

A decorative background featuring a large, stylized key on the left, a heart shape on the right, and two hands clasped together at the bottom. The entire design is rendered in a light gray color. The text "Grade 8" is centered over the key and heart elements.

Grade 8

W-8.3 **The student will explore and be respectful of the unique development of self and others: physical, emotional, sexual, spiritual and social development.**

Attention!

Students, whose parents have requested exemption from human sexuality lessons, must not participate in this lesson.

Catechetical Focus

- As Christians, we appreciate our uniqueness, demonstrate sensitivity towards others, and understand that each person is worthy of love and respect.

Note to the Catechist

At this age the student's sexual identity is in its formative stage. Not all students develop at the same rate. Great sensitivity should be instilled within the students not to be judgmental about the various rates at which their peers are developing physically. The development of the body is a beautiful occurrence that unfolds in its own good time; each at his or her own unique rate. No one should ever feel they are abnormal or that something is wrong with them because their personal rate of development is not the same as their peers. How I develop, in my good time, is God's unique way of continuing his creative work in me.

It is only natural to be curious about how we develop physically. This curiosity is very often exploited by those in society that produce and sell pornographic material. The Church reminds us that pornography offends against chastity because it perverts the intimate sexual union of marriage and puts in on display for third parties. All who partake in it, as actors, vendors or those who consume it do grave injury to their personal dignity. Pornography reduces persons into *objects* of both lust and profit.

Theological Background

Scripture Commentary

- It is important to recognize that as human beings we strive for "UNITY" not "UNIFORMITY". Unity is most dynamic and life giving when it brings together a great diversity. If all were the same we would have uniformity, not unity. The uniqueness and precisely the "otherness" of my friends makes our relationship exciting and dynamic.

Scripture Texts

Gen. 1:27-31

27 So God created humankind in his image, in the image of God he created them; male and female he created them. 28 God blessed them, and God said to them, 'Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.' 29 God said, 'See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. 30 And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have

given every green plant for food.' And it was so. 31 God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

Ps. 139:13-15

13 For it was you who formed my inward parts; you knit me together in my mother's womb. 14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. 15 My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

1 Cor. 12:12-26

12 For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. 13 For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit. 14 Indeed, the body does not consist of one member but of many. 15 If the foot would say, 'Because I am not a hand, I do not belong to the body,' that would not make it any less a part of the body. 16 And if the ear would say, 'Because I am not an eye, I do not belong to the body,' that would not make it any less a part of the body. 17 If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? 18 But as it is, God arranged the members in the body, each one of them, as he chose. 19 If all were a single member, where would the body be? 20 As it is, there are many members, yet one body. 21 The eye cannot say to the hand, 'I have no need of you,' nor again the head to the feet, 'I have no need of you.' 22 On the contrary, the members of the body that seem to be weaker are indispensable, 23 and those members of the body that we think less honorable we clothe with greater honor, and our less respectable members are treated with greater respect; 24 whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honor to the inferior member, 25 that there may be no dissension within the body, but the members may have the same care for one another. 26 If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.

Commentary on the Catechism of the Catholic Church

- Human Beings are a unique in God's creation. Created as male and female, we are unique. We accept our sexuality as a gift and respect all people in their uniqueness as all people are a creation of God and thus have dignity.

CCC #355 "God created man in his own image, in the image of God he created him, male and female he created them.' [Gen 1:27] Man occupies a unique place in creation: (I) he is 'in the image of God'; (II) in his own nature he unites the spiritual and material worlds; (III) he is created 'male and female'; (IV) God established him in his friendship."

CCC #356 "Of all visible creatures only man is 'able to know and love his creator'. [GS 12 # 3] He is 'the only creature on earth that God has willed for its own sake', [GS 24 # 3] and he alone is called to share, by knowledge and love, in God's own life. It was for this end that he was created, and this is the fundamental reason for his dignity: 'What made you establish man in so great a dignity? Certainly the incalculable love by which you have looked on your creature in yourself! You are taken with love for her; for by love indeed you created her, by love you have given her a being capable of tasting your eternal Good'." [St. Catherine of Siena, Dialogue 4, 13]

CCC #357 "Being in the image of God the human individual possesses the dignity of a person, who is not just something, but someone. He is capable of self-knowledge, of self-possession and of freely giving himself and entering into communion with other persons. And he is called by grace to a covenant with his Creator, to offer him a response of faith and love that no other creature can give in his stead."

CCC #369 "Man and woman have been created, which is to say, willed by God: on the one hand, in perfect equality as human persons; on the other, in their respective beings as man and woman. 'Being man' or 'being woman' is a reality which is good and willed by God: man and woman possess an inalienable dignity which comes to them immediately from God their Creator. [Cf. Gen 2:7, 22] Man and woman are both with one and the same dignity 'in the image of God'. In their 'being-man' and 'being-woman', they reflect the Creator's wisdom and goodness."

CCC #2354. "Pornography consists in removing real or simulated sexual acts from the intimacy of the partners, in order to display them deliberately to third parties. It offends against chastity because it perverts the conjugal act, the intimate giving of spouses to each other. It does grave injury to the dignity of its participants (actors, vendors, the public), since each one becomes an object of base pleasure and illicit profit for others. It immerses all who are involved in the illusion of a fantasy world. It is a grave offense. Civil authorities should prevent the production and distribution of pornographic materials. "

CCC #2333 "Everyone, man and woman, should acknowledge and accept his sexual identity. Physical, moral, and spiritual difference and complementarity are oriented toward the goods of marriage and the flourishing of family life. The harmony of the couple and of society depends in part on the way in which the complementarity, needs, and mutual support between the sexes are lived out."

Development of Lesson 8.3

W-8.3 *The student will explore and be respectful of the unique development of self and others: physical, emotional, sexual, spiritual and social development.*

Activity 1 - Get ready

- Choose a scripture reading from the biblical texts identified in the section entitled Theological Background. Ask the student to reflect on this passage. What do you think God wants to tell us in this passage?
- Students are to complete the activity, **The Me Box**.

Activity 2 - Explore and apply

- Discuss how relationships have changed with peers over the last five years. Read and complete **Sexual Attraction**.

Activity 3 - Extend and commit

- Address the fact that not all grade eight students are changing at the same rate. It is important to remember that we all have different interests and styles, we look different, and we want different things out of our lives. Sometimes, our comments may hurt others. Sensitivity towards others is most important.

Student Handout

The Me Box

In each shape, write or draw responses to the question. Cut around the entire prism net. Fold the flaps with dotted lines under and glue to form the box.

My interests at ten...

My emotions at thirteen...

My friends at ten...

My emotions at ten...

My friends at thirteen...

My interests at 13...

Student Handout

Sexual Attraction

You are at an age now where it will start to feel more comfortable to be around the opposite sex. It may not seem as odd anymore, to have both male and female friends. In fact it's great to have friends of both sexes who share our interests and activities.

During puberty, we know that the reproductive system releases hormones. These hormones cause a chemical reaction called **sexual attraction**. Sexual attraction means that we see someone as appealing because of his or her physical looks and gender.

Sexual attraction can be a strong feeling and it is important for us as teenagers to learn how to handle it appropriately. When we were younger, we learned how to manage our anger and hurt, now we must also learn how to handle what we call: **sexual attraction**.

Although we cannot control whom we are sexually attracted to, we can however, control how we respond to that attraction. We are not meant to act on *every* feeling of attraction. Being attracted, sexually to someone, may make us feel like we want to become sexually active with that person. Yet, it is very important to remember that sexual activity is a *precious gift* that we, as Christians want to save for the person whom we will to commit ourselves to for life, in a union called marriage. It is not easy to resist becoming sexually active, until we are in a committed married relationship. However, with God's grace and our will power we can make this choice and feel really good about it too!

Some of the tried and true ways to resist becoming sexually active is to get involved in group activities and projects with lots of friends, like sports, youth groups, hobbies or volunteering. Not becoming sexually active before marriage, for the Christian is the "*only way to go*"! If you can save the gift of your sexual expression until the day when you give yourself completely to the one you will love for life, this will be one of most precious days of your life! And just think how much more precious it will be since you saved it for this moment! Your wedding day will then truly become the day when you give yourselves to one another in a way that you have never given yourself to anyone else before. It will be the day you will never forget!

Read the following stories. Provide some advice to the people who are dealing with these situations.

Jack and Shelley have been friends for a long time. They are neighbors and they have played on the same community soccer team for many years. Lately, their feelings seems to have taken on a character that goes beyond their childhood friendship. They are enjoying the new feelings, Shelley is trying to push the relationship into an exclusive boyfriend and girlfriend one. Jack is afraid to tell Shelley that he isn't ready for that kind of relationship because he doesn't want to ruin the friendship they have shared for many years.

Mark and some of his friends hang out at the mall after school. Sometimes they call out to the girls, from school, as they walk by. At times, their remarks can be are pretty mean and degrading. Mark is feeling really uncomfortable and he doesn't want to participate in this activity anymore. He is afraid that his friends will think he is too immature, and they will start to pick on him.

Student Handout

John is a grade 9 student and really enjoys his sports with the guys. He likes girls but is not really interested in the “dating game”, yet. He very much prefers to continue investing much of his time with his long time buddies and the fun they have in their sports activities. Many of his friends have a girl friend and are putting a bit of pressure on John to get a girl friend too.

One day after school, Sam and his friend Kyle decided to go to the Community Centre to shoot some baskets together. After a good workout they went to Kyle’s for a pop. While they were drinking their pop, Kyle asked Sam if he wanted to see some very “hot” pictures from a Playboy magazine he had in his room.

W- 8.7A *The student will explore our Christian call to uphold the dignity of the human person.*

W-8.7B *The student will recognise the signs, methods and consequences of various types of abuse; e.g. neglect, emotional, physical, sexual abuse.*

Attention!

Students, whose parents have requested exemption from human sexuality lessons, must not participate in this lesson.

Catechetical Focus

- We discern what is good and right for a healthy lifestyle through prayer, church teaching, personal reflection, an informed conscience and the wise counsel of others.
- Our moral conscience is formed in the light of Sacred Scripture, Gospel values and the teachings of the Church. It guides our choices and decisions.
- Our bodies are temples of the Holy Spirit.

Note to the Catechist

- **Sexual abuse** includes **sexual exploitation, sexual interference, invitation to sexual touching, exposure** and **sexual assault**. **Sexual exploitation** is the improper use of another person for one's own sexual purposes. **Sexual interference** is the touching of any part of a child under the age of 14 for sexual purposes. An **invitation to sexual touching** is making an invitation to a child under the age of 14 to touch the one making the invitation for sexual purposes. **Exposure** is exposing genital organs to someone for sexual purposes. **Sexual assault** is sexual activity that occurs without the consent of another. It often happens with the threat of physical force.

Theological Background

Scripture Commentary

- It does not take much effort to "go with the flow" or just do what seems to come "natural". Even when it comes to ridiculing and putting others down for their differences. However the call to be fully human means to supercede "what comes natural" and go beyond (to the "supernatural") and make a conscientious choice NOT to "go with the flow" and do what we recognize is right, even when it's hard.

Scripture Texts

Ephesians 4:17-24

17 Now this I affirm and insist on in the Lord: you must no longer live as the Gentiles live, in the futility of their minds. **18** They are darkened in their understanding, alienated from the life of God because of their ignorance and hardness of heart. **19** They have lost all sensitivity and have abandoned themselves to licentiousness, greedy to practice every kind of impurity. **20** That is not the way you learned Christ! **21** For surely you have heard about him and were taught in him, as truth is in Jesus. **22** You were taught to put away your former way of life, your old self, corrupt and deluded by its lusts, **23** and to be

renewed in the spirit of your minds, 24 and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.

1 Cor. 13:4-8

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.

1 Cor. 6:19

Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own?

Commentary on the Catechism of the Catholic Church

- When our actions become “Christ Like” we start to live life to the fullest. Our lives are no longer just an “existence” they take on the nature of being a “Vocation” meaning they become an answer to an inner “Call”. Living out a Call gives ultimate meaning and purpose to our life and also graces us with the strength to persevere during times of trial and tribulation.
- Everyone has dignity, thus we should look at everyone as our neighbor.

CCC #1701 "Christ, . . . in the very revelation of the mystery of the Father and of his love, makes man fully manifest to himself and brings to light his exalted vocation.' [GS 22] It is in Christ, 'the image of the invisible God,' [Col 1:15; Cf. 2 Cor 4:4] that man has been created 'in the image and likeness' of the Creator. It is in Christ, Redeemer and Savior, that the divine image, disfigured in man by the first sin, has been restored to its original beauty and ennobled by the grace of God." [Cf. GS 22]

CCC #1930 "Respect for the human person entails respect for the rights that flow from his dignity as a creature. These rights are prior to society and must be recognized by it. They are the basis of the moral legitimacy of every authority: by flouting them, or refusing to recognize them in its positive legislation, a society undermines its own moral legitimacy. [Cf. John XXIII, PT 65] If it does not respect them, authority can rely only on force or violence to obtain obedience from its subjects. It is the Church's role to remind men of good will of these rights and to distinguish them from unwarranted or false claims."

CCC #1931 "Respect for the human person proceeds by way of respect for the principle that 'everyone should look upon his neighbour (without any exception) as 'another self,' above all bearing in mind his life and the means necessary for living it with dignity.' [GS 27 # 1] No legislation could by itself do away with the fears, prejudices, and attitudes of pride and selfishness which obstruct the establishment of truly fraternal societies. Such behaviour will cease only through the charity that finds in every man a 'neighbour,' a brother."

CCC # 2356 "Rape is the forcible violation of the sexual intimacy of another person. It does injury to justice and charity. Rape deeply wounds the respect, freedom, and physical and moral integrity to which every person has a right. It causes grave damage that can mark the victim for life. It is always an intrinsically evil act. Graver still is the rape of children committed by parents (incest) or those responsible for the education of the children entrusted to them."

CCC # 1706 "By his reason, man recognizes the voice of God which urges him 'to do what is good and avoid what is evil.' [GS 16] Everyone is obliged to follow this law, which makes itself heard in conscience and is fulfilled in the love of God and of neighbour. Living a moral life bears witness to the dignity of the person."

Development of Lesson 8.7

W- 8.7A *The student will explore our Christian call to uphold the dignity of the human person.*

W-8.7B *The student will recognise the signs, methods and consequences of various types of abuse; e.g. neglect, emotional, physical, sexual abuse.*

Activity 1 - Get ready

- **8.7 A** Read and reflect on the Passage of Jesus' feet being washed by the prostitute Lk 18:36-50
- Ask yourself: "How did the Pharisees rob the woman of her dignity? Give examples of how even within our own communities we rob individuals of their dignity, in our words and actions.
- **8.7 B** Create a thought web for **Abuse**, including types of abuse and consequences of abuse.

Activity 2 - Explore and apply

- **8.7 B** Read and complete the various sections of **Abuse Fact Sheet**.

Activity 3 - Extend and commit

- **8.7A** Develop a **Classroom Action Plan** of how you as a class will treat one another to preserve the Dignity and Respect that each of you deserve as a child of God, as human being.
- Invite someone who works in the area of child abuse – police officer, social worker – to discuss programs to prevent child abuse.
- Write a prayer asking God's help for those who are abused and/or those who abuse.

Recommended Resources

Responding to Child Abuse, A Handbook; Alberta Government Publication

Abuse Fact Sheet

Definitions:

Neglect – not providing adequate emotional and physical care.

Emotional Abuse – not providing appropriate care, attention and affection. Unsuitable demands may be placed on a person. A person may endure belittling comments.

Physical Abuse – inappropriate physical force, resulting in injury. At times, injury is caused by over-discipline.

Sexual Abuse – this includes exploitation, interference, invitation to touch, exposure and assault.

Laws protect all people against the suffering of abuse.

How does abuse affect the person being abused?

How does abuse affect the family of the person being abused?

It is important that the victims of abuse and the abuser get the help and care that they need.

Abusers exert power over someone and take away the victim's personal control. Name some ways that abusers might use to gain control.

Name the qualities of a loving supportive adult.

How do these qualities differ from those of an abusive adult?

Student Handout

Signs of Abuse:

Read each of these possible signs of abuse and label them as follows... P – physical abuse; E – emotional abuse; N – neglect; S – sexual abuse

- | | |
|---|---|
| _____ bruises of various colours and ages | _____ draws pictures of people with genitals |
| _____ steals or begs food | _____ craves affection |
| _____ has difficulty sitting or walking | _____ has poor hygiene and dirty clothes |
| _____ afraid of physical contact | _____ is fatigued or listless |
| _____ repeatedly insults self | _____ is cruel, does not respect other's property |

Some of these signs may be indications of problems other than abuse. Any signs should cause us to be more alert to other possible signs. It is important to let someone know if we suspect a situation of abuse. There are a variety of support services available to help both the victims of abuse and the abusers.

God calls us to care for others. If we suspect abuse or someone tells us about an abusive situation, then we must seek help.

These are the things that we have to do:

- Listen to the person's story.
- Reassure the person that it is important to tell someone and that you will try to help.
- Find an adult to listen and help you.
- Never keep the abuse story a secret.

Who can we turn to if we are being abused or we know someone who is?

Without help or treatment, the abuse will continue.

Name some strategies to help keep us safe from abuse?

W-8.12A *The student will explore our Christian understanding of human beings as being relational.*

W-8.12B *The student will identify and describe, from a Catholic perspective, the responsibilities and consequences associated with a sexual relationship.*

Attention!

Students, whose parents have requested exemption from human sexuality lessons, must not participate in this lesson.

Catechetical Focus

- We discern what is good and right for a healthy lifestyle through prayer, church teaching, personal reflection, an informed conscience and the wise counsel of others.
- Our moral conscience is formed in the light of Sacred Scripture, Gospel values and the teachings of the Church. It guides our choices and decisions.
- Our bodies are temples of the Holy Spirit.
- Chastity and holiness are virtues of great value. Everyone is called to and capable of living a chaste life.

Note to the Catechist

- The possible risks of sexual activity are: pregnancy, contraction of a sexually transmitted disease, decreased self-respect, losing friends, and scarred emotions (loneliness, heartache, unwillingness to trust).
- Some of the consequences of pregnancy are: increased likelihood of not continuing education, being at a lower socio-economic level, increased risk of health and developmental problems in the baby, lack of social activity.
- When choosing to be sexually active, a person is responsible to the sexual partner, future sexual partners, future spouse, family, friends, possible children, and self.

Theological Background

Scripture Commentary

- From the onset of creation human beings have been created to live within community. The deepest and most powerful sense of community is found within the marriage union. By living as a communal being we must perfectly reflect the triune God who is a community of Father, Son and Holy Spirit.

Scripture Texts

Gen. 2:18-25

18 Then the LORD God said, 'It is not good that the man should be alone; I will make him a helper as his partner.' **19** So out of the ground the LORD God formed every animal of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called every living creature, that was its name. **20** The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. **21** So the LORD God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up

its place with flesh. 22 And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. 23 Then the man said, 'This at last is bone of my bones and flesh of my flesh; this one shall be called Woman, for out of Man this one was taken.' 24 Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh. 25 And the man and his wife were both naked, and were not ashamed.

Jn. 17:21

21 that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me.

Jn.14:26-27

26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. 27 Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

Commentary on the Catechism of the Catholic Church

- The glory of being human lies in the fact that we are free beings who can make real choices about who we will become and how we will live out our lives by the choices we make. Life giving choices are the fruit of a communal effort. The "other person" in our life acts as a sounding board, a gage by which we can measure our own actions and the direction we are taking.

CCC # 371 "God created man and woman together and willed each for the other. The Word of God gives us to understand this through various features of the sacred text. 'It is not good that the man should be alone. I will make him a helper fit for him.' [Gen 2:18] None of the animals can be man's partner. [Gen 2:19-20] The woman God 'fashions' from the man's rib and brings to him elicits on the man's part a cry of wonder, an exclamation of love and communion: 'This at last is bone of my bones and flesh of my flesh.' [Gen 2:23] Man discovers woman as another 'I', sharing the same humanity."

CCC #372 "Man and woman were made 'for each other' - not that God left them half-made and incomplete: he created them to be a communion of persons, in which each can be 'helpmate' to the other, for they are equal as persons ('bone of my bones. . .') and complementary as masculine and feminine. In marriage God unites them in such a way that, by forming 'one flesh', [Gen 2:24] they can transmit human life: 'Be fruitful and multiply, and fill the earth.' [Gen 1:28] By transmitting human life to their descendants, man and woman as spouses and parents cooperate in a unique way in the Creator's work."

CCC #1731 "Freedom is the power, rooted in reason and will, to act or not to act, to do this or that, and so to perform deliberate actions on one's own responsibility. By free will one shapes one's own life. Human freedom is a force for growth and maturity in truth and goodness; it attains its perfection when directed toward God, our beatitude."

CCC #1786 "Faced with a moral choice, conscience can make either a right judgment in accordance with reason and the divine law or, on the contrary, an erroneous judgment that departs from them."

CCC #1787 "Man is sometimes confronted by situations that make moral judgments less assured and decision difficult. But he must always seriously seek what is right and good and discern the will of God expressed in divine law."

CCC #2337 "Chastity means the successful integration of sexuality within the person and thus the inner unity of man in his bodily and spiritual being. Sexuality, in which man's belonging to the bodily and biological world is expressed, becomes personal and truly human when it is integrated into the relationship of one person to another, in the complete and lifelong mutual gift of a man and a woman. The virtue of chastity therefore involves the integrity of the person and the integrality of the gift."

Development of Lesson 8.12

W-8.12A *The student will explore our Christian understanding of human beings as being relational.*

W-8.12B *The student will identify and describe, from a Catholic perspective, the responsibilities and consequences associated with a sexual relationship.*

Activity 1 - Get ready

- Read and discuss the scripture passage Gen. 2:18-25 which beautifully describes how God, from the beginning, has created us as a relational being.
- Explain the importance of good relationships and explore the concept of “CHASTITY” using the **Concept Frame on Chastity**. Discuss questions. See the definition of Chastity from the Catechism #2337 on the preceding page.

Activity 2 -Explore and apply

- Read **Respect and Making Decisions**.
- Brainstorm reasons why some teens would choose to become sexually active. Name the possible consequences and risks of sexual activity.
- Understand that there are responsibilities to self and others if one makes the choice to become sexually active.

Activity 3 - Extend and commit

- Create a “**Chastity** ” poster to attract the attention of teens. The poster should incorporate pictures and words that hold a deep respect for self and others.

Concept Frame

Concept
CHASTITY

Facts

Characteristics

What is it like?

What is it unlike?

Explanation or Definition

Questions about concept

Student Handout

Respect and Making Decisions

Two types of respect are important in making decisions about sexual activity: self-respect and respect for others. Respect is the quality of showing consideration; that you care what effect your choices will have on others.

Having self-respect means that you like the person you are and you choose things that will make you safe and healthy. If you have self-respect, you will feel valuable as a person. You will know what you want in life and you will know how to handle the problems that may crop up in your life. You will do the tasks that you are responsible for because you recognize the gifts and skills you have, and you can be proud of what you can accomplish. This doesn't mean you are conceited or perfect, instead it means that you believe in yourself and you try to be the best person you can be.

Those who respect themselves and others are less likely to take advantage of others or to let others take advantage of them.

Respecting others means that you care for the persons they are; you want to keep them safe and healthy, too. If you have respect for others, you will see them as worthy and important. You believe in others' abilities and you refuse to stand in the way of them becoming the best they can be. Indeed, when you respect others, you help others grow.

Discuss the following statements in small groups. Explain the meaning of each statement, and, if possible, provide an example. Share your responses with the entire class.

"You have to like yourself before you can really like someone else."

"When you feel good about yourself, getting along with others is easier."

"Love others as God loves us."

"It hurts when a friend you treat with respect doesn't give you respect in return."

Student Handout

Someone who respects you...

- cares about the limits you set for yourself and the relationship.
- treats you with dignity.
- communicates clearly and honestly with you.
- listens to you.
- regards how you feel.
- will not invade your privacy.
- accepts you.



Someone who does not respect you...

- ignores what you say.
- pretends not to hear you.
- teases you about something you're sensitive about.
- gets mad when you don't do what he or she wants you to do.
- uses violence to get his or her way.
- touches you when you don't want to be touched.
- embarrasses you in front of others.



W-8.13 *The student will describe symptoms, effects, treatments, prevention for common sexually transmitted diseases; e.g. Chlamydia, HPV (genital warts), Herpes, Gonorrhoea, Hepatitis B/C, HIV, AIDS.*

Attention!

Students, whose parents have requested exemption from human sexuality lessons, must not participate in this lesson.

Catechetical Focus

- We discern what is good and right for a healthy lifestyle through prayer, church teaching, personal reflection, an informed conscience and the wise counsel of others.
- Our moral conscience is formed in the light of Sacred Scripture, Gospel values and the teachings of the Church. It guides our choices and decisions.
- Our bodies are temples of the Holy Spirit.
- Chastity and purity are virtues of great value.
- Everyone is called to and capable of living a chaste life.

Note to the Catechist

- Sexually transmitted diseases are communicable diseases that are spread from one person to another through sexual contact or intercourse.
- Herpes Simplex Virus can appear as sores in and around the mouth (Type I) and as sores on the genitals (Type II). Both types are capable of causing herpes infection on or around the mouth, or on the genitals through oral genital contact. This is a very common occurrence among teens today.

Theological Background

Scripture Commentary

- It is not only important to be knowledgeable about life and its working but rather of greater importance is how we act with this knowledge. Just because we “can” do something does not automatically make it right. Human beings need TIME to acquire Wisdom and Wisdom is found in listening more than speaking.

Scripture Texts

Sir. 6:33

If you love to listen you will gain knowledge, and if you pay attention you will become wise.

Is. 11:2

The spirit of the LORD shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the LORD.

Eccles. 7:11-12

11 Wisdom is as good as an inheritance, an advantage to those who see the sun. **12** For the protection of wisdom is like the protection of money, and the advantage of knowledge is that wisdom gives life to the one who possesses it.

Commentary on the Catechism of the Catholic Church

- The word disciple comes from the word “discipline”. It takes much self discipline to be a faithful disciple. Chastity is a learned and acquired discipline that over time, when practiced faithfully can become a virtue that bears wonderful fruit in our friendships with others.

CCC #2347 "The virtue of chastity blossoms in friendship. It shows the disciple how to follow and imitate him who has chosen us as his friends, [Cf. Jn 15:15] who has given himself totally to us and allows us to participate in his divine estate. Chastity is a promise of immortality. Chastity is expressed notably in friendship with one's neighbour. Whether it develops between persons of the same or opposite sex, friendship represents a great good for all. It leads to spiritual communion."

CCC #2337 "Chastity means the successful integration of sexuality within the person and thus the inner unity of man in his bodily and spiritual being. Sexuality, in which man's belonging to the bodily and biological world is expressed, becomes personal and truly human when it is integrated into the relationship of one person to another, in the complete and lifelong mutual gift of a man and a woman. The virtue of chastity therefore involves the integrity of the person and the integrality of the gift."

CCC #1830 "The moral life of Christians is sustained by the gifts of the Holy Spirit. These are permanent dispositions which make man docile in following the promptings of the Holy Spirit."

CCC #1831 "The seven gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. They belong in their fullness to Christ, Son of David. [Cf. Isa 11:1-2] They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations. Let your good spirit lead me on a level path. [PS 143:10] For all who are led by the Spirit of God are sons of God . . . If children, then heirs, heirs of God and fellow heirs with Christ." [Rom 8:14, 17]

Development of Lesson 8.13

W-8.13 *The student will describe symptoms, effects, treatments, prevention for common sexually transmitted diseases; e.g. Chlamydia, HPV (genital warts), Herpes, Gonorrhoea, Hepatitis B/C, HIV, AIDS.*

Activity 1 - Get ready

- Choose a scripture reading from the biblical texts identified in the section entitled Theological Background. Ask the student to reflect on this passage. What do you think God wants to tell us in this passage?
- Read **Making Choices for You**.
- Define sexually transmitted diseases (STDs). Inform students that the highest incidence, in Alberta, of sexually transmitted disease occurs in the 15 to 24 age group. The only sure way of avoiding the infection of a sexually transmitted disease is to abstain from sexual contact and intercourse.

Activity 2 - Explore and apply

- Read the **Sexually Transmitted Disease Fact Sheet**.
- Complete the **STD Review**.

Recommended Resources

- Video – “Teen Sex: Challenges & Decisions”; Dr. Stephen Genuis
- Youth Update – “STDs: A Life and Death Issue”; Susan Hines-Brigger

Making Choices for You

Chastity is an attitude. It is the attitude that you believe in yourself and in your power to make good decisions for your life. You value yourself as a special gift from God; you truly respect yourself.

To be chaste is to present yourself to others in a confident and modest manner. Your manner of dress, speech, and action displays the respect you have for yourself and others. Chastity demonstrates that you are responsible for what you choose and that you want to get the most out of life. Chastity gives you the energy and freedom to do all the things you want in your life, like have fun with friends, travel, get an education, and so on.

Abstinence is an appropriate choice for a chaste lifestyle. Abstaining from activities that could hurt you, allows you the freedom of living your life fully, without fear. If you choose to abstain from sexual activity, you will come to a committed relationship with a pure heart. You will be able to give your marriage partner love that is true, real, and lasting.

The greatest gift you can give to another person is the gift of yourself. Protect yourself and your dreams through abstinence; until you are in a committed married relationship with someone you trust will be faithful to and respecting of you.



Student Handout

Sexually Transmitted Diseases Fact Sheet

Chlamydia

- The most common STD caused by bacteria.
- It is acquired through sexual contact or intercourse.
- Many will not experience any symptoms; therefore, serious complications can occur before there is knowledge of having the disease.
- The symptoms in a male are likely to be a discharge from the penis and pain during urination. In females, the symptoms may include abnormal vaginal discharge, abdominal pain, and irregular menstruation.
- If left untreated, females may be unable to have children.
- Antibiotics are used to cure Chlamydia.

Crabs (Pubic Lice) or Scabies

- Tiny insects infest the genital area and cause painful itching.
- Both insects are spread through skin to skin contact and sexual contact with an infected person.
- Pubic lice can also be spread through sharing infested bedding, clothes, or towels.
- Pubic lice attach to the pubic hair and feed on blood. Scabies burrow under the skin in the genital area.
- Both insects can be cured with medicated shampoos or creams.

Genital Herpes

- A virus causes this STD.
- Blister-like bumps appear in the genital area and are painful and itchy. Other symptoms include fever, and pain during urination.
- The disease can be passed on to another with or without the presence of the sores.

- The virus remains in the body, even after the symptoms disappear. The symptoms usually reoccur repeatedly.
- There is no cure for this disease. There are only medications to help treat the symptoms.

Genital Warts

- This is the most common viral STD.
- These are small growths or bumps that grow in the genital area.
- They are caused by the human papilloma virus (HPV), and they are spread through skin to skin contact and sexual contact.
- A person may not realize that infection has occurred. It may take a long time for the warts to appear, but the infected person may share the disease without the presence of bumps.
- There is no cure for this disease, only treatments.

Gonorrhea

- The bacteria that causes Gonorrhea lives in the male's penis and in the female's vagina.
- It may be passed through sexual contact or intercourse. A mother may pass the disease to her baby during birth, causing eye infection.
- The symptoms in males are similar to those of Chlamydia. The symptoms in females mimic Chlamydia along with swelling, itching, or pain in the genital area.
- If it is diagnosed early, it can be cured with antibiotics, but if it is left untreated, the disease may spread in the body and cause sterility, and possible damage to organs.

Student Handout

Hepatitis B

- This virus can be passed through the exchange of blood and body fluids, through sexual contact, and from a mother to her baby.
- The virus attacks the liver.
- The symptoms are similar to the flu: fatigue, nausea, and lack of appetite.
- Most people will recover from Hepatitis B and will not have any long-term problems. Some will become chronic carriers and they may suffer from cancer of the liver.
- There is a vaccine available. Most children are immunized when they are 11.

HIV/AIDS

- AIDS is caused by the human immunodeficiency virus (HIV). Acquired immune deficiency syndrome is a deadly disease that destroys the body's immune system, thus, the body cannot fight infection.
- Many teens become infected with HIV and the disease develops into AIDS when they are in their twenties.
- HIV is contracted through the exchange of blood and body fluids, sexual contact, or from infected mother to baby.
- Some infected with HIV will have no symptoms, but they are still infectious. Others will experience flu-like symptoms: fatigue, fever, weight loss, cough, diarrhea, and swollen glands. These symptoms may last for months.

- Since the HIV damages the immune system, the person is more apt to catch infections. These are called opportunistic diseases. When this begins to happen, the disease is classified as AIDS. It is an opportunistic disease that will kill the person with AIDS.
- There is no cure for AIDS.

Syphilis

- Bacteria cause this STD.
- It is passed through sexual contact or from mother to baby.
- The symptoms appear in three stages. In the first stage a painless red sore or sores will develop in the genital area. These sores will disappear and the disease will progress to the next stage. During the second stage, a rash will appear anywhere on the body. The rash usually turns into blister-like sores. Finally, after two or more years, the disease may attack the heart, the blood vessels, or the nervous system. Syphilis can lead to death.
- If the disease is treated during the first two stages, it can be cured with antibiotics.

STDs cannot be contracted through casual touch, like hugging or holding hands. Public toilets do not transfer the bacteria or viruses associated with STDs.

STD Review

Each of the following statements is incorrect. On the lines provided, please correct the false statement.

Once the symptoms go away, a person no longer has the STD.

Someone can only contract an STD if he or she has more than one sexual partner.

It isn't possible to have more than one STD at a time.

All STDs can be cured with antibiotics.

Once an STD has been cured, a person is immune to that STD and cannot contract it again.

It is rare for teens to be infected with an STD.

The best way to avoid an STD is to engage in sexual activity with only one person before marriage.

It isn't possible to die from an STD.

W-8.14A *The student will explore our Catholic teaching regarding our openness to life within marriage.*

W-8.14B *The student will identify contraception technologies and critique the contraceptive mentality from the viewpoint of our Catholic tradition.*

Attention!

Students, whose parents have requested exemption from human sexuality lessons, must not participate in this lesson.

Catechetical Focus

- We discern what is good and right for a healthy lifestyle through prayer, church teaching, personal reflection, an informed conscience and the wise counsel of others.
- Our moral conscience is formed in the light of Sacred Scripture, Gospel values and the teachings of the Church. It guides our choices and decisions.
- Our bodies are temples of the Holy Spirit.
- Chastity and holiness are virtues of great value. Everyone is called to and capable of living a chaste life.
- Contraception technology is contrary to Catholic moral teaching, which only promotes abstinence and Natural Family Planning methods.
- Human life begins at the moment of conception, and must be respected and protected at all stages of development until natural death.
- Abortion is the killing of an innocent human life.

Note to the Catechist

- “Called to give life, spouses share in the creative power and fatherhood of God. Married couples should regard it as their proper mission to transmit human life and to educate their children; they should realize that they are thereby cooperating with the love of God the Creator and are, in a certain sense, its interpreters. They will fulfill this duty with a sense of human and Christian responsibility.” (Catechism of the Catholic Church, 2367)
- “Periodic continence, that is, the methods of birth regulation based on self-observation and the use of infertile periods, is in conformity with the objective criteria of morality.” (Humanae Vitae, 16.1)
- The methods of Natural Family Planning espoused by the Church “respect the bodies of the spouses, encourage tenderness between them, and favour the education of an authentic freedom...every action which, whether in anticipation of the conjugal act, or in its accomplishment, or in the development of its natural consequences, proposes, whether as an end or as a means, to render procreation impossible is intrinsically evil.” (Humanae Vitae, 16.1, Catechism of the Catholic Church, 2370)

Theological Background

Scripture Commentary

- One of the aspects in which we are most profoundly created in “God’s own image” is in the fact that we are “free beings” free to choose between what is good and what is evil. We must never allow ourselves to become enslaved to bad habits because this would leave us being far less than what we truly can be – reflections of God himself, who is Love.

Scripture Texts

Gen. 1:27-28

27 So God created humankind in his image, in the image of God he created them; male and female he created them. 28 God blessed them, and God said to them, ‘Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.’

Gen. 17:15-16

15 God said to Abraham, ‘As for Sarah your wife, you shall not call her Sarai, but Sarah shall be her name. 16 I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her.’

Lk. 1:38

38 Then Mary said, ‘Here am I, the servant of the Lord; let it be with me according to your word.’ Then the angel departed from her.

Dt. 30:15-20

15 See, I have set before you today life and prosperity, death and adversity. 16 If you obey the commandments of the LORD your God that I am commanding you today, by loving the LORD your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the LORD your God will bless you in the land that you are entering to possess. 17 But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, 18 I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. 19 I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, 20 loving the LORD your God, obeying him, and holding fast to him; for that means life to you and length of days, so that you may live in the land that the LORD swore to give to your ancestors, to Abraham, to Isaac, and to Jacob.

Commentary on the Catechism of the Catholic Church

- Human beings are never to be treated as objects, rather always as subjects. We cannot be owned, controlled or possessed by others. To use another person as an object of self interest goes against the very nature of our humanity. Relationships blossom to their fullest potential within mutually respectful encounters.

CCC #2378 "A child is not something owed to one, but is a gift. The 'supreme gift of marriage' is a human person. A child may not be considered a piece of property, an idea to which an alleged 'right to a child' would lead. In this area, only the child possesses genuine rights: the right 'to be the fruit of the specific act of the conjugal love of his parents,' and 'the right to be respected as a person from the moment of his conception.'

The Truth and Meaning of Human Sexuality, Article 15 The revealing sign of authentic married love is openness to life: "In its most profound reality, love is essentially a gift; and conjugal love, while leading the spouses to the reciprocal knowledge'....does not end with the couple, because it makes them capable of the greatest possible gift, the gift by which they become cooperators with God for giving life to a new human person. Thus the couple, while giving themselves to one another, give not just themselves but also the reality of children, who are a living reflection of their love, a permanent sign of conjugal unity and a living and inseparable synthesis of their being a father and a mother". From this communion of love and life spouses draw that human and spiritual richness and that positive atmosphere for offering their children the support of education for love and chastity.

Evangelium Vitae # 3 and # 13 3 Every individual, precisely by reason of the mystery of the Word of God who was made flesh (cf. Jn 1.14), is entrusted to the maternal care of the Church. Therefore every threat to human dignity and life must necessarily be felt in the Church's very heart; it cannot but affect her at the core of her faith in the Redemptive Incarnation of the Son of God, and engage her in her mission of proclaiming the Gospel of life in all the world and to every creature (cf. Mk 16.15).

Today this proclamation is especially pressing because of the extraordinary increase and gravity of threats to the life of individuals and peoples, especially where life is weak and defenseless. In addition to the ancient scourges of poverty, hunger, endemic diseases, violence and war, new threats are emerging on an alarmingly vast scale.

The Second Vatican Council, in a passage which retains all its relevance today, forcefully condemned a number of crimes and attacks against human life. Thirty years later, taking up the words of the Council and with the same forcefulness I repeat that condemnation in the name of the whole Church, certain that I am interpreting the genuine sentiment of every upright conscience: "Whatever is opposed to life itself, such as any type of murder, genocide, abortion, euthanasia, or willful self-destruction, whatever violates the integrity of the human person, such as mutilation, torments inflicted on body or mind, attempts to coerce the will itself; whatever insults human dignity, such as subhuman living conditions, arbitrary imprisonment, deportation, slavery, prostitution, the selling of women and children; as well as disgraceful working conditions, where people are treated as mere instruments of gain rather than as free and responsible persons; all these things and others like them are infamies indeed. They poison human society, and they do more harm to those who practice them than to those who suffer from the injury. Moreover, they are a supreme dishonor to the Creator."

13 In order to facilitate the spread of abortion, enormous sums of money have been invested and continue to be invested in the production of pharmaceutical products which make it possible to kill the fetus in the mother's womb without recourse to medical assistance. On this point, scientific research itself seems to be almost exclusively preoccupied with developing products which are ever more simple and effective in suppressing life and which at the same time are capable of removing abortion from any kind of control or social responsibility.

It is frequently asserted that contraception, if made safe and available to all, is the most effective remedy against abortion. The Catholic Church is then accused of actually promoting abortion, because she obstinately continues to teach the moral unlawfulness of contraception. When looked at carefully, this objection is clearly unfounded. It may be that many people use contraception with a view to excluding the subsequent temptation of abortion. But the negative values inherent in the "contraceptive mentality"--which is very different from responsible parenthood, lived in respect for the full truth of the conjugal act--are such that they in fact strengthen this temptation when an unwanted life is conceived. Indeed, the pro-abortion culture is especially strong precisely where the Church's teaching on contraception is rejected. Certainly, from the moral point of view contraception and abortion are specifically different evils: the former contradicts the full truth of the sexual act as the proper expression of conjugal love, while the latter destroys the life of a human being; the former is opposed to the virtue of chastity in marriage, the latter is opposed to the virtue of justice and directly violates the divine commandment "You shall not kill."

But despite their differences of nature and moral gravity, contraception and abortion are often closely connected, as fruits of the same tree. It is true that in many cases contraception and even abortion are practiced under the pressure of real life difficulties, which nonetheless can never exonerate from striving to observe God's law fully. Still, in very many other instances such practices are rooted in a hedonistic mentality unwilling to accept responsibility in matters of sexuality, and they imply a self-centered concept of freedom, which regards procreation as an obstacle to personal fulfillment. The life which could result from a sexual encounter thus becomes an enemy to be avoided at all costs, and abortion becomes the only possible decisive response to failed contraception.

The close connection which exists, in mentality, between the practice of contraception and that of abortion is becoming increasingly obvious. It is being demonstrated in an alarming way by the development of chemical products, intrauterine devices and vaccines which, distributed with the same ease as contraceptives, really act as abortifacients in the very early stages of the development of the life of the new human being.

Familiaris Consortio # 32 When, instead, by means of recourse to periods of infertility, the couple respect the inseparable connection between the unitive and procreative meanings of human sexuality, they are acting as "ministers" of God's plan and they "benefit from" their sexuality according to the original dynamism of "total" selfgiving, without manipulation or alteration.

In the light of the experience of many couples and of the data provided by the different human sciences, theological reflection is able to perceive and is called to study further the difference, both anthropological and moral, between contraception and recourse to the rhythm of the cycle: it is a difference which is much wider and deeper than is usually thought, one which involves in the final analysis two irreconcilable concepts of the human person and of human sexuality. The choice of the natural rhythms involves accepting the cycle of the person, that is the woman, and thereby accepting dialogue, reciprocal respect, shared responsibility and self-control. to accept the cycle and to enter into dialogue means to recognize both the spiritual and corporal character of conjugal communion and to live personal love with its requirement of fidelity. In this context the couple comes to experience how conjugal communion is enriched with those values of tenderness and affection which constitute the inner soul of human sexuality, in its physical dimension also. In this way sexuality is respected and promoted in its truly and fully human dimension, and is never "used" as an "object" that, by breaking the personal unity of soul and body, strikes at God's creation itself at the level of the deepest interaction of nature and person.

Development of Lesson 8.14

W-8.14A *The student will explore our Catholic teaching regarding our openness to life within marriage.*

W-8.14B *The student will identify contraception technologies and critique the contraceptive mentality from the viewpoint of our Catholic tradition.*

Activity 1 - Get ready

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- Choose a scripture reading from the biblical texts identified in the section entitled Theological Background. Ask the student to reflect on this passage. What do you think God wants to tell us in this passage?
- Emphasize that abstinence is the only effective means of avoiding pregnancy and maintaining sexual health.
- Read and discuss **Avoiding Pregnancy and Maintaining Sexual Health**. Discuss why the Church says “yes” to love and life.

Activity 2 - Explore and apply

- Discuss the following: Why are so many teens choosing not to engage in sexual activity until they are in a committed married relationship? There are still some teens who know the consequences of sexual activity, but they still become sexually active. Why?

Activity 3 - Extend and commit

- Complete the **My body is a temple of the Holy Spirit** reflection page by writing down effective ways to remain healthy and abstinent, around the dove image.

Student Handout

Avoiding Pregnancy and Maintaining Sexual Health

The only method of maintaining sexual health and avoiding pregnancy that is 100% effective is abstinence. Abstinence should be the choice made by people who are not in a committed married relationship.

Some people may say that using contraceptives can allow people to be sexually active without the fear of pregnancy or STDs, but there are still risks associated with the use of contraceptives.

Contraception or birth control is the intentional use of various agents to prevent conception. There are five main types of contraceptives.

Method of contraception:	How it works:
Barrier	These methods act as a block between the sperm and the egg, like the condom or diaphragm.
Chemical	Chemicals in a spermicidal agent work by killing or inactivating sperm.
Hormonal	Hormones levels are regulated to prevent a woman from ovulating.
Permanent	Sterilization involves surgery to make a person incapable of reproducing.
Preventing Implantation	These methods prevent the fertilized egg from implanting in the uterus.

With any of the above contraceptive methods, there is the risk of failure and there is a possibility of pregnancy or contraction of an STD. Many of these methods are not effective because people don't use them properly or consistently. Also, some may fail because the product fails. Some are ineffective because they aren't meant to prevent STDs. Other factors may decrease the effectiveness of contraceptives. Some of the contraceptives are unsafe for some people because of their possible side effects. The Catholic Church does not support the use of these methods of contraception.

The Catholic Church teaches the value of life and helps us understand the gift of love in life. The following is an excerpt from the leaflet produced by the Catholic Organization for Life and Family (COLF):

The Church says "yes" to Love

- ***The Church believes that*** because men and women are created in the image of God, they are inherently called to love, fashioned by love, and oriented towards love.
- ***The Church's concern for the couple*** is, we hope, God's concern. The Church calls today's men and women to love through the total gift of themselves. It is convinced that couples can find love while responding to the call to grow and flourish within the context of their Christian vocation: to be fruitful in all aspects of their lives.
- ***In the Church's view***, Christian couples must remain *open to life* in planning the timing for and the number of their children. *They are responsible for managing this procreative potential.* They must critically examine, in all generosity, the quality of the *conjugal and*

family environment they can provide and their capacity to be open to new life. They must realistically assess their physical, financial and psychological resources in order to ensure that each of their children has the opportunity to grow in a loving, stable home environment.

All family planning methods are based on a set of values. The Church believes that natural methods express the indivisible link between loving union and the procreative potential of intercourse in the context of married love. For this reason, the Church sees natural family planning and not contraception as the morally acceptable choice. By discovering the *universe of meaning* contained within each sexual act, you will appreciate the breadth and depth of this link.

“By safeguarding both these essential aspects, the unitive and the procreative, the conjugal act preserves in its fullness the sense of true mutual love and its ordination towards [the] most high calling to parenthood.” (*Pope Paul VI, Encyclical Letter Humanae Vitae, no. 12*)

Ways I Can Remain Healthy And Abstinent

