

**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: Cassandra Dragone

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

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

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

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