

Parent Preview Outline

Strong, Smart & Pure

Video/Discussion Program for Fathers/Guardian with Preteen Boys

1. God's plan for man and woman to glorify him and share in his creative love through marriage or the single life.
2. God has programmed our bodies to grow through his creation of various glands and hormonal changes so that you become a physically mature man, not just a larger boy. It is up to you to mature work on your personal maturity as well.
3. The changes that take place at puberty include a variety of physical, social and emotional characteristics (includes simple line diagrams of reproductive organs, information on body odor, voice changes, hair growth, moodiness)
4. How wet dreams occur, and what to do about them
5. How to respond with virtue to the emotional changes that take place during puberty, such as having new feelings or being attracted to girls
6. How to grow spiritually while our body is changing
7. How to practice purity of the mind following the ninth commandment in face of an over-sexualized culture
8. Practical tips for resisting temptation
9. What virtues to look for to find strong and faithful male role models
10. God's mission for your life

...And some wonderful moments of discussion with father and son in sacred language using a discussion guide, building on your strengths as a family and your faith, to open up a new dimension to your relationship as father and son.

Strong, Smart & Pure is designed for boys ages 9-12 with their dads, and the Q&A session at the end will stay within this level of innocence. This program does not include information on the marriage act, conception or fetal development. Those topics are addressed in the program for ages 12-14, and books will be available for sale for parents whose children need more advanced information.

Responses from attendees of the *Strong, Smart & Pure* Program

- Before this evening I had no relationship with my son, nor had I talked about any of this with him. My dad just left me to learn on my own. Thank you so much for your inspired and blessed work. It will help many families. It has begun a new wonderful relationship with me and my son. If we can talk about sex in a sacred way, now we can talk about anything.
- This reminded me of my need to be more vigilant overseeing my son's use of video games and Internet, even though he is already a good boy.
- This presentation helped me with my ongoing discussions with my son by explaining everything in a concise manner, with a constant reminder of God's plan.

Parent Preview Outline for *Truth, Beauty & Life*

Video/Discussion Program for Mothers/Guardian with Preteen Girls

1. God created all things good, including your body. He made you to be beautiful in body and soul.
2. Hormone changes at puberty are programmed by God to help us mature into a woman, not just a bigger girl.
3. How God designed women's breasts to feed a new baby after you are married; practicing modesty, wearing a bra.
4. Physical shape changes at puberty
5. Simple female anatomy/physiology and the menstrual cycle.
6. What happens when you start menstruating, responding emotionally to your new cycles and use of sanitary supplies.
7. Keeping track of your period helps track your fertility.
8. How to respond with virtue to the emotional changes at puberty.
9. How to respond spiritually to the mental changes at puberty.
10. The Blessed Mother Mary as a role model for virtue.

...And many moments of wonderful conversation between mother and daughter that foster a growing relationship through adolescence and beyond.

Truth, Beauty & Life is designed for girls from ages 9-12 with their moms, and the Q & A session at the end will stay at this level of innocence. This program does not include information on the marriage act, conception or fetal development. Those topics are addressed in the program for ages 12-14, and books will be available for sale for parents whose children need more advanced information. It is designed to calm any fears of the puberty changes and to foster wonder and confidence in God's beautiful design for our bodies and our future lives as women.

Responses from attendees of the *Truth, Beauty & Life* Program

- My daughter thought the video was very informative.
- I liked how you referred to 'when you are married.'
- I was happy with the delicate delivery of this information.
- My daughter was pleased that it wasn't too graphic.
- This was my fourth child, and I had forgotten what I hadn't told her. Thanks for covering everything she needed.
- My daughter never would have opened up like this at home. I am glad we came. The three short 10-minute discussions were just right for her.
- We were glad you covered the topic of modesty.