



Growing with GOD™

Safe and Sacred

LESSON 6
My Sacred Self

In This Lesson

For You **Pages 1–2**

- Ease Anxiety about “The Talk”
- 3-Minute Retreat
- Lead Your Child to Grow with God
- Safe and Sacred at Home

For You and Your Child **Pages 3–4**

- With Your Child: Bringing the Lesson Home
- Pray Together



What the Church Says About

Marriage and Sexuality

Sexual union, lovingly experienced and sanctified by the sacrament, is in turn a path of growth in the life of grace for the couple. It is the “nuptial mystery.”

Pope Francis, *Amoris Laetitia*, 74 (2016)

Ease Anxiety about “The Talk”

Are you feeling pressure to have “the talk” with your child about sex and sexuality? In truth, you have been talking with your child about his or her body and how it functions from the time he or she was first able to



understand you. Issues of sexuality, morality, and character represent the next phase of this ongoing conversation. It’s perfectly normal to feel anxious and concerned about talking to your child about sex. You are not alone. Still, you are the most important person in your child’s life and the best person to share this information.

By opening the lines of communication, you can ensure that your child is receiving healthy, moral, and accurate guidance from you instead of relying on peers for information.

To help you feel more confident and assured, take time to do some research. Use the information in this lesson along with other Catholic resources. Spend time in prayer, asking the Holy Spirit to give you courage, strength, and peace. Try to be matter-of-fact and relaxed when talking with your child. Start small, and don’t put any expectations on yourself or your child. You may wish to begin with a simple question, such as, “Do you know what ____ means?” Listen to your child’s response, and provide any correction or guidance. Even if your child seems resistant or uncomfortable at first, he or she will eventually come to trust you with questions and concerns. The less pressure you put on yourself and your child, the more valuable and beneficial your interactions will be.



3 minute
RETREAT

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?

1 Corinthians 6:19

Reflection

Our culture places a great deal of focus on our bodies, particularly how we look and feel. However, this self-focused attention is not always in line with Saint Paul's reminder from this Scripture passage. Our bodies are a precious gift from God. We are meant to care for them and use them according to God's will. Only when we exercise control over our freedoms and desires will we find true peace and happiness. Then we can flourish fully as men and women living in dignity and showing respect for one another.

Questions

How do I show that I respect my body as a temple of the Holy Spirit? What lessons am I teaching my child about showing respect and care for oneself and others?



Prayer

Pray to the Holy Spirit, using this prayer or one of your own.

Holy Spirit, help me become aware of the gifts of human dignity I have received so I may share them with those in my care.

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

Spiritual Encourage members of your family to keep a gratitude journal. Suggest noting at least two things each day for which you are thankful. Model the behavior and share with your child some of your thoughts, especially those that express gratitude for the gift of our bodies and the way they enable us to do God's work.

Social Open your home to your child's friends for game nights, movie nights, or outdoor activities. Provide a safe, fun, and supervised environment in which young people can interact with one another in respectful ways.



Physical Provide your child with clear, age-appropriate, and faith-focused information regarding sexuality. Consider visiting a local Catholic bookstore to find books that focus on teens and sexuality for you to read and discuss with your child. Most importantly, be a calm and welcoming presence so that your child feels safe and comfortable asking questions about how his or her body functions.

Safe and Sacred at Home



Raising Faith-Filled Kids (Loyola Press)
by Tom McGrath

We need to welcome our children at every stage of their lives, and we need to welcome them as who they are. We need to welcome them with their strengths and their weaknesses, their personality quirks and foibles, their delightful traits and their rough edges. We need to accept the whole package. . . . We need to not just tolerate but also welcome our children with their interests and their desires, their shortcomings and their strengths, their ambitions, their temperaments, their sexuality, and their desire to love and be loved.

Big Ideas

In Lesson 6, your child will:

- demonstrate understanding of the male and female reproductive systems.
- explain that our sexuality is a gift from God.
- define *sexuality*, *sexual union*, and *procreation*.

Words to Know

sexuality · *The innermost being of the human person that unites body and soul and includes one's gender and the biological functions of reproduction*

sexual union · *The pairing of a male and female for reproductive purposes*

procreation · *Human reproduction*

menstrual cycle · *The process in the female reproductive system that makes pregnancy possible*

ovary · *One of the organs of the female reproductive system*

pregnancy · *The time during which new life develops within the body of the mother*

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.

Grade 6
Name _____

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LESSON 6 My Sacred Self

The Blessing and Dignity of Human Sexuality

As humans, male and female, we are sexual beings. God gives sexuality to us; it is part of every person, and it is good. Sexuality includes the physical desires and biological functions of reproduction. God made our bodies so that a man and a woman who choose to join their lives in marriage may also join through love into the physical act of sexual union, the pairing of a male and female for reproductive purposes. It is through this act that a man and a woman may participate in God's work of creation and produce a child. This is called procreation.

Read the topics below. Fill in the circle above the option that most accurately describes how much you know about that topic.

1. The parts of the female reproductive system

Nothing A little Some A lot Everything

2. The parts of the male reproductive system

Nothing A little Some A lot Everything

3. How conception occurs

Nothing A little Some A lot Everything

GRADE 6 / LESSON 6 My Sacred Self - Worksheet of Side A

STEP 1 ENGAGE & EXPLORE

You may wish to do some research about the functions and structures of the male and female body to prepare yourself for this conversation with your child. Remember that you do not need to have all the answers. Your most important resources are patience and compassion.

SAY: Talking about our bodies and the way they function can sometimes be difficult at first. I want you to know that feeling awkward is normal. If it's uncomfortable for you ask questions aloud, you can always write them down. I love you and want you to always be able to talk with me about anything. I may not have all the answers right away, but we will find them together.



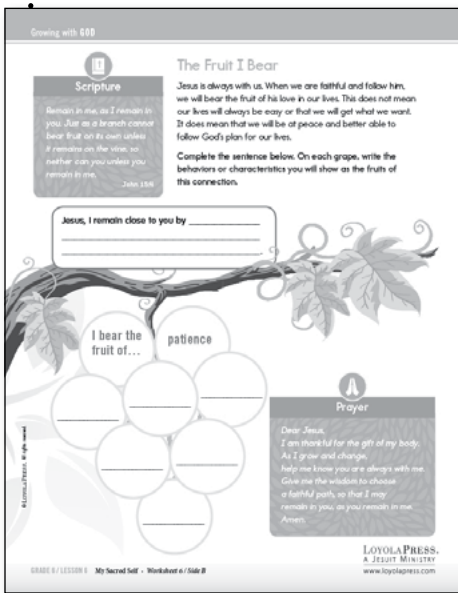
Invite your child to share the his or her responses on the worksheet and ask any questions he or she may have.

Bringing the Lesson Home *(continued)*

STEP 2 REFLECT & RESPOND

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

SAY: Our bodies are gifts from God. When we use them according to God's will, we will be blessed with peace.



Listen as your child shares ideas from Side B of the worksheet. Add some of the ways you remain connected with Jesus. Then together brainstorm what else your family might do to strengthen your relationship with Christ and bear the fruits of that relationship in your daily lives. Use the blackline master to

discuss ways your family receives and shares God's love.

SAY: Let's pray together. Pray the prayer from the Pray Together feature or a prayer of your own. Begin and end the prayer by praying the Sign of the Cross.

"The Talk"



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



Pray Together

Dear God, help our family continue to seek ways to remain close to you so that we may bear the fruit of your loving presence in our daily lives.

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

