

Parents & Kids, Talking About Sex ©

A Family Workshop (Grades 7-8) ***Also Know As*** ***Girls to Women; In Sync with God's Plan***

PURPOSE:

This workshop helps parents/guardians share God's plan for the gift of sexuality and fertility as they encourage their daughters to respect and protect their unique sexual powers given by God.

DESCRIPTION:

This more advanced workshop brings parents/guardians and girls together to learn even more about God's gift of sexuality and fertility. The workshop encourages girls to respect and protect the unique sexual powers given by God. They learn the falsehoods behind the media's "safe sex" message, get answers to their age-appropriate questions, and learn why chastity is the winning choice.

WORKSHOP OBJECTIVES:

At the end of the workshop girls and their parents/guardians will be able to :

1. List the three meanings of the word sex: gender, sexuality and intercourse.
2. Identify sexuality as the gift of God (Genesis 2).
3. List the five parts of sexuality – spiritual, physical, intellectual, creative and emotional. (Notice how the first letters of those aspects spell SPI CE.)
4. Review the physical and psychological changes of puberty.
5. Discuss what Pope John Paul II's *Theology of the Body* teaches about God's gift of sexuality and fertility.
6. Describe the falsehood of the media's "safe sex" message.
7. Discuss why masturbation, pornography and homosexual activity conflict with God's plan for sexuality.
8. Discuss why condoms and other forms of contraception are contrary to the teachings of the Catholic Church.
9. Discuss why following God's plan is the only way to prevent STD/AIDS and abortion.
10. Describe why modesty and chastity are winning choices.
11. Identify the good hygiene and health habits for women.
12. Discuss age appropriate answers to their questions.
13. Identify why girls need to talk with parents/guardians about sex.
14. Discuss how to talk with parents/guardians about sex.
15. Describe how God can help you make healthy choices.

FORMAT:

1 ½ hour interactive workshop using a "Quiz show" ice-breaker, overheads, slides, discussions, questions and answers, and helpful handouts.