

Love**Ed**

LEVEL 1

GIRLS ^{THAT} _{ARE} STRONG,
SMART AND PURE

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SMART — AND PURE

Nihil Obstat
Reverend John Balluff, STD
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LoveEd: An Introduction for Parents

It's no secret that today's culture is confused about love and sex. Movies, television, the Internet, and music expose children at an early age to twisted perceptions of romance and relationships. In a culture that is morally adrift, parents need the right tools to help them navigate their children safely through the dangerous temptations and distorted perceptions of sexuality.

As you attend the *LoveEd* event and work through the rest of this book with your child at home, both of you will discover the amazing truth that human sexuality has a wonderful meaning and purpose. That vocational purpose is passed on from generation to generation for those who love God and seek to serve Him, and is fulfilled when a man and a woman create a new family on their wedding day. In this family circle, children will learn how to love God, others, and themselves. *LoveEd* will help parents guide their children through the circles of love: *God's love, family love, friendship love, and an understanding of a future romantic love.*

Through the experience of this program, and along with their parents' help, children will learn that:

- God has made them to be a loving human person, both body and soul.
- God has planned for them to go through physical changes called puberty.
- God has called them to be strong, smart, and pure throughout their lives.
- God has created them to receive His love and share this amazing and pure love with others.

Level 1 of the *LoveEd* program will discuss the physical changes that occur during puberty and how these begin to prepare children for married life. It will also explain the male and female powers to co-create life with God. Level 2 will explain how a child is created through God's natural and supernatural plan, and how a baby grows in the mother's womb from conception to birth. The Parent Training Event and accompanying *Parent Guide* provide you with additional information to assist you in communicating these sacred messages to your child and answering other related questions that may arise over time.

However, it is not enough for children to know about bodily functions. Human beings are much more than biological cells and systems—we are persons made in God's image! Working through *LoveEd* will give you the tools you need to teach, from a Christ-centered perspective, about some of the important changes that will be going on in your children's bodies during the next few years, as well as the vital connection puberty has with their vocation to love and the development of virtues. When virtues are practiced, especially chastity, it can lead your children to a life of self-giving love and truly prepare them for adulthood.

Your children have the right and responsibility to know information about their growth, which is both biological and spiritual. God's special plan for sexuality is best discussed in a personal conversation with you in the context of sound Church teaching. Attending this event and reading this book will help you and your children start the conversations that will help them understand themselves and their place in God's plan.

LoveEd can be the beginning, or the continuation, of those ongoing conversations with your children about life, love, and purity, conversations that can extend into their adulthood. It's important, now more than ever, for you to guide them while they develop a holy awe of God's amazing creation of life!

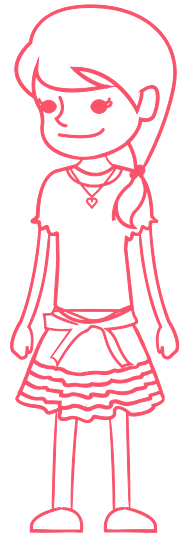
PART I

Parent/Child Event

Complete the following six Acts by watching each video and answering the discussion questions with your Mom.

ACT 1

The Story of You



Introduction

The first Act introduces us to a fifth grade girl named Mariana Garcia, as well as her family and friends. We will see her in her daily life as she handles some of the struggles that come with growing older.

 Watch Act 1

Mother and Daughter Discussion

Read these questions and answer them with your Mom.

1. How is the Garcia family like your family?

- They all live in the same house.
- The kids have chores to do.
- There are little kids in the family.
- They eat together at the dinner table.
- Other similar things include: _____.

2. How is the Garcia family different from yours?
- Their parents are married, and mine are not.
 - They live in the suburbs, but I do not.
 - I am the oldest, and Mariana is not.
 - They are not allowed to sleep late, while I am.
 - Other differences include: _____.
3. What did you like about Mariana?
- She was cute.
 - She liked to have silly fun.
 - She obeyed her parents.
 - nothing
 - everything, including: _____
4. What did Mariana do that was good?
- She was kind to Sarah.
 - She made her little sister laugh.
 - She helped in the kitchen.
 - other _____
5. Did you like Sarah?
- Yes, because she seemed like a fun friend.
 - No, because she tried to get Mariana to watch bad movies.
 - No, because she liked boys and ignored her friend.
 - Yes, because she could do whatever she wanted.
6. Ask your Mom to tell you about a friendship she had when she was young that drifted apart when they became interested in different things.

7. Tell your Mom if something like that has happened to you when a friend started acting differently, and ask her what she would do about it. Do you have any friends who act differently around boys?
8. What are two things you could do or say if your friend wanted to watch a show or look at a website that you knew your parents didn't want you to watch? Ask your Mom to add one more thing after you have told her your ideas.

(1)

(2)

Mom's Idea

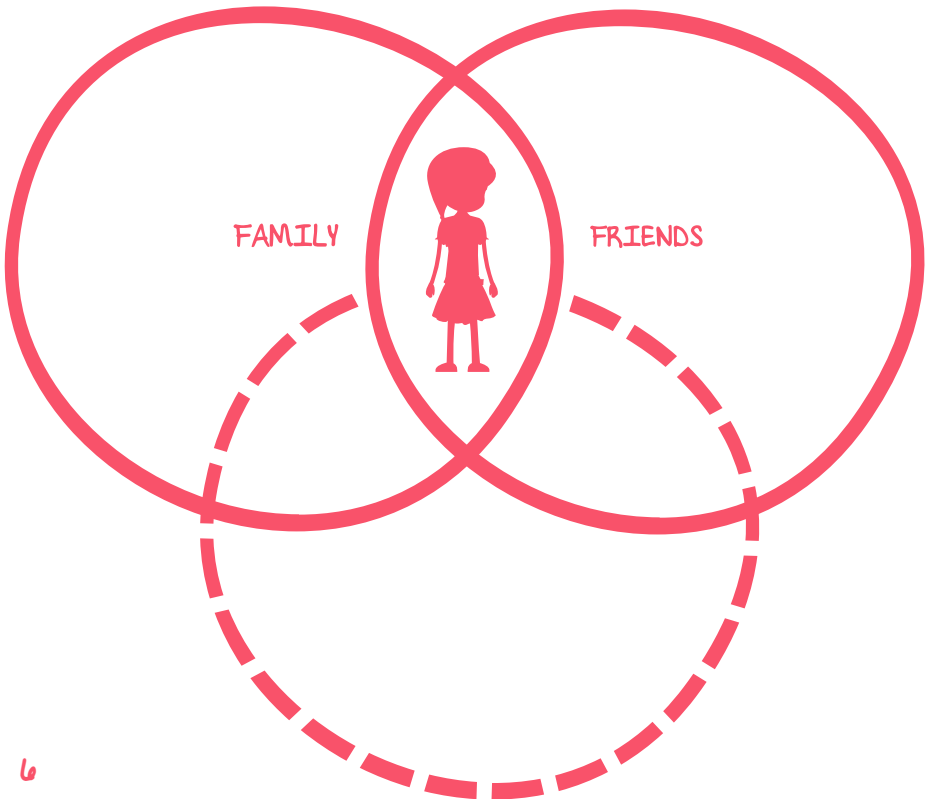


In anticipation of viewing the Act 2 video, please complete the following activity.

At the center of the circle named "Family," write the names of the people in your immediate family and/or those who live in your home. On the outside edge of that circle, write the names of other close family members, such as grandparents and close cousins or relatives you see often and love very much.

At the center of the circle named "Friends," write the names of your closest or favorite friends. On the outside edge of that circle, write the names of other kids you hang around with.

In the next Act, we'll learn what the third dotted circle is and why you are not yet within it, but might be one day in the future.



Affirming the Good

Ask your Mom to tell you about a time she was proud of you. Have her write it down so you can read it later.



ACT 2

Growing in Circles, Growing in Love

Introduction

The second Act has some important things to tell you about the three circles in our diagram and about God's plan for you and your life.



Watch Act 2

Mother and Daughter Discussion

For this section, refer to the list of virtues as you go through and answer the questions. The column on the left lists some of the virtues that you are developing in your family love circle. The column on the right shows some of the virtues needed to build good friendships. The middle column represents the virtues needed for you to be who God created YOU to be.

The word "virtue" here is meant to encompass "character strengths." These words describe the many areas of human goodness.

Love Requires Virtue

FAMILY VIRTUES	PERSONAL VIRTUES	FRIENDSHIP VIRTUES
Respect	Faith	Cooperation
Sharing	Modesty	Humility
Obedience	Good Judgment	Leadership
Caring	Integrity	Fairness
Patience	Compassion	Independence
Forgiveness	Confidence	Trust
Gratitude	Courage	Confidence
Helpfulness	Self-Denial	Honesty
Responsibility	Chastity	Courtesy
Truthfulness	Competence	Teamwork
Kindness	Initiative	Goodness
Courage	Thoughtfulness	Self-Control

1. Ask your Mom to pick three of the virtues in the Family column that she sees you practicing on a daily basis. Have her put a plus sign (+) next to those three and explain why she is picking them.
2. Now, you pick three virtues from the Family column that you know you need to work on more. Mark them with a minus sign (-) and tell your Mom when and how you will try to practice those more often.

3. Next, think about the kids you spend most of your time with. Pick three of them and write down their names. Beside their names, pick one of the virtues from the Friendship column that they practice often. Tell your Mom about a specific time each friend practiced that virtue.

Friend: _____ Virtue: _____

Friend: _____ Virtue: _____

Friend: _____ Virtue: _____

4. Ask your Mom to pick three virtues either from the Family column or the Friendship column that she wants you to practice when you're with your friends. Have her tell you some examples of how you can practice them.

Virtue _____

Virtue _____

Virtue _____

5. The Personal Virtues in the center list have to do with you and your efforts to be the unique individual God created you to be. Write down three and tell your Mom the meaning of them and how you can practice them. Then have your Mom pick three more and give her own examples of how you can practice those.

Personal Virtues I want to work on:

Virtue _____

Virtue _____

Virtue _____

Personal Virtues Mom suggests that I work on:

Virtue _____

Virtue _____

Virtue _____

6. The video told us that the virtues are like spiritual muscles we have to exercise every day if we want to be morally strong. We also have to exercise our physical muscles.

If you are doing this event in a group, wait until the Facilitator tells you all to do this at the same time.

See how many jumping jacks (or sit-ups) you can do in one minute. Ask your Mom to keep count.

I can do _____ jumping jacks (or sit-ups) in one minute.