

Love and Life are inseparable! Good vs. Bad

- ◆ The moral, spiritual, and health values of methods for the natural regulation of fertility must be emphasized, at the same time indicating the dangers and ethical failure of the artificial methods. (137)
- ◆ Femininity and masculinity are complementary gifts which are shared in an act of love as self-donation and acceptance. Willed by God, this sexual giving - the love of the marriage covenant - belongs exclusively in marriage. (10)
- ◆ The two dimensions of conjugal union, the unitive (love-giving) and the procreative (life-giving), cannot be artificially separated without damaging the deepest truth of the act itself. (32)
- ◆ Youth must learn the serious consequences (moral gravity) of sexual activity outside of marriage (fornication), contraception, artificial procreation, and sterilization which separate the love and life-giving nature of the sexual act and are thus contrary to the TRUTH of married love. (32)

What If parents need help?

- ◆ Parents are recommended to associate with other parents to support their educational role and to fight against damaging forms of sex education. (114)



Watch out for dangers!

- ⇒ Parents must ensure the moderate, critical, watchful and prudent use of the media. (56)
- ⇒ Parents must be on guard against pornography both by educating their children and demanding from the authorities laws that prevent and eliminate the exploitation of the sensitivity of children and adolescents. (45)
- ⇒ Parents must reject organizations that provide sex education which puts God at the margin of life and regards the birth of a child as a threat. These organizations and international associations promote abortion, sterilization and contraception. (136)
- ⇒ Parents should be wary of sex-educators, sex-counselors, and sex-therapists, no matter their official recognition, when they oppose the truth of the human person and the teachings of the Church. (138)

To obtain your own copy of the full document *The Truth and Meaning of Human Sexuality*:

- 1) Download from www.vatican.va.
- 2) Send \$2.00 to the NFP office address below with your request.

Natural Family Planning / Chastity Education Office St. Mark Catholic Center

429 East Grandview Blvd.
P.O. Box 10397
Erie, PA 16514-0397

Cassandra Dragone
Coordinator of Chastity Education
cdragone@erieRCD.org
814-824-1216

NFP/CHASTITY EDUCATION OFFICE
Erie Roman Catholic Diocese

August 2009

Sexuality 101

Parents' Manual



The Bare Facts

- Basic guidelines for education within the family
- Compiled from *The Truth & Meaning of Human Sexuality*, issued by the Pontifical Council for the Family in 1995
- Intended to assist parents in the "do's and don'ts" of sex education and the development of chaste living



Rule #1: Your children are #1

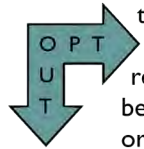
Children are the parents' most important priority, more important than work, entertainment, and social position. (51)

Rule #2: Mom and Dad, it's your job to teach your children about sexuality!

- ⇒ Parents have the right and duty to be the first and principal educators of their children. (5)
- ⇒ Church teaching is in agreement with psychology, educational science, and human experience that the family is the best place for sexual education. (50)
- ⇒ Parents share their individual mission of education with other individuals or institutions, e.g. the Church and the State. Others' assistance must always be subsidiary and subordinate to the parents. (23, 145)
- ⇒ The assistance of others must be given first and foremost to parents rather than to their children. (145)

Rule #3: When others teach your children, you are still in charge!

- Sex education, wherever it takes place, must always be carried out under the attentive guidance and control of parents. Those who do not give adequate formation in chastity or tolerate immoral or inadequate formation given by someone else are failing in their educational duty. (43, 44)
- Parents have the right that their children not be obliged to attend courses on the subject of sexuality education not in harmony with their religious and moral convictions and should remove them if necessary. The removal of a child from a particular sexual education program must not become grounds for discrimination against their children, their parents, or anyone in their family. (117, 120)
- Parents who remove their children from such instruction have the duty to give them an adequate formation, appropriate to each child or young person's stage of development. (117)



- ♦ Before adolescence, the immoral nature of abortion, surgical or chemical, can be gradually explained in terms of Catholic morality and reverence for human life. Sterilization and contraception should not be discussed before adolescence and then always in conformity with the teaching of the Catholic Church. (137)



- ♦ Timing is also vital in relation to discussing specific sexual problems. (125)
- ♦ Homosexuality should not be discussed before adolescence unless a specific serious problem has arisen and then only in terms of chastity, health and the truth about human sexuality in its relationship to the family as taught by the Church. (125)
- ♦ Chastity instruction must always be positive and prudent, clear and delicate. Erotic, graphic, or excessively detailed sexual information should not be given in sexual education. Explicit and premature sex education can never be justified in the name of a prevailing secularized culture. Even if not erotic, graphic and realistic representations of childbirth, e.g. in a film, should be made known gradually, to avoid fear and negative attitudes towards procreation in girls and young women. (126)
- ♦ The natural bond, demonstrated by experience, between fathers and sons and mothers and daughters in chastity education should be respected. (67)



What should parents teach?

- ♦ All people are called to chastity. Education in chastity is education in love, relationships, feeling, and sensitivity. (54)
- ♦ Forming young people for chastity should become a preparation for responsible fatherhood and motherhood. (32)
- ♦ Parents should educate both girls and boys on virtue and the value of virginity. (111)
- ♦ Parents should correct habits of genital activity in children that could become sinful and teach modesty as the child grows. (69)
- ♦ Instruction about the role, exercise, and dignity of married love must be given in the home. (94)
- ♦ The family must be understood as an inseparable part of the vocation to marriage. (32)
- ♦ The problem of AIDS must be countered by chastity, marriage, and family. Safe sex campaigns involving condoms must be avoided and rejected. (139)
- ♦ Christian parents will devote special attention and care if they see in any of their children the signs of God's call to the higher vocation of virginity or celibacy for the love of the Kingdom of Heaven, preparing these children for the seminary or house of formation. (35)
- ♦ No educator, not even parents, can interfere with a child's right to chastity. (118)

When and how should sexuality education begin?

- ♦ Parents should provide information with great delicacy, but clearly and at the appropriate time, personalized for each child. (75)
- ♦ Human sexuality must be presented to children and young people according to their particular stage of development: (77)
 - Years of Innocence* - Age 5 to Puberty (78-86)
 - Puberty* - Initial phase of adolescence (87-97)
 - Adolescence* - Period of self-projection and discovery of one's vocation. (98-107)
- ♦ Education in sexuality must value the child's sense of modesty and privacy and protect the child's innocence by utilizing single sex classes and same sex educators. (67)