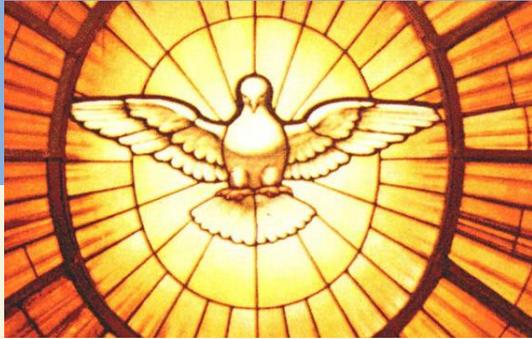


**“WALKING THE WALK”
& “TALKING THE TALK”:**

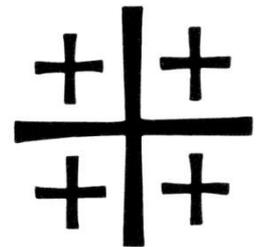
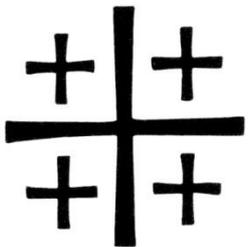
HUMAN SEXUALITY, LOVE AND CHASTITY

OPENING PRAYER



Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your Spirit, and they shall be created.
And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit
did instruct the hearts of the faithful,
grant that by the same Holy Spirit we may be truly wise
and ever enjoy His consolations,
Through Christ Our Lord, Amen.





BISHOP CONLON'S VISION AND DIRECTION

Regarding human sexuality, parents are not just the primary educators, but they are ***the* educators.**



(A) Parents

- Are responsible for discussing human anatomy and reproduction with their children, as well as principles of Christian morality.

(B) The Parish

- Helps parents fulfill this responsibility by handing on the moral teaching of the Church.
- Teaches the truth about God's revelation and so addresses Christian morality.



DIOCESAN FAMILY LIFE GUIDELINE: FUNDAMENTAL CONSIDERATIONS



*Understanding the goodness of the human body,
and sexuality itself as a gift.



*Respect for one's own body and for
others' bodies as temples of the Holy Spirit.

*Cultivation of virtues and practice of prayer.

* Understanding that the mutual gift of husband and wife
in marriage is part of God's plan for humanity:
it reflects the inner life of the Trinity.



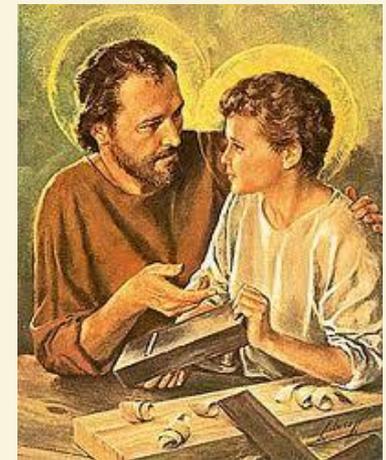
CONTEMPORARY CHALLENGES



“Where do babies come from?” Etc.

**Brainstorm and discuss with a neighbor or two,
then share with the group...**

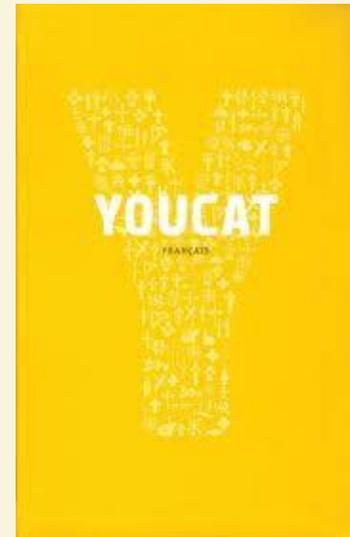
- How did your parents talk with you about puberty and human sexuality when you were an adolescent?
- What did you appreciate and/or what do you wish had been different?
- What are some contemporary challenges that make this conversation difficult today?





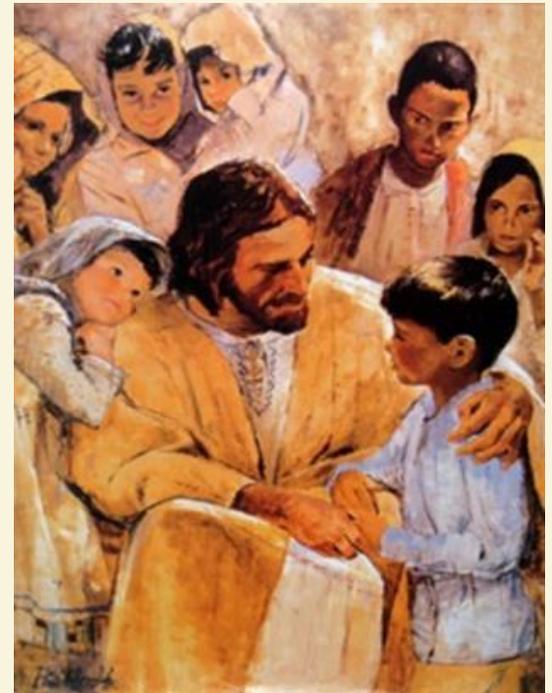
ENGAGING IN THE CONVERSATIONS

- Persevere to overcome awkwardness and/or to continue conversations with your pre-teens and teens: [Jason Evert](#).
- Propose **Chastity** as the virtue which helps young people:
 - grow in maturity and self-respect
 - develop better friendships
 - make better choices about life
 - strengthen their character



AS FOLLOWERS OF JESUS, *WHAT AND HOW SHOULD WE COMMUNICATE?*

- Basic facts of human anatomy
- God's plan for why he's given us these gifts and how to use them
- A Christian vision of life and love
- Top 4 Cultural Challenges & Catholic Insights



*“Blessed are the pure of heart,
for they shall see God.”*

SECULAR CHALLENGES vs. CATHOLIC INSIGHTS

#1: The Rules of "Love"



Secular View: Love is reduced to a mere feeling or emotion.

- “Luv Rules”: Any strong emotional attachment, therefore, makes sexual activity acceptable or licit.



Catholic Vision: Love is a decision, a choice to will the good of the other person



- “The Law of the Gift”: we find true fulfillment by making a sincere gift of ourselves to another person

SECULAR CHALLENGES vs. CATHOLIC INSIGHTS

#2: The Story on Sex

Secular View: Sex is reduced to a merely physical activity.

- “My body is my business”
- Pursue pleasure or emotional satisfaction



Catholic Vision: Sex unites both body and soul.

- Promote both physical and spiritual health
- Protect persons and hearts

SECULAR CHALLENGES vs. CATHOLIC INSIGHTS

#3: Family Planning



Secular View: Just do it, “safely.”

- Sex is not linked to procreation, so make sure to use a combination of contraceptives



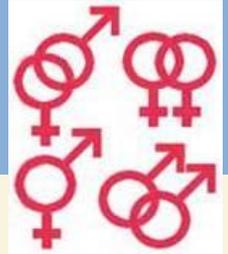
Catholic Vision: Say a “deeper YES” to your future spouse.

- “Bonding” and babies go together
- Not just trying to avoid disease or pregnancy, but investing in a richer, more fulfilling future



SECULAR CHALLENGES vs. CATHOLIC INSIGHTS

#4: Urging onward



Secular View: Sexual desires define and drive human beings

- To not act on sexual desires is to repress who you are
- Mutual consent and a right to self-expression are the only moral factors that matter



Catholic Vision: Sexuality is a gift from God, one part of a person's well-integrated personality

- Chastity is “an apprenticeship in self-mastery which is a training in human freedom” (CCC, n. 2339)
- Promoting healthy and rewarding friendships

BRAINSTORMING BEST-PRACTICES

Discuss with a couple of neighbors,
and then share with the group:



What advice do you have about Where, When, and How
to start conversations with your child about puberty,
intercourse and human reproduction?

SEVEN WAYS TO "TALK THE TALK":

FROM *BEYOND THE BIRDS AND THE BEES* (POPCAK, 2011)

Realize what your child needs to know and when.

Elicit your child's thoughts, attitudes and feelings.

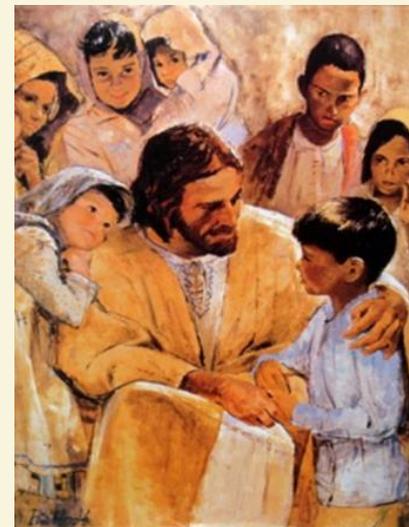
Speak the truth.

Present a positive, Christian attitude toward sex.

Expect to talk about your own struggles when—
and to the degree—it is appropriate.

Control your temper and the temptation to lecture.

Teach your child what the gift of the body is for.



RESPONDING TO TOUGH QUESTIONS

FROM PARENT GUIDE TO HUMAN SEXUALITY, ARCHDIOCESE OF N.Y.



1. Pornography:

“What are those people doing?”

2. Premarital Sex:

“How can she have a baby if she’s not married?”

3. Masturbation:

“On TV they said it’s OK and actually healthy...?”

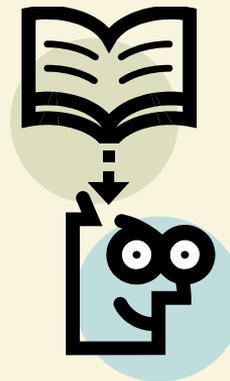
4. Family Differences:

“Why does he/she have two moms or two dads?”

RESOURCES AND NEXT STEPS



- Discuss a concrete time frame for beginning and/or continuing these essential conversations about human sexuality, love and chastity.
- Share any handouts or additional resources



LEAD BY FOLLOWING CHRIST; FOLLOW HIM BY LEADING

Let's help our youth say a deeper "Yes":

- YES to God's plan for their lives!
- YES to their future spouse and/or to their vocation!
- YES to the virtue of chastity and to purity of body, mind and soul!
- YES to following Jesus wholeheartedly!

THE *MEMORARE*



Remember, O most gracious Virgin Mary,
that never was it known that anyone who fled to your protection,
implored your help, or sought your intercession was left unaided.

Inspired by this confidence, I fly unto you,
O Virgin of virgins, my mother;
to you I come, before you I stand, sinful and sorrowful.

O Mother of the Word Incarnate, despise not my petitions,
but in your mercy hear and answer me. Amen.

ADDITIONAL RESOURCES



- Jason Evert's reflections on ["Homosexuality and the Catholic Church"](#)
- Re-proposing the beauty of married love:
 - [Made for Each Other](#)
& [Made for Life](#)