Stubna, S.T.D.**

**GRADE 5**



Nihil Obstat: Reverend Joseph Kleppner, S.T.L., Ph.D.  
Imprimatur: Most Reverend John B. McDowell, V.G., Ph.D.  
Auxiliary Bishop and Vicar General, Diocese of Pittsburgh  
July 16, 1996.

The Nihil Obstat and the Imprimatur are declarations that this work is considered to be free from doctrinal or moral error. It is not implied that those who have granted the same agree with the contents, opinions, or statements expressed.

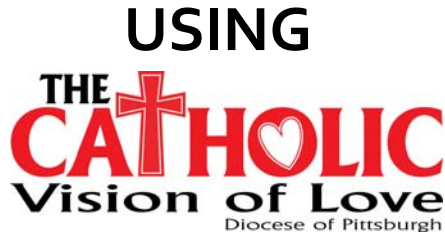
The Ad Hoc Committee to Oversee the Use of the Catechism, United States Conference of Catholic Bishops, has found this catechetical text (student text), revised edition copyright © 1996, 2002, 2011 to be in conformity with the *Catechism of the Catholic Church*. The Ad Hoc Committee to Oversee the Use of the Catechism, United States Conference of Catholic Bishops, has found the doctrinal content of this teacher manual, revised edition copyright © 1996, 2002, 2011, to be in conformity with the *Catechism of the Catholic Church*.

Unless otherwise indicated, Scripture selections in this work are taken from the *Revised Standard Version Bible, Catholic Edition*, © 1965 and 1966 by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America, and used by permission of the copyright owner. Some prayers are taken from the *Handbook of Prayers*, © 1992, 1995 by Scepter Publishers, Inc., and Midwest Theological Forum. Images provided by © 1994 Photodisc, Inc. Every reasonable effort has been made to determine copyright holders and to secure permissions as needed. If any copyrighted materials have been inadvertently used in this work without proper credit being given in one manner or another, please notify Our Sunday Visitor in writing so that future printings of this work may be corrected accordingly.

Revised Edition copyright © 2011 by Roman Catholic Diocese of Pittsburgh

Cover design by Debbie Skatell-Wehner  
Interior design by Sherri L. Hoffman

Printed in the United States of America



This notebook contains three sections. A Table of Contents can be found in Sections One and Two and Directions for Use in Section Three.

### **SECTION ONE • Guidelines**

These are the general guidelines to be referred to and followed by all catechists as they prepare to teach *The Catholic Vision of Love*.

### **SECTION TWO • Catechist's Notes**

This section contains grade-specific notes that correspond to each of the four student lessons.

### **SECTION THREE • Student's Lessons**

This section contains the blackline masters of the five lessons that can be reproduced for each student. The fifth lesson on personal safety includes both **catechist notes and student lessons**.

# GUIDELINES

## *Table of Contents*

Introduction.....	I
Foundation.....	II
Goals.....	III
Theology.....	IV
Education.....	V
Family.....	VI
Integration.....	VII
Adult Education.....	VIII
Child Education.....	IX
Teen Education.....	X
Special Needs.....	XI
For Teachers.....	XII
Appendices.....	XIII
A. The preparation of these guidelines	
B. Using media with <i>The Catholic Vision of Love</i>	
C. Content focus — Grades K through 4 Curriculum outline — Grades K through 4	
D. Curriculum outline — Grades 5 through 8	

---

# I. INTRODUCTION

.....

**These Guidelines seek to apply the teachings of Christ and of His Church to pressing needs of the time.**



God Himself created us male and female. He called us to find in love and marriage the fulfillment of deep desires, which He Himself planted in our hearts. In marriage as well as in chastity, accepted for the sake of the Kingdom, God has provided ways in which generous love is made to last, homes made strong, children protected, and the most basic of human goods guarded.

The Church has good news to proclaim about the family, and about human love and sexuality. The Church is called to make clear “the biblical foundations, the ethical grounds, and the personalistic reasons” (Pope John Paul II, *The Christian Family in the Modern World* [*Familiaris Consortio*], n. 31) for the Christian teaching that she hands on concerning human love and sexuality.

In her most basic teaching of the faith, both to adults and to young people, the Church must teach in appropriate ways the vision of love and sexuality that she has received from her Lord as a gift to all the faithful. These *Guidelines* then present the Church’s teaching about love, marriage, and the home as what it truly is: an integral part of the catechetical task of the Church. They give guidance to all who assist in handling on the message of faith.

## **Pastoral guidance from the Church**

Christian teaching about sexuality is true and it is liberating. It heartens people to live their lives with generous love in furthering the basic good things for the sake of which God has made us sexual beings. It enables us to escape the despair that causes so many in the materialistic age to abandon the hope of finding a generous and joyful love such as God intended us to find and to live.

## **Catholic teaching on sexuality**

In our own day the Church has spoken forcefully and clearly of the very meaning of sexuality. This comes in the face of many bitter and inhuman teachings about sexuality that are focused widely today. She has taught also the moral principles that should guide our consciences and our lives if sexuality is to be the blessing that God intended it to be.

The doctrine taught in these *Guidelines* is that of the Church herself. It is rooted in Scripture; it has been constantly taught in the family of faith; and it has been found in the experience of faith over the centuries to be essential for strengthening the family, for making love endure, and for the defense of lives lived in faith and in love.

Among the more important Church documents that should be familiar to all who teach about sexuality in the Church’s name are:

**The Church  
has good  
news to  
proclaim  
about the  
family....**

Second Vatican Council. The Church in the Modern World (Gaudium et Spes) Part II, Chapter 1 (1965).

Pope Paul VI. Encyclical Letter, Of Human Life (Humanae Vitae) (1968).

Congregation for the Doctrine of the Faith. Declaration, Certain Questions Concerning Sexual Ethic (1975).

Pope John Paul II. Apostolic Exhortation, The Christian Family in the Modern World

(Familiaris Consortio) (1981).

Pope John Paul II. Encyclical Letter, The Splendor of Truth (Veritatis Splendor) (1993).

The teaching of the faith on sexuality can be found in Bishop Donald Wuerl, et al., *The Teaching of Christ*, Fourth Edition, (1995), with \ reference to the *Catechism of the Catholic Church* (English edition, 1994). There, and in the section below on "Catholic teaching on education in chastity," will be found more abundant reference to documents on the universal Church and of the Church in America on this subject.

## **Catholic teaching on education in chastity**

Catholic teaching on the nature, goals, and proper principles for education on the meaning of sexuality, chastity, and the family can be found in the following sources:

Pope Pius XI. Encyclical Letter, *On the Christian Family (Casti Connubii)* (1930).

Second Vatican Council. Declaration, on Christian Education (Gravissimum Educationis) (1965).

Pope John Paul II. Apostolic Exhortation, On the Family (Familiaris Consortio) (1981).

Congregation for Catholic Education. Declaration, Educational Guidance in Human Love (1983).

Catholic Bishops of Pennsylvania. Education in Human Sexuality (1989).

National Conference of Catholic Bishops. Human Sexuality: A Catholic Perspective (1990).

Pontifical Council for the Family. The Truth and Meaning of Human Sexuality: Guidelines for Education Within the Family (1995).

Pontifical Council for the Family. Preparation for the Sacrament of Marriage (1996).

---

## II. FOUNDATION

These Guidelines are centered around eight foundational principles.



.....  
1. Education in the Catholic vision of love and human sexuality is education in an integral part of Catholic *faith* and *life*. It is formation in ways of living that are inseparable from the Gospel. Education in human sexuality is *inseparable* from our overall faith education and formation.

This education is not only *instructional*. It addresses also the emotions and the whole person. The purpose of this education is to move a person to exercise a personal freedom to choose ways of living that are faithful to the Gospel call. Thus, its concern is to prepare students to have the ability to make intelligent choices regarding their sexuality; to help them integrate their attitudes toward sexuality with their faith and their whole vision of life; and to enable them to acquire self-possession and to exercise authentic freedom.

2. There are certain doctrinal and moral teachings of faith that underlie the program. These basic tenets illumine ways of living our personal lives and of shaping our love and affection in Christian ways. That is, the program emphasizes a *positive vision* of what human love and sexuality mean — a vision that flows from the Word of God and the teachings of the Church. These basic tenets would include:

- The human person is made in the *image of God*. In our masculinity and femininity God has given us ways to imitate the personal goodness that is at the heart of the very life of God.
- Sexuality is *God's work*. It is something *very good*. Much of the joy and energy of human life flow from a recognition of the goodness of all dimensions of the being the Father has given us, including our sexuality.
- Sexuality is to be understood in the context of *human fulfillment*. By our very nature, we long for the good things that we need to have happy and *fully human lives*. By our nature, we seek to escape the loneliness of the human condition and find “enduring love” — a love that gives all of itself to another.
- Sexuality is a *natural sacrament*, or a visible sign of what enduring love means and needs to be among human persons. All our longing is indeed toward a richness we know that we cannot quite express. Thus, it is God we must first learn to love with all our heart. In learning to love Him, we learn to love one another.
- Those sexual acts which faith has always taught to be sinful (such as masturbation, adultery, homosexual activity, contraception, and all extramarital sexual activity) are truly immoral. They are not simply forbidden; they are in truth bad kinds of acts. They use sexuality in ways that fail to respect the very meaning and purposes of sexuality. They keep people from obtaining the good things for the sake of which God created sexuality. They undermine the dignity and happiness of human life.

3. There are certain major practical problems that must be faced today. An education in human sexuality must treat these problems effectively. These problems include AIDS and other sexually transmitted diseases, the rise in teenage pregnancies, abortion, and a variety of promiscuous attitudes. Our young people's understanding of love and sexuality is dramatically affected by a culture caught up in materialism, hedonism, unbelief, and even despair. However, while the program will face these contemporary issues, its primary focus is not one of *avoiding certain grave moral evils* but one of *positively guiding people toward living excellent lives* in all that touches love, affectivity, and personal relationships.

... it is  
God we  
must first  
learn to  
love with  
all our  
heart.

4. Sexual education is primarily the responsibility of the *parents*. Thus, an education in love and sexuality will be effective only to the extent that parents cooperate and take an active role. The aim of the teachers is to *assist parents*: to help them to communicate with their children in these matters. The *principle of subsidiarity* reminds us that such tasks are only effectively accomplished if the essential smaller units, in this case families, are doing their tasks. The program is meant to cooperate with parents and *not substitute* for them. On the other hand, teaching is so critical in this area, it simply cannot be taken for granted that parents are capable of doing it on their own with no assistance from the Church.

5. Human sexuality education is to be integrated with education in Catholic faith and life generally. The education will be designed to be *integrated into the religion curriculum itself*. This will be a total parish program involving both Catholic school and Religious Education programs.

6. Only those who can and do agree with Catholic teaching in these matters can be permitted to teach *The Catholic Vision of Love*. There is a need for adequate catechist formation and training prior to beginning the actual teaching of this material.

7. Education and materials need to be provided for parents and other adults. Assistance should be given to the clergy who will be instrumental in the implementation of this pastorally important education. The media, the internet and contemporary pressures tend to press all people toward attitudes and practices which contradict Christian principles. The whole community needs to get a firmer grasp on basic Catholic moral principles if it is to communicate these principles effectively to its young members.

8. Education in the proper use of media is an indispensable part of any effort at human sexuality education.



---

### III. GOALS

.....  
**Christ is the Teacher of life. He came that we might “have life, and have it abundantly” (John 10:10).**



This program aims at assisting all to lead richer and happier lives by following Christ's guidance in walking in the ways of love. He is the best teacher about such basic realities. We learn from Him about the kind of love that can endure in this world, about the home and family, about the preciousness of life and of chaste and human love.

The principal goal of *The Catholic Vision of Love* is:

*To present Christ's vision of love and sexuality, and to encourage all to live according to the Good News of His teaching on love, marriage, the family, sexuality, and the freedom of self possession.*

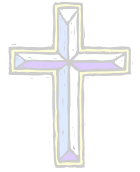
All the other goals and objectives follow from this principal goal. These more specific goals are:

- To show that God is our Father, the Creator of *all* our being: that our sexuality is God's rich gift, which affects all that we are and serves precious human goods, when it is understood in the light of Christ's gracious teaching.
- To stress the sublime importance of every person and the essential equality of all persons; and to show that each one is called to greatness of heart and to friendship with the Lord.
- To teach the profound Christian motives for reverence for every person, and for a healthy self-esteem; to make clear how precious every person is to God, and how by God's grace each is capable of living the excellent ways Christ makes known.
- To guide all toward a fuller understanding of what Christ teaches in His Church about sexual morality and self possession, and to assist them in seeing how good Christ's teaching is, and how important it is to shape our consciences to live in His ways.
- To lead all toward understanding and acceptance of all the dimensions of our human lives: spiritual, moral, psychological, physical, emotional, sexual, intellectual, and social.
- To seek to guard all from exploitation by providing a clear understanding of everything one needs to know about sexuality to be secure and fortified to live in this contemporary world.
- To support all persons in their efforts to acquire the skills, insights, and virtues they need to have confidence and peace in leading chaste lives.
- To motivate and assist all to follow Christ's vision of love, guarding all the good things God intended sexuality to serve, in lives enriched by heeding the commandments and beatitudes, and by doing the works of mercy.

---

## IV. THEOLOGY

.....  
The *Catholic Vision of Love* is rooted in the Scriptures. It has been taught in the Church through the centuries and faithfully presented for our time in the documents of the Second Vatican Council and in other recent Church documents. Christ continues to teach in the family of faith, and His teaching is true and liberating. Through this teaching He defends indispensable human goods that serve both human happiness and the dignity of the person.



### Scriptural roots

The teachings of the Church about marriage and sexuality can be traced through their development in both the Old and New Testaments.

#### Old Testament

There is a *religious context* to the Old Testament teaching on sexuality and sexual morality.

The Old Testament understanding of sexuality is deeply related to its understanding of God. The God of revelation is very different from pagan gods such as Baal. This difference is reflected in the distinctive nature of sexual morality in revealed teaching. In the myth of Baal, the gods themselves are sexual beings, capable, as fallen beings are, of selfish and unrestrained lust. Pagan fertility cults presented sex, even its selfish and cruel manifestations, as participation in the divine. But the God of Abraham, Isaac, and Jacob is not like Baal: He is not sinful and selfish as we can be; He is different, and altogether good. We are flawed, and inclined toward behaving badly. But God calls us to be His friends, and so to lead good lives, after the pattern He teaches us.

Though not every kind of sexuality activity is good, the Old Testament sees sexuality itself as good. Sexuality has intelligent purposes and deserves to be treated with reverent care. It is the gift of an all-good and transcendent Creator. This is the thrust of each of the narratives in Genesis of the creation of man and woman.

Human beings are not created to be isolated individuals. "It is not good that the man should be alone" (Genesis 2:18). The two accounts of the origins of male and female, and indeed also of marriage, in the book of Genesis, Chapters 1 and 2, each stress different goods that sexuality furthers. The account in Genesis, Chapter 2, speaks of the great good of interpersonal love, of the need of each bodily person for another with whom to share life. It calls for spousal love to be a kind of love like the Lord's that is full of generosity and self-giving. The account of Genesis, Chapter 1, stresses the procreative good, which later inspired writings will celebrate so richly: the joy that children are to parents.

Thus for the Old Testament, sex is a blessing from God, Celebrated with great joy in the Song of Solomon, sexuality is yet a reality to be responsibly controlled. Human beings are to integrate their sexuality by understanding its meaning and purposes. Throughout the Old Testament marriage is presented as something holy. The sexual relationship in marriage should mirror the relationship between God and His people. This is a reciprocal relationship: What we learn, by experience or revelation, teaches us about God's covenantal love; and what God teaches us of that love reveals what spousal love should be like.

**Thus for the Old Testament, sex is a blessing from God.** The Old Testament's moral precepts about sexuality, as contained in the Decalogue, are right and good; but they reflect the imperfection of a not fully developed state of moral revelation and teaching. But clearly the Old Testament recognizes the great dignity of wife and mother. Wisdom literature repeatedly counsels husbands and wives to love one another truly and to be faithful to one another. It urges young men to live chastely, avoiding harlots and wayward women, as paganism did not. Faithful, lifelong marriage is the normative context for sexual love.

The Old Testament clearly condemns many of the kinds of sexual acts that do not further faithful love and the procreative good, and threaten marriage. It condemns adultery, and homosexual and bestial acts; it rejects all activity that surrenders to impulse rather than governs sexuality by love of authentic goods; implicitly it rejects fornication (sexual intercourse between unmarried persons) and it forbids the internal act of "coveting thy neighbor's wife." The moral teaching of the Old Testament is clearly no mere expression of Semitic culture and social conditions. Other Semitic people accepted the myths of Baal and the sexual morality of other nations. It was their covenant with the Lord that led the Jews to so sublime an understanding of sexuality.

### **New Testament**

The Good News that Christ taught puts all things, even sexuality, in a new light. This new perspective is seen very clearly in the new evaluation of celibacy and virginity accepted willingly for the sake of the Kingdom (see Matthew 19:12). Of course, the New Testament takes for granted the teachings of the Old Testament on the goodness of sexuality and on the beauty of faithful marriage. But the Gospel advances these teachings to a more profound level of understanding.

Generally speaking, the Old Testament clearly disapproves of divorce (see Malachi 2:16) and in the Gospel Christ clearly condemns divorce and remarriage. Human acts of divorcing cannot break the indissoluble bond of valid marriage. It would be adultery to live as married to a partner who is not a real spouse (see Luke 16:18). Christ points out that the man who divorces his wife and marries commits adultery against her. His teaching seeks to guard the rights of women, their personal dignity, and equality with men.

For Jesus, sexual morality is not merely a matter of external behavior, but one of a person's internal disposition and will as well. "Everyone who looks at a woman lustfully has already committed adultery with her in his heart" (Matthew 5:28). Evil acts coming from the heart, are what corrupt a person. These evil

acts are said to include adultery (*moicheia*), fornication (*porneia*), and sensuality (*aselgeia*) (Matthew 15:19; Mark 7:21-22). There are difficulties in analyzing the precise sense of each word. But it is clear that lustful acts include more than adultery. *Porneia* is used in the New Testament to include acts properly designated by the English term *fornication*.

The writings attributed to Saint Paul also illumine faith's vision of sexuality. Writing to Gentiles living in a pagan world, affected both by licentiousness and by an antisexual Gnosticism, Paul stresses the goodness of marriage and of sexual union within marriage. Everything is to be experienced "in the Lord," including their sexuality and their married lives. The holiness of marriage, and its sacramental ties with the love of Christ for His Church, are stressed in Ephesians 5:22-23.

**All is  
transformed  
by Christ.**

All is transformed by Christ. Our bodies need reverence: They are members of Christ and temples of the Spirit. But since sexual immorality affects the Christian person in so intimate and bodily a way, it is a sacrilegious desecration of the body of Christ and the temple of the Holy Spirit. "Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body" (1 Corinthians 6:18).

Because authentic human love and marriage are such indispensable goods for ordinary Christian living, sexual sins have a tragic seriousness. Like the Gospels, Paul too gives a list of sexual sins and notes how fearful are their consequences. "Neither the immoral, not idolaters, nor adulterers, nor homosexuals...will inherit the kingdom of God" (1 Corinthians 6:9-10). Hence chaste hearts and self-possession are necessary for the Christian. The form of life that guards spousal love, homes, and the family, and nourishes enduring love, is the form of life that is needed both for human happiness on earth and for finding relationships with God that make one worthy of life forever in Him.

*Bibliographical notes:* Some studies helpful for grasping the vision of sexuality found in Scripture include:

Pope John Paul II. *The Original Unity of Man and Woman, Catechesis on the Book of Genesis*. Boston: St. Paul Editions (1981).

\_\_\_\_\_. *Blessed Are the Pure of Heart*. Boston: Saint Paul Editions (1983).

E. Schillebeeckx. *Marriage: Human Reality and Saving Mystery*. 2 volumes. New York: Sheed and Ward (1965).

See also Lawler, et al. *Catholic Sexual Ethics*. Our Sunday Visitor (1985), Chapter 2, *The Biblical Teaching on Sex*.

## **Catholic teaching through the centuries**

Catholics are heirs to a long theological tradition. From apostolic times to the present, that tradition has taught, and continues to teach, that the union of man and woman in marriage is good and indeed holy. It teaches that the virtue of chastity is necessary for all persons, male and female, married and unmarried, so that they may fully have self-possession and not be controlled by lustful forms of sexual desire. It teaches that some specific forms of sexuality activity —

namely, adultery, fornication, and sodomy, for example — are incompatible with the form of living appropriate to a person who has become one body with Christ through Baptism. It teaches what the Church learned from Scripture and has always taught: All acts of marital love should be open to life, and so respect the very meaning and purposes that God has given to sexuality. Hence those forms of family planning that are contraceptive are wrong. They deliberately seek to destroy the life-giving power of acts of marital love.

The Fathers drew their sexual teaching from the Scriptures, and applied it to the pastoral problems of their times. Against Gnosticism, they taught the holiness of marriage, and because of its anti-life spirit the Fathers stressed the procreative purpose of marriage. In a pagan world they extolled the greatness of a virginity generously lived for the Kingdom, but it had to be always rooted in the context of reverence for marriage and the family. The misery experienced in the pagan world as a result of a lust that destroyed homes and the hope for enduring love led the Fathers to develop more fully scriptural teaching on the fallen state of the human person: Sexual appetite, while itself good, had been notably wounded by sin.

The important work of the medieval, modern, and contemporary scholars in developing the Gospel vision of sexuality can be studied in some of the works cited in the bibliography section at the end of this chapter.

## Magisterial teaching

Catholics believe that Christ Himself continues to teach in His Church. He commanded those He sent to proclaim the Gospel and His saving precepts to all nations. He promised that He would remain with them always in their teaching. The Church believes that the pope and bishops, successors to Saint Peter and the other apostles, teach moral matters authoritatively, and sometimes infallibly, since Christ teaches through them. Moral teaching is infallible not only when it is solemnly defined (very few moral matters are so defined), but also through the ordinary teaching of the Magisterium, when all the bishops and the pope teach in one accord something in morals that is to be held definitively (Second Vatican Council, *Dogmatic Constitution on the Church (Lumen Gentium)*, n. 25). What the Church teaches infallibly, we are to accept with firm faith; what she teaches authoritatively, we are to accept with internal religious assent, and to follow that teaching in our lives (*ibid.*).

Early councils taught firmly the goodness of marriage. The Second and Fourth Lateran Councils defended the goodness of the marital union against the challenge of medieval neo-Gnostics. The Council of Florence affirmed that marriage is a sacrament, and proclaimed Augustine's teaching on the three basic goods of marriage: 1) the begetting of children, and educating them to love God; 2) the faithful love of husband and wife for each other; and 3) the indissoluble union of the spouses, mirroring Christ's indissoluble love for His Church. Councils did not need to define the constant teaching of the Church on the sinfulness of adultery and other sexual sins that were part of the ordinary teaching of the Church everywhere, and hence decisively part of faith's teaching.

The moral teachings of the Church touching sexuality were presented by the bishops and their priests, and received by the people, as the teaching of the Lord. When Christendom was divided at the Reformation, the new Christian communities continued to teach the moral teachings, so rooted in Scripture and so familiar to the people of God. Obviously, not all were faithful to these teachings; but their authority was not rejected. But as philosophies alien to Christianity became more influential in the thought and practice of the world, authentic Catholic teaching had to articulate with greater care the message it had received and had a duty to teach. Pope Leo XIII and Pope Pius XI, for example, set forth the Christian vision of marriage and of sexuality in a number of encyclicals.

But in our own time, facing strong attacks on the family, misunderstandings of chaste love, new forms of hedonism and of moral skepticism, the Church has sought to hearten her people with strong defenses of Catholic teaching about marriage, the family, the meaning and purposes of sexuality, and the gifts God gives to make possible living the excellent ways that guard indispensable human goods. The Second Vatican Council spoke forcefully of the whole Christian vision in this matter, and later Church documents have further illumined and defended the Catholic vision of love and sexuality.

Church directives to theologians, pastors, catechists, and pastoral leaders regularly and rightly insist that authoritative teaching is to be faithfully adhered to even if one should have certain difficulties with it at times. The *Instruction* from the Congregation for the Doctrine of the Faith entitled *The Ecclesial Vocation of Theologians* (1990) gives excellent advice for pastoral practice when these kinds of difficulties occur. Two things remain important: to be faithful to the teachings of the faith, and to be gentle and helpful to those who have been scandalized or who have erred. One strives to help them recapture the vision of faith.

*Bibliography:* Selected Church documents in sexual ethics include:

Second Vatican Council, Pastoral Constitution. *The Church in the Modern World, Part II, Chapter 1: On Upholding the Dignity of Marriage and the Family.*

\_\_\_\_\_. Declaration, *Declaration on Christian Education (Gravissimum Educationis)* (1965). Nn. 1-3 treat some principles of sexual education.

Pope John Paul II, Apostolic Exhortation. *The Christian Family in the Modern World (Familiaris Consortio)* (Nov. 22, 1981).

\_\_\_\_\_. Encyclical Letter, *The Splendor of Truth (Veritatis Splendor)* (1993).

Pope Paul VI. Encyclical Letter, *On the Regulation of Birth (Humanae Vitae)* (July 25, 1968).

Congregation for the Doctrine of the Faith. Declaration, *Certain Questions Concerning Sexual Ethics (Persona Humana)* (1975).

Congregation for Catholic Education. *The Pastoral Care of Homosexual Persons* (1986).

\_\_\_\_\_. *Instruction on Respect for Human Life in Its Origin and on the Dignity of Procreation* (1987).

\_\_\_\_\_. *Educational Guidance in Human Love* (1983).

National Conference of Catholic Bishops (USA). Pastoral Letter, *Human Life in our Day* (1968).  
 \_\_\_\_\_. Pastoral Letter, *To Live in Christ Jesus: A Pastoral Reflection on the Moral Life* (1976).  
 \_\_\_\_\_. *Pastoral Guidelines for the Catholic Hospital and Catholic Health Care Personnel* (1991).  
 United States Catholic Conference Department of Education. *Human Sexuality. A Catholic Perspective for Education and Lifelong Learning*. Washington, D.C.: USCC (1990).

## SUMMARY

### Doctrinal teachings

1. We are created in God's own image. God made us male and female; our sexuality is good because it is from Him, and it serves basic human goods, especially spousal love, and newness of life.
2. God is the author of marriage. It did not flow from merely human choices or cultural conditions. God also wished marriage to have certain essential traits needed to guard spousal love and other human goods: unity, indissolubility, exclusiveness, openness to life, sacramentality.
3. Christ has raised marriage to the dignity of a Christian sacrament. Marital love should reflect the qualities of God's love for His people and Christ's love for His Church. As a sacred sign, matrimony is a gift through which God promises assistance to His people, assuring them that despite the many trials married people may face, they will be able to be faithful to God in their marital commitment if they seek His gracious help.
4. The marital act is good and sanctifying when in marriage it is an expression of marital love. But the proper place for sexual intercourse is *always* within marriage.
5. Christian teaching is good news for the family. Its doctrinal and moral principles serve to strengthen marriages and homes, and through these the happiness of people, who need secure marital commitments and faithful love within the family if their lives are to have the happiness they seek.
6. All valid and sacramental marriages have an indissolubility; it is not within any human person's power to dissolve them. Faith teaches, however, that God grants the Church authority in certain cases to dissolve marriages that are not sacramental (e.g., the Pauline privilege) or that are not consummated. Sacramental marriages that been consummated are entirely indissoluble. God does not grant even to His Church the power to dissolve such marriages for any reason. Declarations of nullity are not divorces or dissolutions of a marriage. They are judgment that an apparent valid marriage was, in fact, because of serious cause (e.g., the inability of one of the partners to consent to the marriage), never a truly sacramental marriage.

7. In the sacrament of matrimony, and in the other sacraments, and in the gifts flowing from prayer, God offers to His people the power to lead lives of faithful love in marriage. God makes it possible for people to lead excellent lives in marriage, so that their hopes for lasting love, and for divine assistance in caring for their children, and for living peaceful lives in divine grace may be realized.
8. Sexuality is a gift of deep importance to human life. It is not a trivial reality, and needs to be treated with reverent care. Christian teaching on sexuality guards indispensable human goods: the hope of enduring love, the protection of children and the procreative good generally, the defense of the basic social unit, the home, the care for the sacramental dimensions of human love.

**Christian  
teaching  
is good  
news for  
the family.**

## Moral teachings

### Objective norms

- *The excellence of sexual love in its proper context.* Conjugal love “is uniquely expressed and perfected through the marital act. The actions within marriage by which the couple are united intimately and chastely are noble and worthy ones” (Second Vatican Council, *Gaudium et Spes*, n. 49). While spouses are indebted to each other in this matter, they should engage in such acts freely and willingly, in ways that show mutual respect, and further the ends of marital love.
- *Sins against marital values.* Those acts which involve choices directly against the basic values toward which sexuality is ordered are always objectively sinful. Thus, acts of adultery, fornication, homosexual actions, masturbation, and the like are gravely sinful if they are engaged in with sufficient knowledge and freedom (*Persona Humana*, n. 10). Similarly, acts intended precisely to stir up sexual arousal (e.g., lustful forms of kissing or fondling) in circumstances unrelated to marital love are gravely disordered.
- *Contraception and sterilization.* The Church is certainly aware of the many complex problems which couples in many countries face today in their task of transmitting life in a responsible way. However, consideration in depth of these problems offers a new and stronger confirmation of the importance of the authentic teaching on birth regulation repropounded in the Second Vatican Council (*Gaudium et Spes*, n. 51) and in the encyclical *Humanae Vitae*, n. 14. See also Pope John Paul II, *Familiaris Consortio*, n. 31. Hence there must be excluded as intrinsically immoral “every action which, either in anticipation of the conjugal act, or in its accomplishment, or in the development of its natural consequences, proposes, whether as an end or a means, to render procreation impossible” (*Humanae Vitae*, n. 14). (See also what is said below under “Pastoral considerations,” nn.1-3.)

**Natural family  
planning . . .  
may be used  
without fault in  
proper  
circumstances.**



■ *Natural family planning.* This does not mean that all family planning is excluded, however. Providentially, effective forms of natural family planning have been developed, which in their moral structure are radically different from contraception (*Familiaris Consortio*, n. 32). These may be used without fault in proper circumstances (ibid.) The Catholic community has a duty to make accessible to its people the assistance that natural family planning can provide for living a chaste life.

■ *Artificial generation of children.* Although the Church commends those who seek to help the apparently infertile to have the children they desire, it points out the inhumanity and wrongness of some forms of generating children, notably, artificial insemination and in vitro fertilization. Human life should come to be as a fruit of an act of interpersonal and fully human love, as the fruit of an act of marital love. It should never be reduced to a technological “making of a child, even if this producing of a child has good motivation. (See *Instruction on Respect for Human Life in its Origin* [1987].)

### **Pastoral considerations**


■ *Importance of moral truth.* Many circumstances in the contemporary world make it difficult for the faithful to recognize the truth of the certain teachings of faith in this area. Hence, it is important that those who teach Catholic sexual morality seek to present “the biblical foundations, the ethical grounds, and the personalistic reasons behind this doctrine” (*Familiaris Consortio*, n. 31). Since the Church teaches a revealed morality, and the faithful are powerfully moved by their confidence in the teaching of Christ, the certainty that this is the teaching of Christ in His Church is to be made as clear as possible. But other kinds of reasons are also needed. It is important to show that the teachings of faith are not merely laws imposed by the Lord or by the Church; they are moral teachings that point out excellent ways of living, and guard human goods of indispensable importance for human happiness. It is necessary also to show that the Lord indeed makes it possible for His faithful to live in this excellent way. Moral teachings, moreover, are never imposed by force. They are addressed to the freedom of persons, and they enhance the personal dignity of those who willingly live by them.

**It is necessary also  
to show that the  
Lord indeed makes  
it possible for His  
faithful to live in  
this excellent way.**


■ *Subjective considerations.* Sins of lust, such as fornication and masturbation, are objectively gravely sinful. This does not mean that those who perform such acts always sin mortally. It is quite possible in this field that those who perform such acts may be excused from grave sin because of failures to realize the gravity of the matter or because they substantially lack freedom in the actions performed. Pastoral wisdom is needed in giving guidance especially to the young in these matters. One should be realistic in estimating moral responsibility.


Modern psychology has much that is valid and useful to offer on the subject of


masturbation. It is helpful for gauging responsibility more accurately and for directing pastoral action along the right lines. It can enable one to understand how adolescent immaturity, which sometimes outlasts adolescence, the lack of psychological balance, and ingrained habit can influence a person's behavior, diminishing one's responsibility for one's actions, with the result that a person is not always guilty of subjectively grave fault. But the absence of grave responsibility must not always be presumed. To suppose that would involve a failure to recognize the human person's ability to behave morally (*Persona Humana*, n. 9). The principles noted here are, of course, applicable to other sexual sins as well.

 **Objective truth.** Pastoral care is concerned with more than subjective guilt or innocence in this matter. Catholic moral teaching speaks the truth about how we are to live and please God, and guides us correctly toward the excellent forms of life which are needed for human happiness and which will lead to holiness of life. Lustful actions are really harmful for human beings, even if they are not known to be bad and even when they are not morally imputable to the one performing the action. God has taught us how we are to live, and has instructed the Church to teach the faithful in His ways, because they are good. And because it is good to walk in the light of the Lord, "To diminish in no way the saving teaching of Christ constitutes an eminent form of charity for souls" (*Humanae Vitae*, n. 7).


**Young people often need specific help in understanding ways to conquer temptation....**

 **Providing gracious assistance.** Pastoral teaching does not merely instruct the faithful in their duties, but also offers them the practical helps that enable them to experience that the excellent ways of living are not excessively burdensome (cf. Matthew 11:28-30). The experience of confessors has long been that those who come to a personal desire to do God's will faithfully in these matters find that God does not fail them. In fact, they become able to keep His precepts without overwhelming difficulty. They need to realize that God's grace is very strong, and that prayer and the sacraments are powerful supports to a chaste and self-possessed life. Practical assistance is greatly needed: Spouses need to have excellent instruction in natural family planning that is readily accessible. Young people often need specific help in understanding ways to conquer temptation; they need assistance in psychologically sound ways to overcome problems that underlie their moral difficulties.

 **Social dimensions.** Difficulties with chastity often have social dimensions. Pastoral care must teach the faithful, especially the young, ways to overcome the pressures of peers and of the media. It is important that the faithful realize the naturalness and goodness of a life of self-possession. We must help them realize how many people do live chaste lives in tranquility and joy.

 **Self-esteem.** Education in chastity requires that we assist people to have a right self-esteem (which is entirely compatible with humility). Indeed, it is awareness

of the goodness that God has planted in their hearts, and the greatness that they have because of the love of Christ, that heartens people to pursue excellent forms of life that serve the most indispensable of human goods. Although we teach the grave sinfulness of certain disordered sexual acts, we do not teach people that they are worthless because they have sinned. Rather, we must constantly hearten people to trust in the powerful grace of the Lord, and to have confidence that He will give them power to live as the sons and daughters of God that they are called to be.

 *Conscience.* Catholic sexual ethics must be taught in a context that respects the general moral teachings of the faith. Thus, it must be supported by sound teaching on conscience, and on the duty to form conscience properly. It is necessary to teach it in a context that recognizes the ability of people to live, with the assistance of God's grace, by His saving precepts, even when they appear difficult. Catholic teaching on mortal sin must be respected. Mortal sin is a tragic evil. By it persons whom Christ died to save can separate themselves from the love of God and the secure hope of eternal life. A mortal sin is a gravely wrong kind of act (an act like adultery, fornication, or perjury) which is done with sufficient reflection and with full consent of the will. Venial sins are acts that are not so gravely wrong, or are performed without sufficient knowledge or freedom. To enable the faithful to grasp clearly and to appreciate moral teachings of the Church involves notable difficulties in our contemporary age. But the teachings of faith are strong defenses for good human lives and person happiness. They hearten people to acquire the generosity that the Gospel calls for in those who seek eternal life. To teach well such matters is a great work of love.

*Bibliography.* Studies useful for grasping the Catholic vision of love and sexuality in the light of the spirit of Vatican II and the pastoral considerations stressed in our time:

- K. Wojtyla (Pope John Paul II). *Love and Responsibility*. New York: Farrar, Straus, and Giroux, 1981. A brilliant contemporary account of the personal depths of authentically Christian sexual ethics.
- D. Wuerl, R. Lawler, T. Lawler, editors. *The Teaching of Christ*. Huntington, Indiana: Our Sunday Visitor, Fourth Edition (1995). See Chapters 18-21, especially Chapter 20, pp. 280-288, and Chapters 4, 30, and passim for a catechetical and pastoral treatment of the doctrinal and moral teaching of the Church concerning sexuality, given with careful documentation.
- W. May. *Sex, Marriage, and Chastity*. Chicago, Illinois: Franciscan Herald Press (1981).
- J. Kippley. *Sex and the Marriage Covenant*. Cincinnati, Ohio: Couple to Couple League (1991).
- R. Lawler, J. Boyle, W. May. *Catholic Sexual Ethics*. Huntington, Indiana: Our Sunday Visitor (1985).

---

## V. EDUCATION

---

**The Catholic program speaking of education in sexuality should first of all assist us in understanding what faith itself teaches us about our sexuality, about our being men and women. It presents the insistent teaching of faith that sexuality, made by God, is good, and serves excellent purposes, although, like other good realities, it can be abused and treated sinfully.**



Our attitudes towards sexuality and right moral conduct are deeply affected by cultural pressures. The media today bring to our homes and to our lives factors that deeply affect our convictions and our conduct. Christians need to learn to handle these media intelligently. In a fallen, sinful world sexual misconduct is not rare and many are inclined to despair of attaining self-possession and the freedom which self-discipline brings with it. A good sexuality education makes clear the many resources that God has given to make really possible for us a life of fulfillment and happiness, a life of chaste self-possession and freedom.

Sexuality education speaks also of various kinds of harm to be avoided by intelligent self-discipline and good living. Thus, it treats the bitter problems of AIDS and other sexually transmitted diseases, teenage pregnancies, abortion, broken homes and families, and other physical harms that often follow from using sexuality unwisely. But its focus is on the richness of life that God intended human persons to have in the right use of sexuality, and on heartening people to lead their lives in ways that direct them toward genuine fulfillment.

### **Different sense of “sexuality”**

Sexuality itself has different senses. At times “sexuality” has a very *broad meaning*. We are sexual beings. Our being male or female is deeply rooted in us, and concerns far more than our inclination to distinctively sexual activities and matters closely related to them. All the dimensions of our life are affected by our being male or female. The dynamism associated with being sexual in this broader sense extends to all areas of life. In this broader sense, sexuality speaks of all the emotional and affective ties that tend to bind human beings together in many kinds of friendships and affectionate concerns.

In its *narrower sense*, sexuality refers either to the biological aspects of being male or female (i.e., as a synonym for one’s gender) or activities, emotions, feelings, or indeed anything clearly related to genital sexual activity or sexual pleasure. Some documents prefer to reserve the word “sexuality” for the broader sense noted above, and to use the word “sex” for this latter sense of the word (cf. USCC, *Human Sexuality: A Catholic Perspective* [1990], p. 9).

## **Diverse aspects of sexuality education**

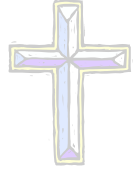
Sexuality education is concerned with sexuality in both the broader and narrower sense. It speaks of the morality of sexual activity: its moral goodness in the committed love of marriage; its moral badness when it is separated from the committed faithful love, and the openness to new life that it should express. It speaks of the reasons why a chaste life can be an excellent and full life, and it addresses both the general and the distinctively Christian motives for leading a chaste life.

Even in its narrower sense, sexuality education speaks of the great goods for the sake of which God gave human persons sexuality: the good of enduring personal love that heals the loneliness of the human spirit; the procreative good which makes fruitful in the child the love shared by spouses; the rich goodness of the family; and the blessings that flow from keeping the family strong. It is in terms of the good things to which sexuality is ordered that the truth of Christian moral teachings about sexual activity can be properly understood.

---

## VI. FAMILY

.....  
**These *Guidelines* wholeheartedly support the traditional Catholic teaching that parents are by right the primary educators of their children, in teaching about love and sexuality as well as other areas. The Christian community owes parents assistance in their task of providing a good education to their children.**



Pope John Paul II emphasized the principle that parents are called to be the primary educators of their children:

The right and duty of parents to give education is essential, since it is connected with the transmission of human life; it is original and primary with regard to the educational role of others on account of the uniqueness of the loving relationship between parents and children; and it is irreplaceable and inalienable and therefore incapable of being entirely delegated to others or usurped by others. In addition to those characteristics, it cannot be forgotten that the most basic element, so basic that it qualifies the educational role of parents, is parental love, which finds fulfillment in the task of education as it completes and perfects its service of life. As well as being a source, the parents' love is also the animating principle and therefore the norm inspiring and guiding all concrete educational activity, enriching it with the values of kindness, constancy, goodness, service, disinterestedness, and self-sacrifice that the most precious fruit of love (*Familiaris Consortio*, n. 36.)

The Pontifical Council for the Family has emphasized this point in its document *The Truth and Meaning of Human Sexuality*: "This right also implies an educational duty. If in fact parents do not give adequate formation in chastity, they are failing in their precise duty" (n. 44; see as well nos. 37-49).

Parents especially are called to hand on the faith and the Christian pattern of life to the next generation. To do this well, parents must be adequately formed in the faith. The more securely parents themselves possess the Catholic vision of love, the more effectively they can pass it on to their children. The National Directory for Catechesis stresses the importance of the home in all areas of education and catechesis.

The vital influence of parents on the social and religious development of their children must be more widely recognized. Family life needs to be strengthened so that children and youth will derive their values from the home, rather than from potentially undesirable sources outside the home. The Church, especially through the parish, should provide an intensified support system for family life (89809*Sharing the Light of Faith*, n. 25).

Parents must make every effort to educate children in the essential values of human life. The “positive and prudent sexual education” that the Second Vatican Council called for (*Declaration on Christian Education* [*Gravissimum Educationis*], n.1) requires the loving communication of the concept that sexuality is a gift that affects all the dimensions of our life. Since human sexuality education “is realized in full in the context of faith” and should be provided in the context of human and family relationships and experiences, it must be penetrated with concern for Christian love, self-esteem, and reverence for self and others (Congregation for Christian Education, *Educational Guidance in Human Love*, n. 43).

Good parents wish their children to have such an education. However, the circumstances of the times, the pervasiveness of the media, the contradictions of the surrounding culture, the awkwardness of communication with young people often dominated by their peers, and the innate sensitivity of the task all serve to make this responsibility of speaking about sexuality with their children very difficult at times. Parents have a right to expect from the Church community assistance in this task; not an assistance that replaces their role, but one that fortifies them and enables them to do this important parental task well.

As “a community of persons bound together by love” (*Familiaris Consortio*, n. 18), the family seeks to form both the mind and heart of its young members. This education of the heart, this guidance given to feelings and affections as well as to the mind, is also stressed in these *Guidelines*. Full personal development requires growth in understanding of our own feelings and affections and in learning how to shape and direct our affections in ways that are faithful to those we love and to all that is good and helpful in directing our lives wisely.

It is in the home that his affective education is best provided. Each person is unique, and the attentive (but not dominating) care of those who love the young is needed to help them integrate their deeply felt feelings with intelligent and faithful love for the goods that faith and intelligence grasp. No one can become more helpful than parents in assisting children to realize in concrete circumstances what the Lord expects of them in these matters.

The United States bishops continually stress the centrality of the family in shaping the whole person and in instilling values. The bishops note the value of the good family’s witness as a sign of fidelity and hope:

For the believer the family is the place where God’s image is reproduced in his creation. The family is the community within which the person is realized, the place where all our hopes for the future person are nourished. The family is a learning experience in which fidelity is fostered, hope imparted and life honored; it thus increases the moral resources of our culture and, more importantly, of the person. The family is a sign to all mankind of fidelity to life and of hope in the future which becomes possible when persons are in communion with one another; it is a sign to believers of the depth of this fidelity and this hope when these center on God; it is a sign to Christians of the fidelity and hope which Christ communicates as the elder brother of the family of the Church for which he died (*Human Life In Our Day*, 1257, pp. 356-357, USCC Publications Office [1968]).

“Like every other reality, the family, too, is called upon to develop and grow” (*Familiaris Consortio*, n. 65). It is called to shape well the intimate depths of its members, and to urge them to faithfulness in their broad social responsibilities as well. The *Guidelines* acknowledge the importance of the ongoing education of the family, which is challenged to form persons in love and also to practice love in all relationships, so that it does not live closed in on itself, but remains open to the community, moved by a sense of justice and concern for others, as well as by a consciousness of its responsibility toward the whole of society (The Sixth Synod of Bishops, *Message to Christian Families in the Modern World*, October 24, 1980, n. 12).



---

## VII. INTEGRATION

.....

These *Guidelines* provide a broad general plan for an authentically Catholic education in love and sexuality. Many people share the task of carrying out this educational program. Parents are to be the primary teachers of their children; pastors are to be witnesses of faith teaching to the whole community; at various levels, teachers in marriage preparation programs, in adult Religious Education programs, in schools and Religious Education programs, and in other contexts, are to assist in this important task.



### Parental tasks and tasks of religious educators

The education of children in sexuality is primarily the task of their parents. But parents deserve and often need the assistance of others in carrying out their responsibility.

When parents speak to their children about sexuality, they speak in personal tones, supported by their more intimate understanding and love that they have for those to whom they are close. They speak out of their faith and out of their personal experience and wisdom. Hence more intimate and personal direction is ordinarily better given by parents themselves or by those the parents choose to assist them in this necessary task.

But parents deserve and often need the assistance of others in carrying out this task. Religious educators also speak to their students out of faith and love, but theirs is the voice of the family of faith, a broader witness helping students to realize together that what they have learned from their parents is not something singular. The voice of the parents is a familiar one, concrete and sensitive to all the individual sensitivities of the child. The sensitivity of religious educators has a different focus. It is seeking to cast the light of faith on a dimension of life that is not only deep personal, but also an important part of social life. Consequently the believer needs the communal witness of facilitators and teachers of faith. The religious educator helps young people to get another kind of grasp on the teaching first received from parents, and helps to deepen young peoples' grasp on what the Gospel invites them to realize.

### What the religious educator teaches about love and sexuality

Many things concerning love and sexuality are part of the essential teaching of faith. Catechesis must present a Christian anthropology — a sound vision of what it means for us to be men and women. It must teach the transcendent dignity of each individual, the truth that God is the author of sexuality, which is good and ordered to the flourishing of enduring love and of the family and of other indispensable human goods. In the face of alien philosophies that penetrate the media and challenge the Gospel, Christian catechesis must provide a solid and true account of the meaning of the sexuality God has given us.

Part of any complete catechesis must be moral instruction. We must teach courageously that many forms of sexual behavior often defended in our society are morally wrong, inhuman, and harmful. We must teach both the young and the mature how to acquire that strong freedom which flows from chastity. Moral teaching must be presented in ways that realistically help the young both to avoid harms which often follow immoral sexual conduct and to achieve the kind of good life that God wishes them to have.

## **Characteristics of an education in the Catholic vision of love**

The program being implemented in the Diocese of Pittsburgh integrates essential teachings about sexuality into the catechetical program as a whole. There are certain real advantages in this. It stresses the universal importance of this education: It is providing material that a rounded teaching of faith must provide. Clearly, for Christians, sexuality education must be an education in Christian values and in the

**The education of children in sexuality is primarily the task of their parents.** Christian vision of what human persons are. But the time in fact available for courses in Christian values is plainly finite. If parishes would wish to have both regular Religious Education and special programs in human sexuality education, it is very likely that many of the students would not take both programs. In planning what is important for all students to have, it seems best to integrate the education in a Catholic vision of love into the catechetical program as a whole. This approach ties this education in with the basic truths and central values out of which such study should grow, and helps young people to feel that the proper matrix for understanding so central a reality is in the study of the whole faith and life to which Christ invites us.

Catholic documents on sexuality education tend to stress certain factors: the dominant role of parents, and the need to assist rather than replace them as teachers; the importance of giving good and needed knowledge, but the importance also of not excessively stimulating curiosity or of making intimate matters of sexuality seem to appear appropriate objects for casual talk. Care should be exercised by parents in being "attentive to ways in which an immoral education can be passed on to their children through various methods promoted by groups with positions and interests contrary to Christian morality" (*The Truth and Meaning of Human Sexuality*, n. 135; see also nos. 135-42).

The emphasis in such a program is very different from that of secular programs in sexuality. The aim is not to teach "all you ever wanted to know" about sexuality, or to assist people in coming to think and to feel about sexuality as something commonplace, to be discussed in all its intimate details without any concern for an appropriate modesty or without appreciation for the emotional resonances associated with sexuality.

The focus of a catechetical program is not on biological aspects of sexuality, yet it certainly does not fear these realities. Faith indeed provides a right perspective for

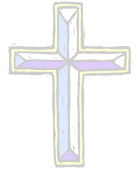
studying the biological dimensions of sexuality. It surely wishes to stress the goodness of all the body, and the importance of sensitive care in speaking of intimate sexual matters. As children grow, they need to know more things about sexuality; and often they need the warm help of one very near them, especially in ways that counter fears and timidity, and help them grasp information with maximal emotional tranquility, and in ways that gently help them to understand what they learn with a concrete feeling for the values that are relevant. That is, they need to obtain the knowledge they should have in a context that makes it easier for them to grasp what they learn within the total vision of a living faith.

At times parents find it almost impossible to speak in satisfactory ways to their children, but if they can be helped to do so, much good can result. In cases where parents cannot or will not provide the elements of sexuality education that best come from parents, those who have pastoral care for children and adolescents may need to cooperate with parents in other ways: Perhaps, with parental consent, finding surrogate parents (perhaps grandparents or other good people the parents can rightly and fully trust) to speak with children in the personal and sensitive ways that young people generally need at certain stages of maturity.

---

## VIII. ADULT EDUCATION

.....  
**Adults especially need to be well educated in the Catholic vision of love and sexuality. Their lives are more complex than the lives of young people; they have had more experiences. They are capable of a fuller and freer adherence to the teaching of faith. They need an excellent education in the Catholic vision of love also because faithfulness to right ideals is often difficult. They deserve help in countering pressures from our culture to adopt positions hostile to the vision of faith.**



Moreover, adult understanding of and adherence to the Catholic vision of love have exceptional importance because of the many *responsibilities* that adults have. Adults, as *parents* and *teachers* and persons of significant influence in many ways, deeply affect the lives of younger people, and, indeed, of the whole community. Those who are shaping and guiding others need to be well informed themselves.

The United States Conference of Catholic Bishops has, then, reminded us of the reasons why religious education of adults, not least in understanding the Catholic vision of love, is of central importance:

The continuing education of adults is situated not at the periphery of the Church's educational mission, but at its center. . . . The adult programs should reflect the three interrelated purposes of Christian education: The teaching of doctrine, the building and experiencing of community, and service to the other. . . . In seeking to instill this understanding of the Christian family's role, family life education must employ such means as premarital instruction and marriage counseling, study, prayer and action groups for couples, and other adult programs which married persons themselves may plan and conduct in collaboration with the Church leadership (*To Teach as Jesus Did*, n. 43, 1972).

Parents have the task of handing on to their children the Gospel pattern of love. All adults, single, and celibate people as well as parents, have the responsibility of handing on to young people generally, to a young and growing generation, the saving message of Christ's love that all need to possess to find fulfillment.

### Education for young adults

Young adults deserve special attention from the Church. The years after high school, that for some are years in colleges and universities, while others are early years in various levels of employment, are critical years of Christian formation. In these years young adults can easily drift from Catholic ideals and practices, or learn to take fuller possession of them. Many will soon be entering marriage, with all its responsibilities. They have a need for, and a right to, a Catholic education in love and sexuality that meets their specific circumstances.

## College and university contexts

In college and university contexts *campus ministry leaders* are entrusted with the responsibility of providing excellent education for young adults. An important part of their teaching must be a sound education in the Catholic vision of love. Catholic centers on campuses must provide our young people with intelligent support for chaste living. Whenever possible, courses on the family should be made available to them, so that as they approach the time when they shall marry, they may have a better vision of the Catholic form of living the married vocation to which they are called.

## Parish contexts

Parishes too must provide for the needs of their young adults, whether or not they attend a college or university. The future of the parish depends upon young adults so strongly that parishes must keep close contact with them. Their priest must help them realistically to grow in their faith and in a Christian way of living their personal and moral lives, if they are to have the help and strength they will need to enter securely into the full responsibilities of adulthood and parenthood.

## Things to be taught to young adults

The Catholic vision of love needs to be taught in a context of intelligent faith. Often remedial work needs to be done. Many young adults seem to possess personally few intelligent reasons for being Catholic Christians, and they need to be assisted in recapturing strong personal faith, if they are to appreciate adequately the Catholic vision of love.

**The Catholic  
vision of  
love needs  
to be taught  
in a context  
of intelligent  
faith.**

What faith teaches about love and sexuality is of great interest to young people. When it is well taught, it is recognized as the blessing it truly is. Obviously education in love and sexuality is not a matter of proclaiming duties to be blindly accepted, but the answer to the real questions, serious problems, and earnest hopes that our young people have experienced in their own lives.

We should be teaching young adults a vision that enables them to understand more clearly how great is God's gift of sexuality. We are seeking to share with them an understanding we ourselves have grasped: that the generous patterns of love taught in the Gospel are not burdens to life and love, but sources of freedom, and they support the good things human hearts and homes need so deeply.

Hence education in sexuality is not simply education in rules, but in the ways in which enduring love is made possible, in the importance of the home for human happiness, and in the ways in which personal love and the family can be enriched. A Christian study of sexuality is focused especially on the good things sexuality serves. But it does realistically point out how much life is harmed when sexuality is badly understood and lived, and why those sexual acts that faith rightly calls immoral are also hostile to one's own fulfillment. Christian moral principles are not taboos. They are insights into the ways one must live if one wishes life to work well.

Important in such education is the *witness* of other young adults who have willingly led good Catholic lives, and who can speak to their peers with entire honesty of the good fruits that Christian principles have had in their own lives.

*Social teaching* is a large part of an education in love and sexuality. We must speak plainly of what faith says about divorce, homosexuality, contraception, and related world problems today when the secular culture preaches a vision of life sharply contrary to the Gospel. The Catholic vision of love is a powerful and bracing one, and those who are taught it well are given strong supports to their own lives. During this time of life the realism of Catholic moral principles needs to be taught effectively.

*Natural family planning* must be understood by our young people, at least in its foundational principles and in the humane nature of its practice, if they are to realize that faith does indeed work in human life, and bears surprisingly good fruits. Often young Catholics become embarrassed by the teachings of their faith, when in various courses they are taught that it fails to face the grave problems of our times. But when they are well instructed in the Catholic vision, young adults are heartened by the realization that both secular concerns and personal and moral interests are served splendidly by the Catholic vision of life.

*Textbooks and resources.* Those who teach in this field should choose resources wisely. Many excellent textbooks are available; and experts to assist in every aspect of this teaching are near at hand as well. But leaders of programs should be careful that textbooks and persons chosen to teach are able and disposed to serve the authentic Christian ideals defended in these *Guidelines*.

## Marriage preparation programs

*Remote, proximate, immediate.* There are many stages of preparation for marriage and family life. All of the young years of a person's life can be seen as a *remote* preparation for their vocation to married life. But here we speak of the *immediate* preparation for marriage, that is, of the guidance and instruction given to couples in the time immediately preceding their marriage (see *Familiaris Consortio*, n. 66, and *Preparation for the Sacrament of Marriage*).

*Those who provide immediate marriage preparation.* Such marriage preparation programs can be provided in a variety of ways. Pastors and others who will preside at weddings have a responsibility to see to it that the kind of preparation faith calls for is in fact provided. It can be provided in parish, deanery, or diocesan programs. Programs are at times provided by special groups, by Cana Conferences or Engaged Encounter programs, or by couples specially prepared to assist other couples in this way.

All programs should be carefully coordinated by parochial and diocesan leaders who are charged with seeing to the adequacy of such programs. The good of families and of the whole Church is at stake; the matter is too important to permit programs that do not provide well the Catholic guidance and support such programs must always have.

**We are seeking  
to present the  
better vision that  
faith offers....**

*Realism in these programs.* Marriage preparation programs must be excellent to be truly helpful. We are seeking to present the better vision that faith offers, but the unbelieving world presents a vision of sexuality that has its own strong attractiveness on certain levels. The vision that faith offers cannot be effective in our times if it is not presented intelligently and with evident affection and concern for those who are instructed.

*Restoring faith.* Marriage preparation courses must respect fully the dignity of those they address. It is foolish to speak to those preparing to marry of the precepts that flow from faith if we have not first assisted them, when this is needed, to get a firmer personal grasp on their own faith. Many people today do not have good reasons for believing what the Gospel teaches and what faith presents to us. In some way, we must provide a context that helps those preparing for marriage to realize the good reasons they have for living in a Christian way. The motives one appeals to in encouraging a renewal of faith must be those that speak warmly and authentically to those whom we address.

**We are  
calling them  
toward that  
generous  
love that  
alone can  
make their  
marriages  
and lives  
secure.**

The time of marriage preparation is, to be sure, a time of many distractions and concerns. But it is also a time of special grace. The people about to marry should be given reasons that make sense to them for taking seriously the vision faith offers. Commonly they do have a serious desire to have the love of their marriage last. They foresee being parents, and want to be good parents to their children, and to have resources to guide them to happy and rich lives. Devoted teachers can appeal to motives that really rest in the young adults' hearts. These teachers can often help the couple to realize how friendship with God and a life of grace can assist them greatly in becoming the kind of persons they long to become. This can be more effectively accomplished to the degree in which these teachers themselves have tasted and seen how much faith does to enrich their own lives and the lives of others, especially the young adults to whom they are ministering.

*Witnesses.* In all education of adults the witness of those who have found the ways of Christ good is critically important. It is useful, when possible, to weave into courses the witness of the lives of those who have found their faith a strong support to their own married love and to their homes.

The assistance of witnesses is especially important when one is speaking of those elements of a Catholic vision that are likely to seem unrealistic to contemporary young adults who are deeply affected by the vision of sexuality furthered by secular electronic media. For example, when teaching the Gospel requirements of chaste love in marriage, it is important to show in the experience of real people that what the world declares too difficult is not found too burdensome by those who earnestly seek to fill their married lives with the kind of love Christ has taught us.

Again, in teaching the benefits of natural family planning, two kinds of presentations are needed. The objective advantages must be taught clearly:

the fact that this form of family planning is, when it is well taught, effective for all couples; that it has no bad physical side effects; that it has many kinds of personal advantages, advantages so strong that the divorce rate for couples using natural family planning is far lower than it is for other couples. But beyond this objective teaching, *personal witness* is needed from those who have found that what is said of natural family planning is very true in practice, that it is not a heavy burden, and that the blessings it brings to a Catholic life are very rich indeed.

*Faithful teaching.* It is important that Catholic teachers offer young people the whole Catholic vision of love, of sexuality, and of the family. It is easy to understand how some are pressed by the media, and by the power of secular voices in our midst, to turn aside from some of the excellent elements of the Catholic vision, for fear that they may prove too burdensome. Some tend to drift toward ambiguity: to saying dubious things about moral requirements of faith, and about the nature of conscience. But we owe our own people more than this. We are calling them toward that generous love that alone can make their marriages and lives secure. We must give them the strong and vibrant support of the authentic message of faith, and fortify this, as it deserves to be fortified, by the witness of those who have lived in Catholic ways, and found such ways to be very good.

## Programs for young parents

*Assisting the family.* The family has a great dignity. It is to be a school of faith, a school of love, a school in which the deepest and most personal lessons of life are taught and learned (*Familiaris Consortio*, Part III).

Even in very ordinary matters, young families deserve the assistance of the Church community. Young parents often need assistance in very basic things, sometimes even for food and medical help in times of emergency. They may also need the assistance of others in basic parental teaching roles: in learning effective and good ways of teaching children to pray, of helping them wisely guide children in the use of the media, in defending them in difficult circumstances from the special dangers young people face today.

The Church willingly recognizes her responsibility to assist families, especially young ones, as they face the difficult problems that can arise in the active sharing of family life. The “larger family,” the Church, must assist the “small Church,” the family; for the Church cannot flourish if the family is not strong. Helps given to the family must be provided with reverent attention to the needs of the family. They must be provided by competent people, who are able to integrate the vision of faith with the human skills that are needed to serve the family well (*Familiaris Consortio*, nn. 69-70).

*Sources of this assistance.* Assistance is to be given to the family from many sources. Often the best assistance is given by other families, by couples who have experienced and mastered the difficulties that are met frequently

**... the  
Church  
cannot  
flourish if  
the family  
is not  
strong.**



today. Groups like the Confraternity of Christian Mothers and the Christian Family Movement were created to make it possible for parents to assist one another in the important tasks that homes regularly face.

Many kinds of expertise should be placed at the assistance of the family. Pastoral leaders are not expected to have all these skills, but often they are able to recruit the services of skilled professionals to serve the family. Religious leaders themselves should assist those in various professions to integrate the vision of faith into the work that they are doing in the service of the Christian family.

The resources of the Church are limited, but they can be enlarged by the gift of Catholic professionals who are able and willing to put their skills at the service of faith, and of the families that are the future of the Church and of the world. Our professional leaders should be invited to take an interest in meeting the problems of young families in areas in which they are themselves especially skilled.

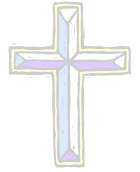
In a special way pastoral leaders need to assist young parents in overcoming problems that are a threat to their lives of faith. Natural family planning should be made readily accessible to young couples. Many who did not realize the importance of this at the time of marriage come by the experience of married life to realize how precious family planning that is fully in accord with their faith can be to them. Pastoral leaders should seek to become aware of and to make accessible to young couples the many counseling resources that are available. In addition, these leaders should be able to give advice on which resources can be confidently used because of the respect that the practitioners have for the faith and the values of those whom they assist.

---

## IX. CHILD EDUCATION

---

**Children can begin to learn from their youngest years that life and love are precious gifts. They can begin to realize that some forms of behavior do not honestly express what love calls for. Hence, parents do well in educating their children and forming in them ways of living that stress the centrality of love.**



In teaching children not to behave immodestly, and not to watch television shows or go to movies that offend Christian ideals, they should know that they are not simply being negative. For in these important matters they are indeed teaching children what love should be like, and what true love must do and what it must avoid. All teaching of commandments is rooted in love. That is why the book of Deuteronomy urges us to be concerned with the commandments:

“Hear, O Israel! The LORD our God is one LORD; and you shall love the LORD your God with all your hearts, and with all your soul, and with all might. And these words which I command you this day shall be upon your heart; and you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. And you shall bind them as a sign upon your head, and they shall be as frontlets between your eyes. And shall write them on the doorposts of your house and on your gates” (Deuteronomy 6:4-9).

Time and patient persistence are needed in teaching love and in shaping lives in the ways of love. Teaching children how they should guide their affections and discipline their pursuit of pleasures takes strong and gentle direction, as Deuteronomy suggests and parents experience. Children need to love and to be loved; but they are also attracted to things and experiences that simply please them. Therefore, they need to learn how to direct their drives in the service of what they gradually realize is required by love. This is foundational in sexuality education. With little children, genital sexuality need not be much discussed, but the principles that will help them direct their love, feelings, and free choices need to be sown.

Before we learn to live as love requires and to direct our drives wisely, we tend to be torn. We wish both to love and be loved, and also to have gratifications and express hostilities that militate against love. Growth is toward integration: toward finding ways in which all our affective responses need to be integrated, in the service of the love in which we seek to grow.

If parents and educators are to lead children toward this kind of personal integration, they themselves need to have learned to direct their own emotions, drives, and feelings, putting them in the service of what authentic love requires.

These teachers should have the mastery of their love and their drives, not in repressing them, but in having possession of them and the ability to integrate their love, feelings, and drives in ways that reverence the teachings of faith and the inner requirements of honest love.

Catholic parents wish to help their children lead lives in accord with their faith. To be helpful guides toward a life in accord with faith, parents must themselves have taken possession of their own faith, and have learned to lead their lives in the good ways that faith teaches. Children will hardly believe that they must resist strong pressures toward unchaste ways of living if their parents seem to have judged that such efforts are not required of themselves. Hence, education in chaste living for the young must be rooted in Christian families and in a Christian community that seeks to understand and live in the light of faith.

## Parental role in educating children

Parents and other family members play essential roles in helping children realize that they are deeply loved and that their own love for parents and others is precious. Family members help the child gradually realize that emotions that sometimes seem to turbulent can gradually be brought under personal control and put in the service of love.

Thus, it is within the family context that children absorb a sense of their own sexuality; that is, they are of their very nature inclined toward loving and being loved, toward having feelings and emotions that affect the innermost

depths of their lives. In the home they learn that love and affection are good and not to be repressed. But love needs wise direction. Parents help children begin to grasp how love needs to be guided and how feelings need to be brought under personal control for life to have the goodness and joyfulness they seek.

Important, too, are the attitudes that young children have toward their own bodies and toward being the boys or girls that they are. The intelligent and balanced attitudes of parents toward the sexuality of their children and toward their own sexuality shape the attitudes of children far more than any verbal instructions could.

All recent Church statements on education in sexuality for children stress the centrality of the parental role in this education. Hence the primary focus of these *Guidelines* lies with the family as the most appropriate setting for all children's education in the area of human sexuality.

These *Guidelines* have been prepared for parents and family members to apprise them of all the normal needs for education in human sexuality at various levels of physical growth and development.

In the diocese and in individual parishes, programs need to be shaped and resources need to be made available to assist parents in their important task of guiding their children well in these areas. The purpose of this education in human sexuality is by no means to replace the parents in the education of their own children, but to help them carry out their own irreplaceable role well.

The Church supports, assists, and encourages parents in their role as the primary educators of their children. The positive influences which parents have planted in the hearts of their children are most important. They are reinforced through the positive teaching of the Church about the meaning of sexuality, the responsibilities of chaste love, and the respect always to be given to human life and love.

## **Content specific to age level**

### **Pre-Birth**

Education in sexuality begins in a sense even before birth. Even unborn children are affected by the care given them. The ways in which the child is touched and formed by affection and tender love even before birth are still being explored, but the reverence and love shown for the child in the womb is certainly important.

Moreover, when parents realize that their “trinity-on-earth” (father, mother, child) reflects the divine Trinity, when they see that creative role as having sacred and creative dimensions, and when they reverence each other in the role they have had in bringing the child into being, they are preparing themselves to guide the attitudes and hearts of their children well. Their positive attitude toward their own sexuality, when they reflect on the greatness of having children, should continue through the years to have a happy effect on the children’s own psychosexual development.

Their own chastity and modesty affect the way they treat their children, and communicate to them, even in infancy, the attitudes and affections which are of great importance of their development.

### **Birth to Three Years**

One of the most important means of shaping a child’s affective life well is enabling the child to realize how deeply he or she is loved. A child who has experienced love and care has received the strong foundation necessary to deal with stressful situations throughout life.

All the loving manifestations of parenthood: attending the needs, showing affection, playing with the child, guarding him or her from dangers both by action and by insisting on some kinds of conduct, serve to provide a balanced emotional growth. From the earliest days, the child’s moral development is enhanced by careful training even in such areas as motor skills and personal safety. The “No!” given to an action that is physically harmful is the precedent to the “No!” to actions that are morally harmful. Children can come to realize that even when they are forbidden to act as strong feelings might incline them, they are being loved, cared for, and protected by those who love them. Self-esteem need not be harmed by firm but *loving* instructions.

Self-respect grows as the child realizes that the efforts made in toilet-training and other forms of self-discipline pay off. The self-possession acquired and the esteem merited are early evidences of the advantages of guiding life intelligently. The first steps of control over the body taken under the parents’ loving guidance become early patterns for education in virtue.

**A child who has experienced love and care has received the strong foundation necessary to deal with stressful situations throughout life.**

### Three to Seven Years

In these years the child should be helped to learn prayer, to begin to grasp the roots of a moral life, and to grow in a healthy attitude toward love.

Interest in sexuality in these days is on the simple level of early childhood. But children's questions about their reproductive organs, about the origin of babies, and about other related matters should be answered with the truth and simplicity that is proper for their age. We would not project on their questions the same meaning that the questions older children have. At a very early age children should gently be taught modesty. This is helped by the use of age-appropriate words for speaking of bodily parts and functions. What the parents aim at is helping children come to healthy attitudes toward elemental human things, not at an understanding beyond their age.

### Seven to Ten Years

In these often relatively tranquil years before puberty ("the years of innocence" as described by Pope John Paul II in *Familiaris Consortio*, n. 37), there can be much important growth in the child, much development in attitudes and convictions and traits of character that will serve them well in later times of stress. Parents in these years should seek to help their children grow in faith and in prayer, in self-possession (in learning and experiencing that one can master drives that could create turmoil in life), in awareness of their personal importance to God and to all who love them. Before adolescence, children must be deeply convinced that they are loved by their parents, and that his love is strong. Love often has to require and to help them not to do things that seem attractive but are in fact hurtful for them.

**The Christian family atmosphere should protect the child in these years.** The Christian family atmosphere should protect the child in these years. Catholic homes ought not simply accept the cultural pressures that in various ways stir up unsuitable interest in genital sexuality or permit intrusion into the life of the child by media presentations of sexuality that do not respect human dignity and right values. Parental care should keep a concerned eye on the television habits of children as well as on the movies they see.

Parents should be concerned about the friendships their children have and the kind of language their children begin to use. Parents need to give calm guidance in years of premature tensions. There should be encouragement to achieve the normal strengths of these years: times when hobbies, appropriate friendships, and growth in ordinary interests of young boys and girls are allowed to flourish before the specific interests of adolescence create a new situation.

Without pressing children to be concerned about sexual questions that do not deeply concern them, parents can and should give right and appropriate answers to specific questions. If children are concerned with the physical developments that take place in those a few years older than themselves and are interested in their own future growth, simple and right answers should be given. These answers should not press further than the child's interest suggests. In our times, children often get very much information about sexuality at early ages from a variety of sources, and not always in helpful ways. Parents should be a source of tranquility for their children, helping them

to manage what they hear and to understand what they have concerns about, without seeking to stir up anxious concerns before the child wishes to be helped. "This period of tranquility and serenity must never be disturbed by unnecessary information about sex ... prudent formation in chaste love during this period should be indirect, in preparation for puberty, when direct information will be necessary" (*The Truth and Meaning of Human Sexuality*, n. 78).

### **Ten to Fourteen Years**

These years, too, can be good years of growth for children, especially if earlier years have been blessed by good guidance. During these years gender identity tends to be solidified, and there is great need that each child have the presence and support of both parents during this phase of growth. In an age of broken families, the Church needs to be a supportive larger family that helps single-parent families and other homes that have special burdens to find good and wise ways to give direction in circumstances that are not easy.

As adolescence approaches, difficult emotional problems often arise. As young people seek to establish their own identity, they can have hostility toward parents, excessive dependence on peers, and times of anxious rebellion. But these years also have their important strengths. Wise parents, getting assistance also from those who know well the ways of young people, can appeal to young teenagers' sense of fairness and idealism and to the faith that has been already implanted in their children's hearts, to maintain the love and the shared concern to help the adolescent master the problems of new times with a strong heart.

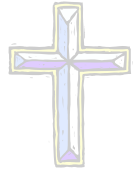
As friendships between members of opposite sexes begin, and young love begins to reveal itself, parents need to draw on the resources of their own mature and balanced sexuality to understand and to be able to help their children meet the complex realities of a new life with realism and unselfish goodness of heart. When relationships between children and parents are good, the concern and vigilance parents have for the important but delicate new dimensions of their children's lives can be accepted with a certain peace.

---

## X. TEEN EDUCATION

---

**Adolescence is a time of intense physical, emotional, intellectual, and spiritual growth. Young people are pressured by many influences in these years. Peers, media, and countless cultural forces exert their impact.**



But adolescence is not simply a chaotic and puzzling time. It is also a time when young people can grow well and begin to integrate freely into their lives the values they have been taught even in earlier years. But adolescents need assistance from parents and others who love them, who seek to understand them, and who know how to speak to them wisely of the authentic human values that faith rightly commends.

Normal impulses and feelings experienced by adolescents, amplified by the media and other resources of an erotic age, could lead these young people toward sexual experimentation and expression in ways that are both morally wrong and personally disastrous. Parents and religious educators owe these young people assistance by their words and by the example of their own lives.

*Parental teaching.* Parents must help adolescents begin to understand personally the sensible and helpful things faith speaks to them about such things as dating, infatuation, physical affection, and sexual orientation. In an age that misunderstands sex so badly, parents should help their adolescent children to grasp well what sex is really all about, and why God has blessed us with our sexuality.

Parents should help their children understand that the moral teachings of the faith concerning sexuality are not irrational impositions, but intelligent defenses of realities that children themselves can see are important: homes, families, children, enduring love. Adolescents indeed need the support and cooperation of their concerned parents and of pastoral leaders. When intelligent efforts are made, parents are able to speak persuasively to their adolescent children of the value of personal modesty, the avoidance of sexually suggestive situations and entertainment, and they can lend their support and knowledge to adolescents as they enter and an age of difficult moral choices.

*Parental example.* But parental teaching also depends, as all teaching in lives of virtue and faith does, on the form of life of the parents. Parents' love for their children should strengthen parents themselves in leading lives of generous love and of chaste self-possession that will not only enrich their own lives, but also give their children indispensable helps in living with intelligent love in a disordered time.

Parents can serve as models of Christian marriage, and of the attractiveness of generous love. This strong parental example can help their children withstand pressures from some peers and from the contemporary world.

Since a chaste life is not easily lived without the supports of faith and grace, parents should see to it that their teens realize how important the practices of faith are to their parents. When parents themselves attend Mass

regularly, receive the sacraments devoutly, bring thoughtful prayer into the home, and reveal how much strength and satisfaction faith brings to their lives, they give priceless help to their children.

*Catechists and youth ministers.* Catechists and youth ministers can affirm and support for adolescents the Christian values of their parents. They can do this by instruction, by helping the young to find good role models, by assisting young people to be supports to one another, and by the example of their own faith and lives.

A primary task of the catechist-youth minister is wise *instruction* in the Catholic vision of sexuality, in the meaning of Gospel morality, and in the authentic nature of conscience and of sound conscience formation.

Christian morality is not merely a set of rules. It is rooted in personal love, in appreciation for the priceless value of each person, and in the human goods needed for personal fulfillment. Christian sexual morality is not a matter of repression and taboos, but of understanding how indispensable are the great human goods that sexuality was made to serve (such realities as enduring and generous personal love, the family, the value of children, the understanding of God, and of the meaning of life that flows from an intelligent grasp of sexuality).

<b>Parents</b>	Youth ministers assist the young also by helping them to find good
<b>can serve</b>	<i>role models</i> and in <i>supporting one another</i> in taking possession of an
<b>as models</b>	intelligent view of love and sexuality.
<b>of Christian</b>	The world is by no means devoid of good models. Young people
<b>marriage,</b>	often need the help of strong role models to realize that they are by no
<b>and of the</b>	means alone in wanting to have a form of life that is compatible with the
<b>attractiveness of</b>	vision of the Gospel. Education should not be entirely abstract. It should
<b>generous love.</b>	make known the stories of thoughtful and strong people who live
	vigorous Christian lives in a wide variety of ways. It should provide help
	toward discovering the literature and entertainment that assist young
	people to experience the reality of the excellent kinds of life not often
	featured by the mass media.

They assist the young people also by their own strong love for them, and by the courage with which they hearten young people to become responsible for shaping their own lives and to support one another in larger peer groups.

*Specific areas of guidance and instruction.* Catechists and youth ministers have much to say about a Christian vision of sexuality to assist adolescents.

They should teach students in early high school years what is most needed to help them live chaste lives. They should teach them clearly and sensitively what faith teaches us about the meaning and purposes of sexuality, and how sexuality is related to communicated and enduring love, and to the family. They should teach such matters as Catholic teaching on masturbation, premarital and extramarital sex, and contraception. But such education should be accompanied by a realistic explanation of the kinds of supports faith provides, so that what is taught is rightly seen as entirely possible, human, and a real defense of their personal dignity and of fundamental human goods.

They should be helped to acquire a Christian understanding of such contemporary issues as AIDS and homosexuality. They should be taught their right not to be exploited or victimized. They should be helped to see the equality and complementarity of the sexes.



Teachers should help adolescents realize the good sense of the Christian vision of sexuality. Sexuality is clearly not a trivial matter. It enters deeply into our very being, and into the meaning of our lives. Sexual activity is not intended to be a casual and passing pleasure, indulged in thoughtlessly. Rather it is made to go with enduring love, with the promises, the generosity, and the responsibilities of marriage. It is intimately connected to the gifts of God that enable love to be responsible and lasting.

In late high school years they should be given excellent education in the family. They should be taught the meaning of marriage, the importance of the home, and the rewards that chastity brings in enduring love, in guarding children, and in serving generous and deeply rewarding forms of life.

This education on the family and the home must be concrete and persuasive. Catholic teaching on marriage and its precious goals, the tragedy of divorce, and the helps given to life by the sacrament of marriage need to be presented with concreteness and persuasiveness. One can speak of such things in an age of broken homes and single-parent families without any lack of reverence or respect for those whose home lives are not ideal. Charity finds ways of speaking strongly but graciously all that is needed to encourage young people to pursue patterns of life that really work.

Adolescents need to be taught forcefully the truth that every person's life is meaningful. God has a personal concern for each one, and each has a *vocation*. The married life is itself a sublime vocation, and in teaching it one can come also to teach realistically the other vocations to the priesthood and religious life or to the single state. These other vocations too are given by God as supports to the lives of ordinary people, to the home, and to the young, and to the support of the whole Christian family in the vision of love that all need to have lives illumined by the Gospel.

*A challenging but rewarding task.* Adolescents are becoming more capable of serious thinking and challenging argumentation. To teach them is to teach people whose thoughts and interests are far more complex than those of children. Their lives are becoming richer. They want more intense and focused guidance from parents and catechists at a complex time in their lives, but they also want more freedom and greater independence.

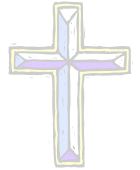
Happily, genuine freedom and the intelligent guidance derived from the Gospel go well together. To help young people see that the ideals we draw for them are what their own hearts long for may not be an easy task. But serious parents and teachers know that the young people they keep close to are capable of great things. With the assistance of friends in the faith young people today can take personal possession of the vision that faith makes possible for them.

**Happily,  
genuine  
freedom and  
the intelligent  
guidance  
derived from  
the Gospel  
go well  
together.**

---

## XI. SPECIAL NEEDS

.....  
***The Catholic Vision of Love* is a catechetical program for all children. This program therefore includes children with disabilities and developmental delays. The preceding chapters were written about *The Catholic Vision of Love* as it applies to “typical” children. The material presented in those chapters on young children through adolescence is also written for the child with special learning needs. The information contained in those chapters may need to be adapted or modified for special children, but the message is the same for all young Catholics.**



As a parent or catechist presents the lessons of *The Catholic Vision of Love* to children with developmental delays, special emphasis should be placed on self-respect and self-esteem. A strong sense of self-respect and self-esteem will equip the children to deal with the many challenges they must face in today's world.

A parent or catechist will also emphasize God's unconditional love for the child. The special child may experience ridicule or rejection by typical peers. It is most important that the parent or catechist remind children of God's personal and unconditional love for them. Children need to be told that they were created in love by a God who loves them forever and unconditionally.

As the special child becomes more aware of God's unconditional love, emphasis can also be stressed on friendship with a loving God, and God's Son, Jesus. This may also be a time to introduce the care, solicitude, and friendship of Mary and the saints.

Since children with disabilities and developmental delays are among the most vulnerable in society, they also need to be taught ways to protect themselves from sexual abuse. A program entitled “Circles: The Right to Say No” will be used in this section of *The Catholic Vision of Love*. This program, which has been designed for children with developmental delays, gives the children a tool to understand appropriate and non-appropriate touching and improper advances toward them.

Many children with disabilities or developmental delays will not have the experience of a marital relationship, so it will be important to guide them in an understanding of the great value of human friendship and the lasting treasure of friendship with God. All throughout the guidelines, there will be emphasis placed upon friendship with God, the Blessed Mother, and the saints.

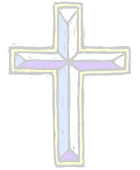
Education in human sexuality is as necessary for special children as it is for all children. Grounding the lessons in catechesis will give special children, as it will all children, a true understanding of the beautiful gift of human sexuality in all its various dimensions.

---

## XII. FOR TEACHERS

---

**Catholic teaching on love and sexuality is of immense importance for the shaping of good Catholic lives. Those who undertake the task of teaching *The Catholic Vision of Love* deserve not only gratitude, but also strong assistance in carrying out their responsibilities.**



*Right to sound Catholic teaching.* Those who study the family, chaste love, or what faith teaches about sexuality in any of our Catholic diocesan or parish programs have, of course, a right to receive authentic Catholic teaching. In these times of spiritual confusion, it cannot always be assumed that persons of good will understand and accept all that the Church teaches about sexual morality.

*Careful selection of teachers.* For this reason, those who direct schools, Religious Education programs, marriage preparation programs, or any other programs touching on sexuality or family education must see to it that the teachers are chosen carefully, and given sufficient preparation to perform their tasks faithfully and well. In all programs in the diocese in which there is education in the Catholic vision of sexuality, love, and the family, teachers should be selected from among those who are committed to sound Catholic teaching in this area, and who are willing to accept whatever in-service formation is judged necessary to do the task well.

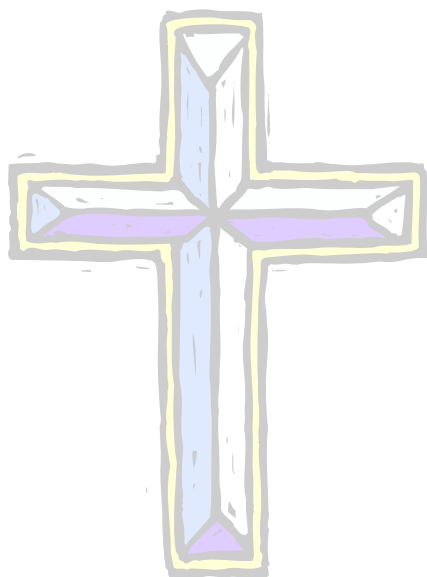
*Oversight of programs.* Diocesan and parish leaders who oversee any programs giving instruction in matters affecting sexuality, chaste love, and the family have the duty to see to it that what is presented in such courses is indeed faithful to the *Catholic* vision of love and sexuality. The doctrinal and moral directives presented in these *Guidelines* apply to all programs in which this Catholic vision of love and sexuality is taught: in school and Religious Education programs, in marriage preparation programs, in youth ministry programs, in campus or young adult programs, and the like.

*In-service classes for teachers.* Those who teach *The Catholic Vision of Love* in Catholic schools and Religious Education programs must receive teacher preparation sessions in accord with current diocesan standards. All teachers will be required to participate in a five-hour in-service in Catholic doctrinal and moral teaching on sexuality. Teachers in grades five to eight will be required to take an additional five hours in which they will learn ways of teaching *The Catholic Vision of Love* to young people. While special emphasis will be placed on methodological and pedagogical concerns, efforts will be made to ensure that these teachers understand the importance of being true witnesses and role models for what the Church proclaims and teaches. They will also receive assistance in handling the diocesan materials for the program. Those who teach in all our educational programs must be taught faithfully the principles and policies that are articulated in these Guidelines. Eventually, components of this education in Catholic moral teaching in the area of human sexuality will be totally integrated into the various certification programs for all catechists.

Teachers are trained to be particularly sensitive to the fact that each child is a unique person. Teachers must be sensitive to each student's needs and developmental stage, working in close collaboration with parents in regard to the curriculum as outlined in Appendix D. (See *The Truth and Meaning of Human Sexuality*, nn. 65-67).

---

## XIII. APPENDICES



**THE**  
**CATHOLIC**  
**Vision of Love**  
Diocese of Pittsburgh

---

## APPENDIX A

---

### The preparation of these guidelines



The Diocese of Pittsburgh convened an Advisory Committee on Human Sexuality Education on October 19, 1987, and charged its members with a twofold task:

- 1) To prepare an educational curriculum for all Catholics, particularly for parents seeking to instruct their sons and daughters in the area of human sexuality from a Catholic perspective; and
- 2) To make recommendations concerning the scope, content, and implementation of an education curriculum in human sexuality for the young people of the Church of Pittsburgh.

The Advisory Committee was comprised of more than forty members with diverse professional and experiential backgrounds: parents, clergy, educators, pastoral and legal counselors, religious men and women, diocesan administrative personnel, and medical professionals. The names of those who served on this committee are listed at the end of Appendix A.

To meet the varied educational and pastoral needs of the members of the Church in Pittsburgh, the Advisory Committee formed five subcommittees, whose tasks were to consider content, scope, and methods for successful implementation of a Catholic human sexuality education program. The five subcommittees treated:

- 1) Theological and Faith Issues in Human Sexuality
- 2) Human Sexuality Education for Children
- 3) Human Sexuality Education for Adults and Family
- 4) Human Sexuality Education for Adolescents
- 5) Human Sexuality Education for Persons with Disabilities

From the onset, this education in the Catholic vision of love and human sexuality was understood to be education in Catholic faith and life. It is formation in ways of living that are inseparable from the Gospel. Thus, this education is to be fully and totally integrated into the Religious Education curriculum.

In 1989 the Advisory Committee had completed a draft of the *Guidelines* to direct education in chastity in the Diocese of Pittsburgh. They were submitted to the Diocesan Theological Commission and other consultative bodies in the diocese for evaluation. It became clear that the program needed a director to guide the implementation of the program; that is, to oversee the selection and production of materials that would be needed by parents and by teachers, and to begin to put the program into effect.

In October, 1990, Reverend Douglas R. Nowicki, then Secretary for Education (now Archabbot at St. Vincent's Archabbey, Latrobe), asked Reverend

Ronald D. Lawler, O.F.M. Cap., to serve as advisor to the project and to assist the Advisory Committee in the completion of the project.

Under the guidance of Dr. Rosemarie Cibik, Secretary for Education in the Diocese, the program expanded. Efforts were made to revise the *Guidelines* in the light of suggestions received from the Theological Commission and others. Curriculum materials were prepared for students in the fifth to eighth grade, together with extensive teachers' notes for effective implementation of the lesson plans. A manual was devised for parents to assist them in speaking with their children about the Catholic vision of love. Father Ronald Lawler; Father Kris Stubna; Monsignor Daniel DiNardo; Sister Ursula Kelly, S.S.N.D.; Carole Obrokta; Sister John Martin Sullivan, A.S.C.J.; and Dr. and Mrs. Kenneth Garver and others assisted in the writing and editing of these materials.

Progress toward actual implementation of pilot programs for the education of elementary age children required the cooperation of many people. Dr. Kenneth Garver, Chairman of the Advisory Committee, and other representative members collaborated closely with Father Lawler and the Secretariat for Education as work progressed. Meetings were held with parents in each of the six parishes which were to have pilot programs beginning in the fall of 1991. Sessions for parents were designed to give them full information on the program, and to make clear how much the success of any such education depends on the parental involvement.

Detailed plans were made for the in-service classes for those who would teach the program. Ten hours of class were provided for all teachers to assure both their secure grasp of Catholic teaching in this area, and to help them find confidence in teaching the class materials for their students.

Meetings were held also in which pastors, parochial vicars, principals, and directors of Religious Education discussed the program with personnel from the Secretariat for Education. Meetings were also held within each parish to coordinate the input of all whose assistance would be needed to make the program work. Everywhere it was made clear that the program had to be entirely faithful to the teachings of the Church at all times. Parents were always to have central role in the program. Education in the Catholic vision of love through this program was always to be an education in chastity, in full accord with the guidance that the Church continues to give us.

Evaluations of the work done in the first year of the pilot program were favorable, but important suggestions for improving the program were made by parents, priests, principals, directors of Religious Education, teachers, and students. These suggestions were then incorporated into the program, as the program entered another expanded year of pilot programs in 1992-93. Father Kris Stubna, Assistant Secretary for Education, took over supervision of the program in the fall of 1993. Further development of the program, with one entire deanery entering the pilot program, went on in 1993-94, with another deanery scheduled for piloting in 1994-95.

All those who guided the pilot programs were encouraged by the warm cooperation shown everywhere by parents, parish leaders, teachers, and all involved. Evaluations continued to be overwhelmingly favorable. Parents,

teachers, and administrators alike expressed their satisfaction in the way this material was helping young people to acquire a better understanding of what God teaches us about sexuality and chaste lives.

With the positive evaluations from the pilot programs, the program has continued to expand. Under the leadership of Father Kris Stubna, the current Secretary for Catholic Education, *The Catholic Vision of Love Guidelines* and program for implementation were finalized, presented to the consultative boards of the diocese, and approved by Bishop Wuerl. By the 1996-97 academic year, all parishes in the Diocese of Pittsburgh became responsible for implementing *The Catholic Vision of Love* in all facets of parish life.

In light of recent diocesan and national policies on child safety, the *Catholic Vision of Love* program received acknowledgment from the United States Conference of Catholic Bishops (USCCB) as the program in place in the Diocese of Pittsburgh for the safety of children. In the Fall of 2010, at the request of the auditors from the United States Catholic Conference of Bishops, Safe Environment Committee, a lesson on Personal Safety was added to each of the CVOL student lessons (grade 5 – 8). Additionally, lessons on Personal Safety were created for children in Kindergarten through grade 4.

#### **Members of the Human Sexuality Advisory Committee**

Dr. Kenneth L. Garver, General Chairperson  
Reverend Ronald Lawler, O.F.M. Cap., General Editor and Consultant  
Dr. Rosemarie E. Cibik, Secretary for Education  
Archabbot Douglas R. Nowicki, Former Secretary for Education  
Reverend Kris D. Stubna, Assistant Secretary for Education  
Monsignor Daniel DiNardo, Former Assistant Secretary for Education  
Ms. Carole M. Obrokta, Consultant  
Sister Ursula Kelly, Consultant  
Sister John Martin Sullivan, A.S.C.J., Consultant  
Dr. Steve Biancaniello, Consultant  
Ms. Maureen E. Wall, Consultant

#### **Members of Subcommittee A: *Theological Issues***

Reverend Frank C. Sokol, Chairperson  
Mrs. Susanne M. DiPiero  
Dr. Kenneth L. Garver  
Reverend Joseph J. Kleppner  
Mr. Robert P. Marko  
Sister Marietta Russell, M.H.S.H.  
Monsignor John J. Seli  
Mr. Eugene W. Vaskov  
Mrs. Constance A. Vaskov

#### **Members of Subcommittee B: *Human Sexuality Education for Children***

Mr. Eugene Vaskov, Co-Chair  
Mrs. Constance A. Vaskov, Co-Chair



Mrs. Marjori W. Becker  
Dr. Linda Bigelow  
Mrs. Bettylee Garver  
Mrs. Clare M. Roberts  
Sister John Martin Sullivan, A.S.C.J.

**Members of Subcommittee C: *Human Sexuality Education for Adults and Family***

Sister Marietta Russell, M.H.S.H., Chairperson  
Dr. Ann C. Albers  
Dr. James L. Bender  
Dr. John A. Boccella  
Mrs. Gerri Boccella  
Reverend Paul J. Bradley  
Mrs. Loretta M. Dillner  
Mrs. Jean M. Fitzgerald  
Mrs. Carol L. Happ  
Mr. Eugene M. Kail  
Ms. Concetta A. Silvaggio  
Dr. William A. Uricchio  
Reverend Louis F. Vallone

**Members of Subcommittee D: *Human Sexuality Education for Adolescents***

Mr. Robert P. Marko, Chair  
Dr. Steve Biancaniello  
Dr. Rosemarie E. Cibik  
Mr. Gregory Dietz  
Dr. Lawrence A. Dunegan  
Reverend Hugh J. Lang  
Sister M. Christopher Moore, C.S.S.F.  
Sister Louise Marie Olsofka, C.S.S.F.  
Mr. Timothy J. O'Sullivan  
Sister Elizabeth Ann Stock, S.C.  
Sister Bertha V. Sutton, C.S.J.

**Members of Subcommittee E: *Human Sexuality Education for Persons with Disabilities Which Hinder Learning***

Mrs. Susanne M. DiPiero, Chairperson  
Mr. Ralph Belsterling  
Mrs. Nancy Gannon  
Ms. Grace T. Harding  
Ms. Carole M. Obrokta  
Ms. Maureen E. Wall

---

## APPENDIX B

---

### Using media with *The Catholic Vision of Love*



Today we are all bombarded with media messages that are contrary to Catholic teaching. Media literacy education in conjunction with *The Catholic Vision of Love* provides an opportunity for the catechist or parent to teach as Jesus did. It is important to recognize teachable moments and to capitalize on the young person's own knowledge and involvement in the media world that surrounds him or her.

A proven approach to media literacy utilizes a four-step process (The Pastoral Circle) that includes: awareness, analysis, reflection, and action. The Pastoral Circle helps us to confront, challenge, and change the way television and all of mass media controls our lives and those of our young people.

*Awareness* — Generally, most people don't realize the impact of the mass media on the formation of values. It is virtually impossible to remove oneself from the influence of mass media. The only solution to the situation is to become media literate. Ask yourself questions regarding the messages that are being conveyed. For example: Are most of the people portrayed as young, thin, and rich? Are the elderly shown as burdens instead of sources of wisdom? Are people valued for their material possessions? Are disabled people even included?

The *Awareness* step opens the door for growth in understanding and the ability to change.

*Analysis* — Secondly, we must begin to teach our children at home and in school how commercial interests determine the content and appeal of programming. Sponsors target different segments of the population and gear their programming accordingly. For example, Saturday morning cartoons target children and sell toys, sugar cereals, and candy. Developing skill in this type of analysis allows us to be more cautious in accepting what we see and hear on television.

*Reflection* — It is at this point that we begin to integrate our faith dimension into the everyday exposure of media. With Scripture and the tradition of the Catholic faith, we have the necessary tools to discover what values we can call upon to make choices. Jesus brought us the truth and taught us how to live. In that light, how we see marriage and family living portrayed on television might be in direct opposition to what we know as right and wrong. Jesus said, "Let the children come to me; do not try to stop them; for to such belong the Kingdom of Heaven" (Mark 10:14). We cannot determine the faith commitment of our young people, but we can structure the media environment in our homes so that the faith that *is* present will be nurtured and fostered appropriately.

*Action* — Appropriate action might be as simple as consulting the TV guide to monitor the evening's entertainment. On the other hand, direct confrontation such as phone calls or letters to the television station when offensive material is broadcast might be a solution to the problem.

(Although the steps described above relate primarily to television, mass media also include movies, music, magazines, billboards, the internet, etc. and this process is adaptable for all forms of media.)

## Proper utilization of catechetical media

It is imperative to utilize catechetical media properly in our technological age to compete with all the values communicated by the secular mass media (television, movies, music, print, the internet).

Unfortunately, many catechists look at media utilization within the catechetical learning experience as a waste of time. Actually, research has proven and experience has confirmed the fact that children and adults learn far more readily from a multisensory and imaginative presentation than from the catechist's voice alone. There is no doubt that the investment of planning time is greater when media are utilized properly, but the benefits always outweigh the work.

The following steps are offered as a guide in planning:

### 1. Assess the goal of your lesson

It is important to analyze the core of the lesson. The *Catechist's Notes of The Catholic Vision of Love* will help one to determine the key concepts to be communicated to the student.

### 2. Consider the students

Be sensitive to the developmental, educational, emotional, and sociological level of the student. Keep in mind the length of the media in respect to the learning experience time. How familiar is the student with the subject matter? A review of materials is certainly different from first-time exposure. How well do the students in the class know each other? Is it the first year of catechesis in a new setting or have they been together since first grade? All these factors are important to take into consideration. One must choose the media involved accordingly.

### 3. Consult a specialist

After one has the key concepts in mind, consult a media specialist to help select the best media to fit the specific needs. Be open to suggestions and read catalog descriptions to discover the options.

### 4. Preview the media

Everyone has a different style of teaching, and no two groups of people will react the same every time to a particular media piece. A video that seemed to fit the lesson perfectly last year might not evoke the same response this year. Ideally it is better to view the media selections a couple of times to prepare questions and related activities, and to prepare yourself to conduct discussion on the concepts communicated.

#### 5. Make a decision — choose

We all make mistakes; everyone has a story about the audiovisual that flopped. On the other hand, remember the learning experience that made a significant effect on the students and the feeling of accomplishment you felt. Trust your good judgment; planning is ninety percent of the process.

#### 6. Integrate the media

Examples: set a mood — visual prayer — present a life experience — tell a story/parable — relate facts and information — present opinions of others.

Determine a position for the integration of media into the learning experience. Is this video factual and informative regarding respect life issues? Is the film posing a personal situation that will cause a heartfelt reaction? All of these questions and more are needed in the planning of the learning experience.

#### 7. Know how to operate the equipment

Be sure, for example, that the DVD player is in good working order. Do you need an extension cord or adapter? Do you have an extra bulb for your data projector? Murphy's law always applies — what can go wrong, will. *Be prepared!* Make sure you block-out the light in the classroom for a better picture quality. If possible, have the equipment set up and ready to operate so that valuable teaching time is not wasted.

#### 8. Follow-up

Provide time after showing the media for reflection on the experience, perhaps aided by appropriate music. A video, for example, may be stopped before the ending to create an open-ended situation for the students to determine a solution. Allow the students to share their reflections and insights with each other in groups or to the class as a whole. Providing discussion questions is always a good idea to assist in promoting feedback.

---

## APPENDIX C

---

### Content focus — Grades K through 4



Our goal is to integrate these themes into the religious education curriculum, in- self. No separate lesson plans will be written for kindergarten through grade four. Rather, some foundational principles for a Catholic understanding of the human person, family, and love will be emphasized and highlighted.

1. Jesus and our homes: why Jesus lived so long in an ordinary home. Homes are places where people can be most happy: Why is this true? Homes are places where we learn how to love. We can help our homes be happier places. How can we do this?

2. Praying at home: finding a quiet place for prayer at certain times. Being willing to pray: at meals, in the morning, at night. Letting parents know we like to pray with them sometimes. How prayer helps us to know how important everyone is, and how much each one should be loved and respected.

3. Television: handling it with care. Sometimes television is very fine. But parents naturally want to control it. Our homes are too special for television to be invading them too much, or at wrong times. Sometimes television can keep us from learning to know and love each other better. It can prevent us from doing good things with each other, spending time with one another. We need to be careful about our television, music, and what we read, so it makes us more like Jesus wants us to be.

4. Talking with our parents: having happy times to talk with our parents. Learning to talk about things that are not always easy to begin talking about. Why parents want to know so much about you! Parents are really special kinds of friends. We need to trust them, share with them lots of things about ourselves and our lives. We need always to turn to our parents first.

5. Modesty: gentleness and goodness of modesty. Why being modest is a way of being kind and respectful. Television — friendly at times, but not always Christian, not always modest. Not wanting to be exactly like everybody else in the world, the specialness of being a Christian, and the specialness of being you. Joy in remembering the nearness of Jesus, and the dignity of our bodies, which are temples of God. This demands that we choose wisely the things we wear, what we say and do, so as to respect our bodies!

6. Saying no when we should: happy and good hugging, but touches and hugs are not always good. Why parents don't want us to let just anybody give us hugs. Kinds of touches that disturb us, and why we should not put up with them. Why parents do not want us to get into cars with or enter the homes of people they do not know, and do not give us permission to enter.

7. Our families and our friends: the very special importance of our homes, and our parents, and our brothers and sisters, even when we begin to have friends ourselves. Why our parents want us to talk with them about our lives outside the home, about those who are our friends and all that we are doing together. The joy of having life at home and outside the home fit well together.

8. Cruelty of words: words that hurt. Words that are called bad or dirty, or impure words that forget the importance of everyone, and the goodness of our bodies, and the nearness of Jesus to our lives. Why parents care very much about the words we use, and why we should too.

9. Everybody does it! Thank heavens everyone isn't the same! Why you are special, and not everything everyone does is for you. Why Christians are special, and do not do things that many people do, if they love and honor Christ. "I want to do what my friends do!" The value of being with friends, but the foolishness of wanting too much of this. Letting our friends be what God wants them to be, and becoming ourselves what God wants us to be.

10. Changing and growing: As we grow older, our bodies slowly change and develop, our minds become better and sharper, our whole lives begin to mature. We are becoming the person God plans for us to become. We need to recognize the changes, understand them, and not be embarrassed or afraid to talk about how we are changing or how we feel with those we trust. We need to talk with our parents, grandparents, and teachers. They will help us to understand.

## SAFE ENVIRONMENT LESSON OBJECTIVES



### KINDERGARTEN and FIRST GRADE

#### Lesson 1:

The students will:

- a) Listen to the teacher's explanation of how we are children of God and special; b) Orally tell how they are special by telling his/her own characteristics.
- Listen to the teacher's explanation of why/how God made us special.
- Draw pictures of themselves identifying his/her own unique characteristics/specialness
- Identify/demonstrate ways to get along with others by a) playing a game following the rules; b) responding to teacher questions recognizing how rules keep us safe and why rules are fair.

#### Lesson 2:

The students will:

- Orally recall what they learned about using rules and why rules are fair.
- Listen to the teacher connecting the concept for obeying rules and how rules help us show respect for God's people and other people's things.
- Respond to question about how we respect our bodies.
- Respond to questions demonstrating the ability to connect the concept that there are good rules to follow to show we respect our body.
- Do the face activity to demonstrate the ability to recognize different feelings and to respond to teacher questions about recognizing feelings.
- Respond to closing questions by telling what they would do when recognizing different feelings in friends to demonstrate their comprehension of the concepts taught.

#### Lesson 3:

The students will:

- Review what they learned about rules and how to recognize feelings by responding to teacher questions and doing the Handout K-1B.
- Role play to demonstrate the ability to identify and manage proper playing by the rules and respecting others' feelings.
- a) Listen to teacher reinforcement of proper management skills and proper reactions to stressful situations; b) Respond to teacher questions to demonstrate understanding of the concepts.
- a) Listen to the teacher expand the concept of responsibility and being in charge on one's own body; b) Listen to how to report to someone when something doesn't feel right or when something or someone makes one feel uncomfortable.

#### Lesson 4:

The students will:

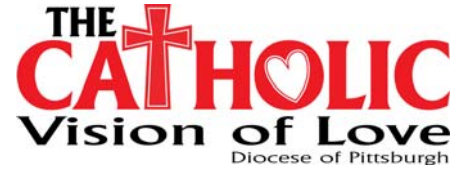
- Demonstrate assertiveness with respectful responses in safe situations with older children and adults (e.g. "I HAVE TO CHECK FIRST"— check with a parent, guardian, or other trusted adult first) by orally responding to the "practicing the rules" activity.

(Grades K-1 continued...)

- Demonstrate assertiveness in unsafe situations ("SAY NO," "GET AWAY," and "GO TELL") by participating in the "Practicing the Rule" activity and practicing what to say.
- Describe and role-play what to do when approached by a stranger/non-stranger or on the telephone by participating in the "Practicing the Rule" activity and using the pretend phones.
- Identify who to tell if there is a touching problem by orally responding to a short story and b) responding to teacher's questions.



## SAFE ENVIRONMENT LESSON OBJECTIVES



### GRADES TWO and THREE

#### Lesson 1:

The students will:

- Identify the goodness of rules that keep us safe by discussing why the family, school and society have rules and laws.
- Describe positive characteristics they like about themselves and others by picking out good qualities from a list on Handout 2-3A.
- Identify that all things have a purpose by naming good things they can do with items like apple, sun, house, person, and body parts like nose, ears, feet, teeth.
- Identify what makes a good friend by naming that a friend always wants what is best for you.

#### Lesson 2:

The students will:

- Identify non-verbal communication skills by naming feelings acted out by the teacher and other students.
- Name how showing their emotions in a good ways helps us get along with others.
- Discuss how some things and people change by describing changes from a group of pictures.
- Describe and discuss how he/she is a unique and special person by naming choices they have made and ways they have grown from a baby till now.

#### Lesson 3:

The students will:

- Identify positive (good effects) and negative (bad effects) of peer pressure through the use of balloons, pictures and stories.
- Describe his/her uniqueness as a person who is continually growing and changing.
- Demonstrate appropriate ways to react in a stressful situation by responding to questions about stories.
- Differentiate between healthy and unhealthy ways to express feelings by reacting to situations in pictures and stories.

Deeper:

- Demonstrate that he/she recognizes non-verbal communication skills by answering questions related to situations and/or pictures.
- Demonstrate respect for the rights and feelings of others by answering appropriate questions.
- Identify skills necessary to build enriching friendships by participating in the exercise on "Peer Pressure."

### **Lesson 4:**

The students will:

- Name rules that keep them safe.
- Explain what makes something public and what makes something private.
- Explain the bathing suit rule.
- Name the fact that no one has a right to touch their body without permission.

### **Lesson 5**

The students will:

- Name people who can help keep them safe.
- Practice detective skills to be able to help in emergency situations (review things & people as observed for homework for last lesson, describe the visitor to the classroom).
- Identify safe responses to situations where they may be separated from an adult family member or when someone unknown approaches them.
- List and role-play appropriate behaviors that assist the individual in maintaining his/her personal safety (e.g. "SAY "NO," "GET AWAY," "GO TELL").

## **GRADE FOUR**

### **Lesson 1**

The students will:

- Demonstrate respect for the rights and feelings of others by listening to/reading the story about St. Therese Liseux in the *Catholic Safety Agent* booklet and participating in the exercises.
- Differentiate between healthy and unhealthy ways to express feelings by participating in the exercise about feelings and playing the game to determine someone's feelings.
- Differentiate between behaviors that contribute to a positive attitude and those that contribute to a negative attitude by acting out what they read on the *Feeling Cards* exercise, and by naming the feeling and what caused them to feel a certain way.
- Identify self control skills by participating in the lesson on page 4 of the *CSA Notebook* regarding behaviors and feelings.

### **Lesson 2**

The students will:

- Demonstrate self control skills by acting out situations that the teacher gives them to show self-control.
- Identify behaviors that may cause conflict or stress and ways of dealing with them through discussion about safe situations and situations that cause stress.
- Name appropriate ways to react in stressful situations by participating in the brainstorming session about a "*stranger at the door*" and discussing appropriate ways to deal with the stressful situation.
- Identify personal strengths and weaknesses and their impact on others by completing the exercises on page 6 and 7 of the CSA booklet – *knowing our strengths and weaknesses*.

### Lesson 3

The students will:

- Name behaviors that show a positive attitude and those that show a negative attitude by listening to/reading the story about St. John Bosco and how he treated others.
- Show healthy ways to have fun by acting out (through the game of Charades) fun things they enjoy doing with a friend.
- Identify peer influence on his/her feelings, behavior, and decisions by participating in the exercise on "Peer Pressure."
- Identify characteristics of a friend by participating in the exercise on "*what is a good friend*" and reading about good friends on page 9, "*A Friend is Someone Who*," and page 10 of the CSA booklet.
- Name what Peer Pressure is by participating in the exercise and answering the teacher questions on peer pressure, and completing the exercise on Peer Pressure on page 11 of the CAS booklet.

### Lesson 4

The students will:

- Name the steps to making appropriate decisions by completing the exercise on page 12 and 13 of the CSA booklet.
- Practice refusal skills by participating in the *Safety Agent – Act 1 game*.
- Identify behaviors that may cause conflict or stress and ways of dealing with them by looking at situations on the Act 1 cards and naming the proper way to handle each situation.

### Lesson 5

The students will:

- Demonstrate the ability to accept responsibility and consequences for their actions by participating in the *Act – 2 Situation Cards – "Stressful Situations."*
- List and role-play appropriate alternate behaviors that enhance personal safety: SAY "NO, GET AWAY," and GO TELL.
- Demonstrate assertiveness with respect in response to a safe situation through the group exercise with the *Act – 2 Situation Cards*.
- Practice communication skills by acting out ways of communication – by phone, e-mail, hand signals, and body language.

### Lesson 6

The students will:

- Describe ways of preventing abuse: emotional, physical and sexual through review of previous lessons and through group discussion about the people we can rely on to keep us safe (parents, older siblings, police, firemen etc.) and family rules and guidelines for safety.
- Demonstrate assertiveness in response to an unsafe situation by practicing with the teacher, "*No, Get Away!*" after each situation presented.

(Grade 4 continued...)

- Name interpersonal situations that may pose a threat to his/her personal safety (secrets, bribes, tricks) by repeating each clue after the teacher: 1. They want you to keep secrets; 2. They always want to be alone with you. 3. They try to offer you bribes; 4. They always want to hang out with kids and never seem to want to be with people their own age.
- Identify ways to help others as sources of help by participating in the exercise on things that make a place or situation safe.

---

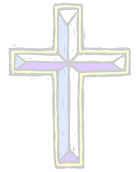
## APPENDIX D

### Curriculum outline — Grades 5 through 8

.....

#### **GRADE 5, CLASS 1:**

#### **Self-respect: Acknowledging why you are so important**



##### **General aim**

This lesson seeks to help the students realize how immensely important each one of them is, in truth and before God. It helps them see how important their lives are, and how important are the things that deeply affect their lives. In a special way, it helps them see the importance of their sexuality, and of responding to the gift of sexuality in the light of the Lord's teaching, and in ways that respect how things really are.

##### **Specific objectives**

1. To assist the students in realizing personally — in the light of faith and their experience — how very important each one of them is, and how important it is that they lead their lives wisely and well.
2. To recall the problems that arise for people who are wrongly persuaded that they are not worth much, and are not very much loved.
3. To help students realize that thinking and feeling rightly and wisely about sexuality is very important for them.
4. To help the students realize that sexuality has important purposes. God created sexuality to serve the wonderful and lasting good things He wishes it to bring to our lives.

#### **GRADE 5, CLASS 2:**

#### **Understanding the changes we experience**

##### **General aim**

To help the students to see that the many changes that come with adolescence should not be sources of anxiety, but are meant by God to be steps toward a richer fulfillment in life.

##### **Specific objectives**

1. To help students appreciate that it is good that our life advances in stages, that the good things of earlier years are meant to be fulfilled by better things as time advances.
2. To help students realize how many aspects there are to maturing. We are to grow not just physically (which we cannot help doing) but also emotionally, socially, intellectually, and spiritually.
3. To show that in God's plan everyone is special. Each one is different in a variety of ways, and that is good.

4. To make clear that it is all right to be different! We mature at different rates, and that is fine. Different people have different natural strengths and weaknesses; none of these make us unable to have great and good lives.
5. To show that sexuality is a gift from God, and that the physical growth that reveals our maleness and femaleness is a good thing.

## **GRADE 5, CLASS 3: Friendship, love and life**

### **General aim**

This lesson seeks to help students understand what friendship is, and why it is so precious a gift. Friendship makes life much happier, and enables us to be better persons. The lesson seeks to explore the truest kind of friendship, and see why it lasts longer and is more rewarding than less perfect kinds of friendship. In a special way it treats romantic friendships, and what characterizes true and lasting friendships to serve life well.

### **Specific objectives**

1. To understand the reasons why friendship is both so attractive and so important for our lives.
2. To be able to tell the difference between *true friendships* and less solid kinds of friendships.
3. To reflect on how Scripture praises true friendship, and why Christ wants to be a friend to each of us.
4. To think about a special kind of friendship, romantic friendships, and to understand why God wanted friendships like these to be.
5. To understand how important it is that we have truthful, generous, and pure hearts in all our friendships.

## **GRADE 5, CLASS 4: Christ in my home and in my life**

### **General aim**

This lesson speaks of the importance of the home. It speaks of the ways in which Christ taught us to love the home, and encouraged us to make our homes the happy places He wants them to be. The Lord meant homes to be schools of faith and love, places where our hearts learn life from people who deeply love us. It recalls how Christ wants us all to have happy lives, by tasting first the joy of being loved by generous parents, and the joy of loving those in our homes, and so learning the goodness of real love.

### **Specific objectives**

1. To assist the students in realizing how important homes are; how glad we should be for the good things God wants us to find in our homes; how true it is that all of us must do all we can to make our homes places of generous love.
2. To recall the things Christ did to call homes to be faithful to what God wants them to be, and how much He wants each of our homes to be happy and good.

3. To show that even homes that are broken, and have many trials, can be healed and helped by closeness to Christ.
4. To show that everything the Lord teaches us about sexuality is aimed at helping us learn that generous kind of love that can make homes and lives happy; impure acts are wrong because they undermine real love, and makes homes suffer.
5. To urge students to thank God for their parents and their homes, and to pray that they themselves will have love generous enough to make their homes happier places.

## **GRADE 5, CLASS 5: Personal Safety**

- Relationship Boundaries: Stranger danger, Respecting ourselves, Respecting our bodies
- Lesson Outline:
  1. Introduction and opening prayer
  2. Teaching on Friendship and Respect, focus on Relationship Boundaries
  3. Activity – Talking about boundaries using scenarios
  4. Wrap-up and connection to Catholic social teaching and the dignity of the human person
  5. Closing prayer
- Lesson Background: Human life is sacred.  
*“Human life is sacred because from its beginning it involves the creative action of God and it remains forever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning until its end: no one can under any circumstance claim for himself the right directly to destroy an innocent human being” (CCC 56)*

## **GRADE 6, CLASS 1: Vocation**

### **General aim**

This lesson seeks to strengthen in students a sense of vocation, a realization that their lives are important, that God has a great role for each of them to play in life. It seeks to show that reflection on what we are meant to be is important for the fulfillment and happiness of our lives.

### **Specific objectives**

1. To understand again the general idea of having a vocation by reflecting on the vocation of Christ to be our Savior.
2. To help students to realize that each one of us, without exception, is important to God, and each is called to an important and special vocation by the Lord.
3. To show how it is that one comes to realize what his or her special vocation is.
4. To reflect on various kinds of vocations, and how God calls each person to a kind of vocation in an entirely distinctive way.
5. To point out how chastity is important for every kind of vocation.

## **GRADE 6, CLASS 2: Being responsible for our own lives**

### **General aim**

To help students understand the great gift of freedom, and to be able to tell the difference between “things happening to them” and “things they do.” It is always important for young people to realize that life is not just something that happens to them (though many things happen beyond our control). Life is most of all something we live, and the free actions that we do. Many people want to be good, but get discouraged, forgetting that Christ is strong even when they are not. Christ will help them to use their freedom well if they really want to take charge of their own lives, and not let the world dominate them.

### **Specific objectives**

1. To help students realize that they are responsible for their own lives, and that it is a good thing for them that they are.
2. To help students see for themselves why the excuses we make for the bad things we do are often silly and irresponsible.
3. To help students realize that even though it is often very sad when bad things happen to us, doing bad things is really much worse.
4. To help students see that in the turmoil of the world, where impure thoughts and attitudes and acts can often seem impossible to escape, their lives are in their own hands. They have the freedom to live good and responsible lives. Christ will protect their freedom if they wish to guard it.
5. To help students realize, in a world that seems not to know what sin is, that doing things that are really bad not only offends God, but also makes us feel miserable and unhappy.

## **GRADE 6, CLASS 3: Life is worth living**

### **General aim**

This lesson had a very basic message. God made us to live! To live great lives! (See John 10:10.) He made us to live happily and well in this life we now have on earth, and so deserve to have an even better and richer life with Him and one another in eternal life. Our life now works best, and feels worth living, when we try earnestly to get things right and do things well. In special things, like sports and games, we see this clearly. Things go well when we put our whole hearts into them. And this is even more true of the big things of life. Life is dear to us when we realize what it is about, and try to live it well. Large things like love and sexuality will be blessings to us, if we understand them for what they really are, and follow the wise teaching of Christ.

### **Specific objectives**

1. To help students see that all the things we do in life — like playing musical instruments, or taking part in sports — are much happier and dearer to us if we can do them well.
2. To help students understand that doing anything well — even cooking, or using a computer — can be important and rewarding. But it is much more important to live life well — to know what it is really about, and to begin to live with style and great hearts.



3. Of course it is true that not all of us can be great athletes, or great mathematicians. But Christ promises that anyone can live a great life, with the help of God's grace, if they deeply want to, and come to Him for help.
4. To help students understand that some coaches and teachers — in sports and other skills — are better than others. In learning to live well, Christ is the best of all teachers. He is the Lord, and we are His disciples.
5. To help students understand the moral life as new life in the Spirit.
6. To see that love and sexuality are important parts of life. But they can be confusing, and sometimes they are badly taught. We need good teachers for such important things.
7. To understand that many people in today's world try to teach us what sexuality is all about. But Christ the Lord is the best teacher of these things because He created them. He also knows us best, and cares about what we say and do. The teachers who teach us His ways are very important.

## **GRADE 6, CLASS 4: Learning how large love is**

### **General aim**

This lesson aims at helping the students understand the central message of Christ: that genuine love is the most important of all things. All our duties flow from the most important duty of loving God and of loving one another with generous love. And all our hope flows from love; only when we are willing to learn what true love is can we have happy homes, deep and lasting friendships, fairness to the weak and the poor, and greatness and joy.

### **Specific objectives**

1. To explain why Christ is the best teacher of how great love is (1 Corinthians 13:4-8) and of how we learn to find honest love, in a world which so much wants honest love, but suffers because so many confuse real love with phony love.
2. To show that Jesus teaches us that generous love is necessary to save all the best things of the earth: homes and friendship, and every great and good thing our hearts long for.
3. To make it clear that generous love guards life in all the world. It guards the weak and helpless, the old and weary, and it guards all our hopes to be fair and good people. From people who love with true generosity, like Mother Teresa of Calcutta, we learn why abortion and euthanasia are so cruel.
4. To show how love gives people power to have pure hearts, and to be truthful and generous in their dealings with one another. All the Lord's teachings about chaste living are teachings about loving rightly.

## **GRADE 6, CLASS 5: Personal Safety**

- Practicing Boundaries – home, school, and online safety guidelines for children.
- Lesson Outline
  1. Introduction and opening prayer
  2. Teaching on human dignity and communicating boundaries
  3. Activity – talking about boundaries using scenarios

4. Wrap-up and connection to Catholic Social Teaching and the Dignity of the human person
5. Closing Prayer

- Lesson Background – Human Life is Sacred  
*“Human life is sacred because from its beginning it involves the creative action of God and it remains forever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning until its end: no one can under any circumstance claim for himself the right directly to destroy an innocent human being” (CCC 56)*

## **GRADE 7, CLASS 1: Vocation — God’s call**

### **General aim**

This class is planned to help the students realize the goodness of our vocation: our call to be Christians, and our call by God Himself to an important life. It could be a call to a religious kind of vocation, or it could be a divine vocation to enter marriage with a very special person, and to have children. We are all called to find our way to heaven by doing great things on this earth in ordinary circumstances.

The whole idea of vocation is explored here: God’s deep concern for everything in our life, how we plan our lives, and the ways we learn to put all that we are as boys and girls into becoming men and women.

### **Specific objectives**

1. To recall the first vocation we have: to be personal friends and followers of Christ, and to shape everything in our lives in ways that are faithful to the Lord.
2. To think about our special vocations: how God cares very much about the life each one of us will live. To explore the kind of life God invites us to and the kind of life that each one of us decides to live.
3. To understand how vocations work: God calls us freely to something important, and we freely decide. There is a call, a consecration, and a commitment.
4. To survey kinds of vocations, and to invite the students to think about, and to pray about, what kind of life they wish to have before God.
5. To study the relationship between our sexuality and our vocation, and how every vocation calls on all the gifts that God has given to us.

## **GRADE 7, CLASS 2:**

### **Modesty — A strong and thoughtful virtue**

#### **General aim**

To help students grasp the meaning of modesty and appreciate its attractiveness and goodness, and to help them understand why Christ wants us to have modesty in our hearts and in our lives.

#### **Specific objectives**

1. To help students see why modesty is an important virtue in our times too, because it is so closely related to self-respect and reverence for other people, and because it helps us to face sexuality more sensibly.

2. To make clear that the most important dimension of modesty is modesty in our minds and in our heart.
3. To explain why modesty in speech and in dress may important good fruits.
4. To show how modesty affects everyday life.

## **GRADE 7, CLASS 3:**

### **Reconciliation in our years of growing up**

#### **General aim**

This lesson seeks to help young people to make good use of the Sacrament of Reconciliation in ways that will help them most in their years of growing up. At this time of their life this sacrament is a necessary support for their life of faith and grace. It offers the help they need especially now, even though this is also a time in which they are especially tempted to neglect this sacrament. Temptations at this time of life are more disturbing, and sins are most embarrassing, and life, in general, gets more confusing. They need now certain special helps from the Lord, so that as they grow up in many ways, they may grow also in the life of faith. Regular use of this sacrament will help them to get a strong hold on their faith and on their will to live in ways Christ calls them, even in times of great confusion and stress.

#### **Specific objectives**

1. To show why, in the chaotic years of adolescence, when faith may begin to feel less important to us, and our friendship with Christ seems to fade, this special sacrament is so strong a help in renewing and deepening our friendship with Christ.
2. To show the many specific good things that an intelligent use of confession does for us as we are growing up.
3. To show how a thoughtful use of confession helps young people face problems regarding sexuality much more sensibly.
4. To help young people learn again how to go to confession with tranquility, and without embarrassment.
5. To help young people understand that we receive the grace of conversion only after the Holy Spirit asks us to seek it.

## **GRADE 7, CLASS 4: Christ and the courage to be pure of heart**

#### **General aim**

This lesson helps the student know what the beatitude "Blessed are the pure of heart" means, and realize how true it is. It helps them see why it takes courage to have a pure and honest heart, but that life is badly hurt if we become cowards in this. For love is the most important of all things, and a pure heart is one that makes love be true to itself. The pure heart does not confuse selfish and lustful mistreatment of self and others with love, but knows that love really cares for the ones we love, and wants them to have what is truly good.

#### **Specific objectives**

1. To show that pure love (love not mixed with selfishness and dishonesty of heart) is the strongest and most burning love, just as pure gold is better than gold mixed with lead.

2. To clarify the differences between real and pure love, which shines in people who really care about us and want us to be happy and have what is surely good; and false love, seen in people who pretend to care about us, but are only pretending, or looking out for themselves.
3. To show why the world that does not know Christ, or the goodness of the generous love He teaches, also is an impure world. Love was made to be pure, to be true love, and so generous and truthful and a blessing to all. But the world mixes the love it longs for with many kinds of selfishness, and so turns its broken love into something false and the cause of much pain.
4. To show how, just as impurity and dishonesty about love hurt everything, so a pure heart helps everything, because it cares honestly about generosity in love, and about lasting love, and homes, and the care of children.

## **GRADE 7, CLASS 5: Personal Safety**

- Communication Boundaries – texting, touching, and talking about ourselves and others.
- Lesson Outline
  1. Introduction and opening prayer
  2. Teaching on respect, focus on the dignity of the human person
  3. Activity – talking about texting, touching and taking responsibility for our words
  4. Wrap-up and connection to Catholic Social Teaching and the Dignity of the Human Person
  5. Closing Prayer and activity
- Lesson Background – Human Life is Sacred  
*“Human life is sacred because from its beginning it involves the creative action of God and it remains forever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning until its end: no one can under any circumstance claim for himself the right directly to destroy an innocent human being” (CCC 56)*

## **GRADE 8, CLASS 1:**

### **Your vocation: To make the world a better place**

#### **General aim**

This class seeks to stress for students the importance of accepting our responsibility for making this world a better place, for seeking to overcome abortion and the injustices involved in poverty, and to enable them to realize how necessary chastity is for overcoming abortion and social injustice.

**(Note:** Despite the second word in the title, this is not a class about “vocations.” Rather it is a class about responsibility to make the world a better place. The idea of “vocation” is in some way relevant, for our vocation as Christians includes the call to make this world more of a presence of the Kingdom of God. But vocations as such and their relation in our sexuality, are treated in other places in this course.)

#### **Specific objectives**

1. To help students understand how the Holy Spirit assists us in discerning the Father’s will for our lives.

2. To help students realize their social responsibilities in this world: "We are all really responsible for all!"
3. To show students why they should be firmly on the side of life in the abortion controversy, and to show how un-chastity leads to abortion.
4. To help students see how seriously the Gospel requires us to care about justice for the poor.
5. To help students realize why they will not become just and merciful if they do not also have self-control and chastity.

## **GRADE 8, CLASS 2: Living in a world that suffers from AIDS**

### **General aim**

This lesson seeks to help young people understand some of the bitter evils that have arisen from the misuse of sexuality. It speaks of AIDS, and of other sexually transmitted diseases, and of other serious harms. Sexuality is a gracious gift of God. But we invite tragedy when we use excellent things badly. It is never good and never safe to abuse sexuality. Still, the physical harms that come from abuses of sex are not the worst of its bad effects, and fear of these evils is not the best motive for being chaste. Treating sexuality intelligently is itself good; it makes friendship and all of life richer and happier. Chastity is not terribly difficult; we do not have to advise people to rely on the highly unreliable forms of "safe sex" foolishly taught by some today. There are secure ways of really being safe, and of having really good lives. Something as important as sexuality deserves to be treated intelligently!

### **Specific objectives**

1. To remind people that Christ calls them to good and happy lives: the ways that He teaches securely guard us from the great harms that sinful activity causes.
2. To give a truthful picture of AIDS, how tragic it is, how common it has become, and what are its causes.
3. To show how so-called "safe sex" (deciding to use sexuality casually, while making use of unreliable devices to keep sinful activity from doing us physical harm) simply does not work.
4. To point out how easily one can escape AIDS if one so wills.
5. To remind students of the many other sexually transmitted diseases, how sin can have physically bad results. And these are not even the worst effects of sexual sins!
6. To show how unnecessary it is to commend insecure defenses against such terrible disease and the many harms they cause. A better way is readily possible. Chastity is not too difficult; it alone is really "normal." Chastity is possible with God's grace.
7. To recall the practical things we need to do to make an intelligent and chaste life easier and more attractive.

## **GRADE 8, CLASS 3: Christ and my conscience**

### **General aim**

Years of adolescence are often years of confusion. But young people do want to be good. They have high standards for others, and they want to be honest, and live by high standards themselves. Yet the world does much to confuse their ideas of right and wrong, as it does for all people. Often they let themselves be led astray, and feel that it is all right to do things that their peers do, because they don't feel bad about doing such things. This lesson is intended to help them in something of greatest importance to their lives: in coming to realize what conscience really is, and how they can be radically honest in facing what is truly good or truly bad in the shaping of their own lives.

### **Specific objectives**

1. To help students get a clear and honest understanding of what conscience is, and of the importance of a good conscience.
2. To help them appreciate that what Christ teaches us about conscience is really true, and that my life will be more honest if I allow the Holy Spirit to guide my conscience.
3. To show how a good conscience keeps one from painful confusions, and tragic decisions, touching sexuality.
4. To explain that knowing how to confess embarrassing sins can be a great help for us in keeping our lives honestly in order.
5. To show the distinctive ways in which a Christian conscience helps our lives.
6. To show how the Holy Spirit prompts us to seek repentance and conversion.

## **GRADE 8, CLASS 4: The Eucharist and love**

### **General aim**

This lesson seeks to show how the Eucharist is a gift of God's most generous love, and shows us how to be generous in love in every part of life, and so wise in living. Jesus gave us the Eucharist the night before He died willingly for us, to remind us how much He would always love us, and to give through this sacrament the real power to love each other generously and strongly. The Eucharist constantly calls us to strong and true love, for Christ, and for each one of our brothers and sisters; and so the Eucharist calls us to live free from sin (which is the enemy of love) because we are so near to Christ, who is perfectly good, and calls us to be good to one another.

### **Specific objectives**

1. To help us see why the Eucharist is a gift of pure love: love that is generous and honest, and give warmth of life.
2. To recall that Jesus gave us this sacrament, so we could love purely too: to have honest love for the Lord and for each other.
3. To remember that must be free from the selfishness of mortal sin to receive Communion well. We must be in the state of grace, seeking honestly to love God and one another, and so to make all the world a richer place.

4. To see why it is true that impure acts, which are such powerful forms of selfishness, and turning from what is really good, especially make the joy of Communion fade.
5. To help the students see why we should trust Christ, and to know that He will make it very possible for us to have generous and truthful hearts, if we come to Him with honest and truthful hearts in Communion.

## **GRADE 8, CLASS 5: Personal Safety**

- Body Boundaries – what we wear and what we do.
- Lesson Outline
  1. Introduction and opening prayer
  2. Teaching on respect, focus on the dignity of the human person
  3. Teaching on modesty and chastity as safe body boundaries
  4. Activity – talking about what we wear and what we do
  5. Wrap-up and connection to Catholic Social Teaching and the Dignity of the Human Person
  6. Closing Prayer and activity
- Lesson Background – The Vocation to Chastity
 

*“Chastity means the successful integration of sexuality within the person and thus the inner unity of man in his bodily and spiritual being. Sexuality, in which man’s belonging to the bodily and biological worked is expressed, becomes personal and truly human when it is integrated into the relationship of one person to another, in the complete and lifelong mutual gift of a man and a woman.”* (Catechism of the Catholic Church Article 2337)



---

Section Two

**CATECHIST'S NOTES  
for Grade 5**

*Table of Contents*

**CLASS 1:** Self-respect: Acknowledging why you are so important

**CLASS 2:** Understanding the changes we experience

**CLASS 3:** Friendship, love, and life

**CLASS 4:** Christ in my home and in my life

**CLASS 5:** Personal Safety Curriculum



# **SELF-RESPECT:** Acknowledging why you are so important

## **CATECHIST'S NOTES**

**Grade 5 • Class 1**

### **Studying what the Lord teaches us about sexuality**



#### **Introduction**

##### **General aim of the lesson**

This lesson seeks to help the students realize how immensely important each one of them is, in truth and before God. It helps them see how important their lives are and how important are the things that deeply affect their lives. In a special way, it helps them see the importance of their sexuality, and of responding to the gift of sexuality in the light of the Lord's teaching, and in ways that respect how things really are.

##### **Specific objectives**

1. To assist the students in realizing personally — in the light of faith and their experience — how very important each one of them is, and how important it is that they lead their lives wisely and well.
2. To address the problems that arise for people who are wrongly persuaded that they are not worth much, and are not very much loved.
3. To realize that thinking and feeling rightly and wisely about sexuality is very important for them.
4. To help the students understand that sexuality has important purposes. God created sexuality to serve the wonderful and lasting good things He wishes it to bring to our lives.

### **These are the things we will talk about . . .**

#### **Outline of the lesson**

##### ***Opening Prayer***

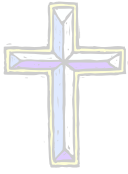
1. *You* are an important person, having been created in the image of God.
2. People who do not know how important they are often make mistakes with life.
3. The sexuality God gave you is important and good.
4. We have to think and behave intelligently to understand sexuality in this confusing world.

#### **Path through the lesson**

##### **Opening prayer**

It is important to open all the classes in *The Catholic Vision of Love* with prayer. Prayer reminds students that God is concerned with the precious things

Grade 5



Class 1

of ordinary life. God is not just a mystery and a warm feeling at Mass on Sunday or during special rare moments. God makes sense of everything, and is our Friend and Guide in all aspects of life.

A useful prayer for this lesson is paraphrased from Psalm 139. Copies can be made for the children, and perhaps used for the next class also. Or the prayer can be used as a responsorial psalm, and the students can be asked to repeat the first verse (*italicized below*) after each of the verses that you read.

*O LORD, You have made me and You know me.* You know when I sit down and when I stand. For You formed my inmost parts. You knit me together in my mother's womb. I praise You, for I was fearfully and wonderfully made. Wonderful are Your works! You know me right well. When I was formed in my mother's womb, Your eyes beheld all that I am. How precious are Your thoughts, O God! How vast is the sum of them.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and will be forever. Amen.

## 1. You are important

This section treats one of the most important foundations of moral living. Young people need to realize how very much they are loved, and how important they are. They need to realize that since their lives are really precious, the way they live their lives is something very important.

Realization of the preciousness of one's life is very different from the shabby and weak kinds of phony self-love some people are taught by the world. False self-love is divisive; it leads people to have pride for shallow reasons, as the lesson indicates; and it makes people despise one another, and cease to be loved by one another. The roots of real self-love are deep in faith and in the experience of the love we have from people who really care about us. This session needs thoughtful presentation.

## 2. Mistakes people make when they do not love themselves.

Unfortunately, although all people should feel loved and important, many young people do not. Obviously we are not speaking of arrogant, vain self-love, but that deep and important acceptance of how much God loves us, and how much each one of us deserves to be loved for the reasons faith celebrates.

In every class we teach we should be seeking not to tell but to show children how important we think they are, how much we really care about them, and love them. Faith can only be taught to people if they understand that they are most important and precious to us, as the New Testament shows so constantly.

Some people seem to feel that they are not worth anything. If anyone gives them a little affection, that quickly becomes dearer than all else, since they are starving for some affirmation. And they can be led into all kinds of

trouble if they are shown affection by confused and tragic people, and not effectively shown affection by good and secure people who do really love them.

Grade 5



Class 1

### **ACTIVITY A — Things that make you important**

Activity A, which includes “Things that make you important” and “Reflection on the activity,” and Activity B, “Questions to think about,” can help in guiding students to see the sorts of traits that are most important, that make us really worthy of God’s love and the love of others.

For Activity A, the catechist could use plain paper, or have silhouettes of boys’ and girls’ heads prepared ahead of time, on which the students record their qualities. Choose whichever option that time and the catechist’s personal talents or assistance from helpers permit. The silhouettes could provide additional visual assistance for the students in comparing complementary qualities. This segment could be omitted, and returned to at the end, if the catechist judges that there might not be time for everything in the lesson.

For “Reflections on the activity,” one could discuss with the whole class, in pairs, or in small groups. Individual written reflections could also be used.

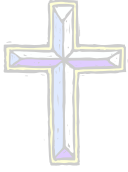
### **ACTIVITY B — Questions to think about**

Activity B is intended to help the catechist guide the children to realize the basic truth that each person is wonderfully important! This activity may be enhanced by having the students answer the questions working in pairs, trios, or small groups. The catechist may wish the students to record their answers on paper to share with the whole class. The catechist may want to designate a leader for each small group to report back to the whole class with either verbal or written answers. For expediency’s sake, groups could be instructed to share only their best answer, or each subsequent group after the first might be instructed to report only on something that has not already been mentioned. Such an approach may draw out a wider variety of positive responses than one whole-class discussion. Posted, written responses create a visual pool of practical things students can do to encourage others or themselves when they feel unloved. When we find people who are sad, and have unhappy lives, we have a duty to exercise the love for one another that Christ taught. Everyone must know that they are important, loved, and that other people think highly of them.

## **3. Sexuality is important**

Different ideas need to be drawn out of this part of the lesson. A) Sexuality is something God made. It is not at all suspicious or bad, even though it can be treated badly, as all good things can. B) God made sexuality very important. It is as boys and girls, as women and men, that we “Images of God.” C) Sex was made for specific, important purposes. Some of these purposes are to draw us away from loneliness and isolation, to be caring to one another, and to have many kinds of friendships that are enriched by the variety of charms and fascinating things that are involved in our being different in many ways, not the least of which is that we are boys or girls. And specifically, sexuality was made to attract people to an especially generous kind of love, the kind of love that can

Grade 5



Class 1

— if they work at it — make two people love each other so deeply that they gladly give their lives to each other, learning generosity and greatness of heart from each other in marriage. D) Sexuality was made so that we could be like God in calling new persons into existence, to have children who would be the center of our lives forever, and to be the source of gladness and confidence in the future that life always needs.

Sexuality has many delightful things about it. God made important, good things to be sources of great pleasure too — but the art of living is to put the more important things in perspective, so that the pleasures will last longer and the heart will be satisfied. It is never fully satisfied with passing pleasures.

#### **4. DISCUSSION: Think and act intelligently to understand sexuality**

This discussion aims at leading the students to realize that what is said in class is meant for ordinary life, not just for class talk. Several sorts of ideas are taught in this discussion, and catechists should seek to be sure that the students get a good grasp of them.

A) God made sexuality, and it is really very good; but sometimes it seems bad, because it is often used selfishly and badly. B) We should pay attention to the teachers who are most likely to teach us about sexuality in a way that makes sense, and is true and good. Surely we should listen to what the Lord teaches about sexuality, and to those who love us the most (especially to people like our parents). It may take some effort to let them know how we feel and what we expect to hear from them about this. C) We are Christians, but much of the talk and many of the attitudes shown about sexuality on TV, the internet and in movies are from people who have not found Christ, and who have not made much sense of sexuality for their own lives. They see only a small piece of it: its fascination and its power to give pleasure. We have to have sense not to let our minds be filled with images of sexuality that are contrary to what God teaches. D) When sex is treated shabbily, as it often is on TV, the internet and in movies, it can be depressing; it can incline us to share rather bad and depressing ideas about something that is really good. What sort TV programs have you seen that treat sexuality rather badly? Should our minds and imaginations be filled with things like that? Due to the importance of conveying the points listed above, this discussion might best be handled as a whole class discussion led by the catechist.

#### **Tying things together**

At the end of this lesson, it could be very useful to bring together the various parts of the lesson, as listed on the student's sheet.

For further reference and background, the catechist should consult the *Catechism of the Catholic Church*: 355-373; 2331-2336; 2354.

# UNDERSTANDING: the changes we experience

## CATECHIST'S NOTES

Grade 5 • Class 2

### Studying what the Lord teaches us about sexuality



#### Introduction

##### General aim of the lesson

This lesson seeks to help the students to see that the many changes that come with adolescence should not be sources of anxiety, but are meant by God to be steps toward a richer fulfillment in life.

##### Specific objectives

1. To help students appreciate that it is good that our life advances in stages; that the good things of earlier years are meant to be fulfilled by better things as time advances.
2. To help students realize how many aspects there are to maturing. We are to grow not just physically (which we cannot help doing) but also emotionally, socially, intellectually, and spiritually.
3. To show that in God's plan everyone is special. Each one is different in a variety of ways, and this is good.
4. To make clear that it is all right to be different! We mature at different rates, and that is fine. Different people have different natural strengths and weaknesses: None of these make us unable to have great and good lives.
5. To show that sexuality is a gift from God, and that the physical growth that reveals our maleness and femaleness is a good thing.

### These are the things we will talk about . . .

#### Outline of the lesson

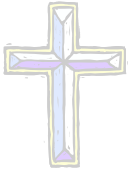
##### *Opening Prayer*

1. There are different stages of life through which we grow.
2. These are different kinds of growth and development that we experience.
3. God's plan for life and for each of us includes these teachings:
  - It is all right to be different.
  - Sexuality is a gift from God.
  - It is important to have a correct answer to the question: Who am I?

#### Path through the lesson

##### Opening prayer

The opening prayer for Lesson 1 of this program may be used (paraphrased from Psalm 139). See notes from the first lesson.



## 1. Stages of life

Every stage of life is good; but things are made to get better as stages progress. Infancy and early childhood are great: Everyone loves little children. But it would be said if an adolescent wanted to be a child again, or an adult wanted to be an adolescent again. Growing through life is passing toward richer life, all the way to eternal life: God always “saves the best wine until last” (John 2:10).

Passing through a stage of life is not losing what was, but coming to something richer that guards and develops the richness of what had been. The idea of growth is a good one. We are called to better forms of life as we live. A catechist can show children how being a middle-aged adult has a certain richness not yet had in young adults; and how senior adults, even very elderly people, possess a most precious stage of life. It is not as if young adulthood were glorious and it is all downhill from there. The total reality of life (not any one of its aspects) can get better and better, all the way to heaven.

The activities can be made more interesting if the catechist brings in the ideas noted in the paragraphs above. Questions like “What is the best stage of life?” can become sources of very interesting thoughts. Catechists need to have wise and clear thoughts to help young people see more than they are immediately inclined to see. The catechist should have clear thoughts on “preadolescence” and “adolescence” to help the students. The actual filling out of the spaces might be saved for the students to work on between classes. These spaces regarding preadolescence and adolescence would also be good things to discuss with parents as homework assigned to be shared at the next class.

## 2. Different kinds of growth and development

The lesson points out the many ways in which young people are changing, and should be changing. Point out that the physical changes sometimes seem awkward and embarrassing, especially when one seems to be changing into a man or woman faster or slower than one’s close pals. Some of the physical changes can be spelled out for clarity. One description that is most useful is “girls begin to look more like young women” and “boys begin to look more like young men.” This is something attractive, and helps them see the lure of moving to a more mature stage.

They should be helped to see, as the lesson plan notes, that the physical changes are not just for their own sake. We bodily creatures, and the bodily changes will have a big (and, in God’s plan, very good) impact on all our ways of growing. Let them know that it would be good if they would talk with their parents about these changes.

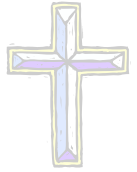
We grow emotionally! This is a good place to emphasize that as we change and grow, we also need to become more understanding and considerate of others who are also changing and growing. The other stages in the lesson plan need to be noted: the intellectual, social, and spiritual changes. Especially the last one needs a bit of stress.



### ACTIVITY: We grow in our life of faith

This activity clearly stresses reflection on growing up spiritually. It is very valuable to associate the general longing to grow up with remembrance that this is one of the most important ways of growing up. The catechist could divide the class into small groups and have each group address one of the four points. Charge the group with designating a speaker and being prepared to report their work back to the larger group. Students could list their group work on posters as a reminder of the task of growing spiritually. Group one could list reasons for why Mass is important. Group two could list ways to pray more meaningfully or give examples of occasions when they could pray longer. Group three could list examples of works of justice and love. Group four could list reasons to celebrate the sacrament of penance often. Each of the groups' ideas could become the topic of daily prayer in the days and weeks ahead. Likewise, students could work in small groups and verbally share examples of the first three points, then discuss the last point together as a class.

Grade 5



Class 2

### 3. God's plan

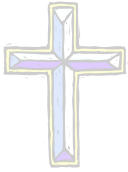
To grow is not just to change, but to change in a positive and good direction. As we mature, we are growing toward something good. And God has special plans for each of us.

In some ways, of course, we are alike, and we change in many similar ways. But God made each person special, and all of our changes have some feature unique to each one of us. We are all custom made, not just copies of identical things, stamped out of a mold. And we should be glad of the special gifts God has given to each one of us, and the special ways he has made each of us.

Each of us is called to be a mature person and to be a friend of God. But each is called to good things in a special way, and we should not want to submerge the good differences God has given us. This does not keep us from being close and good friends. It would not be so great a world if there were not so many distinctive and interesting people in it.

#### ***It's all right to be different***

This section is important for two reasons. One is obvious: In growing up, some children are embarrassed at being so far ahead of others, and so "strange," and some are embarrassed at seeming so slow in their growth. There can be some advance help for both groups by speaking ahead of time of this growth rate as something quite unimportant. The second is about the kinds of differences that are more lasting and require good sense to manage. Being of different races, having different handicaps can be challenging. People can live excellent lives from all the different conditions in which they are placed. To live a good life with handicaps can be far better than not having any difficulties at all. Life is best when a person does well even in trying circumstances. For example, actors get Academy Awards for doing well in roles that are demanding and Olympic divers get higher scores for dives that are more difficult.



### ***Sexuality — a gift from God***

This section is important, though it is rather short. First, it stresses that people should be glad to be what they are. A boy should be glad he is a boy; a girl glad that she is a girl. God made each one deliberately as he or she is. What we are is a gift of God. That one is a boy or a girl and has male or female characteristics is a gift of God to you, and it will make your life richer if you let it.

Secondly, there is a reference to “genital sexuality.” The general idea given in the lesson plan should be mentioned, together with remarks that parents have an interesting booklet for you to read and discuss with them at home. The booklet addresses how they develop in adolescence. Remind them that it is very good to have clear ideas about the sexuality God has given us. The Blessed Mother had very clear ideas, and was very sensible and good in her grasp of them (see Luke 1:34).

Then there is a reminder that the term “sexuality” is also used in a broader sense to point out ways in which male and female person are different, and have distinctive charms and appeals. God gave us all the differences of being male and female not only to make life more interesting and happy (as it does), but also to give us stimuli to being more friendly and caring about one another.

### ***Who am I?***

This section should be used to tie the whole lesson together.

Who am I? Note the elements of the response: A) I am a special person: I am *this* boy or *this* girl. B) I am like you in many ways, but I am different too. C) And I am growing!

Next, there is recollection of the idea that growing is not just changing; it also indicates progress. It is moving on to something better. We have to pass through good things to go further; but it is to something better we go.

Then there is a reminder that when change seems dangerous it is God who plans the adventures of growing up. He is with us on the way, guiding us. We are wonderfully made.

Finally, we recall that growing up is becoming more distinctively male or female. Our gratitude for growing toward better things should be evident in the reverence we show toward the changes that occur. This is a mature way of showing that we appreciate the gift of sexuality, realizing its importance as a gift of God, to be thought about and managed in our lives intelligently and reverently.

### **Tying things together**

At the end of this lesson, it could be very useful to bring together the various parts of the lesson, as listed on the student's sheet.

For further reference and background, the catechist should consult the *Catechism of the Catholic Church*: 356-358; 2331-2333.



#### Studying what the Lord teaches us about sexuality



### Introduction

#### General aim of the lesson

This lesson seeks to help students understand what friendship is and why it is so precious a gift. Friendship makes life much happier and enables us to be better persons. The lesson seeks to explore the truest kind of friendship, and to see why it lasts longer and is more rewarding than less perfect kinds of friendships. In a special way it treats romantic friendships, and what characterizes true and lasting friendships to serve life well.

#### Specific objectives

1. To understand the reasons why friendship is both so attractive and so important for our lives.
2. To be able to tell the difference between “true friendships” and less solid kinds of friendship.
3. To reflect on how Scripture praises true friendship, and why Christ wants to be a friend to each of us.
4. To think about a special kind of friendship, romantic friendships, and to understand why and how God wanted friendships like these to be.
5. To understand how important it is that we have truthful, generous, and pure hearts in all our friendships.

#### These are the things we will talk about . . .

#### Outline of the lesson

##### *Opening Prayer*

1. Friendship is a gift precious to each of us.
2. There are many kinds of friendships and love.
3. True romantic love involves appropriate times and pure hearts.

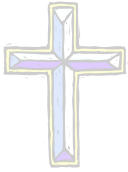
### Path through the lesson

#### Opening prayer

The opening prayer could have the two following short readings from Scripture, and then a prayer that God will give to each of us good friends.

1. Reading from Sirach, 6:14-16:

A faithful friend is a sturdy shelter; he that has found one has found a treasure. There is nothing so precious as a faithful friend, and no scales can measure his excellence.



## II. Reading from the Gospel of John 15:13-17:

Greater love has no man than this, that a man lay down his life for his friends. You are my friends.... I have called you friends, for all that I have heard from my Father I have made known to you. You did not choose me, but I chose you and appointed you that you should go and bear fruit.... This I command you, to love one another.

*Prayer:* Lord Jesus Christ, we thank You for choosing us to be Your disciples and Your friends, and to walk in Your light. Teach us to be faithful friends to You, to keep Your commandments, and to be good friends to one another. Remain always a friend to us, and kindly give us good friends on earth, who will stand by us faithfully all our lives. We ask this in Your name, O Lord. Amen.

Perhaps you could then invite your students to pray the "Our Father" together.

### 1. Why friendship is precious to us

- While definitions come later in the lesson, the catechist can begin by suggesting briefly what friendships are and reminding the students how much they like to have good friends. "Friendship is a wonderful thing. Friends are people whom we really care about, and who really care about us too. Friendships make everything in life better."
- Point out how much Christ wanted His disciples to be His *friends*. It is useful to look over all that his lesson says about Christ's desire for us to be His friends, by keeping His commandments.
- Have one of the students read the paragraphs on how much friendship blesses us.

#### **DISCUSSION: Who are our friends?**

Go over the first five questions, helping the class see the many different kinds of friends. The catechist could have the students briefly answer questions six and seven in pairs and report back to the whole class. This leads them to see that friendship means different things, though there is a shared meaning: Friends are those whom we love, and who love us, and friends recognize that their friends do care about them.

Then begin exploring the questions about how friends should treat each other. Be able to explain the Golden Rule. This section should not take too long; the lesson returns to some of this later. The catechist may also choose to have the students answer the remaining two questions in pairs, again reporting back to the whole class as a conclusion to this section.



## 2. The many kinds of friendship and love

Begin with recalling what is common to all kinds of friendships: Friends love each other, and know they are loved by the other.

But some friendships are comparatively shallow friendships, and may not last too long. Make clear the extent of *fun* and *useful* friendships. Let the students know these are not bad friendships. Fun and useful friendships are also not so deep, because the aim is to get something out of the relationship instead of caring deeply about the friend.

But *true friendships* are the kind everyone most wants to have. Read through the paragraph on this, and make sure the students get the idea.

### **DISCUSSIONS: Real friendship and handling problems of peer relationships**

If you used the Sirach scripture reading in the opening prayer, you could go at once to questions two to four on the student's sheet. These are probing questions; the students should have a chance to think through them. The catechist may want to use these questions as a whole-class discussion.

Then explain the idea of "peers." Students can see easily that peers are ordinarily people we like, but they are not always exactly friends. Why? The discussion questions in this section can be very helpful for the students. The catechist may want to have the students develop some strategies to handle the suggested peer pressures. The class may want to use these topics as the subject of prayer in the days ahead.

## 3. Romantic love: Good times and pure hearts

Several things are treated in these paragraphs. A) It is a good thing to have true friends among the boys and girls with whom we grow up. B) There is something magic about romantic friendships. Why did God create romantic friendships? Try to make it very clear: God is the author of romantic friendship too, when they are truthful and strong. The section "Why God created romance" is very useful.

The next section about romantic love and marriage is a bit more difficult, but very important. Prepare this section carefully in advance of the class, and be able to speak of it with ease and confidence.

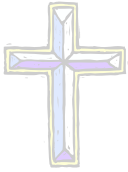
It is important for the students to realize there may be something magic and wonderful about romantic love now, but there is something about it that God made for later years. It is great already, but will be much greater when we have learned the generous kind of love that God wants us to be able to have.

### **Things that spoil love**

Certainly we want it to be clear to the students that love is a great and good thing. (One could read the classical passage in 1 Corinthians 13:4-8.)

Precisely because love is so good and so important, it should not be spoiled. Explain how people and things get hurt when we use them foolishly. When a small child uses the good china to throw around like a ball, trouble

Grade 5



Class 3

comes! When one is beginning to have a serious friendship, and feeling the mysterious ways sexuality touches the friendship, it is good to learn from the Lord how to handle these emotions. He is the one who created sexuality. He knows how love and sexuality are to be treated, if people are not to be hurt.

Important concepts are taught here. At all ages of our life, love is important. Our being boys and girls, persons who have sexuality, is a source of joy all the time. Sexual activity is not a toy; it is made to go with important realities — with having children, having the kind of love and honest promises of married love that make homes strong, and make it safe to bring children into the world.

The Lord teaches us clearly that sexual activity is made for mature love in marriage. It is not something casual. Unless it is surrounded by the mature and honest love that marriage promises, it goes very wrong.

We see how very wrong it goes when people engage in sexual activity outside marriage. Some of the greatest troubles of our time come from that! AIDS — abortions — diseases of many kinds — broken lives when people do not learn how love must be handled so that it can last a marriage a whole life long.

Much of the world, especially those who have not learned the truest meaning of love from Christ, have many troubles. The world often encourages young people to fill their minds with wrong thoughts and dreams about sexuality — to act in ways that offend love's true meaning. True friendship involves people who honestly love and do not harm each other because of their friendship with Christ. Those are the kinds of friendships that are faithful and strong.

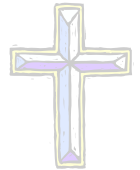
We always need to end on a positive note! There are lots of people who have learned love rightly from Christ, and their lives work well. Christ is our great teacher. If we learn and listen to him, we need not worry. Important things like love and sexuality can go well in our lives if we learn from Christ and remain faithful friends of his.

### **Tying things together**

At the end of this lesson, it could be very useful to bring together the various parts of the lesson, as listed on the student's sheet.

For further reference and background the catechist should consult the *Catechism of the Catholic Church*: 456-463; 478; 519-521; 604-605.

#### Studying what the Lord teaches us about sexuality



### Introduction

#### General aim of the lesson

This lesson speaks of the importance of the home. It speaks of the ways in which Christ taught us to love the home, and encouraged us to make our homes the happy places He wants them to be. The Lord meant homes to be schools of faith and love, places where our hearts learn life from people who deeply love us. It recalls how Christ wishes us all to have happy lives, by tasting the joy first of being loved by generous parents, and the joy of loving those in our homes, and so learning the goodness of real love.

#### Specific objectives

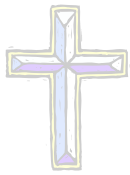
1. To assist the students in realizing how important homes are; how glad we should be for the good things God wishes us to find in our homes; how true it is that we must do all in our power to make our homes places of generous love.
2. To recall the things Christ did to call homes to be faithful to what God wants them to be, and how much he wants each of our homes to be happy and good.
3. To show that even homes that are broken, and have many trials, can be healed and helped by closeness to Christ.
4. To show that everything the Lord teaches us about sexuality is aimed at helping us to learn that generous kind of love that can make homes and lives happy. Impure acts are wrong because they undermine real love, and makes homes suffer.
5. To urge students to thank God for their parents and their homes, and to pray that they will themselves have love generous enough to make their homes happier places.

### These are the things we will talk about . . .

#### Outline of the lesson

##### *Opening Prayer*

1. Homes are the most important places in the world.
2. Our homes are where we learn to be generous.
3. Each family member must learn to help the home be a happy place.
4. With God's help, even difficulties at home can be healed.
5. Love in the home must be chaste love.
6. Generous hearts are thoughtful hearts.



## Path through the lesson

### Opening prayer

Beginning a class like this in a spirit of prayer is especially important. The prayer itself needs some introduction by the catechist. Tell the students something like this: “Today we are speaking of something most important, about our homes, and all that we want God to give us through our homes. We want first to pray for the homes of each one of you: for all your fathers and mothers, your brothers and sisters. When Jesus was on this earth, He spent most of this life in an ordinary little home, to help us see how important homes are. Let us pray a prayer that comes from the feast of the Holy Family, a feast that celebrates the home of Jesus.”

Father, help us to live as the Holy Family — Jesus, Mary, and Joseph — did. Like them, may we live in peace with You, and with one another. Help us to love each other generously. Make us happy in our families on this earth, and bring us to the joy and peace of our eternal home with You. We ask this through Christ our Lord. Amen.

### 1. Homes are important

Seek to make the central idea clear here. Our homes ought to be, and can be, very happy places. But homes are not automatically happy; we have to work at them and seek to put generous love in our homes. Many places on this earth can be fun, but our lives are not deeply happy unless our homes are happy. And we can do a lot to make our homes happier.

#### **REFLECTION: Thinking about home**

This small section helps students to give their own ideas about home, especially about the things they find dear in their homes and the things they could do to make their own homes happier.

### 2. Homes are places of generous love

This section seeks to point out some of the concrete blessings that we find in our homes. It is true, of course, that not all homes are happy. But even those from unhappy homes need to know what Christ wanted their homes to be like. We do not need to be harsh critics on any homes. They need to encourage all to trust God, and to try to love each other in homes in ways that give the home a better chance to be deeply blessed by God.

#### **DISCUSSION: Understanding homes**

This small exercise asks the children to think, and to see, that even homes that are not perfect have blessings. Even imperfect homes are protections for us, places where we still do find some of the generous love we long for so much. We need to help students appreciate how their own homes are special.



### 3. Each one is called to make the home a happy place

Two central ideas need to be stressed here: A) We need good homes, and the love and encouragement and the many blessings a good home brings. Christ wants us to have happy homes. But getting a happy home is a shared task; we have to do something ourselves to make our homes happy. B) Even though every home has crosses to bear — even the home of Jesus, Mary, and Joseph had real crosses — still, when those in the home try to love one another generously, God makes the home a much happier place.

### 4. Brokenness can be healed in God's love

The love of the Lord is all-powerful. Christ came to heal.

### 5. Sexuality, family, and the home

This section is the one that the catechist will have to go over most carefully before class. The ideas are very important, and though they are not difficult, the catechist must be very clear in presenting them.

This gets at one of the most important ideas in teaching chastity. To teach chastity is not negative, not just telling people to say no. Chastity is very sensible, a generous and warmhearted gift from God. Everyone knows why people commit sins of impurity. We are all tempted to run after pleasure, even if we can see that pursuing pleasures in wrong ways ruins the best things in our life.

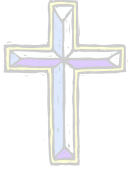
God wants us to be chaste, because He wants us to be happy, and to have the precious good things we need. Chastity does not lessen pleasure, but gives guidance to it. It teaches us to respect important things, like sex, which are meant for more than pleasure. Sexuality is meant to be guarded in ways that enable it to make love last a whole life long, to guard families and little children, to make young love last. It is for the sake of good and worthy things that Christ tells us not to pursue pleasure in sinful ways. People should be chaste as a way of loving one another and of guarding good things in the lives of all.

### 6. Thankful and generous hearts

This section should be presented as an encouragement to the students. The world often wants to make young people think: to live chastely is just too hard! No one can overcome temptations to seize pleasure. Even if the sinful pleasures we seek are truly foolish, even if in being impure we hurt our lives and hurt the people we want to love — still, no one can have the generosity and purity of heart which Christ asks.

But people do not have to give up and fall into sins that hurt them. Christ is able to make it easy to live generous and chaste love. For those who come to Him, He gives all the gifts they need to have good hearts and happy lives.

Grade 5



Class 4

### **REFLECTION: Ways of making chaste love easier**

The class discussion ends with some very practical ideas and concrete things that the Lord want us to do to learn generous love, the kind of love that makes our homes and lives happy.

The class could end with a reminder that Mary, the mother of Jesus, does know and care about each of their homes. Invite everyone to pray the “Hail Mary” to ask to bring the blessing of her Son Jesus on each of our homes.

### **Tying things together**

At the end of this lesson, it could be very useful to bring together the various parts of the lesson, as listed on the student’s sheet.

For further reference and background the catechist should consult the *Catechism of the Catholic Church*: 488; 525-534; 1638-1657; 2197-2205; 2214-2231; 2337-2350; 2360-2379.





### Section Three

---

## STUDENT'S LESSONS for Grade 5

### *Directions for Use*

This section contains the blackline masters for each of the five lessons. Each lesson is numbered individually. The blackline master for each lesson can be removed from this notebook, copied, and returned to the notebook until the next use.

The lessons are:

- CLASS 1:** Self-respect: Acknowledging why you are so important
- CLASS 2:** Understanding the changes we experience
- CLASS 3:** Friendship, love, and life
- CLASS 4:** Christ in my home and in my life
- CLASS 5:** Personal Safety Curriculum

# SELF-RESPECT: Acknowledging why you are so important

## CLASS 1

### Studying what the Lord teaches us about sexuality

#### Introduction

God created you as an important and unique person. Due to our great worth in God's eyes, we must love ourselves and others wisely. God calls us to act out of the goodness with which we are created. Our sexuality is a good quality which must be treated as God wishes and teaches.



#### These are the things we will talk about in this first lesson:

- **You** are an important person, having been created in the image of God.
- People who do not know how **important** they are often make mistakes with life.
- The sexuality God gave you is important and **good**.
- We have to think and behave **intelligently** to understand sexuality in this confusing world.

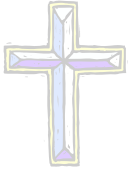
#### You are important

God created you to be like Himself, and to be an image of God (Genesis 1:26). He made you good. You were made with a mind able to understand and a heart able to love. You are able to possess everything through this understanding and love. "For all things are yours . . . and you are Christ's" (1 Corinthians 3:22).

**God** made all things. He cares about everything that He has made. He cares most of all about the people He has made. He made each of us to be like *Himself*, and to become His close friend. "Even the hairs of your head are all numbered" (Luke 12:7).

The eternal Son of God loved you so much that He gladly laid down His life on the cross for you. God knows you are worth this much.

**Not all self-love is sensible.** We have good reasons for saying that we are important people. Sometimes, however, people have shallow reasons for thinking they are better than anyone else. Some think that what makes them most important is that their parents have money and they live in a big house. Some think that what makes them important is the fact that they are stronger and better looking or have more talent than others. Some people tell us we are better than others because of the color of our skin or our nationality. But this kind of thinking is shallow and causes trouble. It makes us look down on others.



***You should love yourself wisely.*** Remember what Jesus said. We should love other people as we love ourselves. He wants us to love our neighbors very much, and He clearly wants us to love ourselves. However, He wants us to love ourselves in **wise** and **good** ways. We should love ourselves by being happy for all of the really good gifts He has given us. We should also have an eagerness to make our lives good and joyful as well as care about others.

## **MISTAKES people make when they do not love themselves**

The Lord does not want us to be sad about ourselves. We are, in fact, loved by many people, not only by God. Many people count us far more precious than we imagine.

### **Can you think of some people who honestly love you?**

Sometimes people go through difficult times. Those who should love them don't. Foolish people seem to say to them: "You are no good!" And they are tempted to believe it. They should never give in to such temptations! They should remember that God is present with them in all of their troubles. Indeed, their worth is great. God made them, and He made them good. They are **precious** and really very important to Him.

**Christ finds you important.** Christ always knew you. He knows you now and he cares about you. You are His, even if you think that you are a pretty ordinary person. He counted you as worth more than anyone could imagine. Ordinary people are made to possess heaven and all things as sons and daughters of God. "The Son of God, who loved me and gave himself for me" (Galatians 2:20).

## **Activity A — Things that make you important**

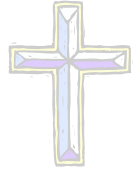
God wants you to realize that He loves you, and made you good. He wants you to know that each one of you is worthy of love and care.

On a piece of paper, in large letters (with crayon or magic marker) write *one quality* you find in yourself that you like. (The above discussion about self-respect, and how important you are, may give you ideas.)

Tape the qualities you have written down edge-to-edge on the board.

## Reflection on the activity

.....

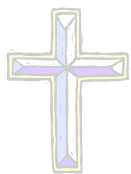


- ➔ Is it good to remember how important you are?
- ➔ Are the traits listed by the boys and the girls very much alike, or very different? Do girls and boys, in fact, have many of the same good qualities?
- ➔ Boys and girls, and men and women, are alike and equal in being people and children of God.
- ➔ God created men and women equal in dignity and honor. But, they are also said to be **“complementary.”** That is, they are also created differently in interesting ways that make them go well together. This does not mean one is better or superior to another, just different in some ways. What does that mean?
- ➔ Is the world better because there are both boys and girls in it? What was God thinking when He made you a boy, or made you a girl? Should you be glad for being what you are?



## Activity B — Questions to think about

- ? Sometimes young people do foolish things. They start drinking beer, or taking drugs, or playing with sex because they mistakenly think that this is a good way to get attention or affection. Sometimes they act that way because it seems that nobody cares or notices them. Should we, as **friends of Christ**, do anything to encourage people who are sad and think that no one cares for them? What are some ways we can encourage and help such people?
- ? What should we do if we begin to fear that nobody loves us? How much worth does Christ find in you? (See 1 Peter 1:18-19.)
- ? Which is worth more: a human being, or the sun and the stars? (See Genesis 1:18-31.) Why?



## SEXUALITY is important

God made us. He made us male and female, and He saw that it was good. We are precisely the boy or girl that He wanted to make.

As we study our faith, we will understand more and more about how good God's gift of sexuality is for us.

Sexuality is not trivial. When it is treated as **God** wishes, it makes life better in many ways.

Because we are not all alike, we are naturally attracted to each other. The good feelings that come from being girls and boys help us to make greater friendships, and to escape loneliness. We can have great friendships even in our young years, but they become deeper and better as we grow up. We need to let Christ teach us how to love each other.

**We need to  
learn the kinds  
of love and  
friendship that  
are necessary  
to make life  
meaningful and  
good.**

Some day, most of us will find one special person so dear to us that we will be happy to share our whole lives with that person in the wonderful friendship of marriage.

God gave us sexuality to provide us with one of the most wonderful powers we have. It is a power very much like God's own power. Sexuality (when we learn to live as Christ teaches us) gives us the power to love so much that we can bring new persons into existence, within marriage, our own children, whom we will love more than we can imagine now.

As we study why God made us male and female, we need to learn more and more from Christ. We need to learn the kinds of love and friendship that are necessary to make life meaningful and good. We need to understand why God made our bodies and our hearts in the way that He did, and how we are to live **wisely and well** in a world in which so many people are very confused.

## THINK and act intelligently to understand sexuality

God made us male and female. He made our sexuality, and it is good. But sometimes the world makes people think that sex is something bad or "dirty." We need to look for what is right and not just believe what is presented to us on television, radio, and in advertisements. What is **right** may not always be what is popular. We need to talk to people that we trust and who we know will give us the information that we need.

## Discussion

- Can good things be treated badly? Is this also true of sex?
- Why is it that sex seems bad to some people, even though God made it?
- Do many people treat sex as a trivial thing, using it only for momentary pleasure? How? Can you think of examples from social networking sites and texting?
- Do movies, the internet and TV programs sometimes treat sex shabbily? Is it healthy for us to let our imaginations and memories be filled with indecent pictures and thoughts?
- Is it important to understand sex, if we are to live good lives as we grow older?
- Who are the best people to teach us about sex? Is it easy for us to talk with them about important things?
- Sexuality is a gift from God. Do we owe Him the gratitude of behaving responsibly by keeping our minds and hearts pure?

## TYING things together

**Remember what we studied in this lesson:**

1. God has made us, and made us good. We are important!
2. Things can go wrong if we do not realize how important our lives are.
3. God made our sexuality. It is good and has important purposes.
4. We have to think clearly, and act reasonably, to get an honest and true understanding of sexuality.

This image shows a full page of a document template designed for handwriting practice or general note-taking. It consists of approximately 20 evenly spaced horizontal rows. Each row is defined by two parallel dotted lines, creating a series of uniform channels for text entry. The background is a solid, clean white, providing high contrast for the black dotted lines. There are no margins, headers, footers, or other markings present on the page.

# UNDERSTANDING: the changes we experience

## CLASS 2

### Studying what the Lord teaches us about sexuality



#### Introduction

We grow throughout our lives. Even though we pass through predictable styles of growth, we do not all grow and develop at the same rate. Our growth is as unique and individual as we are. We grow in our emotions, mind, social life, and spiritual life in addition to our bodily growth. God has a special plan for each person. Our sexuality is a gift from God to be lived according to God's plan.

#### These are the things we will talk about in this second lesson:

- There are different **stages** of life through which we grow.
- There are different kinds of growth and **development** which we experience.
- God's plan for **life** and for each of us includes these teachings:
  - It's all right to be different.
  - Sexuality is a gift from God.
  - It's important to have a correct answer to the question: Who am I?

#### STAGES of life

We are always growing and changing from one stage of life to another. It takes time for a person to grow and develop. It takes time, because we grow and develop in so many interesting ways!

Let's look at the stages of your **personal growth** and development.

Psychologists usually divide a lifetime up into different stages of growth and development.

*Infancy* — birth to about 2 or 3 years old

*Childhood* — 3 to about 10 years old

*Preadolescence* — 10 to about 12 or 13 years old

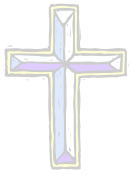
*Adolescence* — 12 or 13 through the teens

*Young adulthood* — about 21 to the middle years.

*Middle adulthood* — middle years of life

*Senior adulthood* — later years of life





Our growth and development in this life stop only when life itself comes to an end. Usually this is in the very late stages of life. But we know that death can come as a surprise at any time — by a fatal accident, a crime, or from a grave illness.

When our life on this earth ends, our life in the world to come begins. God made us to **live forever** with Him in the happiness and fulfillment of heaven.

## Activity — What you can tell about life's stages

Describe briefly what kinds of things happen at each stage shown.



**I** — Infancy

**C** — Childhood

**P** — Preadolescence

**A** — Adolescence

**YA** — Young Adult

**MA** — Middle Adult

**SA** — Senior Adult

→ In your own words, tell what *preadolescence* means.

→ In your own words, tell what *adolescence* means.

## Different KINDS of growth and development

There are many different ways a person can grow and develop. Physical development is the most obvious. When we talk about physical growth, we mean how we grow in size and in bodily strength and skills. We become more like adult men and women.

But growing up is more **complicated** than just growing up physically. Each one of us grows in the following ways:

**PHYSICALLY**

**EMOTIONALLY**

**INTELLECTUALLY**

**SOCIALLY**

**SPIRITUALLY**



You are a preadolescent on your way to adolescence. Adolescence is a wonderful time of rapid physical growth and change. In your adolescent years you will grow in height, weight, and muscle composition. Your sexual characteristics will develop. Girls begin to look more like young women. Boys begin to look more like young men. In general you will begin to look more mature. And you will **feel** different too.

The physical changes you are beginning to experience have a big impact on your emotional, intellectual, social, and spiritual development. You may feel a bit uncomfortable at times. Sometimes you will be moody. You may feel sad and awkward. But it is normal and natural to have these feelings as you are growing.

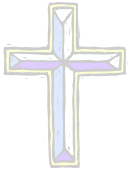
It takes a while to grow from childhood to adulthood, but you will find that it is worth it! Be **patient** with yourself. All these physical changes are part of God's overall plan toward helping you become fully alive.

**We grow emotionally.** As we grow from childhood to adulthood we feel attractions to people in ways we did not feel before. We see boys or girls we know in a new light. People of the complementary gender that we may not have noticed or liked before seem more interesting. We have interests in new things and different concerns too. We can also grow to be more understanding of others. Our whole life is getting more interesting.

**We change intellectually.** As we grow older, we learn a great deal. We can organize our thoughts more carefully. We can remember more. We learn to think more intelligently about our behavior. We can reason more clearly. People will begin to expect more of us. We will be more capable of doing things well.

**We grow socially.** When we were very young, our first contacts with people were with our family members. As we grew up a bit, we began to play with other children. We learned to share, and to make friends. As we approach adolescence we have a chance to broaden our friendships. Our lives become richer and larger and more complex in many good ways.

**We mature spiritually.** As we grow in understanding and in experience, we are able to learn much more about God too. We begin to realize that God knows us personally, and that He cares about everything in our lives. He has very special plans for us. God has special plans for the life of each person, because each one of us is important to Him. As we experience happy and sad times in our life, we see more and more that God is important to us and that God always loves us. We need to get to know God better, and share all of our life with Him.



As we mature in our life of faith, we not only learn more *about* God, but we are able to become His *friends*. In prayer and in the sacraments, He touches our lives deeply. We can actually get to “know God.” Friendship with Him changes everything. It makes us able to be better friends to others too. It helps us to be kinder, stronger, and more courageous. We learn how to guide our consciences honestly and how to think clearly about important things. We learn how to make **right choices**, choices that make life work. Our friendship with God gives us tremendous strength and help in our lives.

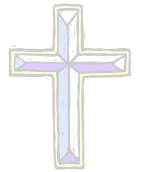
## Activity — We grow in our life of faith

- ? Going to Mass every Sunday, and actively participating in Mass, is one of our important Catholic duties. Why is this so important for your life? Is it a duty or a special privilege?
- ? People who knew Jesus, and realized how important prayer was to him, asked him, “Lord, teach us to pray.” Have you learned to pray in a more meaningful way, since you are older? Are you mature enough to occasionally give longer periods of time to prayer? What are some prayers you say? What are some ways to pray? Is prayer important to you?
- ? Have you ever helped in any of your parish works of justice and love? Have you ever helped in feeding the poor, or collecting clothing for those who have suffered from great tragedies? Have you ever done any other such important jobs?
- ? The Sacrament of Penance is important. How can the Sacrament of Penance make a difference in your life? Why is this sacrament important to you? Why do you think it is important to celebrate this sacrament of forgiveness often?

### God’s PLAN

God has a special plan for each person. It unfolds differently for each individual, because each one is important to God for special reasons. We come to understand God’s plan for us in many ways. He wants us to grow and develop in the things we like to do. We sometimes realize this when we are quiet in **prayer**. We come to see what He wants of us, when we talk with people we admire and think about the kinds of things we could do that would be pleasing to God.

Each person is called to be a close friend of the Lord! Faith has always taught us how near He is, and how much He cares for us. But it can surprise us when we realize how very true this is — our life is very important to Him! He made us and everything we are — our feelings, or bodies, our hopes, our whole person. And He made our friends and all the people we meet on this earth. When we learn to respect and **love one another**, we learn to love God more joyfully too. All of our growing, changing, and developing is part of God's plan to enable us to grow in the paths of friendship and love.



## **It is ALL RIGHT to be different!**

When we look at our timetable, we learn that each one of us is special.

We develop at our own pace or rate. Some boys and girls develop earlier or later than others. Each one of us is unique. We are all custom-made!

When we begin developing into young men and young women, we say we are entering "puberty." Our bodies are changing from the bodies of children to the bodies of adults. We are going through social, emotional, intellectual, and spiritual, and spiritual changes at the same time. This can make life *confusing*. We are growing in all ways — at once!

Accepting the **difference** in the rate of our growing helps remind us how true it is that we human beings are of various kinds. We come in all sizes and all races, with various handicaps and abilities, and with a great variety of talents.

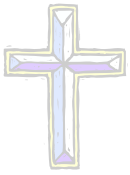
**Each  
one of  
us is  
special.**

God wisely made each one of us **special**. And it is good to learn to live happily in a world of so many kinds of people. Each person is made in the image of God, precious and irreplaceable. God is always guiding our lives and watching over us. There is no need to worry or to be afraid of all the changes. God will help us.

## **Sexuality — a GIFT from God**

All that you are is a gift from God. Be glad that He has made you who you are. Be glad that He made you a boy, or that He made you a girl.

Your sexuality is a gift, too. The word "sexuality" has different meanings. Sometimes people use the phrase "genital sexuality" to refer to our sexual organs, and to the great power God has given to people so that they may become fathers and mothers. Their children will become the center of their lives.



Sometimes “sexuality” is used in a much wider sense. It is used to talk about all the emotions, feelings, and talents that boys and girls and men and women possess. Sexuality, in this sense, affects all that we are. It affects the way we feel, think, love, and build friendships with one another. Sexuality refers to more than just our body and the power God gave us for physical union with another person in marriage. Sexuality refers to the **whole person** and to everything that makes a person full of life. It refers to all that makes us a special person.

### **Who AM I?**

I am this special person. I am this boy or this girl. I am like you — but I am unlike you, too. And, I am growing!

At each stage of growth and development, we learn something that helps us get ready for the next stage. We are always changing!

Most of all, we remember through all stages of life that God loves us, and that He is guiding us along the way. We remember that God made us His own and that we are wonderfully made!

God’s gift of sexuality is **precious**. To show our respect for this gift in ourselves and in others, we rejoice in our growth and development. We use modesty in dress and behavior, and in the language we use when we speak about our bodies. The modesty we have tells how much we value and appreciate God’s gift of sexuality, and how much we want to protect it.

## **TYING things together**

### **Remember what we studied in this lesson:**

- 1.** We are always growing and changing from one stage of life to another.
- 2.** There are many different ways we grow and develop: physically, emotionally, intellectually, socially, and spiritually.
- 3.** God’s plan for each person unfolds differently. We develop at our own pace yet all that we are is a gift from God. I am a special boy or girl.

# FRIENDSHIP, love, and life

## CLASS 3

### Studying what the Lord teaches us about sexuality



#### Introduction

One of our most precious gifts is friendship. As we grow we think more deeply about the many kinds of friendships and love. We desire to have real friends. Romantic friendships, when we grow older, can be a special kind of friendship. Romantic friendship should not include sexual activity. This is meant for a committed life of marriage, to which our special romantic friendship may one day lead.

**These are the things we will talk about in this third lesson:**

- **Friendship** is a gift precious to each of us.
- There are many kinds of **friendships** and love.
- True romantic love involves **pure** hearts.

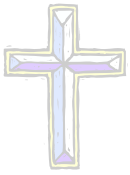
#### WHY friendship is precious to us

Everyone wants to have friends. Whatever we do it is more pleasant when we do it with friends. And when we have friends, it is much easier to put up with things that go wrong.

Even when Christ lived on this earth He wanted to have good friends. He told the apostles that He was their Lord and wanted to be their friend as well. And He wanted very much for His friends to *be with Him* in the days of deep sorrow as well as in the days of happiness. (Read: Luke 22:28-30; John 15:15; Matthew 26:40.)

Friendship is more than just a happy reality. Good friends also help us to be **good people**.

It is true that having friends keeps us from being lonely or sad. But friends also make it easier for us to be good and unselfish people. There is often something sad and childish about people who do not seek to have friends. They seem to care only about themselves. They don't seem to care much about other people.



If we find a friend, our hearts grow larger. We find it easy, and important, to care about someone besides ourselves. We care about friends!

Growing up is not just a matter of getting older, bigger, or more clever. Most of all growing up is a matter of developing caring hearts. Growing up means learning to love with grateful love those who have been good to us. It means learning to love people with whom we enjoy life. It means beginning to care about everyone around us. This includes those we hardly know, and even those who do not like us.

## Discussion: Who are our friends?

- Growing up is not just a matter of getting older, bigger, or more clever.**
- 1 ☐ Are the people you play games with and go to the movies with your friends?
  - 2 ☐ Are many of the people in your class your friends?
  - 3 ☐ Are your mother and father your friends?
  - 4 ☐ Is Jesus a friend of yours?
  - 5 ☐ Are your teachers friends of yours?
  - 6 ☐ Does the word "friend" always mean exactly the same thing?
  - 7 ☐ How should friends treat each other?
  - 8 ☐ What do you think of this rule that Jesus offers us: "So whatever you wish that men would do to you, do so to them" (Matthew 7:12). This is often called the "Golden Rule." Would things go better if we all lived by this rule?
  - 9 ☐ What sorts of things should friends *do* for each other?
  - 10 ☐ What sorts of things should friends *not do* for each other?

## The many kinds of FRIENDSHIP and love

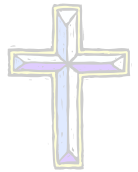
Friendship goes in two directions. A friend is not just someone whom I like or love. Our *friends* are: 1) people we love and enjoy being with and 2) people who also love us and enjoy being with us.

Some friendships are better and stronger than others.

*Fun* friendships. We like to have some people as friends because it is fun to be with them. Maybe they play games well, or are funny, or we just have good times with them. Friendships like that can be fine, but they usually don't last very long. With the passing of time we change our minds about what things are interesting for us.



*Useful* friendships. We like to be with some people because they are useful to us. They may have lots of money, or are very smart, or are able to do all sorts of things. We feel that they can help us a lot. This too can be a passing kind of friendship. For in relationships like these, it is not so much the person we like, but what we can get from them.



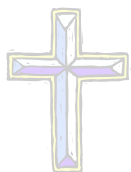
*True* friendships. These are the deepest and best friendships. We want to be friends with some people because we see such good things in them, and they are so good to us. And they also see good things in us, and like us. Being with them almost *makes* us want to be good to them, and do **good things** for them. They are the friends who we know will never turn on us when things go badly. They are truthful to us, and make us want to be truthful to them. Here, two people really like each other. It is the other *person* each one likes, not something they can get from being pals. These are the “real” and “best” friends. This is the kind of friendship that lasts the longest, and does the most to make our lives happy.

## Discussion: REAL friendships

1. Read and discuss the encouraging things Scripture says about real friendship: Sirach 6:14-17; 9:10.
2. Do you think it is easy to find and keep true friends? Does being a good person count for much between friends?
3. How do people sometimes hurt those they pretend are their friends? How do they get them to do things that lead them into trouble, and then laugh? Do they get them to do things that hurt them deeply, like using drugs or stealing things?
4. Would a good friend want us to lose other friends we have? Would a good friend want us to lose, or be willing to see us lose, the friendship of Jesus? Would he or she want us to do things that are really bad, and make us bad people, which could make our faith get weak, and make us unworthy of eternal life with God?

**A note on peers:** There are the people often called our “peers.” They are people “like us,” our age, who are busy doing the kinds of things we do. We spend time with these people. For example, we play sports with them. Peers include people we like and do not like. Sometimes peers pressure us to do things that could hurt us or others. The people we spend time with affect our lives very much, so we need to make **good choices** about them.





In order to be good people, to be loyal to our real friends, and to be fair to those who love us and care most about us, we have to care about how we let peers affect our lives. This is sometimes a hard thing for young people to learn. It is not always easy to know how to get along with our peers. We want to be true to our friends, and to ourselves, and to the Lord.

## Discussion: Handling problems of peer relationships

? What are some ways in which our peers can affect us in positive ways?



? What are some ways in which our peers can affect us in negative ways?

? When many of our peers get expensive clothes or shoes, is it fair to complain to our parents (especially if money is rather scarce) that "everybody" has these and I should get them too?

? If my peers start drinking beer, or going to movies my parents tell me I should not see, how should I handle such things?

### Romantic love: GOOD times and pure hearts

As we grow up among lots of boys and girls, we are lucky if we have many friends, friends who are boys and friends who are girls.

A special kind of friendship can arise between a boy and a girl. In some cases, something mysterious is added to an ordinary friendship. There is a special **feeling** of delight that sometimes comes for a boy in liking and being liked by a special girl. The same is true for a girl in liking and being liked by a special boy.

### Why God created ROMANCE

When we are young, a romantic friendship seems to be a kind of magical experience.

When we have good romantic friendships, we feel good about life. We want to be generous. We want the whole world to care and to be full of goodness. We can be happy with anything if we are with the person with whom we have a romantic friendship. We can be happy just walking, or talking, or sitting still looking at the sea or the stars, or listening to music. We can be happy at work, at play, at any time in life, when we love.



When we love others, they mean as much to us as we do to ourselves. Then we see something of what it means when Scripture speaks of how good it is to love with a **generous** love (1 Corinthians 13:4-8). Love takes away everything malicious, because when we are in love we want to do what is good and merciful and gracious.

But this love was not meant only for adolescents!

God made romantic love as something to grow into, and something that will be at its best when we are able to be generous as God wants us to become. We have to be rather mature to really understand this kind of love well. For it is the kind of love really made to lead people toward the generosity of a good marriage — a lasting commitment to one another for the rest of our lives.

## **Romantic love AND marriage**

Marriages are not always happy and full of love. But God made them to be full of generosity and love and joy. And they will be like that for people who learn from Christ what love was meant to be. The reason why Christ made marriage a **sacrament** was that we need His help to have a love that is honest, satisfying, and strong enough to last a whole life long.

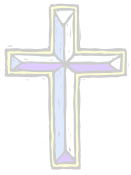
Marriages need great love! We have to learn a lot about what friendship and love mean while we are growing up, so that we will be able to love generously and well when we are older. When a young man and a young woman care so much about each other that they want to marry, *much* will be expected of their love. What they are choosing to do is to promise the deepest and most lasting friendship with each other, that they will never cease to love each other, no matter what happens. They tell each other that they will love each other so much that it will be safe for each of them to give everything of themselves to the other. They will love each other so much that their love will make a safe home for any children that God gives to them, as the fruit of their love.

## **The REASON for love and sexuality**

God wills that the longings young people have might find the best and most happy kind of love in marriage. Sexuality was made for love strong enough to build happy and warm homes, to last a whole life long. This is a family: a man and a woman united in marriage, with their children. God made the family to bring children into the world with love, and make the world safe and good for them.

## **Things that spoil LOVE**

Romantic love is a good gift of God, but it can be spoiled and become disastrous.



God created sex. No one else did. He made it as something good and precious. But he did not make it as a plaything. He made it something dear and important, to be used only for good purposes. He made it to express the great and **committed love** people have when they are married, and have given themselves entirely to each other. He made it so they could build loving homes, and care gladly for the children God gives them as their own.

Love is meant for everyone and for all ages. But sexual activity is not made for all ages. It is made to go with the mighty promises and the deep responsibilities of marriage. Young years have their own wonderful ways of being happy and full of life. Playing with the mighty reality of sex before we are old enough to treat it with the **generosity** and greatness of heart it requires leads to very great troubles. Sex is made for married love.

Things go very badly if people begin to misuse sexual activity before they are able to make the serious commitments and promises of marriage.

Everyone knows the troubles that irresponsible use of sexuality brings into the world. Think of some of the bitter words: AIDS, teen pregnancy, abortion. These situations turn love into a using and hurting relationship.

Everything goes wrong when we sin and use good things badly.

Christ is as near as a friend for those who want to learn love rightly. His first priestly task was to bless the great love of a young couple getting married at Cana. **He always cared** for those who love, and He teaches them, by His example and His commandments, how to live in ways that make love last.

It is wrong to use something as powerful as sexual activity at the wrong time and in the wrong way. True, much in the world often urges young people to act as if it were all right to engage in sexual activity now. But God rightly teaches it to be wrong for them, because it hurts them and those they want to love.

It is *not* true that "everyone" has sexual activity before marriage. The world is full of many wonderful good young people. It is full of people that want their lives to go well, and want to walk in the good paths that the Lord, who created sex, teaches. There are many young people committed to living a life of **chastity** as God intends. These are the best kind of people to be our *true friends*. You, too, can learn from Christ's love. Trust in Him.

## TYING things together

Remember what we studied in this lesson:

1. Friendship is a precious gift, and good friends help us to be good people.
2. Some friendships are better because they are true and lasting, not just fun or useful.
3. God made romantic love good, but as something to grow toward the generosity of good marriage.

This image shows a full page of white paper with horizontal dotted lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# CHRIST in my home and in my life

## Studying what the Lord teaches us about sexuality

### Introduction

A home is a very special place that is meant to be happy. Christ cares about homes and families, even if all families are not always happy. We learn and experience many important things at home. Each one of us is called to help in building up our homes and making them loving places. Love in homes has to be honest and chaste.



#### These are the things we will talk about in this fourth lesson:

- Homes are the most important places in the world.
- Our homes are where we learn to be **generous** and loving.
- Each family member must **learn** to help the home be a happy place.
- With God's **help**, even difficulties at home can be healed.
- Love in the home must be **chaste** love.
- Generous **hearts** are thoughtful hearts.

### HOMES are important

Homes are the most important places in the world.

Ball parks and theaters are wonderful. Parks are lovely. Malls can be fun and bowling alleys are great.

But places like those are places for special purposes and special times. They can make our lives happier, *if* they are already happy. But the heart and the core of a happy life has to begin in the home. Everybody needs a happy home, because home is where the best things begin. **No place** will make us deeply happy if our homes are not happy.

That is why Christ cares so much about all our homes. He wants all of us to do all we can to make our own homes happier and better places.

## Reflection: Thinking about home

People sing songs and tell all kinds of stories about “Home, Sweet Home.” What are some of the things that you like most about your home and your family?

What sorts of things could *you* do to make your home a little happier for others who live there?

Many homes have many trials. They are not all as happy as God wants them to be. What sorts of things most make homes unhappy? When we **pray** for our friends, should we also pray that their families and homes may be good and happy?

### Homes ARE places of generous love

God wants homes to be safe and happy places. They were meant to be places where, in many kinds of ways, people show each other that they really love each other, and want to love each other even more than they do. For we are only “at home” when we know we are loved. And only when we are loved, do we learn how to live gladly.

In our homes, from the time we are little, we should learn precious things that can never be forgotten. At home we can best learn how important it is to be **generous**, to be kind and caring, and to forgive. At home we can learn how to be patient and thoughtful. There we learn how to love the people closest to us, even when things do not go as well as we wish.

Learning to love people in our own home helps us to become the kind of people who will be able to have friends everywhere, and to be generous and kind to them too. When we learn to have love and peace in our homes, we learn the secrets of how to love and to be at peace with friends outside our homes.

Whether our homes are large or small, in them there are older and younger people, father and mother, sisters and brothers. But each person is important beyond words. And it makes **no difference**, if one is old or young, male or female, big and strong, or very small. Love makes everyone dear and special. In our home we find respect, self-esteem, warmth, and acceptance. We can be ourselves and know that we are loved.

## Discussion: Understanding homes

Can you explain some of the reasons why you love your own family and home? How do you know that you are loved by those in your own home?



## **EACH ONE is called to make the home a happy place**

Not all families are happy, but all families are important. Everybody — fathers and mothers, sons and daughters — everyone needs a healthy and good home. There we must know we are loved. There we must learn how to be good and happy people.

Happy homes do not just happen. We have to work at them. Everyone in the home has to try to be **generous** to make homes work well.

No homes are perfect. The closest to a perfect home was the home and the family of Jesus, Mary, and Joseph (read Luke 2:39-40).

But even their home was not just a dream home. They were poor, and did not have all the nice things we have in our homes. Still, it is not money and possessions that make homes happy. Good hearts and generous love make homes happy. So the home of Jesus, Mary, and Joseph was a most happy home, because everyone in it was so filled with love for each other.

**Good hearts  
and generous  
love make  
homes happy.**

But they had **troubles** as well. As Jesus grew up, and when He began to teach the Gospel, and many people believed in Him with all their hearts, even then some of His relatives made fun of Him and refused to believe in Him. But the love and strength of His family were surely a consolation.

## **Brokenness can be healed in GOD'S LOVE**

We often tease, laugh about, and have troubles with people and places we love. Do you sometimes have complaints about your family? Does your family sometimes have reasons to wish you were a bit different?

Sometimes we get frustrated with home. We cannot always have our way. Sometimes even people at home do not understand us! Sometimes we do not **understand** them. But we learn in our homes that people can love even when they do not quite understand each other completely.

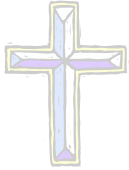
But homes are shelters for us. They are not just to be shelters from bad weather, but from every bitter and difficult thing.

Despite troubles, with the Father's help even brokenness can be healed. God is all-powerful, and Jesus came to heal.

## **Sexuality, FAMILY, and the home.**

Homes are places that last, and where big things happen. They are places into which we are born, and in which we grow up. They are places in which we become the kind of people we will be our whole lives long.





So love in homes has to be **honest** love. At home we are too close to each other to deceive each other. Love has to be honest. Love has to do the things it really should do, even if we do not feel like it.

So love in the home has to be “chaste love.” That is, it must be a home of truthful and honest love, where everyone really cares about everyone else, and not each for himself or herself only. **Love** in a home has to be aimed at making the house happy, over all the days, and all the years — and not just having fun for a minute. It is not a place for hurting others or not treating them fairly.

**Purity** is important for the home. In the home, each loves the other in special ways, knowing how wrong it would be to use the other selfishly, to please oneself, rather than to make the home a healthy and happy place. At home we get our first beginnings at understanding why there is sex. Sex is something big and important, like homes are ; it is not trivial.

It is great that there is both a father and a mother and that each one loves us in a special sort of way. It is good that there is a sister and a brother — different, but each one **special**. It is happy that life is like it is, that out of the generous love of father and mother for each other, God calls children into being. It is good that the adventures of every life begin in generous love, and aim at generous love.

Chastity is so important, because homes are important. And only where there is generous love, chaste love, can there be strong homes.

What homes need is love that lasts, and is generous and truthful. The love between father and mother must be strong, for the home is built on their faithful love.

Even though our families are not perfect, we need them. We need the love of father and mother. We need a place small enough to be our own. Our private, quiet, daily life is happiest in a small, special, caring place like a home. We need the family, the home, the special place where we live at peace with people who really care about us and really love us.

**In homes we first learn why purity is important.** God made sex, and it is a good thing, but using sex badly is a bad thing. It hurts the precious things the family was created to protect. For it accustoms people to treat sexuality, and to treat people, as something trivial. Actually God made sexual love to go with the enduring love of marriage, and the generous love of having children. These are good things necessary for happy life always.

Bad uses of sex, like premarital sex, accustom people to pursue the pleasures of sex outside faithful and enduring love, in irresponsible ways. And premarital sex causes babies to be born without having the strong love of both a father and mother to guard the child. It is dangerous thing, destroying delicate and priceless things.

**Generous, chaste love and homes.** When God's commandments require us to be chaste, they do not do so to make life difficult. God wants us to be chaste, because without chastity we cannot have the kind of love that is faithful and generous, and builds homes. Without chastity, we cannot have the deep and comforting love that lasts a whole lifetime. When people use sex casually, they form friendships that are fragile, that break up, and crush their hearts. God wants to protect us from such bitter things.

## Thankful and generous HEARTS

Unless we learn to be chaste and generous, we cannot have the kind of love that makes life safe for little children.

Unless we learn to be chaste, homes, the most important places in the world, crumble, and bitter unhappiness grows everywhere.



If we want love to last, and homes to be happy, and children to be safe and strong, then we have to defend chaste love.

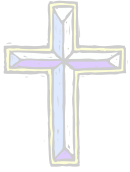
Now chaste love is not really too difficult to live. For **Christ** gives us an example, and makes it possible and easy for people to be chaste, if they are willing to learn from Him. For He is our teacher, example, and giver of chaste love, as He is our teacher, example, and giver of generosity.

But He makes chaste, generous love easy by showing us the ways we can make love grow in our hearts and in our homes. Generous hearts are thankful hearts.

## .....**Reflection: ...Ways of making chaste love easier.....**

Let's think of some of the things needed to make homes better:

- ? Why is prayer important in our homes? When are the good times for the family to pray together? What are some of the ways *your* family prays together?
- ? Why is it important for us to give time to our homes? What are some things that pull us away from our homes?
- ? Can we talk seriously with our parents about important things? Can we talk with them about sexuality?
- ? Why is it important to protect the home from things such as television shows that are unchaste and lead people toward the selfishness that destroys homes?



- ? Why, at home, do we have to learn to forgive one another?  
How can we learn to do that?
- ? If Christ visited your home, what do you think He would like  
most of all the good things already in it? What do you think you  
would most want Him to bring as a gift to your home?

## .....**TYING things together**.....

.....**Remember what we studied in this lesson:**.....

- 1.** There is no place more important than home.
- 2.** Generous love begins at home.
- 3.** Each member of the family helps to make home happy.
- 4.** God will be with us in both good and bad times at home.
- 5.** Chaste love is needed in homes.
- 6.** A heart that is generous at home is also grateful.

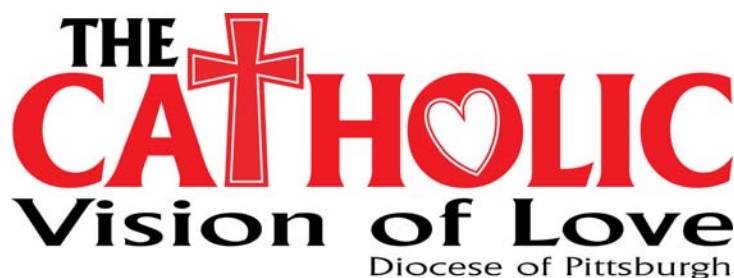
# THE **CATHOLIC** Vision of Love

Diocese of Pittsburgh

## Personal Safety Curriculum



Grade 5



**Personal Safety  
5<sup>th</sup> Grade Lesson Plan  
Friendship and Respect**

**RELATIONSHIP BOUNDARIES**

**Stranger Danger, Respecting Ourselves, Respecting Our Bodies**

**LESSON OUTLINE:**

- Introduction & Opening Prayer: 5 – 7 Minutes
- Teaching on Friendship & Respect, focus on Relationship Boundaries: 5 – 7 Minutes
- Activity—Talking about Boundaries using Scenarios: 20 – 30 Minutes  
*(This can be done by dividing the group and letting the students talk about each scenario, and then share with the large group, or by facilitating discussion about each scenario with the entire group.)*
- Wrap Up & Connection to Catholic Social Teaching and Dignity of Human Person: 5 – 10 Minutes
- Closing Prayer

**LESSON BACKGROUND:**

**Human life is sacred:** *"Human life is sacred because from its beginning it involves the creative action of God and it remains forever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning until its end: no one can under any circumstance claim for himself the right directly to destroy an innocent human being."*<sup>56</sup>  
(Catechism of the Catholic Church Paragraph 2258, Notation 56 CDF instruction, Donum vitae, intro. 5)

1. **Life has dignity:** *"The dignity of the human person is rooted in his creation in the image and likeness of God (article 1); it is fulfilled in his vocation to divine beatitude (article 2). It is essential to a human being freely to direct himself to this fulfillment (article 3). By his deliberate actions (article 4), the human person does, or does not, conform to the good promised by God and attested by moral conscience (article 5). Human beings make their own contribution to their interior growth; they make their whole sentient and spiritual lives into means of this growth (article 6). With the help of grace they grow in virtue (article 7), avoid sin, and if they sin they entrust themselves as did the prodigal son<sup>1</sup> to the mercy of our Father in heaven (article 8). In this way they attain to the perfection of charity."*  
(Catechism of the Catholic Church Paragraph 1700 and Part Three - Life in Christ: Section one – Man's Vocation Life in the Spirit, Chapter one The Dignity of the Human Person )

2. **Charity is Christ-like:** *"The Ten Commandments state what is required in the love of God and love of neighbor. The first three concern love of God, and the other seven love of neighbor." "As charity comprises the two commandments to which the Lord related the whole Law and the prophets . . . so the Ten Commandments were themselves given on two tablets. Three were written on one tablet and seven on the other."*<sup>27</sup>




(Catechism of the Catholic Church Paragraph 2067, Notation 27 St. Augustine, Sermo 33, 2, 2: PL 38, 208.)

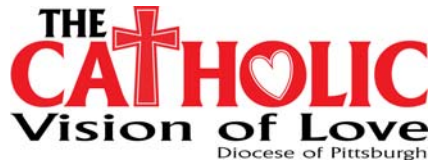
*All glory and honor goes to God, and to His heirs: "Give honor to all, love the community, fear God, honor the king." (1 Peter 2:17)*

3. **God respects boundaries:** God gave all humankind free will, the ability to choose for oneself the degree to which any relationship may progress, including a relationship with God. Man may choose a relationship with God, and is responsible for his actions and choices. God created the world, placed people (created in God's image) in it, gave them responsibilities, and set limits (tree of knowledge of good and evil), and allowed man to make choices.

God held (and still holds) men (and women) accountable for their actions. God heals broken relationships, yet does not seek to control choices. God is a respecter of boundaries and teaches us how to do the same. (Genesis Chapter 1, John Chapter 3, Verse 16).

**OPENING PRAYER** *(next page below) (Attached see also - student handout)*

JESUS  
THE WAY,   
 THE TRUTH,  
THE LIFE. 



**5<sup>th</sup> Grade**

## **FRIENDSHIP AND RESPECT**



### **OPENING PRAYER**

**LEADER:** God loves us so much, as his sons and daughters, that He wants us all to be happy. When God made us, He wanted us to have a special friendship with each other. God made us in His image, which is SO good.

Let's start our talk today about friendship and respect with a prayer paying special attention to the words from Scripture.

**ALL:** In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.

**READER 1:** Worthy are you, Lord our God, to receive glory and honor and power, for you created all things; because of your will they came to be and were created worthy. (*Revelation 4:11*)

**READER 2:** God created man in his image; in the divine image he created him; male and female he created them. (*Genesis 1:27*)

**ALL:** Jesus, help us to live today as children created in your image.

**READER 3:** Know you not that you are the temple of God, and that the Spirit of God dwells in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple you are. (*1Corinthians 3:16-17*)

**ALL:** Jesus, help me to love myself and my neighbor today, as you have loved me.

**LEADER:** Jesus taught us how to pray to His Father, so let us together pray the Lord's Prayer.

**ALL:** Our Father, who art in Heaven....  
In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.

**Grade 5**  
**FRIENDSHIP & RESPECT**

**Teaching on Friendship and Respect,  
with a focus on Relationship Boundaries: 5 – 7 Minutes**

**Explanation/Lesson Content:**

**1. Why did God give us the Ten Commandments?**

*(Allow the students to give some possible suggestions.)* God gave us the Ten Commandments to reveal our sins and show us a better way to live with each other, respect boundaries, and give honor to God. God revealed the Ten Commandments because humans needed to have a way to see their mistakes and make a decision to change. God didn't force change, though. Instead, God sent His only Son to help them learn how to change.

**Example:**

- *Imagine what happens with an X-ray machine at the hospital...if something hurts and you're not sure why, your mom or dad might take you to see the doctor. The doctor might talk to you a little and even examine you. But the doctor can't see what's happening inside your body. The doctor will have you visit the hospital and get an x-ray. What does the X-ray do? It shows a picture of what's happening inside your body, under your skin, and reveals what's hurting your body.*
- *The Ten Commandments can do something like this. They can help us to see what's happening in our hearts, and reveal when there is something wrong—the sin that hurts our heart and our relationship with God and others.*
- *So, can an X-ray machine heal your body? Nope. But it can help a doctor to see what needs to change so that your body can heal. The Ten Commandments can't heal your heart and relationships, but it can reveal what you need to change so that these things can heal too.*
- *God knew that we would need help with the healing, so He sent Jesus to be “the way, the truth, and the life”, and reminded us that following the Commandments will keep us close to God always. (John Chapter 14, verses 6,7, 15-21)*



## 2. God respects boundaries...Think about it:

a. **First...what are boundaries?** Boundaries are visible and invisible...they show us what we are responsible for and what we do not have access to without permission.

- **Examples of VISIBLE Boundaries:** A fence in between your yard and your neighbor's yard...The fence helps us to know what we are responsible for and what is not ours. If we want to go to our neighbor's yard, we should ask permission first.
- **Examples of INVISIBLE Boundaries:** Hampton School District, Pine Richland School District—even though there is no visible line drawn between the two districts, we see some signs that remind us of where are.
- **Examples of VISIBLE Boundaries with People:** When your friend is in class across the hall, you do not have permission to talk to your friend or enter the classroom because of the door and the walls. Because you see these things, you know that you must ask for permission to enter the room and approach your friend.
- **Examples of INVISIBLE Boundaries with People:** The imaginary bubble around us! Although this boundary cannot be seen, we are aware of our comfort level when a stranger gets too close to our personal space, like in an elevator when everyone is packed together. When someone enters your invisible boundary by accident, you can say, "Excuse me" and try to back up or get away. When someone enters your invisible boundary on purpose, you can say "Step back! You're too close!" or "Help! No!", and run away.

### b. **How does God respect Boundaries?**

- God created the world, placed people (created in God's image) in it, gave them responsibilities, and set limits (tree of knowledge of good and evil), and allowed man to make choices.
- God gave all humankind *free will*, the ability to choose for oneself the degree to which any relationship may progress, including a relationship with God.
- Man may choose a relationship with God, and has responsibility for his actions and choices.
- God holds men accountable for their actions and heals broken relationships, yet does not seek to control choices.
- God respects boundaries and teaches us how to do the same.  
(*Genesis Chapter 1, John Chapter 3, Verse 16*).

**c. What do we do with Boundaries?**

- Because boundaries are so special and define ownership, we should treat boundaries with care and respect.

**Some ways to do this:**

- When we want to enter someone's home, we knock on the door and wait to be admitted. (Example: We don't barge in our neighbor's home.)
- When we want to enter a conversation, we say "excuse me" and wait to be addressed. (Example: We don't interrupt Mom talking to her friend.)
- When we want to enter someone's personal space, and determine if it is appropriate and welcome. (ex. We don't hug strangers.)
- When we bump into someone on an elevator by accident, we say excuse me.
- Remember, only certain people are allowed to hug us without asking, touch our bodies, or ask personal questions about our private life.



## DISCUSSION GUIDE ACTIVITY

20 – 30 Minutes

→ **Distribute Student Handout – Discussion Guide**

### **Catechist/Facilitator Notes:**

Talking with young people about boundaries is very important. This can be done in a couple of ways. One way to discuss this with young people is to split them in to small groups to discuss each scenario, and then bring the entire group together and have the young people explain their decisions.

Another way to do this is to read each scenario to the class and help them discuss what to do. Some things to ask, or to keep in mind:

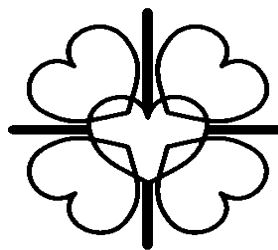
**“I don’t know....”** While there are times that this response from a child means what they are saying, often they are ways to say, “I don’t want to express my opinion around my peers,” “I’m afraid to say what I really think,” or “I don’t want to think about this very hard.” Do not accept responses that avoid answering the question.

In those cases, consider responding with, “How about we all talk with a partner about this for a minute and then share with the group,” or “Oh, I bet if we all thought about it together we could figure it out,” or “Well, tell me a reason that you like— one in particular....”

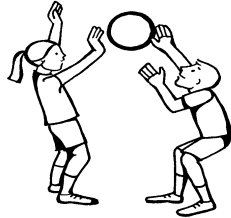
**“Why do you think that boy is crying?”** Emotions are often difficult to discuss—for everyone. But young people really need to practice empathy with their peers. Remember to ask open ended questions to clarify and help explain. Another great question to ask in conversations about tough topics, “What do you mean by that?”

It’s okay to say, **“This is complicated, so let’s really talk about it...”** Young people should be able to practice talking about their feelings, reactions, and experiences. This is a great way to open the door for conversations with their parents.

**Set boundaries for this kind of discussion with young people** (example: One person talking at a time; write down ideas and pass them to the front; get together with your group and discuss, etc).



## Grade Five



## Discussion Guide



### Talking about Emotional Boundaries:

#### **“The other kids make fun of me!”**

In gym class the other day, some of your friends were talking about another friend, Jamie. After school, Jamie confided in you that she was being teased about her weight. You didn't stand up for Jamie with your friend, but now you feel bad about it. When you apologized to Jamie and tried to give her a hug, she didn't want to hug you back and was still really sad.

- Why would Jamie be sad still? What can you do to help Jamie feel better?
- What does God tell us about this situation?

#### **“Lunch Table Invader”**

Every day, since 3rd grade, you have had lunch with the same people. You really like your friends at your lunch table. One day, Sam, who doesn't always say the right thing around other people, sits at your lunch table. You used to play with Sam, and you were invited to Sam's birthday party last year.

- What do you do? What do you think Sam might be thinking about this?

#### **“You're Popular, I'm Not”**

You and Alex were good friends when you were little and you played together every summer, sometimes you would camp out in your back yard and plan water balloon attacks on the neighborhood. On Halloween, you would always go Trick or Treating together. Alex was always a lot of fun to hang out with. A couple of months ago, you started to play lacrosse at school and made some new friends. These new friends live in a different neighborhood and you get to sleepover on the weekends with them. Sometimes you see Alex around school, but you don't get to talk too much. Yesterday, you and Alex got off the bus together and Alex seemed mad at you. When you asked Alex to come over to see your new video game, Alex responded with, “You're popular, I'm not. No thanks” and went home.

- What happened with Alex? Is it ok to make new friends?
- What should have happened? How can you respond?

**Discussion Guide continued....**

**Talking about Physical Boundaries:**

**“Bully Bully Bully”**

Yesterday on the bus, a bunch of 7th graders were being rowdy and kept bumping your seat. When the bus stopped, you got up and moved to another seat, away from the older kids. But then THEY got up and moved to a seat behind YOU, and kept bumping you and laughing about it. When you went home, it really bothered you. Today, the same thing happened on the bus.

- What can you do tomorrow? Why do you think it bothered you?
- Do you feel like you were being bullied?

**“Give Me A Hug”**

Uncle Kenny always spends Thanksgiving at your house and it looks like he has a lot of fun with your brother and sister. They play games and wrestle and tickle each other. Sometimes Uncle Kenny brings you gifts and asks for a hug. Sometimes, Uncle Kenny wants to hug you when you don't want to be touched. Your mom might get mad if you don't hug Uncle Kenny because that's her brother.

- How can you explain to your mom that sometimes you don't like to be touched?
- What could you say to Uncle Kenny when he wants to give you a hug and you don't want to?
- Is it ok to not want to hug Uncle Kenny?

**“I Need A Partner”**

It's school picnic day at Kennywood and your friends are FINALLY old enough to walk around the park without Mom and Dad. Now you're in line for the Thunderbolt, which is great, except for one thing...there are 5 people in your group and you need a partner to get on the ride. There's an adult a little ahead of you in the line that doesn't have a partner either. This person notices that you need a partner to ride and asks you to wait for the next train and ride together.

- What would you do and how would you respond?
- What are some of the possible outcomes for waiting with and riding with this stranger?



Catechist



**5<sup>th</sup> Grade**  
**FRIENDSHIP AND RESPECT**



**CLOSING PRAYER**

**LEADER:** We are always welcomed into God's presence. We don't have to wait until our hearts find the right words, or until we need something, to present ourselves. It is enough to just be there. It's ok to be speechless in God's presence. After all the main reason for entering God's presence is to simply acknowledge and honor Him.

**ALL:** Let us always remember that God, who always listens, is with us.

**READER 1:** Lord, we ask you to bless us and fill us with your grace and your love.

**ALL:** God always listens and is with us.

**READER 2:** Stay with us, Lord, as we grow to maturity and help us to learn the virtue of kindness toward others.

**ALL:** God always listens and is with us.

**READER 3:** Help us to experience the virtues of humility and patience.

**ALL:** God always listens and is with us.

**READER 4:** Help us to experience the virtues of patience, love and understanding.

**ALL:** God always listens and is with us.

**READER 5:** Let our friendships be good and valuable.

**ALL:** God always listens and is with us.

**READER 6:** Help us to always respect ourselves and others.

**ALL:** God always listens and is with us.

**READER 7:** Let our knowledge of you continue to grow day by day.

**ALL:** God always listens and is with us.

**LEADER:** Let us pray for God's blessing.

O God of Love, bless these children and bring them peace and security. Grant them the nurture and love to grow to the fullness of their talents and skills. Bestow on them the gift of friendship.

Help them to find joy in little things, moments of wonder at your awesomeness, eagerness to discover, and excitement of expectation.

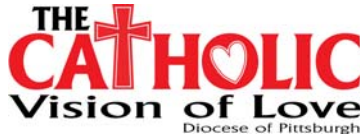
Give them the quickness to forgive others and hope for their days ahead. Ever surround them with your love. We ask these things in the name of your Son and our Brother, Jesus Christ.

**ALL:** Amen.



©JN2003





**5<sup>th</sup> Grade**  
**FRIENDSHIP AND RESPECT**



**OPENING PRAYER**

**LEADER:** God loves us so much, as his sons and daughters, that He wants us all to be happy. When God made us, He wanted us to have a special friendship with each other. God made us in His image, which is SO good.

Let's start our talk today about friendship and respect with a prayer paying special attention to the words from Scripture.

**ALL:** In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.

**READER 1:** Worthy are you, Lord our God, to receive glory and honor and power, for you created all things; because of your will they came to be and were created worthy. (*Revelation 4:11*)

**READER 2:** God created man in his image; in the divine image he created him; male and female he created them. (*Genesis 1:27*)

**ALL:** Jesus, help us to live today as children created in your image.

**READER 3:** Know you not that you are the temple of God, and that the Spirit of God dwells in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple you are. (*1Corinthians 3:16-17*)

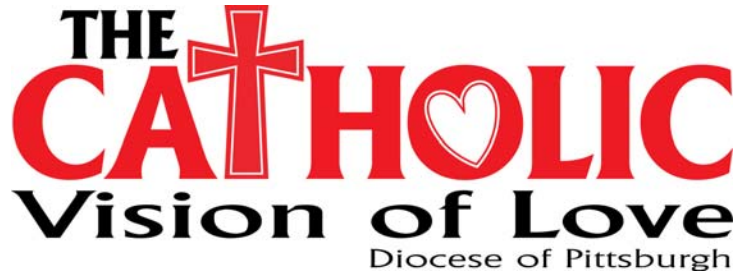
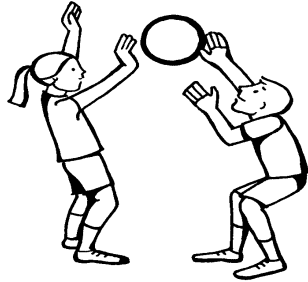
**ALL:** Jesus, help me to love myself and my neighbor today, as you have loved me.

**LEADER:** Jesus taught us how to pray to His Father, so let us together pray the Lord's Prayer.

**ALL:** Our Father, who art in Heaven....  
In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.



**Grade Five**



**Discussion Guide**

**Talking about Emotional Boundaries:**

**“The other kids make fun of me!”**

In gym class the other day, some of your friends were talking about another friend, Jamie. After school, Jamie confided in you that she was being teased about her weight. You didn't stand up for Jamie with your friend, but now you feel bad about it. When you apologized to Jamie and tried to give her a hug, she didn't want to hug you back and was still really sad.

- Why would Jamie be sad still? What can you do to help Jamie feel better?
- What does God tell us about this situation?

**“Lunch Table Invader”**

Every day, since 3rd grade, you have had lunch with the same people. You really like your friends at your lunch table. One day, Sam, who doesn't always say the right thing around other people, sits at your lunch table. You used to play with Sam, and you were invited to Sam's birthday party last year.

- What do you do? What do you think Sam might be thinking about this?

**“You're Popular, I'm Not”**

You and Alex were good friends when you were little and you played together every summer, sometimes you would camp out in your back yard and plan water balloon attacks on the neighborhood. On Halloween, you would always go Trick or Treating together. Alex was always a lot of fun to hang out with. A couple of months ago, you started to play lacrosse at school and made some new friends. These new friends live in a different neighborhood and you get to sleepover on the weekends with them. Sometimes you see Alex around school, but you don't get to talk too much. Yesterday, you and Alex got off the bus together and Alex seemed mad at you. When you asked Alex to come over to see your new video game, Alex responded with, “You're popular, I'm not. No thanks” and went home.

- What happened with Alex? Is it ok to make new friends?
- What should have happened? How can you respond?

## Student handout

### Discussion Guide continued....

#### Talking about Physical Boundaries:

##### **“Bully Bully Bully”**

Yesterday on the bus, a bunch of 7th graders were being rowdy and kept bumping your seat. When the bus stopped, you got up and moved to another seat, away from the older kids. But then THEY got up and moved to a seat behind YOU, and kept bumping you and laughing about it. When you went home, it really bothered you. Today, the same thing happened on the bus.

- What can you do tomorrow? Why do you think it bothered you?
- Do you feel like you were being bullied?

##### **“Give Me A Hug”**

Uncle Kenny always spends Thanksgiving at your house and it looks like he has a lot of fun with your brother and sister. They play games and wrestle and tickle each other. Sometimes Uncle Kenny brings you gifts and asks for a hug. Sometimes, Uncle Kenny wants to hug you when you don't want to be touched. Your mom might get mad if you don't hug Uncle Kenny because that's her brother.

- How can you explain to your mom that sometimes you don't like to be touched?
- What could you say to Uncle Kenny when he wants to give you a hug and you don't want to?
- Is it ok to not want to hug Uncle Kenny?

##### **“I Need A Partner”**

It's school picnic day at Kennywood and your friends are FINALLY old enough to walk around the park without Mom and Dad. Now you're in line for the Thunderbolt, which is great, except for one thing...there are 5 people in your group and you need a partner to get on the ride. There's an adult a little ahead of you in the line that doesn't have a partner either. This person notices that you need a partner to ride and asks you to wait for the next train and ride together.

- What would you do and how would you respond?
- What are some of the possible outcomes for waiting with and riding with this stranger?





**5<sup>th</sup> Grade**  
**FRIENDSHIP AND RESPECT**



**CLOSING PRAYER**

**LEADER:** We are always welcomed into God's presence. We don't have to wait until our hearts find the right words, or until we need something, to present ourselves. It is enough to just be there. It's o.k. to be speechless in God's presence. After all the main reason for entering God's presence is to simply acknowledge and honor Him.

**ALL:** Let us always remember that God, who always listens, is with us.

**READER 1:** Lord, we ask you to bless us and fill us with your grace and your love.

**ALL:** God always listens and is with us.

**READER 2:** Stay with us, Lord, as we grow to maturity and help us to learn the virtue of kindness toward others.

**ALL:** God always listens and is with us.

**READER 3:** Help us to experience the virtues of humility and patience.

**ALL:** God always listens and is with us.

**READER 4:** Help us to experience the virtues of patience, love and understanding.

**ALL:** God always listens and is with us.

**READER 5:** Let our friendships be good and valuable.

**ALL:** God always listens and is with us.

**READER 6:** Help us to always respect ourselves and others.

**ALL:** God always listens and is with us.

**READER 7:** Let our knowledge of you continue to grow day by day.

**ALL:** God always listens and is with us.

**LEADER:** Let us pray for God's blessing.

O God of Love, bless these children and bring them peace and security. Grant them the nurture and love to grow to the fullness of their talents and skills. Bestow on them the gift of friendship.

Help them to find joy in little things, moments of wonder at your awesomeness, eagerness to discover, and excitement of expectation.

Give them the quickness to forgive others and hope for their days ahead. Ever surround them with your love. We ask these things in the name of your Son and our Brother, Jesus Christ.

**ALL:** Amen.

