

## CHASTITY AND SEXUALITY EDUCATION PARENT PLAN OF ACTION

**You as the parent** are the one who is in the best position on a daily basis to show your child that the love of God and a life of virtue are the foundation of human happiness.

**To learn more** about the depths of Christian love and to gain the confidence to pass on the truth about love to your children, you simply need to learn and integrate the teachings of the Catholic Church.

**These documents** will aid you in discovering the beauty of the teachings of the Church on human sexuality and help you develop the confidence to pass these truths to your children:

- *The Truth and Meaning of Human Sexuality*<sup>\*</sup>
- *Familiaris Consortio*<sup>\*</sup>  
(*The Role of the Christian Family in the Modern World*)
- *Evangelium Vitae*<sup>\*</sup> (*The Gospel of Life*)
- *Donum Vitae*<sup>\*</sup> (*The Gift of Life*)  
<http://www.cin.org/vatcong/donumvit.html> (easier access)
- *Humanae Vitae*<sup>\*</sup> (*On Human Life*)
- *Educational Guidance in Human Love*<sup>\*</sup>
- *Persona Humana*<sup>\*</sup> (*Declaration on Certain Questions Concerning Sexual Ethics*)
- *The Catechism of the Catholic Church*<sup>+</sup>
- *The Holy Bible*<sup>+</sup>

<sup>\*</sup> These documents are available at [www.vatican.va](http://www.vatican.va)

<sup>+</sup> These documents are available at [www.usccb.org](http://www.usccb.org)

### APRIL:

ATTEND a Mother-Daughter Tea which is designed for girls age 10 and older and their moms. This program explores God's special gift of human fertility and the beauty and wonder of growing up and becoming a woman.



DISCUSS vocations and the states of life: single, clergy & religious, and married.

PRAY for your child and encourage your child to pray to hear God's calling.

### MAY:

ENCOURAGE your child to make a commitment to chastity. Purchase individual, Catholic Chastity Commitment Cards online: <http://shop.catholic.com/product.php?productid=244>

FOSTER a devotion to the Immaculate Mother of God. It is very difficult to stay totally pure through one's own will power. Pray to our Blessed Mother for purity of heart!



There are many excellent resources for you and your child to access. Here is a sampling:

RESOURCE	SOURCE/PUBLISHER
<i>Know Your Body</i>	Our Sunday Visitor
<i>How to Help Your Child Say No What I Wish my Parents Knew Why Wait</i>	Josh McDowell, Here's Life Publishers
<i>Pure Love If You Really Loved Me; 100 Questions on Dating, Relationships &amp; Sexual Purity Theology of the Body for Teens</i>	Jason Evert
<i>Brio Magazine</i> (Young teen girls) <a href="http://www.briomag.com">www.briomag.com</a> <a href="http://www.family.org">www.family.org</a>	Focus on the Family
Pure Love Club: <a href="http://www.chastity.com">www.chastity.com</a>	Catholic Answers
Sex Respect: <a href="http://www.sexrespect.com">www.sexrespect.com</a>	Abstinence Education by Coleen Kelly Mast
Family Honor: <a href="http://www.familyhonor.org">www.familyhonor.org</a>	Life values for families
One More Soul: <a href="http://www.omsoul.com">www.omsoul.com</a>	Parent helps

DIocese of Erie

814-824-1111 OR 800-374-3723

WEBSITE: [www.erieRCD.org/](http://www.erieRCD.org/)

NFP/CHASTITY EDUCATION OFFICE

COORDINATOR: CASSONDR A DRAGONE  
814-824-1213

Keep this booklet for reference throughout your child's adolescent years.

...The Magisterium of the Church has expressed itself clearly, in relation to the whole educative process of children: "The role of parents in education is of such importance that it is almost impossible to find an adequate substitute. It is therefore the duty of parents to create a family atmosphere inspired by love and devotion to God and their fellow-men which will promote an integrated, personal and social education of their children. The family is therefore the principal school of the social virtues which are necessary to every society."

*Truth and Meaning of Human Sexuality, 22*

### **OCTOBER:**

ADOPT a routine of daily prayer for your child and your child's future spouse.

READ to understand your vital role in your child's sexuality and chastity education. Your role as primary educator can not be usurped. *Familiaris Consortio, 36*  
BEGIN with *Sexuality 101 Parents' Manual* as a primer.



### **NOVEMBER:**

READ the *Theology of the Body for Middle Schoolers* parent guide to gain an understanding of what your child will learn and to be prepared for conversations regarding sexuality.

DEVISE a *PLAN OF ACTION* for your family including your guidelines for proper dress, curfews, media consumption, dating, etc. Don't be afraid to set high standards!

ATTEND a Family Honor Program in your area.



### **DECEMBER:**

RESEARCH and discover the wonderful helps available to you! Google "chastity" and be prudent to read those hits that are Catholic and/or Christian in nature.

INTRODUCE your child to Pure Love Club and start a club in your locality (or encourage someone else to lead with your help!) See resources on page 4.

CONTINUE to work on your *PLAN OF ACTION* for your family. Think of the location of your home's computers: Does your child have unlimited access with no accountability? This could be a grave temptation for sin. Consider having all computers in communal living space to reduce the possibility of risky internet behavior.



### **JANUARY:**

HOST a New Year's Eve party for your family to introduce and celebrate your *PLAN OF ACTION*. Discuss your newfound knowledge and information regarding chastity and ways your family will strive to live it.



Remember: Laws (rules, guidelines, etc.) are for protection, not restriction! This is the key to understanding and appreciating God's laws. Remind your family that the family plan is for personal fortification!

After you have adequately discussed chastity with your child and outlined your family plan, present your child with a chastity ring as a symbol of his/her pledge of purity.

### **FEBRUARY:**

LISTEN to the music your child listens to. Are the overall messages of the songs moral, immoral, or amoral? Do they conflict with the Christian message? If yes, discuss with your child and together find reasonable substitutes by looking for Christian music in all genres (or at least morally acceptable music!)

TEACH your child to be vigilant in avoiding pornography. Discuss its negative effects.

Filter your internet access and prohibit the viewing of indecent television shows and movies. *Familiaris Consortio, 76*



### **MARCH:**

STUDY the virtues and their opposing vices/sins. On Sunday morning, write a note explaining the "virtue/vice of the week" and discuss examples of both.

4 Cardinal Virtues & Vices

<b>VIRTUE</b>	<b>VICE</b>
Temperance	Gluttony/Lust
Fortitude	Cowardice
Prudence	Ignorance
Justice	Injustice

7 Capital Virtues/Sins

<b>VIRTUE</b>	<b>VICE</b>
Humility	Pride
Generosity	Greed
Chastity	Lust
Meekness	Anger
Temperance	Gluttony
Kindness	Envy
Diligence	Sloth