

Growing with GOD™

Safe and Sacred

LESSON 6 My Sacred Self

In This Lesson

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What the Church Says About

Education in Human Sexuality

Parents/guardians are obliged to ensure that their children’s education in human sexuality occurs within the context of the moral principles and truths of the Catholic Church.

U.S. Conference of Catholic Bishops, *Catechetical Formation in Chaste Living* (2008)

Guided by Faith and Love

Puberty and adolescence can be a time of great consternation, anxiety, and apprehension for a young person. It can also incite the same feelings in his or her parents.

Adolescents want to test limits and assert their individuality and independence.

In addition to answers, adolescents need parents to establish and maintain family rules, including those about hygiene practices, nutrition, dating, modesty, time spent with family, curfews, and myriad other topics. Even the most precocious child needs well-established rules to live by. Lovingly applied, these rules—together with the tenets of your shared Catholic faith—are the guideposts that young people will rely on as they test the limits of their emerging selves.





3minute
RETREAT

*And the Word became flesh
and made his dwelling among us,
and we saw his glory,
the glory as of the Father's
only Son,
full of grace and truth.*

John 1:14

Reflection

Can we feel the awe that lies beneath these words? John uses words such as *glory* and *grace* and *truth* to describe his experience. We, too, are gifted with glimpses of God's glory and grace and truth. By sharing our experiences, we act as witnesses to the glory of the Word become flesh.

Questions

What glimpses of God's glory, grace, and truth have you seen recently? How would you describe these glimpses to someone?



Prayer

Speak to Jesus, using the words of this prayer or your own.

Jesus, Word made flesh, thank you for revealing God's glory to us. Grant me the grace to share my experiences freely with others.

Lead Your Child to Grow with God: Spiritually, Socially, and Physically

Spiritual Speak about God and your faith in the way you would speak with your child about other important subjects. Invite your child to be a witness to his or her faith by participating in Church life and age-appropriate ministry activities.



Social Many adolescents are highly attuned to issues of fairness. Channel this interest by engaging in ongoing conversations about Catholic social teaching themes and how, as Catholics, we are called to live these themes of love and justice in our daily lives.

Physical If available, pack healthy additions to his or her lunch, such as fresh fruit or a whole-grain snack, and whenever possible, allow your child extra sleep time. If this conflicts with family attendance at Mass, consider whether attending a later Mass or the Saturday Vigil Mass would work better for your family. You may also wish to put together a hygiene kit that includes deodorant, face and body soap, shampoo, and other gender-specific hygiene products. As your child becomes more comfortable, suggest shopping together to allow your child to make choices about which products to buy. Let your child know that you are proud of all that he or she is learning to do.

Safe and Sacred at Home



The Prayer List: ...and Other True Stories of How Families Pray
by Jane Knuth (Loyola Press)

I encouraged my children to ask God for absolutely anything, but I also made it clear that a gift is a gift; it's not a purchase. And God's gifts often come through other people, or the gifts affect other people's lives, so, like any good father, God's answer may be "no" or "not now," or even "ask your mother."

Big Ideas

In Lesson 6, your child will:

- learn that people grow and change at different rates.
- identify the outward signs of puberty.
- define *puberty*, *egg*, *fallopian tube*, *hormones*, *menstrual period*, *nocturnal emission*, *sperm*, and *uterus*.

Words to Know

puberty · The process by which adolescents reach sexual maturity

egg · The reproductive cell of a female

fallopian tube · A female reproductive organ through which an egg travels to the uterus

hormones · Natural chemicals produced by the body that affect development

menstrual period · The process in a non-pregnant female, during which the lining of the uterus breaks down and is discharged through the vagina

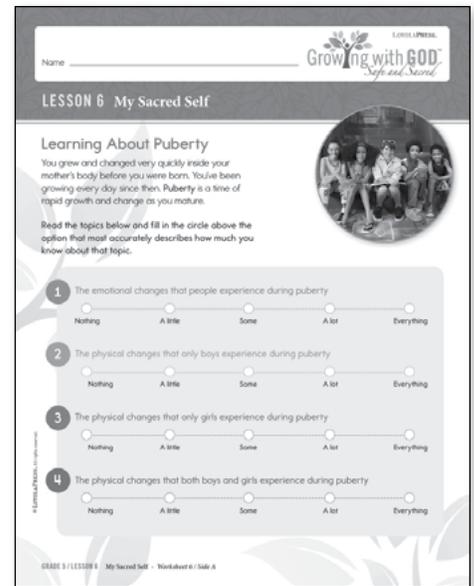
nocturnal emission · The discharge of semen from the penis of a sleeping male

sperm · The reproductive cell of a male

uterus · The female organ where new life grows during pregnancy

Bringing the Lesson Home

Determine ahead of time when and where you and your child will engage with the lesson content. Read or complete Side A of the worksheet with your child.



STEP 1 ENGAGE & EXPLORE

You have been answering your child's questions about body parts since he or she was old enough to speak. Now you might find that the answers aren't as easy to express or may even require a little research. Children need accurate answers, but what they need more is someone they trust to ask.



SAY: I want you to know that I am always here to answer your questions. If it's hard for you to ask them aloud, you can always write me a note. I might not have all the answers, but I love you and want the best for you.

Invite your child to share his or her responses to the questions on Side A of the worksheet. Ask if there is anything that seems confusing or unclear.

Convey the answers forthrightly and explain that you are open to answer any questions your child may have.

Use the blackline master to spark a discussion. Ask if there is anything you as the parent can do when your child is experiencing those feelings.

SAY: No matter how you grow and change, I will always love you, and God will always love you.

Bringing the Lesson Home *(continued)*

STEP 2 REFLECT & RESPOND

Read or complete Side B of the worksheet with your child.

SAY: God's gift of grace is an invitation to live our lives for the glory and honor of God. Take

some time to recall graces your family has received and how you have or can respond to God's grace as a family and individually.

SAY: Let's pray together now.

Pray the prayer from the Pray Together feature

or one of your own. Begin and end the prayer by praying the Sign of the Cross.



"Still Me and Still Loved"



Scan this code to view a video for Lesson 6 with your children.



Pray Together

Dear God, thank you for the gift of your sanctifying grace in our lives that helps us live in the light of your love and glorify you, O Lord, with our lives.

Scan this code and guide your child through a simple review of the lesson.

