



# Be Happy, Healthy & Holy

## Chastity Program for High School Catholic Youth

### THIS PRESENTATION WILL INCLUDE:

- God's plan for love, sex and life (Genesis: 2:24, "This is why a man leaves his father and mother and joins himself to his wife, and they become one body."; Genesis 1:27, "..in the image of God He created them, male and female He created them; Genesis 1:28, "..Be fertile and multiply, fill the earth..")
- The Sacrament of Marriage and the wedding vows: the commitment to love as Christ loves - freely, totally, faithfully and fruitfully. The unitive and procreative meanings of marital union.
- St. John Paul II's, "Language of the Body" and "Spousal Meaning of the Body"- the power to express love, to be a sincere gift to others
- The difference between authentic love and lust
- The Catholic Church's teaching on sexual morality that includes chastity, pre-marital sex, homosexual acts, Natural Family Planning and reproductive technology
- Physical, emotional and spiritual consequences of sex outside of marriage: sexually transmitted diseases, unplanned pregnancy, abortion, single parenting and the loving option of adoption
- God's mercy and healing, Post-abortion Project Rachel Ministry
- The stages of a relationship from friendship to marriage, the purpose of dating, signs of an unhealthy relationship, and tips to stay pure
- "At-Risk" behaviors – alcohol and drug use
- Deepening your friendship with God
- ***New: Group Activity, Questions and Answers***

The teens are encouraged to ask questions during the presentation and are invited to make a commitment to practice chastity. Parents or guardians are encouraged to attend and resources/handouts will be available.

### **For more information and to schedule a presentation contact:**

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