

LoveEd
FACILITATOR GUIDE

RAISING KIDS THAT
ARE
STRONG, SMART AND **PURE**

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**RAISING KIDS THAT
ARE
STRONG, SMART AND PURE**

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Introduction

LoveEd is designed to equip, guide, and educate parents to talk more comfortably and effectively with their children about life, love, and sexuality.

The program consists of three parts: (1) A Parent Training Event for parents of children ages 2-14. (2) Four age-specific, gender-specific Parent/Child Events designed to guide a conversation between the individual child and his or her parents. (3) A parent/child reading and discussion of the take-home material found in Part II of the four student guides.

The Parent Training Event is based on videos featuring author Coleen Kelly Mast teaching parents about the psychological, physical, emotional, and sexual development of children. She emphasizes the role parents play in guiding their children through four stages of maturing: early childhood (ages 2-5), years of innocence (ages 5-9), pre-pubescence (ages 9-12), and early adolescence (ages 12-14). The video includes comments from several married couples striving to live out Catholic teachings in today's often challenging and confused culture.

The parent/child videos and discussion events are designed to help parents have an in-depth conversation with their child at two important developmental points: as the child is about to enter puberty (approximately ages 9-11) and as the child enters young adolescence (approximately ages 11-14). The content of these events is presented in four separate programs: one each for younger and older girls with their mothers and one each for younger and older boys with their fathers. (If the same sex parent cannot be present, the other parent or another caring adult can attend with the child.)

Each event, lasting approximately two hours, is divided into six short segments, called "Acts," with time for discussion between each of the videos. (Act 6 is a short prayer service with no video component.) A trained facilitator directs the process for the conversations by following this *Facilitator Guide*. The discussion guides and questions are found in the individual student guides, as well as the *Parent Guide*.

Role of the Facilitator

Your primary role as facilitator of *LoveEd* is to lead parents through the Parent Training and lead the parents with their children through the Parent/Child events, fostering comfortable and easy discussion throughout. Before facilitating the program, you will want to do the following:

1. Study the overview and scope and sequence of *LoveEd* to get a sense of the entire program and where the segment you will be facilitating fits within it.
2. Understand the theological, educational, and ecclesial principles on which *LoveEd* is based by studying the *Parent Guide* or attending a recommended facilitator training offered either in person or via the internet. Learn more about the trainings at SaintBenedictPress.com.
3. Preview the videos and review the student guide that accompanies the session you will be facilitating. This will help you answer questions that may come up in the parish.
4. Schedule the event and send out invitations to the parents. *Sample letters and fliers can be found on the website SaintBenedictPress.com*.
5. Obtain the proper books and materials:
 - *LoveEd* student guides for the age and gender invited, one per child
 - *LoveEd Parent Guide*, one per family
 - To order, go to SaintBenedictPress.com.
6. Prepare well to facilitate the individual session you will be presenting:
 - Study the event plan as it is outlined in this guide.
 - Read the goals of each segment of the session.
 - Prepare to facilitate the discussion processes given in the guide.
 - Watch the video and prepare to coordinate the discussion process with each video segment.
 - Preview your copy of the student guide for the session you will be facilitating; become familiar with the pages you will need for the discussion process.
 - Review the *Parent Guide*, being prepared to point out what information is found in it as needed for each age group of parents.
7. Collect registration information and fees.
8. Find a volunteer to help you bring and serve snacks for the break.
9. Set up the space you will use for the program. You will need:
 - A DVD player and/or capacity for online video streaming, speakers, a screen, and possibly a microphone for the facilitator if the size of the group dictates this.
 - Arrange seats so everyone will be able to see and hear the video.
 - Arrange tables and chairs for parent/child groupings, allowing for as much privacy as possible for each family.
10. Provide childcare for any younger children who may arrive with their parents.
11. Take onsite registration or sign in sheet and provide name tags.

Overview of LoveEd— Scope and Sequence

LoveEd consists of five Video and Discussion Events with accompanying books. These five different events include:

- Parent Training Event for parents with children from ages 2-14
- Girls Level 1 - Mother and Daughter at Puberty (Ages 9-11)
- Girls Level 2 - Mother and Daughter at Young Adolescence (Ages 11-14)
- Boys Level 1 - Father and Son at Puberty (Ages 9-11)
- Boys Level 2 - Father and Son at Young Adolescence (Ages 11-14)

If the same gender parent is not available, the other parent or another caring adult may attend with the child.

Parent Training Video and Discussion Event

The Parent Training is a two-hour event that includes seven short videos with four facilitated discussion processes in between them. Author Coleen Kelly Mast relays the beauty of the Catholic Church's teachings about love and sexuality and emphasizes the role parents play in guiding their children through four stages of maturing: early childhood (ages 2-5), years of innocence (5-9), pre-pubescence (9-12), and early adolescence (12-14). The video presentations include testimonials from married couples striving to live out Catholic teachings. The *Parent Guide* also has six additional chapters for parents to read at home after the event, both as a practical guide and as a resource for parents of children ages 2-14. It includes information not found in any of the four student books or parent/child seminars.

Four Parent/Child Video and Discussion Events

The four Parent/Child Events are designed to help parents have an in-depth conversation with their own child at two important developmental points: as the child is about to enter puberty and as the child is coming into the teen years.

Each of the videos is divided into short segments (five to ten minutes) called "Acts," with time

for private family discussion between the video segments. Discussion is prompted by questions and activities found in the student guides.

The content of the six Acts follows the same pattern in each of the four Parent/Child videos, with the key concepts adjusted to fit the age and gender of the target audience. Concepts that are specific to an age or gender group are indicated below using the following codes:

G1- Girls Level 1; B1- Boys Level 1; G2- Girls Level 2; B2- Boys Level 2