

The Good News about Life

Part TWO

Script is divided into parts for Speaker A & Speaker B.

If the teacher has collected questions, review them quickly during the break or during the first video so you can address them throughout this part or afterwards.

Approximate timing is based on 65 minute talk + 10 minutes for questions.

THE GREATEST LOVE STORY

We're going to talk about love and relationships. So let's begin with a video about the greatest love story ever.

Show video → Falling Plates (4 minutes)

Maybe it sounds strange, but before we fall in love with anyone else, we should fall in love with Jesus! Knowing and loving Christ teaches us how to love others and how we should be loved.



WHAT IS CHASTITY

Ask the kids what chastity means?
(the definition is not up on the slide)



- **It's AWESOME**
- **It's the virtue that governs human sexuality**
- “[Chastity is] not a mere faculty, feeling or network of physical organs. Rather, it **marks the entire personality of a human being. It is profoundly related to our personal identity and destiny.**”¹
- **It's not just abstinence**
 - Chastity is a virtue you should be practicing now and always, even if you are married.

Ask the kids what kinds of things chastity involves?



- Crude language
- Pornography
- How you dress, modesty
- Respecting your body

How you use your sexuality is part of your vocation. You give your *whole* self to your spouse or to God.

¹ Cardinal William H. Keeler, Archbishop of Baltimore, *On Marriage, Sexuality and Chastity*, Pastoral Letter addressed to the Priests and People of the Archdiocese of Baltimore, (December 11, 2000).

SEXUAL ACTIVITY

“The Church is not concerned about human sexuality because it is bad but because it is SO GOOD and so important to personal freedom, social life, and human happiness.”²

You decide NOW how to take care of your sexuality

The Church is not concerned about human sexuality because it is *bad* but because it is *so good* and *so important* to personal freedom, social life, and human happiness.



You decide **NOW** how to take care of your sexuality.

Take it seriously.

The question we were getting asked was “so how far can I go? Where’s the line?” We’re going to let this video answer that question.

Show video → Jason Evert “How far?” (7 minutes)

If we could give you a piece of advice, it would be to make friends with care.

We aren’t saying to abandon any friend who disagrees with you on these issues. Remember, we are entrusted to one another.

It is great to have at least one friend or a sibling who will support you in your decision to remain chaste (and to call you out if you are talking or dressing or acting in a way that doesn’t reflect that decision).

² Cardinal Keeler, *On Marriage, Sexuality and Chastity*.

THE BIBLE & SEXUALITY

Ask the students which of the Ten Commandments apply to these issues?

- Don't commit adultery
- Don't covet your neighbor's spouse



The Bible, Creation, & Sexuality

"and God looked at everything he had made, and he found it very good." Genesis 1:31

"the two of them become one body" Genesis 2:24



"If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free." Jn. 8:32.

Ask the students if these have anything to do with teenagers?

In the Gospel of Matthew, Jesus says *"But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart."* Matthew 5:28

Adultery includes premarital sex

Pornography is all about coveting someone who isn't your spouse.

In Genesis, we learn that *"God created man in his image, in the divine image he created them."* Gen. 1:27

An essential part of God's creation is human sexuality.

You may be thinking, but what does the Bible have to do with my life? We live in America in 2015. If we compare the Bible's vision for men and women (created in God's image and very good) to what our culture looks like today, we might reconsider which way we choose to accept and to live.

In our culture, between 40 and 50% of marriages end in divorce; sexually transmitted infections are rampant, and young women and men are often used and unloved.

So how do we know what God's way is?

Ask a student who has the verse from John to read it.

“Jesus then said to those Jews who believed in him, ‘If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free.’” Jn. 8:32.

So what’s the truth about sexual activity? God intended for sexual activity to have 2 purposes – babies and bonding. That means sex is for procreation and **spouses helping each other get to heaven.**

Imagine a triangle. You and your Spouse are on the bottom corners and God is at the top. Move towards God and you grow together.

approximately 15 minutes

THE ROAD NOT TAKEN

Read the stanza from *The Road Not Taken*, Robert Frost

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I--
I took the one less traveled by,
And that has made all the difference.*

Consider taking the road to

- Chastity
- Temperance
- Purity
- healthy alcohol, cigarette, and drug free living
- Respect for Life
- Respect for yourself and others
- treating your body as a temple of the Holy Spirit.



Help your friends to do the same. Remember, you are your brother's keeper.

The media (magazines, music, movies, the internet) and the culture lie about sexuality. **We have to be like the early Christians and set ourselves apart.**

In living counterculturally and taking the *Road not Taken*, you may be challenged or teased for being a wimp or a prude. Are they really saying you're not a man unless you can use some girl and throw her away? Are they really saying you're not a woman unless you give yourself away to a man who isn't ready to commit to you?

In this *Road Not Taken*, consider that now is time to find your vocation.

Sometimes we think that now is the time to find a boyfriend or a girlfriend or to get into the right schools. We think of vocations as just priests or nuns. Each of us has a vocation – to be what we are called to be by God. Maybe that's a priest, maybe it's a husband and father. Or a wife and mother. Or a religious sister. Rather than chasing guys or chasing girls, we can try chasing God. If we look to the side and see someone running alongside us, if your vocation is marriage, maybe that's your guy or your girl. **Your vocation right now is to find your vocation.**

MARRIAGE

Ask the students if any of them think that maybe one day they might be called to marriage?



Ask what qualities they would want in a future spouse?



If you can, write them out on a chalkboard as the students list them.

Then ask the students what kinds of qualities they think their future spouse (if they are called to marriage) wants in them. If you want a Godly spouse, be a Godly person.

Ask the student who has the verse from Ephesians to read it

“Husbands, love your wives, even as Christ loved the church” Eph 5:25-27

Ask the students how Christ loved the Church?

If they have trouble, point to a crucifix for a hint.

If we are supposed to love our husbands and wives this much, we’ve got to work pretty hard at being that Godly person!

Apologize to the guys that this video focuses on the ladies in the room, but invite them to think of the list as a “Dump Her List” or to think about how to avoid being a guy with the qualities on the list.

Show the video → *Dump Him List (4 minutes, can cut at 2 minutes)*

Pass out the handout → *Dump Him List*

“do you take this woman . . .?”

Proper use of sexuality demands relationships that have:

- dignity
- commitment
- permanency
- stability
- openness to children

Husbands, love your wives, even as Christ loved the church. Ephesians 5:25

God created man in his image; in the divine image he created him; male and female he created them. God blessed them, saying “Be fertile and multiply” Genesis 1:27-28



CONTRACEPTION: WHY NOT?

The Catholic Church teaches something pretty countercultural these days – that use of contraception is immoral.

If your vocation involves marriage, we ask you to consider
NATURAL FAMILY

PLANNING (a way for women to track the natural signs of her body and plan a family based the cycles on her God-given fertility rather than suppressing it). This awesome teaching of the Church

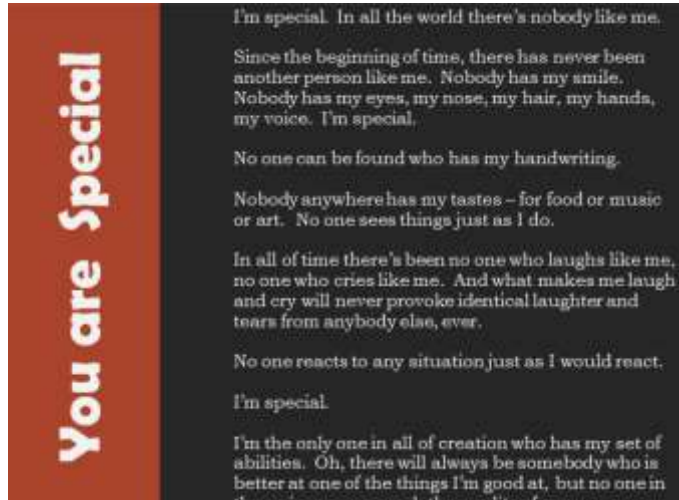
- avoids artificial contraception and the side effects
- preserves the purpose of marriage babies & bonding
- is “green” / eco-friendly
- and is truly respectful of women

Contraception: Why Not?



YOU ARE SPECIAL

God doesn't make mistakes. You may wake up in the morning and look in the mirror and say, oh man, my nose is too big or my hair is too frizzy, or I'm too short. But you're wrong. God made you with that exact size nose and that hair and that height. And He doesn't make mistakes.



The world tells us true beauty is about being thin and having perfect hair or huge muscles. None of that matters, and most of it isn't even real.

Show the video → Dove, Evolution (1 minute, 15 seconds)

Real beauty is about knowing you are special because you are a child of the King!

Invite students to close their eyes while you read them this poem:

I'm special. In all the world there's nobody like me.

Since the beginning of time, there has never been another person like me. Nobody has my smile. Nobody has my eyes, my nose, my hair, my hands, my voice. I'm special.

No one can be found who has my handwriting.

Nobody anywhere has my tastes – for food or music or art. No one sees things just as I do.

In all of time there's been no one who laughs like me, no one who cries like me. And what makes me laugh and cry will never provoke identical laughter and tears from anybody else, ever.

No one reacts to any situation just as I would react. I'm special.

I'm the only one in all of creation who has my set of abilities. Oh, there will always be somebody who is better at one of the things I'm good at, but no one in the universe can reach the quality of my combinations or talents, ideas, abilities, and feelings. Like a room full of musical instruments, some may excel alone, but none can match the symphony sound when all are played together. I'm a symphony.

Through all of eternity no one will ever look, talk, walk, think or do like me. I'm special. I'm rare.

And, in all rarity, there is great value.

Because of my great rare value, I need not attempt to imitate others. I will accept – yes, celebrate – my differences.

I'm special. And I'm beginning to realize it's no accident that I'm special. I'm beginning to see that God made me special for a very special purpose. He must have a job for me that no one else can do as well as I. Out of all the billions of applicants, only one is qualified, only one has the right combination of what it takes.

That one is me. Because . . . I'm special.

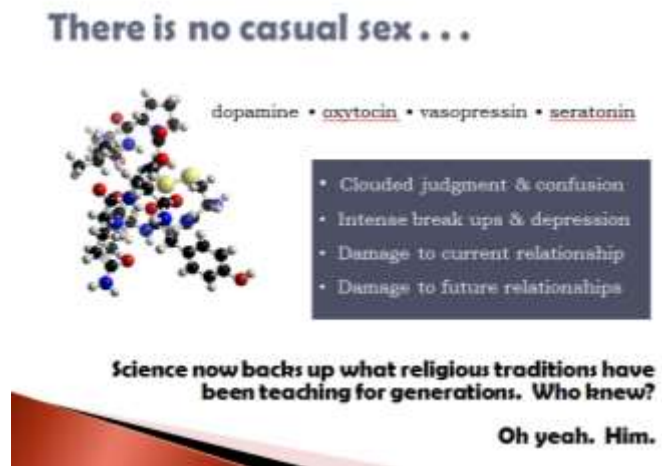
approximately 30 minutes

THERE IS NO CASUAL SEX

Because we're made so special and part of what makes us special is our sexuality, God (who doesn't make mistakes) made sex very special and very complicated. It's never just physical.

There is no casual sex.

And when we talk about sex, we mean sexual activity of all kinds.



Sexual activity has SPIRITUAL EFFECTS

Sexual activity within faithful, committed marriages brings couples closer together.

Being unchaste wounds or severs our relationship with God. It distracts us from his plan for our sexuality and the sins that come with impurity separate us from God, what so wants us to use that incredible gift He gave us rather than abuse it.

Sexual activity has MENTAL EFFECTS

Chemicals in our brains that are triggered by sexual activity.

These chemicals bond people physically when they engage in sexual activity (not just intercourse). God doesn't make mistakes. He gave us these chemicals for a good reason, we just have to be aware of them and be sure to use them well.

Dopamine

When humans do exciting and rewarding things, dopamine **floods the brain, producing a feeling of well-being.** It's values-neutral. It makes people feel good when they take risks, even if those risks are bad choices.

For example, if you jump off a bridge with a bungee cord, your brain floods with dopamine. If you jump without the cord, it still floods with dopamine.

Oxytocin

Oxytocin is released **when a woman or man touch each other**, after a 20 second hug from a partner, **during labor & breastfeeding, and during sexual intercourse.**

Oxytocin is amazing in that it helps couples bond physically and bonds mothers and their newborn babies. In fact, this chemical is so strong that OBGYN's will tell you, women will look at the oddest looking babies right after birth and say they are so beautiful. The OB's are probably thinking "if you think so . . ." (some OB's call them "FLK's" – funny looking kids).

Improper use of our sexuality can cause confusion and depression.

These hormones, which are a gift to help mothers bond with (and wake up to feed and care for) newborns and spouses bond with each other to sustain long-lasting marriages, are not meant for short term relationships.

Sex before marriage is backwards. The chemicals bond you before you know whether or not you want to be bonded, thus **diminishing your ability to truly discern if this guy or this girl should be your future spouse.**

It builds trust, but based only on hormones, not at all on the other person being deserving of or earning trust.

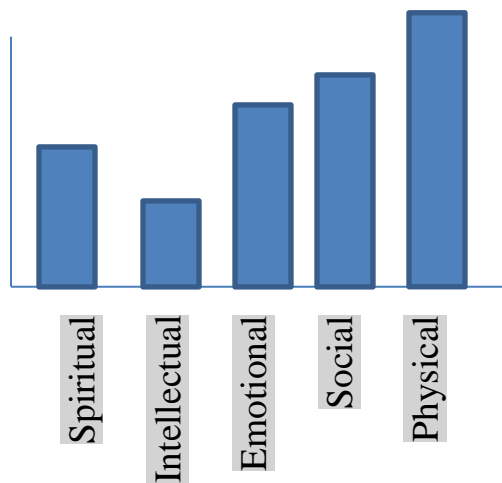
In part because of these chemicals in our brain, sexual activity outside of marriage can cause damage to your relationships – current and future.

Sex can dominate the relationship.

CHART – Draw a chart on the board with the words "spiritual," "intellectual," "emotional," "social," and "physical" across the bottom. As you write each word, you can say something silly like, "maybe you met at youth group so you have some spiritual connection," "maybe the two of you discuss world politics over coffee, so you're bonding intellectually," "maybe he helped you through a tough time in your family, so you have a good emotional connection," "maybe you get along really well with her friends, so you can all hang out together." As you write each word at the bottom, show a line in the bar graph



growing. Then when you get to the physical part, ask what they think happens to the other areas of the relationship. Explain that as the different parts of your relationship grow, if one grows too fast, the others tend to stop growing or even decrease. If you get too physical too fast, you're not likely to grow well spiritually, socially, or intellectually in your relationship.



Sexual activity outside of marriage can cause damage to later relationships.

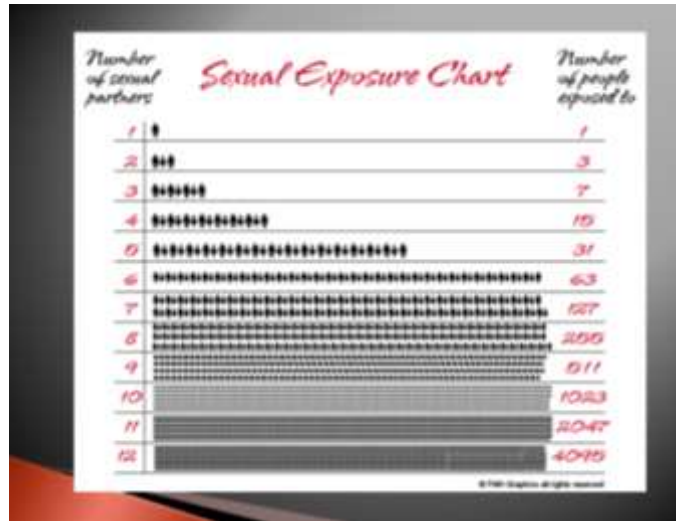
If you experience horrible break-ups one after another, over time, you build up resistance to trusting others.

The chemicals work like a bandaid. If you take a bandaid and stick it on your knee and then rip it off and stick it on your elbow and then take it off and stick it on your hand, it's not going to be sticky for very long. The effectiveness of these chemicals, which bond us to another person, is lessened.

SEXUAL EXPOSURE

If none of these things convince you that sexual activity's proper place is in marriage, guided by the virtue of chastity, how about that the alternative is just pretty gross?

Having heard all of this about sexually transmitted infections and the mental and spiritual effects of misusing our sexuality, let's take a look at this chart. This assumes that each of your sexual partners has had the same number of partners as you have at that particular point.



According to former US Surgeon General, C. Everett Koop, MD, "When you have sex with someone, you are having sex with everyone they have had sex with for the last ten years, and everyone they and their partners have had sex with for the last ten years."

approximately 45 minutes

SAFE SEX v. SAVING SEX

Some people might say, so just use protection – have “safe” sex.

We’d answer with a few things.

First, condoms and the birth control pill can’t protect against the spiritual and mental effects of misusing our sexuality.

Second, these don’t fully protect against all physical effects (like STI’s and unplanned pregnancy) either. **Even Planned Parenthood, the nation’s largest abortion provider, calls it “safer sex,” recognizing that it’s not totally risk free.**

The Church challenges you instead to save sex for marriage.

There’s no regret when you save sex for marriage.

You might say, who are you or the Church or my pastor to tell me what to do with my sexuality – it’s my body. I would answer like this. What if you asked the guys at Apple, who are you to tell me what to do with my iPhone? I want to use it in the shower. So you use it that way (against the advice of the creator) and it dies. Your happiness is reduced. This is what happens when you live outside healthy boundaries for things like your sexuality.

Saving sexual activity and living with chastity is good for marriage

The oxytocin effect remains strong.

Fidelity to your future spouse begins before marriage. It’s a beautiful gift to your future spouse to save yourself for your wedding night.

The divorce rate for couples using natural family planning (and not artificial contraception) is less than 1%.

What about “Safe Sex”?

Instead: *Save Sex*

Brothers and sisters: The body is not for immorality, but for the Lord, and the Lord is for the body; God raised the Lord and will also raise us by his power. Do you not know that your bodies are members of Christ? But whoever is joined to the Lord becomes one Spirit with him. Avoid immorality. Every other sin a person commits is outside the body, but the immoral person sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body.
1 Corinthians 6:13-15, 17-20



no regrets • fidelity • healthiness • purity

I can tell you about more than one engaged friend who has confided in me that she wished she had waited until marriage. I don’t know one person, who, at the rehearsal dinner before the wedding, was thinking, “man, I wish I had slept around more before tomorrow.”

TRUE LOVE WAITS

Real love is doing what's best for the other person.

Living chastely and saving sexual activity for marriage is a **great TEST for a prospective boyfriend or girlfriend** to be sure that they are not using you. Also, it proves self restraint, self sacrifice, self respect for future spouse.



Consider a chastity pledge.

It may seem cheesy, but sometimes an outward sign or commitment can help. Especially if you share it with a friend or sibling who will hold you accountable.

HANDOUT → *pledge cards & the "Pledge Card" story*

There was an Olympic skater who took a public no-alcohol pledge. I suppose she figured if she just decided not to drink so she could focus on her training, she might stick to the promise but she might not. By making it public, she was giving herself some accountability. She knew if she took a drink, someone would see it and it would be all over the internet.

Please take these home and prayerfully consider taking this pledge.

Set limits ahead of time.

Don't let your decision slip away. This won't happen all of a sudden. We don't suddenly wake up one morning with an STI and an unplanned pregnancy in a terrible relationship. Instead we make a series of smaller choices – to hang out at certain parties, to drink or use drugs, to spend time alone with your boyfriend or girlfriend. Don't put yourself in a position to slip into sin. Alcohol and drugs cloud judgment. Hormones cloud judgment. These can be an occasions of sin.

The spiritual, mental, and physical consequences are too great to risk making a dangerous, unhealthy, unholy choice, even one time.

WHY CHASTITY

Freedom From

- Pregnancy
- Hurry-up wedding
- Adoption decision
- Abortion decision
- Guilt
- Sexually transmitted diseases
- Cancer of the cervix (one of the biggest causes is a common STI)
- Dangers of birth control
- Feeling of being used
- Loss of reputation
- Ruining your future



Freedom to

- Develop friendships
- Help others
- Understand sex
- Resist temptation
- Plan your future

A quick word about LICENSE v. FREEDOM.

We have a license to have sex whenever we want, dress however we want, etc. Technically, it's legal to do all those things. Just like having a drivers license makes it legal to drive.

I had a good friend from college, a regular Catholic guy, trying to be holy. He saw pornography when he was a teenager and just got hooked. He had a “license” to go online and see it – it was free, easy to access, and no one was stopping him. But he wasn’t free at all. In fact, he felt so trapped by what had become almost an addiction, that he opened his computer one afternoon and threw a glass of water on it (which, obviously fried his hard drive). That wasn’t freedom.

What we want, though, is not a license, but true freedom. Knowing the truth – that chastity and other virtues help us find true happiness – and living with those virtues isn’t always easy, but it’s liberating. That’s what makes up true freedom.

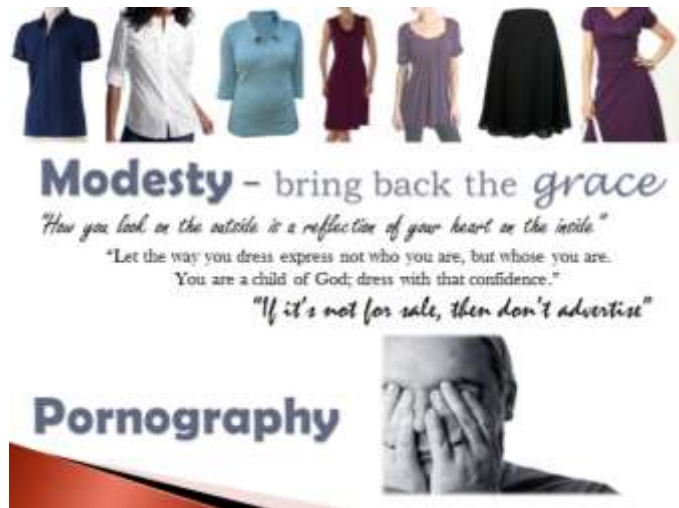
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MODESTY & PORNOGRAPHY

We all like to be looked at, approved of. But a guy lusting after you is not loving you.

This is mostly for the ladies.

How you dress sends a message. What message are you sending? “Look at me” or “Hi, my name is . . . let’s get to know one another?” Give him time and focus to see your inner beauty.



Some guy friends in college once told us that it's so tough when girls wear strapless dresses in Church. Rather than focusing on the Mass, he was so distracted, staring at the girls.

Show video → Leah Darrow (2 minutes)

Pornography is an epidemic and a multi-billion dollar industry. Most guys think it's just harmless – like whatever they do in private doesn't affect anyone else. Studies and stories tell us otherwise.

It activates same part of the brain as hard drugs – pleasure neurotransmitters. Using pornography **leaves you hollow – thirst for more**, worse, etc. It can be addicting, causing trouble in marriages and at work even for some.

Porn revenue is larger than all combined revenues of all professional football, baseball and basketball franchises. The pornography industry, according to conservative estimates, brings in \$57 billion per year.

We're not made for lust, but for love. Looking at a woman with lust is the same as adultery (Christ says so).

If you have already fallen into this trap: *So let us confidently approach the throne of grace to receive mercy and favor and to find help in time of need.*” Heb 4:16

approximately 60 minutes

SECONDARY VIRGINITY

Confession is a very powerful sacrament!

What is secondary virginity?

The decision of a man or woman to stop engaging in sexual activity until after marriage and living out that decision

Why would someone choose secondary virginity?

- didn't like being used
- fear of sexually transmitted infections
- wanted to get to know each other
- tired of worrying all the time
- ready to change
- Just because I made a mistake doesn't mean I have to keep on making the same mistake

How do I become a secondary virgin?

- Desire to be forgiven and go to Confession
- Decide to change
- Stop old behaviors
- Avoid situations that lead to sin
- Find friends who will support your decision

This decision, repentance, and change doesn't just have to just apply to sexual activity – it can be about how you have been dressing, language you've used, movies you've watched, how you've behaved, etc.

Show video → Ocean of Mercy (3 ½ minutes)



TALK TO BOYS

People naturally gravitate towards soldiers. They stand for discipline, commitment, and manliness. This does not include lust and using women. Turning away from this sin is Godliness.

When you're in the locker room and people start to talk, consider that engaging in this locker room talk can destroy reputations.



Pornography is never OK. It isn't OK at home, at your computer. It is a sin against yourself and your future family. The best advice about pornography is FLEE! It can and will ruin your ideas about sexuality and relationships.

Group date until you are 17 or 18 years old. You don't know who you are until then. That gives you time to learn about the personalities of the people around you and your own.

When you date, look into her eyes. Does she have strong self-respect, self-control? Would she love God more than you? If she would, then she would never seduce you. She would never put you in danger of contracting an STI. She would never risk getting pregnant with a child that she could abort without any say from you. Most women get abortions because the men in their lives abandon them. Women can have an abortion even over the objection of the baby's father.

You have a responsibility to the girls you date. She will likely be someone's wife or mother one day. Help her take care of herself. This is a big responsibility.

TALK TO GIRLS

Think about who your role models are – whatever celebrity is popular? Consider one of the many strong, confident, female saints.

When you're getting all dressed up, do you choose to just show everything to just everyone. Or to show your face, which tells people about YOU. The eyes are the window to the soul. If you are only interested in the getting guys to lust after you, do the former.

Group date until you are 17 or 18 years old. You don't know who you are until then. That gives you time to learn about the personalities of the people around you and your own.

When you date, look into his eyes. Does he have strong self-respect, self-control? Would he love God more than you? If he would, then he would never ask you to go all the way. He would never put you in danger of pregnancy or contracting an STD.

You have a responsibility to the guy you date. He will likely be someone's husband or someone's father one day. Help him take care of himself. This is a big responsibility.

Pass out HANDOUT → useful websites & saints

approximately 65 minutes

PRAYER

Invite the students to say the St. Thomas Aquinas Chastity Prayer with you.

Dearest Jesus! I know well that every perfect gift, and above all others that of chastity, depends upon the most powerful assistance of your providence, and that without you a creature can do nothing.

Therefore, I pray that you defend, with your grace, the gift of chastity and purity in my soul as well as my body. And if I have ever received through my senses any impression that could stain my chastity and purity, I ask you, who are the supreme Lord of all my powers, to take it from me, so that I may with a clean heart advance in your love and service, offering myself chaste all the days of my life on the most pure altar of your divinity. Amen.

Dearest Jesus!

I know well that every perfect gift, and above all others that of chastity, depends upon the most powerful assistance of your providence, and that without you a creature can do nothing.

Therefore, I pray that you defend, with your grace, the gift of chastity and purity in my soul as well as my body. And if I have ever received through my senses any impression that could stain my chastity and purity, I ask you, who are the supreme Lord of all my powers, to take it from me, so that I may with a clean heart advance in your love and service, offering myself chaste all the days of my life on the most pure altar of your divinity.

Amen.

QUESTIONS