

CatholicSexuality.com

Understanding God's Plan for Love, Marriage, and Sex

9 Lesson Plans

designed for 40 minute classroom sessions

Note: Lessons 2 and 3 are designed for single-sex sessions.



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Catholic Sexuality

Understanding God's Plan for Love, Marriage, and Sex Lesson Plan 1

(This corresponds to Part 1, Sessions 1-7 of the catholicsexuality.com website)

Objective:

1. To introduce the program which culminates in a pledge of purity
2. To teach the following:
 - a) We are all called to be sexually pure within our state of life.
 - b) The first commandment that God gave to Adam and Eve in the garden was to be fruitful and multiply and fill the earth.
 - c) God, the author of love, invented sex for 2 main purposes.
 - d) Sex is the physical expression of a couple's marriage vows.
 - e) Despite past sexual sins, we can begin today to start over and love the way God calls us to love.
 - f) Two important chemicals are released in the brain during sexual activity.
 - g) Although man and woman are equal in dignity, God designed them to be different and complementary in many ways.

Time: 40 minutes

Overview of Lesson:

- A. Introduction
- B. Video from Part 1, Session 1: "Chastity – A Way of Life" (3 min) and group discussion questions
- C. Video from Part 1, Session 2: "Back to the Beginning" (4 min) and group discussion questions
- D. Video from Part 1, Session 3: "Procreative and Unitive Aspects of Sex" (4 min) and group discussion questions
- E. Video from Part 1, Session 4: "Marriage-God's Context for Sex" (4 min) and group discussion questions
- F. Video from Part 1, Session 5: "Renewed Purity – It's Never Too Late to Start Anew" (4 min) and group discussion questions
- G. Video from Part 1, Session 6: "Love's Brain Chemicals-Oxytocin and Vasopressin" (5 min) and group discussion questions
- H. Video from Part 1, Session 7: "Differences Between Men and Women" (4 min) and group discussion questions

Materials:

- Laptop with internet access
- Projector
- Screen
- Catechism of the Catholic Church
- Supplemental article on in-vitro fertilization

B. “Chastity-A Way of Life” Video

Intro video: This 3 minute video is called, “Chastity-A Way of Life”. Listen for the definition of the word “chastity.”

Play “Session 1: Chastity – A Way of Life” (3 min) and ask students assigned questions (1.5 min). They can answer out loud or by show of hands. Correct answers shown in blue.

1. **True** or False: The definition of chastity is to be sexually pure within one’s state in life (single, married, or religious vocation).
2. Who is called to live a chaste life?
 - A) Nuns
 - B) Priests
 - C) Single people
 - D) Married people
 - E) **All of the above**

C. “Back to the Beginning” Video

Introduce next video: This next video is called, “Back to the Beginning”. Pay attention to the first commandment that God gave Adam and Eve. It may be different than what you thought it was.

Play video “Session 2: Back to the Beginning” (4 min) and ask students assigned questions (1.5 min):

1. The *first* commandment that God gave to Adam and Eve in the garden was to:
 - A) Not eat of the fruit of the tree of knowledge
 - B) **Be fruitful and multiply**
 - C) Not have strange gods
 - D) Keep holy the Lord’s day
 - E) None of the above
2. What does Holly compare the gift of sex to?
 - A) An apple
 - B) **Fire**
 - C) The Garden of Eden
 - D) The Tree of Knowledge

D. “Procreative and Unitive Aspects of Sex” Video

Introduce next video: This video is called “Procreative and Unitive Aspects of Sex.” These are perhaps unfamiliar terms. Pay attention to what they mean.

Play video: “Procreative and Unitive Aspects of Sex” (4 min) and ask students assigned questions (1.5 min):

1. **True** or False: The two purposes of sex are a.) to be open to creating new life and b.) for it to be a loving union of husband and wife.
2. An example of an activity that fails to embrace both purposes of sex is:
 - A) Masturbation
 - B) Contraception
 - C) In vitro fertilization
 - D) **All of the above**

Be prepared to discuss these answers. This can be a **very difficult subject**, especially with respect to in vitro fertilization. Expect that you will be talking to students who were conceived this way. Remind students that every human life is equally precious to God no matter how they came into existence.

For further reading on the topic of in-vitro fertilization, please see last page in this section.

E. “Marriage-God’s Context for Sex” Video

Introduce next video: This next video “Marriage - God's Context for Sex”, discusses what the word “marriage” really means from its root words:

Play video “Session 4: Marriage - God's Context for Sex” (4 min) and ask students the following questions (1.5 min):

1. **True** or False: Sex is the physical expression of a couple’s marriage vows.
2. The word “marriage” comes from the Latin word for mother, which is
 - A) **Mater**
 - B) Deo
 - C) Pater
 - D) Gratia

OR

2. Do you remember that the word marriage comes from the Latin word “Mater”? Do you remember what Mater means? **Answer: Mother**

So again, from the very root word of marriage, marriage is connected with having children. Our culture doesn't seem to understand this. More and more couples are getting married with the intent not to have children. This is not God's plan for marriage, is it?

F. Video : Renewed Purity – It's Never Too Late to Start Anew (4 min)

Intro video: This next video "Renewed Purity – It's Never Too Late to Start Anew", discusses ... Think of what you'd say to someone who regrets their past sexual sins.

Play video "Session 5: Renewed Purity – It's Never Too Late to Start Anew" (4 min) and ask students the following question (1.5 min):

1. What sacrament gives us the forgiveness and healing we need to start anew?
 - a. Holy Communion
 - b. Confirmation
 - c. Confession
 - d. Marriage

2. In your life, you will meet people who have fallen into sexual temptation. What advice would you give to them?

Suggestions:

- Confession
- Make a decision to change your life
- Find like-minded friends
- Frequent the sacraments
- Get tested for STDs
- Avoid near occasions of sin

G. “Love’s Brain Chemicals-Oxytocin and Vasopressin” Video

Introduce next video: Did you know that there is body chemistry involved in sex? It’s very complicated and very interesting. Pay attention to the 2 main chemicals involved in sexual behavior and how they affect human beings.

Play video “Session 6: Love's Brain Chemicals - Oxytocin and Vasopressin” (5 min) and ask students assigned questions (1.5 min):

1. True or False: Two neurohormones that are released in the brain during sexual activity are oxytocin and vasopressin.
2. Which of the following is true of vasopressin?
 - A) It is released in the brain as a result of sexual activity
 - B) It is released during breastfeeding
 - C) It creates feelings of relaxation, trust, contentment
 - D) It creates feelings of protectiveness

A and D

H. “Differences Between Men and Women” Video

Introduce next video: Did you know that men and women were designed to complement each other? We’re very different physically, emotionally, and psychologically. Listen for some differences that you may have never heard before.

Play video “Session 7: Differences Between Men and Women” (4 of 12 min) and ask students assigned questions (1.5 min):

1. Men are different from women in that they
 - A) Have a higher sex drive
 - B) Are more turned on visually
 - C) Have less tolerance for higher temperatures
 - D) Need little or no preparation for sex
 - E) All of the above
2. Women are different from men in that they
 - A) Have testosterone as their major sex hormone
 - B) Have a higher metabolism
 - C) Don’t live as long as men
 - D) Release oxytocin during childbirth & breastfeeding & sex
 - E) All of the above

FURTHER READING ON THE TOPIC OF IN-VITRO FERTILIZATION:

In Vitro Fertilization: Why Not? A Refresher on the Church's Teaching

by: Fr. Thomas Berg

<http://www.catholicnewsagency.com/column.php?n=1186>

- Short, concise article laying out the Church's position regarding IVF
- Touches upon:
 - procreative and unitive aspects of sex
 - objectifying children
 - health risks for mother / genetic abnormalities

A Catholic View: In Vitro Fertilization, the Human Cost

by: Arland Nichols

<http://www.lifenews.com/2012/08/28/a-catholic-view-in-vitro-fertilization-the-human-cost/>

- Short article on IVF from the Catholic perspective with a strong emphasis upon the destruction of embryos as a result of IVF

In Vitro Fertilization: Ethical Implications and Alternatives

by: Bishop Sean P. O'Malley, OFM Cap

<http://www.catholicculture.org/culture/library/view.cfm?recnum=6018>

- Longer, in-depth article on IVF from the Catholic perspective
- Subheadings include:
 - Marriage: The Sanctity of Life
 - Spare Embryos: Human Leftovers
 - Frozen Embryos: Children on Hold
 - Children: A Gift, not an Entitlement
 - Adoption: A Loving Solution

One Couple's Story: The Moral Shipwreck of In Vitro Fertilization

<http://thepracticingcatholic.com/2012/02/28/one-couples-story-the-moral-shipwreck-of-in-vitro-fertilization/>

- Short article on the story of a couple who have twins conceived by IVF and who are now struggling with the implications and consequences of their decision to use IVF (the wife had a hysterectomy; the husband and wife are parents of several frozen embryos)
- These parents want to "help others understand the consequences of choices made with IVF."

Catholic Sexuality

Understanding God's Plan for Love, Marriage, and Sex

Lesson Plan 2 GIRLS ONLY

(This corresponds to Part 2, Session 1, Segments 1-4 of the catholicsexuality.com website)**Objective:**

1. To teach the following:
 - a) Women deserve to be treated with respect because they are daughters of God our King.
 - b) The power of a woman is in the beauty of her soul and in her identity as bride and mother (physically or spiritually).
 - c) A princess should expect her date to be prepared, respectful and chivalrous.
 - d) A sign of maturity is using freedom to choose to do the right thing.

Time: 40 minutes

Overview of Lesson:

- A. Introduction
- B. Video from Part 2, Session 1, Segment 1: "Daughters of a King" (6 min) and group discussion questions
- C. Video from Part 2, Session 1, Segment 2: "The Power of Being a Woman" (4 min) and group discussion questions
- D. Video from Part 2, Session 1, Segment 3: "How Princesses Need to be Treated" (7 min) and group discussion questions
- E. Video from Part 2, Session 1, Segment 4: "Purity Standards of a Princess" (16 min) and group discussion questions
- F. Conclusion

Materials:

- Laptop with internet access
- Projector
- Screen
- Catechism of the Catholic Church

Advance Preparation:

- Mark the Catechism of the Catholic Church: 371, 397 (Male and female He created them; Man's first sin) so that you can read directly.
- Turn on projector and set up screen
- Turn on laptop and go to "CatholicSexuality.com" website
- Click on "Understanding God's Plan for Love, Marriage and Sex"
- Click on "Part 2: Femininity and Masculinity, Session 1: Daughters of a King"

Procedure:

Introduce the program (See Introduction.)

A. Introduction

Do you realize how precious you are to the Heavenly Father? You are His beautiful daughters – you are daughters of the The King! That makes you princesses. That’s why we gave you tiaras today – to remind you Whose daughter you really are.

So many people in our society do not understand their inherent dignity as daughters (and sons) of The King.

God, Who is Love, sent His only begotten Son to the cross to die for us, that we might have eternal life. Jesus Christ showed us the ultimate love by freely sacrificing His life for us.

How do you know when someone loves you? (Take Answers.) When they put your interests and well-being ahead of their own wants/desires, then you can be pretty certain they love you.

God loves you so much! He wants what is best for you.

B. “Daughters of a King” Video

Intro video: This 6 minute video is called, “Daughters of a King”. Listen for why the serpent chose to tempt Eve in the Garden instead of Adam.

Play “Part 2, Session 1, Segment 1: Daughters of a King” (6 min) and ask students assigned questions (1.5 min). They can answer out loud or by show of hands. Correct answers shown in blue.

1. **True** or False: Women deserve to be treated with respect because they are daughters of the King.
2. Which of the following is true about God’s creation of Eve?
 - a. All of creation was incomplete without Eve
 - b. Eve was God’s finishing touch on creation
 - c. God created Eve and said it was "very good"
 - d. God created Eve not just to be a helper to Adam but a sustainer beside him
 - e. **All of the above**
3. True or **False**: The serpent first tempted Adam in the garden with the apple of the tree of knowledge.

C. “The Power of Being a Woman” Video

Introduce next video: This next video is called, “The Power of Being a Woman”. What is it about a woman that makes her beautiful?

Play video from Part 2, Session 1, Segment 2: “The Power of Being a Woman” (4 min) and group discussion questions (1.5 min):

1. True or **False**: The power of beauty is loud and aggressive.
2. True or **False**: In order to be equal to men, women have to be just like men.

D. “How Princesses Deserve to be Treated” Video

Introduce next video: This video is called “How Princesses Deserve to be Treated.” What should princesses expect from their dates?

Play video: “How Princesses Deserve to be Treated” (7 min) and ask students assigned question (1.5 min):

1. Marisol tells us that:

A princess should expect the following from her date

- a. He plans the details of the date in advance
- b. Upon arrival, he comes in to meet her parent(s)
- c. He walks to the front door when picking her up and dropping her off
- d. **All of the above**

Why does the princess’ date need to do these things?

a) He plans the date; this means he takes the initiative. The princess (and her parents) will then know what to expect during the couple’s time together on the date. The guy should plan and pay for the first bunch of dates; this is a prelude to what is expected in marriage, that the man is (normally) the main provider for the family. If the girl does all the planning and paying from the beginning of the relationship, this will be the expected way it will be if they get married as well, with the woman taking the initiative and having to provide for the family. But God designed the family with a division of labor between husbands and wives, with the woman being the bearer of children and main caretaker for the family, and the man being the main provider for the family. (The woman’s body is designed to feed and nurture the children from the beginning. Her body makes milk in order to feed children when they are born.)

This is not to say that the girl should not reciprocate in the relationship; she can certainly invite her date over for dinner or plan a picnic or occasionally pay once the relationship has launched.

b) Upon arrival, the date comes in to meet her parent(s). By doing this, the man is showing respect to the princess and her parents. This also gives the opportunity for the parent(s) to meet the guy and get to know him a bit. It also lets the guy know that the princess has a family who loves her and is interested in her well-being. In a subtle way, this reinforces the idea to the guy that the princess needs to be treated properly because the princess has a family watching out for her.

c) By walking to the front door when picking the princess up and dropping her off, the guy is ensuring the princess' safety and is showing her respect.

In fact, all these actions show respect. And respect is a two-way street. When the girl is treated with great respect, she also should reciprocate and treat her date with the utmost respect.

E. "Purity Standards of a Princess" Video

Introduce next video: This next video "Purity Standards of a Princess" discusses the standards a princess should have when dating.

Play video "Part 2, Session 1, Segment 4: Purity Standards of a Princess" (16 min) and ask students the following questions (1.5 min):

1. **True** or **False**: A sign of maturity is being able to do anything you want but choosing to do the right thing.
2. **True** or **False**: When saying "no" to something you're uncomfortable with on a date, it's best to always give a reason.
3. **Question**: What should a girl do if she is uncomfortable on a date?

Possible answers:

Ask to be taken home

Call her family for a ride home

For safety reasons, it is important that dates take place in public places (restaurants, etc.) with people around.

F. Conclusion

What did we learn today?

- We learned that women deserve to be treated with respect because they are daughters of God our King. You are precious to your Heavenly Father. You are His beautiful daughters – princesses of the King of Kings! God loves you so much and wants what is best for you.
- The power of a woman is in the beauty of her soul.
- A princess should expect her date to be prepared, respectful and chivalrous.
- You know when someone loves you when they put your interests and well-being ahead of their own wants/desires.

Catholic Sexuality

Understanding God's Plan for Love, Marriage, and Sex

Lesson Plan 2 BOYS ONLY

(This corresponds to Part 2, Session 2, Segments 1-5 of the catholicsexuality.com website)

Objective:

1. To introduce the lesson on Masculinity and What it Means to be a Man.
2. To teach the following:
 - a) Fr. Pomposello shares his story of discerning God's will and becoming a priest.
 - b) Sin is acting against God's will.
 - c) Men inherently want to protect and provide for their families and loved ones.
 - d) Pornography abuses the gift men have for the visual and distorts their view of women and relationships.
 - e) Pornography can affect a person's ability to emotionally relate to real people and can cause him to become a selfish lover.

Time: 40 minutes

Overview of Lesson:

- A. Introduction
- B. Video from Part 2, Session 2, Segment 1: "God's Call to the Priesthood" (10 min) and group discussion questions
- C. Video from Part 2, Session 2, Segment 2: "Sin" (6 min) and group discussion questions
- D. Video from Part 2, Session 2, Segment 3: "Our Identity as Men" (5 min) and group discussion questions
- E. Video from Part 2, Session 2, Segment 4: "Why Porn Works on Men" (4 min) and group discussion questions
- F. Video from Part 2, Session 2, Segment 5: "Pornography" (8 min) and group discussion questions
- G. Conclusion

Materials:

- Laptop with internet access
- Projector
- Screen
- Catechism of the Catholic Church
- Blackboard and chalk (or whiteboard) for writing website at the end of the lesson

Advance Preparation:

- Mark the Catechism of the Catholic Church: 1536-1589, 369-370, 1849-1864, and 2354 (priesthood, masculinity, sin, pornography) so that you can read directly from it.
- Turn on projector and set up screen
- Turn on laptop and go to “CatholicSexuality.com” website
- Click on “Understanding God’s Plan for Love, Marriage and Sex”
- Click on “Part 2: Femininity and Masculinity, Session 2: What Does it Mean to be a Man?”

Procedure:

Introduce the program (See Introduction.)

A. Introduction

Do you realize how prized you are by the Heavenly Father? You are His sons. He has called you to be a man.

Since God has called us to be men, let’s talk about what it means to be a man.

As Christians, Jesus Christ is the ultimate man, the ultimate hero.

Christ, who is the King of the Universe, humbled himself and became a human to take sins upon himself. He was mocked by those who were made in His image, who were brought into being by Him.

In the Bible, we see many facets of Jesus Christ’s personality.

- 1) He often went away by Himself to pray. He used solitude to regain strength.
- 2) He was strong enough to resist the devil’s temptations in the desert.
- 3) Jesus was not a wimp. He threw the moneychangers out of the temple and defended himself verbally against the Pharisees.
- 4) Yet, He was compassionate; He saved Mary Magdalene from being stoned. “Go and sin no more.”
- 5) Jesus didn’t care about what other people thought of Him. He knew His own mind.
- 6) Christ was not vindictive; He said to the “good thief” on the cross, “This very day you will be with me in paradise.”
- 7) He was a provider for the people; He fed the crowd with loaves of bread and fish. He gave us His body at the Last Supper.

You need to start thinking now about what kind of man you want to be.

B. “God’s Call to the Priesthood” Video

Intro video: This 10 minute video is called, “God’s Call to the Priesthood”. Fr. Pomposello shares his story of discerning God’s will and becoming a priest. Each priest acts “in persona Christi” meaning “in the person of Christ.”

Play video “Part 2, Session 2, Segment 1: God’s Call to the Priesthood” (10 min) Do you think it took Fr. Pomposello courage to decide to enter the seminary (to study for the priesthood) when he was already in a serious relationship with his girlfriend?

C. “Sin” Video

Introduce next video: This next video is called, “Sin”. Listen for the 3 things that make up a moral act.

Play video “Part 2, Session 2, Segment 3: Sin” (6 min) and group discussion questions (1 min):

1. **True** or False: Sin is acting against God’s will.
2. The morality of a human action depends on all of the following except for:
 - a. Object
 - b. Intention
 - c. **Consensus**
 - d. Circumstance

D. “Our Identity as Men” Video

Introduce next video: This video is called “Our Identity as Men.” What instincts and responsibilities does God give to men?

Play video: “Part 2, Session 2, Segment 3: Our Identity as Men” (5 min) and ask students assigned questions (1 min):

1. **True** or False: One of the primary natural instincts and responsibilities of a man is to be a protector.

2. Fr. Pomposello compares men and women to _____ when he explains that they are equal in dignity but not the same. They serve different purposes.

- a. Apples and oranges
- b. A dollar bill and four quarters
- c. Cats and dogs
- d. None of the above

E. “Why Porn Works on Men” Video

Introduce next video: This next video “Why Porn Works on Men” discusses how Pornography abuses men’s God-given gifts.

Play video “Part 2, Session 2, Segment 4: Why Porn Works on Men” (4 min) and ask students the following questions (1 min):

1. **True** or False: Pornography abuses the gift men have for the visual.

2. Which of the following is true about pornography?
 - a. The beauty of the female image is distorted and corrupted
 - b. Pornography endangers a man’s masculinity
 - c. Men become predators and consumers instead of protectors of what is good
 - d. **All of the above**

F. “Pornography” Video

Introduce next video: This next video “Pornography” talks about how porn can affect a person’s ability to emotionally relate to real people and can cause him to become a selfish lover.

Play video “Part 2, Session 2, Segment 5: Pornography” (8 min) and ask students the following questions (1 min):

1. Which of the following is not an effect of viewing pornography?
 - a. Adrenaline, testosterone, epinephrine and dopamine are released in the brain
 - b. **It helps make you a better lover**
 - c. It’s habit-forming and can be addictive
 - d. It can weaken a person’s ability to love

2. Which of the following are strategies to help someone stop viewing pornography?
- a. Tap into your own creativity and direct your energy in other ways
 - b. Get rid of things that will tempt you
 - c. Find a supportive social group with similar values
 - d. Frequent the sacraments of Confession and Holy Communion
 - e. [All of the above](#)

Note: Using pornography can quickly become an addiction because of the brain chemistry involved. Just like drugs and alcohol, sometimes people need outside help to kick the addiction. In addition to confessing the sin of viewing pornography, there are some excellent websites that are designed for Catholic men and teens struggling with pornography use:

Here's one: (write on board) www.IntegrityRestored.com

It was designed by Peter C. Kleponis, PhD.

G. Conclusion:

What did we learn today?

- You, as men, were designed by God to be models of Christ in this world. You were created for a very special purpose: to provide for and protect your loved ones.
- The enemy tries to prevent men from fulfilling their God-given mission in life by tempting them with sin.
- One example of this is pornography. Pornography abuses man's gift for the visual and causes him to become a predator and consumer instead of protector of what is good and beautiful.
- Although pornography is habit-forming, can be addictive, and can weaken a person's ability to love, there is hope for recovery. Removing tempting triggers from one's life, frequenting the Sacraments, and finding a supportive social group can all help combat this temptation. Visit www.IntegrityRestored.com for more information.

Catholic Sexuality

Understanding God's Plan for Love, Marriage, and Sex

Lesson Plan 3 GIRLS ONLY

(This corresponds to Part 2, Session 1, Segments 5-6 of the catholicsexuality.com website)

Objective:

To teach the following:

- a) Modesty protects the intimate center of the person (Catechism 2533).
- b) Women are called to be beautiful and can still look fashionable while dressing modestly.
- c) The importance of demanding respect and having boundaries while dating.

Time: 40 minutes

Overview of Lesson:

- A. Introduction
- B. Video from Part 2, Session 1, Segment 5: "Dressing Modestly" (first 17:42 min) and group discussion questions
- C. Video from Part 2, Session 1, Segment 6: "Purity Witness" (19 min) and group discussion questions
- D. Conclusion

Materials:

- Laptop with internet access
- Projector
- Screen
- Catechism of the Catholic Church

Advance Preparation:

- Mark the Catechism of the Catholic Church: 2521-2524 (modesty and purity) so that you can read directly from it.
- Turn on projector and set up screen
- Turn on laptop and go to "CatholicSexuality.com" website
- Click on "Understanding God's Plan for Love, Marriage and Sex"
- Click on "Part 2: Femininity and Masculinity, Session 1: Daughters of a King"

Procedure:

Introduce the program (See Introduction.)

A. Introduction

The topic for today's session is "modesty".

A wise person once said, "The problem with dressing immodestly isn't that it shows too much of a person, but that it shows too little of them."

What did they mean by this? (Take answers.)

If a girl's outfit is sexy, it's difficult for a guy not to think about sex because this is the way he is wired. Guys are very visual. They are aroused primarily by the visual.

A guy who sees a girl who is dressed in a sexy way will immediately think about sex and not about what a great personality she must have and what talents she possesses and how he can get to know her better. In a sense, the way we dress is an advertisement for how we want people to think of us.

Here's what the Catechism of the Catholic Church has to say about Modesty:

2521. Purity requires *modesty*, an integral part of temperance. Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden. It is ordered to chastity to whose sensitivity it bears witness. It guides how one looks at others and behaves toward them in conformity with the dignity of persons and their solidarity.

2522. Modesty protects the mystery of persons and their love. It encourages patience and moderation in loving relationships; it requires that the conditions for the definitive giving and commitment of man and woman to one another be fulfilled. *Modesty is decency. It inspires one's choice of clothing.* It keeps silence or reserve where there is evident risk of unhealthy curiosity. It is discreet. (Italics ours.)

2523. There is a modesty of the feelings as well as of the body.... Modesty inspires a way of life which makes it possible to resist the allurements of fashion and the pressures of prevailing ideologies.

B. "Daughters of a King" Video

Intro video: This first video is called, "Dressing Modestly". Listen for the reasons why it's good to dress modestly.

Play "Part 2, Session 1, Segment 5: Dressing Modestly" (first 17:42 min) and ask students assigned questions (1.5 min). They can answer out loud or by show of hands. Correct answers shown in blue.

1. Which of the following is not a reason for a woman to dress modestly?
 - a. She helps protect men from the temptation of looking at her in a lustful way
 - b. She shouldn't try to be beautiful or look fashionable
 - c. It protects her beauty, femininity, and innocence
 - d. She should dress like a princess because she is a daughter of God our King

2. Examples of immodest clothing includes:
 - a. Leggings worn as pants
 - b. Short shorts
 - c. Tight jeans
 - d. Bikinis
 - e. All of the above

C. "Purity Witness" Video

Introduce next video: This next video is called, "Purity Witness". Pay attention to the boundaries Alexa had while dating.

Play video from Part 2, Session 1, Segment 6: "Purity Witness" (19 min) and group discussion questions (1.5 min):

1. Was Alexa's father in her life growing up?
 - a. Yes
 - b. No

2. What boundaries did Alexa have while dating?
 - a. Demanded respect from her dates
 - b. Kept her dorm room open in college
 - c. Tried not to be at his apartment alone
 - d. Always vacationed with other couples and slept in different rooms
 - e. All of the above

D. Conclusion:

What did we learn today?

- We learned that how we dress, in a way, is an advertisement for how we want people to treat us.
- Dressing modestly is beneficial for women and men. Women are valued and respected for their inherent worth – not because of what their body parts look like- and men are protected from the occasion of sin by not being tempted to lust after women.
- Modesty protects a woman's beauty, femininity and innocence.

Catholic Sexuality

Understanding God's Plan for Love, Marriage, and Sex

Lesson Plan 3 BOYS ONLY

(This corresponds to Part 3, Session 5 of catholicsexuality.com website)

Objective:

To teach the following:

- h) The meaning of love
- i) Factors that increase a couple's chances of divorce
- j) What God thinks about masturbation and foreplay
- k) Sex is wedding vows made flesh
- l) Chastity isn't the easiest path, but it's the best path, and you won't regret it.
- m) The importance of having a foundation of principles and values before pursuing a relationship.

Time: 35 minutes

Overview of Lesson:

- I. Introduction
- J. Play video "Hard Questions, Straight Answers about Sex and Relationships" - Jason Evert talks to the guys (25 min) and group discussion questions (6 min)
- K. Play video from Part 3, Session 5: "In Search of a Lasting Relationship" (7 min) and group discussion questions (2 min)
- D. Conclusion

Materials:

- DVD "Hard Questions, Straight Answers about Sex and Relationships"
- Laptop or TV/DVD player
- Projector and screen (if using laptop)
- Catechism of the Catholic Church

Advance Preparation:

- Purchase DVD "Hard Questions, Straight Answers about Sex and Relationships" Jason Evert talks to the Guys. Vision Video 800-523-0226 www.visionvideo.com (\$15.99 + s&h) 25 min.
- Mark the Catechism of the Catholic Church: 2520-2521 ("The Battle for Purity") so that you can read directly from it.
- Turn on laptop or TV/DVD player.
- Turn on projector and set up screen (if using laptop).

Procedure:

Introduce the program (See Introduction.)

A. Introduction

In this session, we're going to watch a video where Catholic speaker Jason Evert takes aside high school guys to answer any questions that they have about sex and relationships.

Jason answers questions such as: How far is too far? What is the meaning of love? What's the harm of "doing it" if we are truly in love? We know we want to marry, so why should we wait?

Jason's answers are candid, honest, and respectful of the struggles young people face today.

B. "Hard Questions, Straight Answers" Video

Play entire "Hard Questions, Straight Answers" Video (cue video past the prayer to where you see Jason Evert start to ask questions). Then, ask students assigned questions (10 min).

1. Which of the following is true about a couple having sex and/or living together before marriage?
 - a. If you live with a girl before marriage, she is 40% more likely to cheat on you during your marriage.
 - b. 75% of couples who shack up before marriage are divorced before their 3rd wedding anniversary.
 - c. If you sleep with a girl before marrying her, you are 3 times as likely to divorce her.
 - d. All of the above

2. **True** or False: Masturbation is really a selfish behavior. It's "I" focused instead of "We" focused.

3. Because people confuse love with feelings of being in love, most divorces happen within ___ years of marriage.
 - a. 2
 - b. 4
 - c. 6
 - d. 8

4. True or **False**: Foreplay is ok during dating just as long the couple doesn't have premarital sex.

5. After having sex, the average high school couple's relationship lasts _____.
 - a. 1 year
 - b. 4 months
 - c. 7 weeks
 - d. 21 days
6. True or **False**: After marriage, you and your wife will not be attracted to other people.
7. **True** or False: Training yourself to be faithful now is the best preparation for being faithful in marriage.
8. **True** or False: Sex and wedding vows are related.

Sex is the body language of wedding vows. When a married couple has sex, they are renewing their wedding vows; when an unmarried couple has sex, they are lying with their bodies because they are saying they are committed without actually having a real commitment.

9. The divorce rate of guys who get married as virgins is _____ % lower than those who don't wait for marriage.
 - a. 15 %
 - b. 23 %
 - c. 49 %
 - d. 71 %
10. **True** or False: Couples who don't use contraception have a significantly lower divorce rate than those couples contracepting.
11. **True** or False: The birth control pill can cause cancer in women.
12. **True** or False: Chastity is not the easiest path, but it's the best path. It is guaranteed that you won't regret it.

C. "In Search of a Lasting Relationship" Video

Intro video: In this next video entitled, "In Search of a Lasting Relationship", Joe shares his personal testimony of his battle understanding God's plan for sex and his search for a lasting relationship.

Play video from Part 3, Session 5: "In Search of a Lasting Relationship" (7 min) and ask group discussion questions (2 min).

1. **True** or False: Joe tells us that it's important to get your principles and your values down first, and then pursue a relationship.
2. What did Joe do during his 7 years of abstaining from sex before meeting his wife?
 - a. Was active at his church
 - b. Got drunk regularly

D. Conclusion:

What did we learn today?

- Chastity is not the easiest path, but it is the very best way to ensure a healthy and long-lasting relationship.
- We learned that premarital sex and/or living together before marriage increases the chances of 1) infidelity within marriage and 2) getting divorced.
- Masturbation and contraception hurt relationships because they are examples of behaviors where the person is not giving to the other their full gift of self.
- A husband and wife renew their wedding vows in the sexual language of love each time they make love.

Catholic Sexuality

Understanding God's Plan for Love, Marriage, and Sex

Lesson Plan 4: Sexual Sin and God's Mercy

(This corresponds to Part 3, Sessions 1-9 of the catholicsexuality.com website)

Objective:

To teach the following:

- a) God designed sex to be bring about new new life and to bond husbands and wives together emotionally and physiologically.
- b) God is very serious about sex because it has the potential to bring new life into existence, which will live forever.
- c) Some sins carry a mortal weight because they destroy our relationship with God.
- d) God pours out His mercy and forgiveness in the sacrament of Confession.
- e) Review examination of conscience, the value of Confession and how to go to Confession

Time: 40 minutes

Overview of Lesson:

A. Introduction

B. Video from Part 3, Session 1: "Purposes for Sex" (6 min) and group discussion questions (2 min)

C. Video from Part 3, Session 3: "Sexual Sins" (5 min) and group discussion questions (2 min)

D. Video from Part 3, Session 2: "Mortal Sin" (6 min) and group discussion questions (2min)

E. Video from Part 3, Session 4: "Forgiveness and Confession" (5 min) and group discussion questions (2 min)

F. Pass out "Examination of Conscience" handouts and have a priest available to hear confession (10 min)

G. Conclusion

Materials:

- Laptop with internet access
- Projector
- Screen
- “Examination of Conscience” handouts
- Catechism of the Catholic Church

Advance Preparation:

- Ask a priest to be available to hear confession during this class session.
- Make copies of “Examination of Conscience” flyer to pass out to students.
- Mark the Catechism of the Catholic Church: 1849-1864, 1440 (sin, Sacrament of Penance) so that you can read directly from it.
- Turn on projector and set up screen.
- Turn on laptop and go to “CatholicSexuality.com” website.
- Click on “Understanding God’s Plan for Love, Marriage and Sex.”
- Click on “Part 3: Authentic Love vs. Counterfeit Intimacy.”

Procedure:

Introduce the program (See Introduction.)

A. Introduction

Practically every day it seems, we see in media (television, movies, music, magazines, etc.) people having sex outside of marriage. In fact, some of your friends may be involved in premarital sex. It has become so prevalent that our society treats premarital sex as normal. And usually the goal is not to get pregnant. This is totally antithetical (in opposition) to God’s plan for love, marriage and sex. Premarital sex thwarts God’s beautiful plan for sex and opens people up to sometimes catastrophic physical, emotional and spiritual consequences that people don’t even realize. Today we are going to discuss the purposes of sex, sexual sins and the spiritual remedy to sexual sin: Confession.

B. “Purposes for Sex” Video

Intro video: This 6 minute video is called, “Purposes for Sex.” Holly explains God’s two purposes for sex.

Play video from Part 3, Session 1: “Purposes for Sex” (6 min) and ask group discussion questions (2 min):

1. What are the two purposes of sex?
[Unitive \(bonding husbands and wives\) and Procreative \(bringing new people into existence\)](#)
2. [True](#) or False: Whenever we deviate from either the procreative or unitive purpose for sex, we go against God’s plan.

C. “Sexual Sins” Video

Introduce next video: This next video is called, “Sexual Sins”. What are some sexual behaviors that St. Paul says are sinful? Why are they not part of God’s plan?

Play video from Part 3, Session 3: “Sexual Sins” (5 min) and ask students assigned questions (2 min):

1. **True** or False: God is very serious about sex.
2. True or **False**: Temptations are sinful. (Everyone gets tempted. It’s not the temptation that’s a sin. We can choose to flee from temptation, which is what the bible recommends. Reference 1 Corinthians 6:18.)

D. “Mortal Sin” Video

Introduce next video: This next video is on the topic of “Mortal Sin.” Listen for the 3 requirements for mortal sin.

Play video from Part 3, Session 2: “Mortal Sin” (6 min) and ask group discussion questions (2min):

1. **True** or False: Some sins carry a mortal weight because they destroy our relationship with God.
2. Which of the following is not a condition for mortal sin?
 - a) Serious matter
 - b) Full knowledge
 - c) Full consent of the will
 - d) Trivial matter**

E. “Forgiveness and Confession” Video

Introduce next video: This next video “Forgiveness and Confession”, discusses the beauty of the Sacrament of Confession and God’s infinite mercy.

Play video from Part 3, Session 4: “Forgiveness and Confession” (5 min) and ask group discussion questions (2 min):

1. Let's review steps to going to confession: Ask the students to come up with 4 steps to making a good Confession.

- 1) Examine your conscience
- 2) Tell the priest how long it's been since your last confession and state your sins to the priest and how many times you committed each sin
- 3) Receive absolution from the priest
- 4) Perform the penance given by the priest

2. **True** or False: In the sacrament of Confession, we confess our sins not to the priest, but to Jesus Christ Himself through the person of the priest.

F. "Examination of Conscience" Flyer

Pass out copies of the flyer entitled "Examination of Conscience" to the students, and give the students quiet time to read this flyer. Have a priest available to hear confession (10 min).

G. Conclusion

What did we learn today?

- We learned that the two purposes of sex are unitive (bonding husbands and wives) and procreative (bringing new people into existence). Whenever we deviate from either the procreative or unitive purpose for sex, we go against God's plan.
- Although our culture may not think that premarital sex is a big deal, God is very serious about sex and there are spiritual consequences of having sex outside of marriage. Sex before marriage is considered a mortal sin and Confession is required in order to repair one's relationship with God.
- In the sacrament of Confession, by confessing our sins to Jesus Christ Himself through the person of the priest, we receive the grace and strength to free ourselves from the bondage of sin and to start anew.

Catholic Sexuality

Understanding God's Plan for Love, Marriage, and Sex

Lesson Plan 5: Authentic Love vs. Counterfeit Intimacy

(This corresponds to Part 3, Sessions 5-9 of the catholicsexuality.com website)

Objective:

To teach the following:

a) Authentic Love: God's Design for Marriage

- * It's important to decide what your principles and values are first, and then pursue a relationship.
- * Sex is a beautiful gift from God. A child is a physical representation of that moment of intimacy between a husband and a wife.
- * The best preparation for marriage is to maintain one's sexual purity.

b) Counterfeit Intimacy: Misusing God's Gift of Sex for Selfish Reasons

- * The dangers of pornography
- * Using contraceptives circumvents one of God's purposes for sex. Additionally, the pill and other hormonal contraceptives are dangerous to new life, women's health, and romantic relationships.
- * There is a better way than contraception; Couples can either delay pregnancy for serious reasons or achieve pregnancy by using Natural Family Planning, a completely safe, moral and natural approach which uses the woman's natural fertility signs to determine times of fertility and infertility during the month.

Time: 40 minutes

Overview of Lesson:

A. Introduction

B. Video from Part 3, Session 5: "In Search of a Lasting Relationship" (7 min) and group discussion questions (2 min)

C. Video from Part 3, Session 6: "Sex is a Gift" (8 min) and group discussion questions (2 min)

D. Video from Part 3, Session 7: “Best Preparation for Marriage” (3 min) and group discussion questions (2 min)

E. Video from Part 3, Session 8: “Dangers of the Pill” (9 min) and group discussion questions (2 min)

F. Video from Part 3, Session 9: “Natural Family Planning” (3 min) and group discussion questions (2 min)

G. Conclusion

Materials:

- Laptop with internet access
- Projector
- Screen
- Catechism of the Catholic Church

Advance Preparation:

- Mark the Catechism of the Catholic Church: 2354, 2368, and 2370 (pornography, NFP, and contraception) so that you can read directly from it.
- Turn on projector and set up screen
- Turn on laptop and go to “CatholicSexuality.com” website
- Click on “Understanding God’s Plan for Love, Marriage and Sex”
- Click on “Part 3: Authentic Love vs. Counterfeit Intimacy”

Procedure:

Introduce the program (See Introduction.)

A. Introduction

Today we are going to talk about Authentic Love vs. Counterfeit Intimacy

Authentic love follows God’s plan since He is love. When people use sex outside of the context that God intended by having sex outside of marriage or by thwarting the life-giving aspect of sex, they experience a counterfeit, an imitation of what sex is supposed to be—an act of total self-giving.

In order to give totally of yourself, you need to know who you are and understand what you are giving.

B. “In Search of a Lasting Relationship” Video

Intro video: This 7 minute video is called “In Search of a Lasting Relationship.” Listen for what Joe says to do before pursuing a relationship.

Play “Session 5: “In Search of a Lasting Relationship” (7 min) and ask students assigned questions (2 min).

1. **True** or False: Joe tells us that it’s important to get your principles and your values down first, and then pursue a relationship.
2. What did Joe do during his 7 years of abstaining from sex before meeting his wife?
 - a. **Served at his church**
 - b. Got drunk regularly

C. “Sex is a Gift” Video

Intro video: This next video is called, “Sex is a Gift”. Joe discusses the question: is sex a burden or a gift?

Play video “Session 6: Sex is a Gift” (8 min) and ask students assigned questions (2 min):

1. **True** or False: The first sexual experience that people have tends to leave a very powerful mental and emotional imprint on those individuals. (That’s why God designed that first sexual experience to be on the husband’s and wife’s wedding night.)
2. **True** or False: A child is a physical representation of that moment of intimacy between a husband and a wife.

D. “Best Preparation for Marriage” Video

Introduce next video: This video is called “Best Preparation for Marriage.” Listen for what Joe says is the best preparation for marriage.

Play video: “Session 7: “Best Preparation for Marriage” (3 min) and ask students assigned questions (2 min):

1. What does Joe say is the best preparation for marriage?
 - a. Date as many people as possible
 - b. Get a wedding planner
 - c. Maintain your sexual purity
 - d. Live together before marriage

2. What are some ways to maintain your purity before marriage?
 - a. Want and believe in the best possible future marriage. Have that as your goal.
 - b. Strive to give your future spouse on the altar an offering of love and years of sacrifice that you've reserved only for him/her.
 - c. Write love letters to your future spouse.
 - d. All of the above

E. "Dangers of the Pill" Video

Introduce next video: This next video "Dangers of the Pill." Did you know that the pill is dangerous for new life, women's health, and relationships?

Play video "Session 8: "Dangers of the Pill" (9 min) and ask students the following questions (2 min):

1. Side effects of the birth control pill include:
 - a. Heart attack, stroke, blood clots, endometriosis
 - b. Kidney failure, high blood pressure, nausea
 - c. Cancer, increased risk of STDs, cerebral hemorrhage
 - d. All of the above
 - e. None of the above

2. True or **False**: More access to contraception results in fewer abortions.

F. "Natural Family Planning" Video

Intro video: This next video "Natural Family Planning". Listen for the two reasons why a woman might use NFP.

Play video "Session 9: "Natural Family Planning" (3 min) and ask students the following question (2 min):

1. **True** or False: With Natural Family Planning (NFP), a woman monitors her fertility by observing her body's signs throughout the month.

2. What are some of the benefits of using NFP?

- a. It is scientifically based, healthy, and effective
- b. It can help a woman get to the root cause of any abnormal physical symptoms
- c. Improves relationships by increasing communication between spouses
- d. Fosters respect for women and the dignity of marriage
- e. **All of the above**

G. Conclusion:

So what have we learned today?

- Sex is meant to be a gift of your total self. Going outside of God's plan will have negative consequences and is really a counterfeit of the real thing that sex is supposed to be.
- Deciding what your values are before entering a relationship is key in order to have healthy relationships
- Saving sex for marriage is the best way to prepare for a good marriage
- People have no idea when they take the pill or other hormonal contraceptives that they could be hurting their unborn children, their health and their relationships.
- When used unselfishly, Natural Family Planning is a safe, moral way married couples can use to space children.

Catholic Sexuality

Understanding God's Plan for Love, Marriage, and Sex

Lesson Plan 6: Sexually Transmitted Diseases

(This corresponds to Part 4, Session 1, Segments 1-9
of the catholicsexuality.com website)

Objective:

To teach the following:

- a) The more sexual partners a person has, the more likely he/she will get an STD.

- b) Risky sexual practices, having sex at a younger age, immature anatomy, and reliance on condoms explain why teens are getting sexually transmitted diseases at a higher rate.

- c) HPV is the most common STD. It is a virus and thus cannot be cured by antibiotics.

- d) 1 out of 5 Americans over the age of 12 has genital herpes.

- e) 18 out of 100 couples using a condom will get pregnant.

- f) Oral sex is sex. Oxytocin is flowing, and bonding is taking place.

- g) Stay strong in your commitment to stay sexually pure, because your gift of self to your spouse on your wedding day will be worth the sacrifice.

Time: 40 minutes

Overview of Lesson:

A. Introduction

B. Video from Part 4, Session 1, Segment 1: "Why are STDs so Rampant" (3 min) and group discussion questions (1 min)

C. Video from Part 4, Session 1, Segment 2: "Why are Teens Getting STDs at a Higher Rate?" (3 min) and group discussion questions (1 min)

D. Video from Part 4, Session 1, Segment 3: "Human Papilloma Virus" (5 min) and group discussion questions (1 min)

E. Video from Part 4, Session 1, Segment 5: "Genital Herpes" (3 min) and group discussion questions (1 min)

F. Video from Part 4, Session 1, Segment 7: “Condoms” (9 min) and group discussion questions (1 min)

G. Video from Part 4, Session 1, Segment 8: “Oral Sex, is it Sex?” (6 min) and group discussion questions (1 min)

H. Video from Part 4, Session 1, Segment 9: “Words of Encouragement” (4 min) and group discussion questions (1 min)

I. Conclusion

Materials:

- Laptop with internet access
- Projector
- Screen
- Catechism of the Catholic Church

Advance Preparation:

- Turn on projector and set up screen
- Turn on laptop and go to “CatholicSexuality.com” website
- Click on “Understanding God’s Plan for Love, Marriage and Sex”
- Click on “Part 4: Consequences of Sex Outside of Marriage”, Session 1: Sexually Transmitted Diseases

Procedure:

Introduce the program (See Introduction.)

A. Introduction

Premarital sex has many psychological, emotional, spiritual, and physical consequences. In this lesson, we are going to discuss the epidemic of STDs that we do not hear much about on those TV sit-coms where everyone seems to be jumping in and out of bed with little or no consequences.

(If you have seen an example of a show where there has been sex outside of marriage with no consequences, bring up that show and briefly describe the episode here. Chances are some of the young people have seen the same show. This is a powerful teaching opportunity.)

Here we will see how people suffer and even die as a result of STDs. It’s important for people to understand that there would be no STD pandemic if people were obedient to God – saving sex for marriage and being faithful to their husband or wife.

Romans 6:23 says, “... the wages of sin are death ...”

B. “Why are STDs so Rampant?” Video

Intro video: This 3 minute video is called “Why are STDs so Rampant?” Listen for some reasons why we’ve seen a rise in the occurrence of STDs.

Play Session 1, Segment 1: “Why are STDs so Rampant?” (3 min) and ask students assigned questions (1 min).

1. **True** or False: God’s plan for marriage is for people to be exposed to only one other person’s germs, their spouse.
2. What does Christine say is an important contributing factor to how many sexual partners a person will have?
 - a. Where they live
 - b. What religion they are
 - c. The age they first start having sex**
 - d. The way they dress

C. “Why are Teens Getting STDs at a Higher Rate?” Video

Intro video: This next video is called, “Why are Teens Getting STDs at a Higher Rate?” What makes teens more susceptible to contracting STDs as compared to adults?

Play video Session 1, Segment2: “Why are Teens Getting STDs at a Higher Rate?” (3 min) and ask students assigned questions (1 min):

1. Why are teens getting sexually transmitted diseases at a higher rate?
 - a. Risky sexual practices
 - b. Having sex a younger age
 - c. Immature anatomy
 - d. Reliance on condoms
 - e. All of the above**
2. At what age does cervical tissue mature?
 - a. 15
 - b. 18
 - c. 23**
 - d. 25

D. “Human Papilloma Virus” Video

Introduce next video: This video is called “Human Papilloma Virus.” Have you heard of this disease before? What sets HPV apart from other diseases?

Play video: Session 1, Segment 3: “Human Papilloma Virus” (5 min) and ask students assigned questions (1 min):

1. True or **False**: Human Papilloma Virus (HPV) can be cured by antibiotics.
2. HPV can cause
 - a. Genital warts
 - b. Cervical cancer
 - c. Head and throat cancer
 - d. Impaired fertility due to cervical dysplasia
 - e. **All of the above**

E. “Genital Herpes” Video

Introduce next video: This next video is called “Genital Herpes.” Listen for the percentage of Americans that have genital herpes.

Play video Session 1, Segment 5: “Genital Herpes” (3 min) and ask students the following questions (1 min):

1. **True** or False: Genital herpes is an incurable viral disease.
2. 1 out of ___ Americans over the age of 12 has genital herpes.
 - a. **5**
 - b. 10
 - c. 15
 - d. 20

F. “Condoms” Video

Intro video: This next video is titled “Condoms”. If someone uses a condom, are they safe from contracting an STD?

Play video Session 1, Segment 7: “Condoms” (9 min) and ask students the following question (1 min):

1. What is the failure rate (annually) of condoms?

- a. 1%
- b. 5%
- c. 18%
- d. 27%

2. True or **False**: The Catholic Church has always been the only religion to reject contraception.

G. “Oral Sex, is it Sex?” Video

Intro video: This next video is titled “Oral Sex, is it Sex?” Can someone get an STD if they oral sex?

Play video Session 1, Segment 8: “Oral Sex, is it Sex?” (6 min) and ask students the following question (1 min):

1. **Yes** or No: Is oral sex considered sex?

2. Which of the following is true of oral sex?

- a. It doesn't replace normal sex as an end in itself, because it's not open to life
- b. 15-20% of new cases of genital herpes are from oral sex
- c. Actor Michael Douglas attributes his throat cancer to HPV, which he contracted years ago through oral sex
- d. It is risky behavior
- e. **All of the above**

H. “Words of Encouragement” Video

Intro video: This next video is titled “Words of Encouragement.” Christine encourages teens to stay strong in their commitment to stay sexually pure, because their gift of self to their spouse on their wedding day will be worth the sacrifice.

Play video Session 1, Segment 9: “Words of Encouragement?” (4 min) and ask students the following question (1 min):

1. Christine tells us that the teenage years should be a time for

- a. Discerning your vocation
- b. Learning about the truth and meaning of sex
- c. Figuring out what kind of husband or wife you want to be
- d. All of the above

2. **Yes** or **No**: If you decide to live a chaste life, will you most likely be mocked by someone?

I. Conclusion:

What did we learn today?

- We learned there is an epidemic of sexually transmitted diseases, both viral and bacterial
- Bacterial diseases like Chlamydia can be cured by antibiotics. But we remember Chlamydia often has no symptoms, so people with it don't know they have it and don't seek treatment.
- There is no cure for viral diseases like HPV and Herpes. Most of the time HPV clears on its own, but not always. It causes cervical cancer in women and there are more and more cases of throat cancer caused by HPV which is transmitted through oral sex.
- People are still contracting STDs even though they use condoms. Condoms are no panacea.
- You don't have to worry at all about getting STDs if you are not sexually active.

Catholic Sexuality

Understanding God's Plan for Love, Marriage, and Sex

Lesson Plan 7: Life is Sacred

(This corresponds to Part 4, Session 2, Segments 1-6
of the catholicsexuality.com website)

Objective:

To teach the following:

- a) Our bodies are temples of the Holy Spirit, who is in us, whom we have received from God.

- b) Abortion is legal all the way up to 9 months of pregnancy. Over 54 million unborn lives have been killed by legal abortion in the US since 1973.

- c) Just as slavery and the Holocaust were human rights atrocities in history, so too is abortion.

- d) The birth control pill thins the lining of the uterus, which may prevent implantation of the baby if fertilization does occur. This is an early abortion.

- e) Size, Level of Development, Environment, and Dependency are 4 differences between the unborn child and us. (Acronym S.L.E.D.)

- f) By the end of the first trimester, a baby has a beating heart, brain waves, and all of his organs are in place and functioning.

Time: 40 minutes

Overview of Lesson:

A. Introduction

B. Video from Part 4, Session 2, Segment 1: "Human Life is Sacred" (4 min) and group discussion questions (1.5 min)

C. Video from Part 4, Session 2, Segment 2: "The Legal Status of Abortion" (2 min) and group discussion questions (1.5 min)

D. Video from Part 4, Session 2, Segment 3: "Abortion is a Human Rights Atrocity" (3 min) and group discussion questions (1.5 min)

E. Video from Part 4, Session 2, Segment 4: “Can Hormonal Contraceptives Cause Early Abortions?” (6 min) and group discussion questions (1.5 min)

F. Video from Part 4, Session 2, Segment 5: “Four Differences Between the Unborn Child and Us” (6 min) and group discussion questions (2 min)

G. Video from Part 4, Session 2, Segment 6: “Facts About the Baby in the First Trimester” (3 min) and group discussion questions (2 min)

H. Video clips from Endowment for Human Development website:

http://www.ehd.org/movies.php?mov_id=210

I. Conclusion

Materials:

- Laptop with internet access
- Projector
- Screen
- Catechism of the Catholic Church

Advance Preparation:

- Turn on projector and set up screen
- Turn on laptop and go to “CatholicSexuality.com” website
- Click on “Understanding God’s Plan for Love, Marriage and Sex”
- Click on “Part 4: Consequences of Sex Outside of Marriage”, Session 2: Life is Sacred

Procedure:

Introduce the program (See Introduction.)

A. Introduction

We have previously discussed the wondrous gift of sex that God has given to us. God in His great mercy and generosity has allowed us to be an integral part of His creation process. So that when a husband and wife come together in the marital (sexual) embrace, sometimes their love is so real, that 9 months later, we meet a new, magnificent masterpiece of God – a new person, made in the image and likeness of God.

Psalm 127:3 says: Behold, children are a gift from the Lord.

Jeremiah 1:5 says: Before I formed you in the womb, I knew you.

God has known us since the beginning of time. He knows everything about us and He loves us so much – enough to send His Son to die for us on the cross. If you were the only person on earth, Jesus would have died on that cross just for you. That’s how much he loves. People don’t understand this.

B. “Human Life is Sacred” Video

Intro video: This 3 minute video is called “Human Life is Sacred.” Have you ever thought of your body as a temple? Who do you think your body belongs to?

Play Session 2, Segment 1: “Human Life is Sacred” (4 min) and ask students assigned questions (1.5 min).

1. **True** or **False**: God loves us so much that he chose us to be part of the creation process.
2. **True** or **False**: Our bodies are our own, and we have the right to do whatever we want with our bodies.

C. “Legal Status of Abortion” Video

Intro video: This next video is called, “Legal Status of Abortion.” Listen for how many babies have been killed in the US since abortion was legalized in 1973.

Play video Session 2, Segment 2: “Legal Status of Abortion” (2 min) and ask students assigned questions (1.5 min):

1. **True** or **False**: Abortion is legal only for the first 3 months of pregnancy (1st trimester).
2. How many unborn lives have been killed by legal abortion in the US since 1973?
 - a. 4,000
 - b. 23,000
 - c. 6,000,000
 - d. **Over 54,000,000**

D. “Abortion is a Human Rights Atrocity” Video

Introduce next video: This video is called “Abortion is a Human Rights Atrocity.” Have you ever compared abortion to slavery or the Holocaust?

Play video: Session 2, Segment 3: “Abortion is a Human Rights Atrocity” (3 min) and ask students assigned questions (1.5 min):

1. **True** or **False**: The Supreme Court has never made a wrong decision.
2. **True** or **False**: Language changes when a stronger class of human being tries to persecute or subjugate a weaker class of human beings.

E. “Can Hormonal Contraceptives Cause Early Abortions?” Video

Introduce next video: This next video is called “Can Hormonal Contraceptives Cause Early Abortions?” Listen for how the birth control works. Do any of the mechanisms surprise you?

Play video Session 2, Segment 4: “Can Hormonal Contraceptives Cause Early Abortions?” (6 min) and ask students the following questions (1.5 min):

1. Which of the following is not a mechanism of the birth control pill?
 - a. Suppresses ovulation
 - b. Hinders the sperm’s ability to swim to the egg
 - c. Makes the lining of the uterus very thin, preventing implantation
 - d. Creates a thick exterior around the egg so that the sperm cannot fertilize the egg
2. **True** or False: The pill can cause early abortions.

F. “Four Differences Between the Unborn Child and Us” Video

Intro video: This next video is titled “Four Differences Between the Unborn Child and Us”. Listen for the acronym used to help us remember these differences.

Play video Session 2, Segment 5: “Four Differences Between the Unborn Child and Us” (6 min) and ask students the following question (2 min):

1. We use the acronym SLED to help us remember the 4 ways an unborn baby differs from a born person. SLED stands for
 - a. Size, Legality, Environment, Degree of Dependency
 - b. Sex, Legality, Education, Demographics
 - c. **Size, Level of Development, Environment, Degree of Dependency**
 - d. Sex, Level of Development, Education, Demographics
2. What basketball players does Anne mention when making the point that size is not a legitimate reason to kill someone?
 - a. Kobe Bryant and Steve Nash
 - b. **Shaquille O’Neal and Earl Boykins**
 - c. LeBron James and Steph Curry
 - d. Dwyane Wade and Chris Bosh

G. “Facts About the Baby in the First Trimester” Video

Intro video: This next video is titled “Facts About the Baby in the First Trimester.” Can you memorize these 4 facts?

Play video Session 2, Segment 6: “Facts About the Baby in the First Trimester” (3 min) and ask students the following question (2 min):

1. When does the baby’s heart start to beat?

- a. 3 weeks after fertilization
- b. 6 weeks after fertilization
- c. 8 weeks after fertilization
- d. 12 weeks after fertilization

2. When can the baby’s brain waves be measured using an electroencephalogram?

- a. 3 weeks after fertilization
- b. 6 weeks after fertilization
- c. 8 weeks after fertilization
- d. 12 weeks after fertilization

H. Show videos from Endowment for Human Development

- The Developmental Period (47 Seconds) {shows 6-7 weeks embryo after fertilization}
- Spontaneous Movement: (22 seconds) {shows embryo 8 weeks, 2 days after fertilization}
- The Embryonic Period (22 seconds) {shows embryo 8 weeks after fertilization}
- Unique Fingerprints Appear (10 seconds) {shows fetus 10 weeks after fertilization}

I. Conclusion:

What did we discuss today today?

- Every human being is priceless to God.
- We learned that there are only 4 differences between an unborn baby and you and me are: (Wait for answers) Size, Level of Development, Environment, and Dependency (S.L.E.D. Acronym)

- Technology lets us see the unborn child is very much alive in his mother's womb. We looked just like those babies at their age when we were in our mother's womb.

So today we discussed the humanity of the unborn child. Next time we will discuss the inhumanity of abortion.

Catholic Sexuality

Understanding God's Plan for Love, Marriage, and Sex

Lesson Plan 8: The Truth About Abortion

(This corresponds to Part 4, Session 3, Segments 1-6
of the catholicsexuality.com website)

Objective:

To teach the following:

- a) Graphic images of abortion are shown for the same reason history teachers show pictures of Holocaust victims, because sometimes words alone cannot convey the reality of these human rights atrocities.
- b) Most people are unaware of how the most common abortion procedures are performed.
- c) Jesus Christ is as eager to forgive the sin of abortion as He is any other sin if we go to him in Confession with a repentant heart.
- d) Excessive bleeding, a punctured uterus, infertility, and increased risk of breast cancer are possible physical consequences of abortion.
- e) The majority of abortions are performed on unmarried women. If we lived the way God wants us to - sexually pure - then most abortions wouldn't happen.
- f) If you have a friend in a pregnancy situation, she needs your help. Talk to her, be there for her, and call a pro-life pregnancy center 1-800-712-HELP.

Time: 40 minutes

Overview of Lesson:

A. Introduction

B. Video from Part 4, Session 3, Segment 1: "Introduction to Abortion Video" (3 min) and group discussion questions (1 min)

C. Video from Part 4, Session 3, Segment 1B: "Abortion Video" (4 min) and group discussion question (1 min)

D. Video from Part 4, Session 3, Segment 2: "How are Abortions Performed?" (5 min) and group discussion questions (1 min)

E. Video from Part 4, Session 3, Segment 3: "Post Abortion Healing" (3 min) and group discussion questions (1 min)

F. Video from Part 4, Session 3, Segment 4: “Physical Consequences of Abortions” (2 min) and group discussion questions (1 min)

G. Video from Part 4, Session 3, Segment 5: “What Can We Do to Stop Abortion?” (2 min) and group discussion questions (1 min)

H. Video from Part 4, Session 3, Segment 6: “How to Help a Friend in a Pregnancy Situation” (4 min) and group discussion questions (1 min)

I. Conclusion

Materials:

- Laptop with internet access
- Projector
- Screen
- Catechism of the Catholic Church

Advance Preparation:

- Turn on projector and set up screen
- Turn on laptop and go to “CatholicSexuality.com” website
- Click on “Understanding God’s Plan for Love, Marriage and Sex”
- Click on “Part 4: Consequences of Sex Outside of Marriage”, Session 3: The Truth About Abortion

Procedure:

Introduce the program (See Introduction.)

A. Introduction

Premarital sex has many consequences, psychological, emotional, spiritual, and physical.

In this lesson we are going to talk about abortion. People are often surprised when they find that ‘they’ are pregnant. But they shouldn’t be surprised because fertility – being able to have a baby – is a sign of health. It means that everything is working properly.

Nineteen percent (19%) – that is just about 1 out of 5 sexually active teenage girls get pregnant every year.¹ Catastrophically, about 26%,² or about 1 in 4, of those teenage girls seek abortion as a means of getting rid of their ‘problem.’ Abortion is never the right solution. Psalm 127 verse 3 says, “Behold, children are a gift from the Lord.” Children are never a curse, but a blessing.

85%³ of abortions are performed on unmarried women in the US. Chances are, someone in this room is going to have the opportunity to help save a baby’s life. A friend may come to you and say “I’m pregnant” or “my girlfriend’s pregnant.” We want you to be equipped to help a friend, so we’re going to watch a LIFENET speaker give you information that almost nobody knows.

We also might be called to be instruments of Christ's mercy to people who have been involved in an abortion decision. Remember Jesus Christ is as willing to forgive the sin of abortion as He is any other sin. Sometimes people have a hard time forgiving themselves. Let's get equipped on this topic:

NOTES:

1. Guttmacher, *Facts in Brief - Teen Sex and Pregnancy*, 1999: p. 2.
2. Guttmacher Institute, Fact Sheet, American Teens' Sexual and Reproductive Health, May 2014 <http://www.guttmacher.org/pubs/FB-ATSRH.html>
3. CDC Morbidity and Mortality Weekly Report; Abortion Surveillance-United States, 2008. Surveillance Summaries, November 25, 2011. <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss6015a1.htm>

B. "Introduction to Abortion Video" Video

Intro video: This 3 minute video is called "Introduction to Abortion Video." Have you ever thought of your body as a temple? Who do you think your body belongs to?

Play Session 3, Segment 1: "Introduction to Abortion Video" (3 min) and ask students assigned questions (1 min).

1. **True** or False: God loves us so much that he chose us to be part of the creation process.
2. True or **False**: Our bodies are our own, and we have the right to do whatever we want with our bodies.

C. "Abortion Video" Video

Intro video: This next video is called "Abort 73." This video shows what abortion does to unborn babies.

Play video Session 3, Segment 1B: "Abortion Video" (4 min) and ask students assigned question (1 min):

1. What are your thoughts on the abortion video? (answers will vary)

D. "How are Abortions Performed?" Video

Introduce next video: This video is called "How are Abortions Performed?" Do people really know what's involved in an abortion procedure?

Play video: Session 3, Segment 2: "How are Abortions Performed?" (5 min) and ask students assigned questions (1 min):

1. Which abortion procedure is performed in the 1st trimester of pregnancy and involves stainless steel dilators, a curette, and a vacuum 29 times more powerful than your vacuum at home?

a. Suction abortion

b. Dilation and evacuation

2. Which abortion procedure is performed in the 2nd trimester of pregnancy and requires laminaria (seaweed sticks) and forceps?

a. Suction abortion

b. Dilation and Evacuation

E. “Post Abortion Healing” Video

Introduce next video: This next video is called “Post Abortion Healing.” Listen for the ways women suffer psychologically and emotionally after having an abortion.

Play video Session 3, Segment 3: “Post Abortion Healing” (3 min) and ask students the following questions (1 min):

1. **True** or False: Jesus Christ is as eager to forgive the sin of abortion as He is any other sin if we go to him in Confession with a repentant heart.

2. True or **False**: There may be some physical consequences of abortion, but there are no emotional consequences of abortion.

F. “Physical Consequences of Abortions” Video

Intro video: This next video is titled “Physical Consequences of Abortions”. In what ways is abortion harmful to women?

Play video Session 3, Segment 4: “Physical Consequences of Abortions” (2 min) and ask students the following question (1 min):

1. True or **False**: Legal abortion is a safe procedure for women.

2. Possible physical consequences of abortion include:

a. Excessive bleeding

b. Punctured uterus

c. Infertility

d. Increased risk of breast cancer

e. All of the above

G. “What Can We Do to Stop Abortion?” Video

Intro video: This next video is titled “What Can We Do to Stop Abortion?” Are there things we can do in our day-to-day life to help stop abortion?

Play video Session 3, Segment 5: “What Can We Do to Stop Abortion?” (2 min) and ask students the following question (1 min):

1. What percentage of abortions is performed on unmarried women?

- a. 24%
- b. 36%
- c. 62%
- d. 82%

2. What are some things we can do to stop abortion?

- a. Speak the truth if it comes up in conversation or in the classroom
- b. Make the decision to lead a chaste life
- c. Never lend money for an abortion
- d. Never take anyone to an abortion clinic
- e. All of the above

H. “How to Help a Friend in a Pregnancy Situation” Video or students can act out skit on following pages. (Make two copies of the script and select two good readers.)

Intro video: This next video is titled “How to Help a Friend in a Pregnancy Situation.” What would YOU do if a friend confided to you that she was pregnant?

Play video Session 3, Segment 6: “How to Help a Friend in a Pregnancy Situation” (4 min) and ask students the following question (1 min):

1. True or **False**: If you have a friend in a pregnancy situation, it’s best to not interfere and leave her alone.

2. Which of the following is NOT a good way to help a friend in a pregnancy situation?

- a. Ask questions and learn the story
- b. Inform her about the facts of the developing baby
- c. **Make an appointment at an abortion clinic**
- d. Reassure her that everything is going to be ok

I. Conclusion

So now you know more than most adults about abortion. Someone in this room in the not-so-distant future is going to have a chance to save someone's life. A friend may confide in you that they are pregnant or their girlfriend is pregnant. Use the information you received about the humanity of the unborn child and the inhumanity of abortion. Use the skills that were demonstrated in the role play to help a friend in a pregnancy situation. Remember it's vitally important that you get a pro-life adult involved in the situation.

SKIT

Pick two students ahead of time to play James and Cathy in the skit.

SPEAKER: OK, we are going to demonstrate how to help a friend in a crisis pregnancy situation. Ask for volunteers and ask their names. “___” is going to play “Cathy” and “___” is going to play “James”.

Here’s the scenario: Cathy is 16 years old (a sophomore in high school). She is at the home of her closest friend. The friend’s name is James. (James is not her boyfriend.) Cathy just found out she is pregnant, and is feeling scared and panicked. James is going to be the “voice of reason” and help her to get the support and help she needs to let her child live.

CATHY: (*Worried*) James, I need to talk to you.

JAMES: What’s up?

CATHY: I’m pregnant.

JAMES: Oh, man. (*Short pause*). How do you know?

CATHY: I took one of those home pregnancy tests and it turned positive. I actually took it twice-positive both times. (*Upset*) I can’t believe it. I don’t know what to do!

JAMES: Do your parents know?

CATHY: No.

JAMES: Did you tell Jeff?

CATHY: Yeah, I told him last night. He was freaked out. We really only “did it” a few times.

JAMES: What did he say?

CATHY: He said he’d support me in whatever I decided to do. But he reminded me about his basketball scholarship to Rutgers. Oh, James, I can’t believe this is happening! I can’t have a baby now!

JAMES: But Cathy, you already have one. The baby’s heart started beating at 3 weeks. I remember I learned about how a baby develops before it’s born from a pro-life speaker at youth group one time. How far along do you think you are?

CATHY: I think around 8 weeks. I don’t feel anything. I just feel a little sick.

JAMES: Cathy, you wouldn't believe how developed your baby is already. I know at 6 weeks the baby's brain waves can be measured and at 8 weeks the baby already has all the organs you and I have. Your baby is moving around, you just can't feel him yet.

CATHY: *(worried)* The heart is beating! Oh, James, I don't know what to do. I just want to wake up from this nightmare.

JAMES: Don't panic Cathy. I'll stick by you. It will all work out, you'll see. So you made a mistake; we all make mistakes, but God doesn't. He has a plan for you and for your baby. Don't worry. I'm here for you.

CATHY: My parents are gonna kill me.

JAMES: Well, they will probably flip when you tell them, but they'll get over it in time.

CATHY: No way. They're gonna freak!

JAMES: I remember that speaker told us about pregnancy resource centers that help girls in your situation all the time, and it's totally confidential. They'll help you tell your parents if you're too scared. They will talk to you about your options and help you make a plan that's just right for you.

CATHY: What if I get thrown out of my house? I won't have any place to go.

JAMES: They're not going to throw you out. They're going to be mad, and that's understandable, but they're not going to throw you out. Even if they did, the pregnancy center would hook you up with a place to stay.

CATHY: Where do we find a pregnancy center? Online?

JAMES: Yeah. Let's look it up on my phone. Let's see which one is the closest to here.

(Cathy and James both go over to look at James's cell phone. James pretends to start typing on his phone.) Let's google "pregnancy centers in NJ by zip code."
(Pretends to type.) OK, Here, let's try this one. I'll type in the zip code. Look, there's a place right in **Plainfield**. It's called "**Gateway Pregnancy Center**".

CATHY: **Plainfield** isn't that far away.

JAMES: Here's the number. Why don't you let me call for you, ok? *(He dials the number and talks into phone.)*

Hi, my name is James and I'm calling for my friend. She thinks she's pregnant and she's really worried. *(Pause)*. She took one of those home pregnancy tests. *(Pause)*. She's 16. I'm 16, too. Could we make an appointment either today or tomorrow? *(To Cathy):* Can you make it tomorrow after school?

CATHY: What time?

JAMES: *(speaking into phone)* What time? *(Pause)*. Around 3:30? *(Looks at Cathy.)*
Cath, can you make it at 3:30 tomorrow?

CATHY: Yeah.

JAMES: We will be there tomorrow after school at 3:30. Let me write down the address. No, that's ok, we've got a GPS. Thank you. Bye. *(Hangs up phone.)*

CATHY: How are we going to get there tomorrow?

JAMES: My sister will drive us. Meet me by my locker right after school tomorrow, ok?

CATHY: James, I'm so scared.

JAMES: Don't worry. You know I'm gonna be here for you. Everything's going to be ok, but you have to be tough. Chances are, *someone* is going to pressure you to have an abortion. Cathy, you're such a great person; there's no way you would do that to your baby. You'd regret it for the rest of your life. God has a plan for you and your baby and that baby is counting on you; you are his mother. You know what? Some people are going to tell you that an abortion will make this problem go away, I guarantee it.

CATHY: Jeff kind of hinted that abortion might be a way to solve our problems.

JAMES: But abortion doesn't solve any problems. It just creates bigger *permanent* problems. If you had an abortion, you'd be thinking about what happened to your baby for the rest of your life. I don't care who it is, nobody has the right to make you do something terrible like that. You have to hang in there.

CATHY: James, what am I going to do?

JAMES: We'll figure it out. You'll hear all your options and figure out the best thing to do for you and your baby when we go to the center tomorrow. You don't have to decide right now - you have time - 7 more months to be exact! *(James smiles.)*

CATHY: OK. I'm going to try not to think about it until tomorrow. Thanks for being here for me, James. I'd better go. I'll see you tomorrow by your locker after school.

JAMES: Everything will be okay. You'll see. See you tomorrow.

STEPS TO HELPING A FRIEND IN AN UNEXPECTED PREGNANCY SITUATION

Did you notice that James

1. Listened to the Cathy's story.
2. He ask pertinent questions to find out why she thinks she's pregnant, how she feels. He affirmed that he would stay with her and help her. He calmed her fears and slowed her down.
3. He got the help of a pro-life adult, in this case by calling a Pregnancy Resource Center. He offered to make the phone call for her and go with her on the appointment. He warned her that she probably will be pressured by someone in her life to abort, but encouraged her to be strong. He reminded her of the facts of a developing baby and made the baby real to her.

And remember Never, never, never go with anyone to an abortion clinic or to Planned Parenthood, because that would make you an accomplice to the abortion.

Catholic Sexuality

Understanding God's Plan for Love, Marriage, and Sex

Lesson Plan 9: Dating and Waiting

(This corresponds to Part 5, Sessions 1-4
of the catholicsexuality.com website)

Objective:

To teach the following:

- a) Boundaries allow us to have fullness of life and to live our sexuality fully and freely.
- b) Sex is so important, that we have to put boundaries around it to protect it.
- c) The 3 steps in resisting pressure are: 1) set and state your position, 2) repeat your position, and 3) if necessary, walk away.
- d) Teens are encouraged to make a pledge of chastity during this purity commitment ceremony.

Time: 40 minutes

Overview of Lesson:

- A. Introduction
- B. Video from Part 5, Session 1: "Setting Boundaries" (11 min) and group discussion questions (3 min)
- C. Video from Part 5, Session 2: "The Sex Chair" (8 min) and group discussion question (3 min)
- D. Video from Part 5, Session 3: "Resisting the Pressure" (6 min) and group discussion questions (3 min)
- E. Video from Part 5, Session 4: "Purity Ceremony" (3 min) and group discussion questions (3 min)
- F. Conclusion

Materials:

- Laptop with internet access
- Projector
- Screen
- Catechism of the Catholic Church

Advance Preparation:

- Turn on projector and set up screen
- Turn on laptop and go to “CatholicSexuality.com” website
- Click on “Understanding God’s Plan for Love, Marriage and Sex”
- Click on “Part 5: Dating and Waiting”
- Arrange for a priest or other leader to preside over Purity Commitment Ceremony (optional)

Procedure:

Introduce the program (See Introduction.)

A. Introduction

The guiding principal in dating should be the same as that in life: “Love the Lord your God with all your heart, soul, mind, and strength, and love your neighbor as yourself.”

As you mature in your faith you will find yourself in a secure place with the Lord. You may already be there, in a relationship with God from which you gain your sense of self, your confidence, and the assurance that you are loved, valuable, and important. If you are at that place in your faith, you’ll be able to choose a date who will be a blessing to you and your relationship with God, you’ll keep your relationship in perspective, and you’ll rely on the Lord for guidance. But if you are not there yet, then dating is not for you yet. You’ll be in danger of losing your true identity as you search for that in each relationship. You may choose the wrong people to date or give into temptation. In the next section, we’ll be looking at what it means to date well.

B. “Setting Boundaries” Video

Intro video: This 11 minute video is called “Setting Boundaries.” What does Sam say are some benefits of setting boundaries in a relationship?

Play Session 1: “Setting Boundaries” (11 min) and ask students assigned questions (3 min).

1. How old was Sam when he started wearing his chastity ring?

- a. High school freshman
- b. High school junior
- c. College freshman
- d. College junior

2. True or **False**: Setting boundaries is a burden and prevents us from living a full life.

C. “The Sex Chair” Video

Intro video: This next video is called “The Sex Chair.” In this video, Maria explains that sex is so important, we have to put boundaries around it to protect it.

Play video Session 2: “The Sex Chair” (8 min) and ask students assigned question (3 min):

1. **True** or False: Relationships boundaries, like the fences people have around their houses, are used to keep the good stuff in and the bad stuff out.
2. **True** or False: The sex chair is magnetic. The closer you get to the chair, the harder it is to resist.

D. “Resisting the Pressure” Video

Introduce next video: This video is called “Resisting the Pressure.” Listen for the 3 steps Omar gives in how to resist pressure.

Play video: Session 3: “Resisting the Pressure” (6 min) and ask students assigned questions (3 min):

1. What are the 3 steps in Resisting the Pressure?
 - a. Set and state your position
 - b. Repeat your position (over and over if necessary)
 - c. Resist for a while but then succumb to the pressure to save your friendship
 - d. If they don’t stop pressuring you, walk away
 - e. a, b, c
 - f. **a, b, d**
2. In what ways did Omar try to convince Mike to go to the party?
 - a. Wanting to celebrate Mike being the MVP of the football game
 - b. Tempting him with liquor and the cheerleader Victoria that Mike likes
 - c. Telling Mike that no one says themselves for marriage anymore
 - d. **All of the above**

E. “Purity Ceremony” Video

Introduce next video: This next video is called “Purity Ceremony.” Pledging to save sex for marriage is the best thing that you can do for yourself and your future spouse.

Play video Session 4: “Purity Ceremony” (3 min) and ask students the following questions (3 min):

1. Would anyone like to share why they’ve chosen to make the purity pledge? (Answers will vary)

Alternatively, the class can participate in their own “Purity Pledge Ceremony” using the attached program and inviting a priest or other leader to preside over the ceremony.

Note: Purity rings (optional) can be purchased through LIFENET at:
<http://lifeneteducation.org/purityringsbrochures.html>

F. Conclusion

What did we learn today?

- We learned that the best guiding principal in dating is to: “Love the Lord your God with all your heart, soul, mind, and strength, and love your neighbor as yourself.”
- Boundaries allow us to have fullness of life and to live our sexuality fully and freely.
- Sex is so important, that we have to put boundaries around it to protect it.
- When we follow these three steps, we don’t have to worry about being pressured by others. The 3 steps in resisting pressure are: 1) set and state your position, 2) repeat your position, and 3) if necessary, walk away.
- Committing to chastity is the best way to achieve a healthy and loving relationship, as God intended.