# HUMAN GROWTH AND DEVELOPMENT SEXUALITY AND YOUR CHILD (CURRICULUM)

This curriculum document provides the guiding principles, key concepts and topics, overview of sessions, as well as evidence of the Alternative Delivery of Ministry prescribed Physical and Health Education (PHE) Learning Standards for the implementation of a Human Growth and Development Sexuality and Your Child Meeting for parents of students in grades four, five, six and seven.

A planning team should be formed several months prior to the meeting and should include someone with a good understanding of Catholic Anthropology, i.e. Pope John Paul II's *Theology of the Body* and someone who has had experience parenting children. A facilitator for each of the breakout sessions should be chosen. These (4) facilitators should be chosen with care, they must be competent and comfortable speaking about human sexuality from a Catholic perspective.

# A. OBJECTIVES FOR MEETING

- The purpose of the Sexuality and your Child Meeting is to support parents as the first and primary educators to transmit the truth and meaning of human sexuality to their children.
- The parents will gain confidence in their ability to communicate the truth and meaning of human sexuality to their children.
- To create evangelizing school communities which foster a personal relationship with Jesus in the Family of the Church

#### **B. OVERVIEW OF MEETING**

 The 1 ½ hour meeting is comprised of four Breakout Sessions for parents of grades four, five, six and seven.

#### C. GUIDING PRINCIPLES

ALL BREAKOUT SESSIONS	
Sexuality Education Guidelines	PHE Alternative Delivery
The moral dimension must always be part of	The Alternative Delivery Policy outlines how
human sexuality education.	students and their parents or guardians, in
	consultation with their local school authority, may
Each child is a unique and unrepeatable person	choose means other than instruction by a teacher
and must receive individualized formation.	within a regular classroom setting for addressing
	learning standards contained in the PHE
Formation in chastity and timely information	curriculum. The policy recognizes the family as the
regarding human sexuality must be provided in	primary educator in the development of children's
the broadest context of education for love.	attitudes, standards, and values, but it still
	requires that all prescribed learning standards be
Parents should provide this information with great	addressed and assessed in the agreed-upon
delicacy, but clearly and at the appropriate time.	alternative manner of delivery.

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GRADE FOUR	
Sexuality Education Guidelines	PHE Learning Standards
Human love is expressed in a way that is enfleshed and sexed (#4).  Human sexuality carries the responsibility to work toward Christian sexual maturity (#5).  Conjugal sexuality is an expression of the faithful, life enriching love of husband and wife and is ordained toward the loving procreation of new life (#7).	<ul> <li>Physical, emotional and social changes that occur during puberty, including those involving sexuality and sexual identity, and changes to relationships. (Grade 4, 5, 6)</li> <li>Explore and describe strategies for managing physical, emotional, and social changes during puberty. (Grade 4/5)</li> </ul>
GRADE FIVE	
Each person is created in the image of God (#1)  Despite original sin, all human life in its physical, psychological and spiritual dimensions is fundamentally good (#2)	<ul> <li>Media messaging and body image (Grade 4)</li> <li>Factors that influence self-identity, including body image and social media (Grade 4)</li> </ul>
GRADE SIX	
Despite original sin, all human life in its physical, psychological and spiritual dimensions is fundamentally good (#2).  Mature Christian sexuality, in whatever state of life, demands a life-enriching commitment to others and the community (#6).  Conjugal sexuality is an expression of the faithful, life enriching love of husband and wife and is ordained toward the loving procreation of new life (#7).	<ul> <li>Influences on individual identity, including sexual identity, gender values, and beliefs.</li> <li>Explore and describe strategies for managing physical, emotional, and social changes during puberty and adolescence.</li> </ul>
GRADE SEVEN	
Each person is created in the image of God (#1).  Each person created to be loved and to love, as Christ is loved by the Father and so we are loved (#3).  Mature Christian sexuality, in whatever state of life, demands a life-enriching commitment to other and the community (#6).	<ul> <li>Practices that reduce the risk of contracting sexually transmitted infections and lifethreatening communicable diseases. (Grade 6/7)</li> <li>Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence.</li> </ul>

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#### **OVERVIEW OF SESSIONS**

# OVERVIEW OF GRADE FOUR BREAKOUT

# Key Concepts/Topics

- o Creation, biology and complementarity
- o Puberty and reproduction.

#### Desired Results

- o Parents will:
- Parents will:
  - ✓ Understand that they are the first and primary educators of their children in the area of human growth and development.
  - Understand the importance of creating a healthy home environment that consists of family prayer/faith life, traditions, and open communication that fosters a personal relationship with Jesus.
  - Use developmentally appropriate strategies and resources to enhance effective communication with their children about puberty (male and female anatomy) and reproduction (conception of new life).
  - ✓ Recognize and utilize 'teachable moments'.
  - ✓ Dialogue with other parents.
  - ✓ Understand and communicate to their children the impact of consumerism on how we understand the human body.
  - ✓ Understand that the Spiritual dimension of our human nature is expressed through our physical dimension.

# Church's Wisdom

- o Our bodies speak and proclaim a great mystery; they point us to God.
- Positive vision of the human body/flesh

# Resources

- Watch YouTube clips:
  - 'What Makes the Body Theological' (Christopher West)
  - 'What's a virgin?'
  - 'Perfect Lies' video
- Additional Parent resources: see Appendix

# OVERVIEW OF GRADE FIVE BREAKOUT

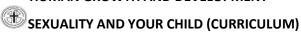
# Key Concepts/Topics

- Each person uniquely reflects the love of God.
- Digital literacy in a healthy home environment.

# Desired Results

- o Parents will:
  - ✓ Understand that they are the first and primary educators of their children in the area of digital awareness.

#### **HUMAN GROWTH AND DEVELOPMENT**



- ✓ Understand the importance of creating a healthy home environment that consists of family prayer/faith life, traditions, and open communication that fosters a personal relationship with Jesus.
- ✓ Be equipped to fulfill this responsibility using the information, strategies, and resources that represent best practice for child development.
- ✓ Understand the media can become a substitute for true intimacy and distract us from healthy relationships.
- ✓ Dialogue with other parents.

#### Church's Wisdom:

 A healthy family spirituality is one that puts Jesus and relationships as the primary focus.

#### > Resources:

- o Common Sense Media
- o familytechzone.com
- o edupad.com
- o kidpointz.com
- o foreverymom.com

#### OVERVIEW OF GRADE SIX BREAKOUT

# Key Concepts/Topics

- o Relationships and the sacredness of life.
- o Parental influence, friendships, technology and pornography.

# Desired Results

- o Parents will:
  - Use appropriate strategies and resources to enhance communication with their children about the use of technology and pornography.
  - ✓ Understand the danger of pornography.
  - ✓ Learn risk avoidance strategies for porn.
  - ✓ Understand the primacy of developing their child's spiritual life by fostering a personal relationship with Jesus.
  - Discuss healthy relationships and note how media can become a substitute for true intimacy and can distract us from healthy relationships.
  - ✓ Understand the impact of positive parental influences (role models) on their children's behaviour: strategies to build a relationship with your child.
  - ✓ Dialogue with other parents.

# Church's Wisdom

- o Chastity is virtuous for a healthy lifestyle
- A healthy spiritual life places Jesus as the primary focus?
- o True intimacy requires authentic human interaction.
- Self-mastery is fundamental to our growth.

#### Resources

YouTube Parents Segment 'Theology of the Body for Teens' (Jason Evert)

# **HUMAN GROWTH AND DEVELOPMENT**



- Videos from fightthenewdrug.org
- Information, strategies and support to combat pornography at theporneffect.com (Matt Fradd)

#### OVERVIEW OF GRADE SEVEN BREAKOUT

# Key Concepts/Topics

- o God's plan of love-giving and life-giving natural family planning.
- Current teen culture/behavior, Christian love within teen culture, chastity, and sanctity of life.

# Desired Results

- o Parents will:
  - ✓ Assist their children with their understanding of the way sexuality is to be lived out with in a personal relationship with Jesus.
  - ✓ Understand that what parents do in their children's pre-adolescent years makes a significant difference.
  - Understand that although they do not have all the answers it's important to know where to go to get them.
  - Use developmentally appropriate strategies and resources to enhance communication with their children about chastity and the sanctity of life.
  - ✓ Dialogue with other parents.

# > Church's Wisdom

- o The body is a sign which points us to love as God loves.
- o Chastity is a both a virtue and a vocation to which we are called.
- o All human life has inherent dignity.

#### Resources

- YouTube 'What is chastity' (Brian Butler)
- Additional Parent resources: see Appendix
- Teen/culture/behavior:
  - Bonding
  - Age consent
  - Pornography
  - Unplanned pregnancy (sanctity of life)

# **APPENDICES**

- 1. PowerPoint (with scripted notes):
  - a. Grade Four Breakout
  - b. Grade Five Breakout
  - c. Grade Six Breakout
  - d. Grade Seven Breakout
- 2. Parent Resources
- 3. Chastity Prayers
- 4. Evaluation form