



Office of Youth and Young Adult Ministry

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Chastity resources for use with Middle and High School teens

All people, most especially during the young formative years, seek to answer the questions: “What does it mean to be human?” “What is love?” “What is the meaning of my sexuality?” Seeking answers to these questions without the foundation of the author of love, God, leaves us empty and confused and with only the half-truths offered by the world.

In light of this, we are proposing different ideas for each parish moving forward in the area of chastity formation. Please note that the new curriculum framework forthcoming from the Catechetics Office will have a section at each grade level on Theology of the Body. While this is a good start, it is likely more information, resources and ongoing formation is needed for your youth and parents.

To assist you in this endeavor, the Diocese of Burlington has video and print resources available at: www.vermontcatholic.org/familyresources → Go to the bottom of the page

- 1) **Parish resources:** Consider having CD’s, brochures, articles, etc. available on a table at your parish. Consider, too, providing resource ideas on various web filtering software available for parents. Some to consider are Quostidio, Norton, Kaspersky, Covenant Eyes, K9 Filter and Net Nanny. There are also router-like devices (Circle Home Plus) that filter all internet entering a home. See the downloadable flyer at the Diocesan link above.
- 2) **Theology of the Body Program:** Theology of the Body has proven to be one of the best ways of addressing issues of human sexuality; versus simply a ‘chastity talk’.

A number of the videos posted on our web site are related to Theology of the Body. A more robust curriculum is available through Ascension Press – the [YOU: Life, Love and the Theology of the Body](#). This is both an online and in-person curriculum designed for classes and parents/children. The diocese has a copy of this for your use/review.

- 3) **Parent and Teen Night:** We recommend considering a night (or nights) for both parents and teens. Possibly utilize a 2 or 3 part series, with a combination of videos, journal time, small group, prayer and family sharing. You could use the videos from the Diocesan web site, have time for discussion, questions, an opportunity for parents to meet with their teens, a time for prayer in the church, etc. If you are interested in Bill Gavin or someone else assisting in this evening (putting together a schedule, speaking, etc.), please let us know. Another option to consider is skyping in a speaker from another part of the country. We have a number of excellent options to consider if you want to go in this direction. Whatever you choose, parents should be part of the process and discussion.