



# **A Vision for Holistic Formation in the Human Person and Sexuality**

**Nicole Joyce, MAPS, FCP**

**Associate Director of Family Ministry**



# Marriage Ministry Trends

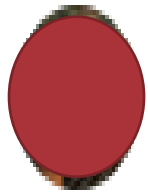
- Most engaged couples are cohabitating and contracepting before they enter into marriage preparation.
- The majority of couples who come through marriage preparation still go on to choose contraception over NFP.
- The most commonly cited reason for rejecting NFP is that it is perceived to be too difficult to use, due to abstinence and the time commitment involved to learn a method.



# Statistics

- Only 8 % of American Catholics agree with the Church's teaching on contraception.
- An estimated 55% of teens have had intercourse by the age of 18.
- 99% of sexually experienced female teens use some form of contraception.
- The average age of first exposure to pornography is 11 years old.
- 75% of parents in the survey thought their child hadn't seen pornography online, but in reality, 53% of their children reported that they had in fact seen it.

# Parents Looking for Help



211 · 🌐



My 10 yr old daughter was caught using Omegle today and has been using it for a week or so without our knowledge. Talking to mostly men but one conversation included her younger sister and a woman. She recorded some conversations/video conversations and I am mortified. I definitely believed there is some pedophilia going on. What is the cyber crimes website that i should report this to? I've shared this before and I don't know if I'm in such shock right now that I don't know what to do, I'm freaking out. How did I miss this app?



# Identifying the Needs

- Authentically Catholic Sex Education
- Formation for parents and children on internet safety, the dangers of social media and pornography
- Formation for students on social, emotional, and physical health and self-care
- Support for parents on how to talk with their children about these topics

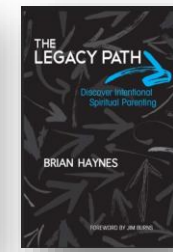
# THE LEGACY PATH

A discipleship strategy that equips parents to be the primary faith influencers in their family that is based on 7 milestones that every person experiences in his/her growth in Christ.

<https://legacymilestones.com/>

Each Milestone includes

1. A designated church leader that accompanies parents of kids working toward that milestone
2. A parent seminar specific to each milestone to equip parents for that stage
3. Core competencies (key truths learned as he/she progresses from one milestone to next)
4. Faith Talks (ways in which core competencies are reinforced in formal and informal ways by parents)
5. A church event to celebrate reaching the milestone or a Family Celebration marking the milestone



Based on this book  
By Brian Haynes  
Lead Pastor  
Bay Area Church  
League City, TX



Core Competency	The parent as the primary faith trainer.	Jesus, Faith/Belief, Biblical Truth, Personal Sin, Repentance, Salvation, Baptism	Identity, Spiritual Growth, Spiritual Disciplines	Biblical Purity, Healthy Relationships, Identity in Christ, Biblical Sex	Roles of Men and Women, Spiritual Gifts and Service, Catechism	Apologetics, Dating/Marriage, God's Plan for Me, Person of Influence, Life Skills	Prayer, Scripture, Authentic Faith, Obedient Follower, Disciple Maker, Generous Living, Community
Parent Seminar	Understanding Family Dedication, The Development of Your Child, The Importance of Mom and Dad and Ways to Bless Your Child and Build Biblical Foundations	Accepting Christ as Savior, Is My Child Ready for Salvation?, God's Plan of Salvation, Baptism Explained and Discipleship Begins at Home.	Relating to Your Adolescent, Facing the Challenges of Junior High, A Look at Today's Culture, Faith That Prevails, and The Biggest Obstacles to Christian Living.	The Biblical Standard For Purity, Spiritual Training of Teens: Parent Roles and Church Roles, Identity in Christ, Accountability and Communication. Plus resources for faith talks	The Biblical Roles of Men and Women, Spiritual Training of Teens, Parent Roles and Church Roles, Rite of Passage: The How To, and Following Up After You Have Completed the Rite of Passage.	Preparing student to leave home: Apologetics, Connecting With Other Adults, Knowing the Will of God For Your Life, Dating and Marriage and Money.	Life in Christ: This seminar covers the core competencies of milestone 7, touching on the importance of each.
Event	Family Dedication ceremony during the worship service.	Campus Event: Baptism Family Celebration: Spiritual Birthday Party	Campus Event: 4th and 5th grade retreat Family Celebration: Road Trip	Campus Event: Purity for Life Weekend Family Celebration: Purity Ring Celebration	Family Celebration: Rite of Passage Ceremony	Campus Event: Senior Summit Family Celebration: Written Blessing	Campus Event: Bible Study, Worship
Age	Birth to 1 year	Decision point between 7 and 11	Between ages 10 and 11	Middle School Years	Completed by age 16	Between ages of 16 and 18	Adults of all ages

Life Stage	Formation Objectives	Suggested Materials, Activities, Events
Pre-K to Elementary	Boundaries, personal safety, proper anatomical terms for body parts	<a href="#">Circle of Grace</a> , <a href="#">Think First &amp; Stay Safe</a> , <a href="#">REVEALED</a> , <a href="#">Catechists Companion</a> , <a href="#">LoveEd</a> (Level 1)
Middle School	Physical and emotional development, social skills centered around human dignity, reproductive anatomy and physiology	<a href="#">Teen STAR</a> , <a href="#">ROOTED</a> , <a href="#">LoveEd</a> (Level 2), <a href="#">Cultures of Dignity</a> *
High School	Reproductive anatomy and physiology, human sexuality, Catholic sexual teaching and morality, chastity, dating	<a href="#">Teen STAR</a> , <a href="#">Called to Be More</a> , <a href="#">YOU</a>
Young Adult and Campus Ministry	Self-care, chastity and dating, discernment, fertility awareness, Catholic sexual teaching and morality	<a href="#">Cycle Basics</a> , <a href="#">Chastity Project</a> , Holistic Sexuality by <a href="#">Teen STAR</a> , <a href="#">Natural Womanhood</a> , <a href="#">Introduction to NFP Online Course</a>
Marriage Preparation	Re-presentation of the Gospel, invitation to embrace Church teaching on marriage and family, shared responsibility in family planning, the physical and spiritual benefits of NFP	<a href="#">Bold Beginnings Marriage Preparation</a> , <a href="#">Introduction to NFP Online Course</a> , NFP Couple or Teacher Testimony
Marriage Ministry	Continued re-presentation of NFP as missionary discipleship; something couples may have dismissed in marriage prep but grow to be open to as they grow in faith together, health benefits of fertility awareness	<a href="#">Together in Holiness Formation series</a> small groups, Married Date Night, NFP Testimony or Info Session, <a href="#">Natural Womanhood</a> , <a href="#">FACTS about Fertility</a> , share NFP Resources below via social media, <a href="#">support women/couples interested in training to teach NFP</a>
Marriage and Family Support	Support for couples and families in special circumstances: infertility, pregnancy/perinatal child loss, postpartum support, difficulty using NFP due to health concerns, spiritual, emotional, and practical support	<a href="#">Marriage Coaching Ministry</a> , <a href="#">Red Bird Ministries</a> , small groups, spiritual direction, referrals to <a href="#">experienced NFP teachers</a> , referrals to <a href="#">NaProTECHNOLOGY</a> physicians and other Catholic health professionals, <a href="#">referrals for NFP class scholarships</a>

Life Stage	Formation Objectives	Suggested Materials, Activities, Events
Pre-K to Elementary	Boundaries, personal safety, proper anatomical terms for body parts	<a href="#">Circle of Grace</a> , <a href="#">Think First &amp; Stay Safe</a> , <a href="#">REVEALED</a> , <a href="#">Catechists Companion</a> , <a href="#">LoveEd</a> (Level 1)
Middle School	Physical and emotional development, social skills centered around human dignity, reproductive anatomy and physiology	<a href="#">Teen STAR</a> , <a href="#">ROOTED</a> , <a href="#">LoveEd</a> (Level 2), <a href="#">Cultures of Dignity</a> *
High School	Reproductive anatomy and physiology, human sexuality, Catholic sexual teaching and morality, chastity, dating	<a href="#">Teen STAR</a> , <a href="#">Called to Be More</a> , <a href="#">YOU</a>
Young Adult and Campus Ministry	Self-care, chastity and dating, discernment, fertility awareness, Catholic sexual teaching and morality	<a href="#">Cycle Basics</a> , <a href="#">Chastity Project</a> , Holistic Sexuality by <a href="#">Teen STAR</a> , <a href="#">Natural Womanhood</a> , <a href="#">Introduction to NFP Online Course</a>
Marriage Preparation	Re-presentation of the Gospel, invitation to embrace Church teaching on marriage and family, shared responsibility in family planning, the physical and spiritual benefits of NFP	<a href="#">Bold Beginnings Marriage Preparation</a> , <a href="#">Introduction to NFP Online Course</a> , NFP Couple or Teacher Testimony
Marriage Ministry	Continued re-presentation of NFP as missionary discipleship; something couples may have dismissed in marriage prep but grow to be open to as they grow in faith together, health benefits of fertility awareness	<a href="#">Together in Holiness Formation series</a> small groups, Married Date Night, NFP Testimony or Info Session, <a href="#">Natural Womanhood</a> , <a href="#">FACTS about Fertility</a> , share NFP Resources below via social media, <a href="#">support women/couples interested in training to teach NFP</a>
Marriage and Family Support	Support for couples and families in special circumstances: infertility, pregnancy/perinatal child loss, postpartum support, difficulty using NFP due to health concerns, spiritual, emotional, and practical support	<a href="#">Marriage Coaching Ministry</a> , <a href="#">Red Bird Ministries</a> , small groups, spiritual direction, referrals to <a href="#">experienced NFP teachers</a> , referrals to <a href="#">NaProTECHNOLOGY</a> physicians and other Catholic health professionals, <a href="#">referrals for NFP class scholarships</a>





# Teen STAR

Sexuality  
Teaching in the context of  
Adult  
Responsibility





# Teen STAR

- Catholic formation on human sexuality for teens that partners with parents.
- Developmental curriculum utilizes experience of the body's fertility patterns to discover values and derive norms.
- Teaching uses the Socratic Method, inviting students into dialogue to arrive at truth.
- Teaches responsible decision-making and communication skills.
- Enhances teens' self-understanding and self-esteem.
- Moves teens from being victims of their hormones to being in control.
- Demands self-discipline – which is counter-cultural.
- Offers methods to reject peer, as well as media pressure.
- Affirms virtues but is not moralistic.
- Treats sex as a gift to be respected and valued.



# Topics

- Understanding gender and identity
- Social and cultural views of sexuality
- Anatomy, signs of fertility, hormone and brain development
- Decision making
- Sanctity of life
- Relationships: friendship and dating
- Living a moral life (this includes sexual morality, STIs and pornography)



# Fruits

- Decrease in teen pregnancies in students enrolled in the program in Chile ([study](#) conducted over 4 years)
  - [Worldwide studies](#) show increased % of students remaining chaste or re-committing to chastity after taking the course
  - Reported increase in communication between teens and parents
  - Reported improvement in behavioral, social, and academic activity of teens in school settings
-



# From our pilot teachers

- Middle school students are in need of a class that teaches sexuality because of how early they are exposed to such things.
- Teen STAR offers a holistic approach to sexuality and this best reaches the students at the stage of development where they are.
- Furthermore, parents are not discussing this topic with their students. We are not serving our young people if we ignore this need.
- The Socratic method of teaching that is emphasized in Teen STAR is a good way at reaching this age group.
- Most adolescents do not internalize information well if they are being told what to believe; rather it is important for them to wrestle with an idea and to be guided to the truth.
- Teen STAR is not a replacement for Ruah Woods or other TOB programs. It is the perfect complement that builds upon the other programs. Teen STAR is different in that it includes practical application and instruction that is based in science and the students' personal experiences.



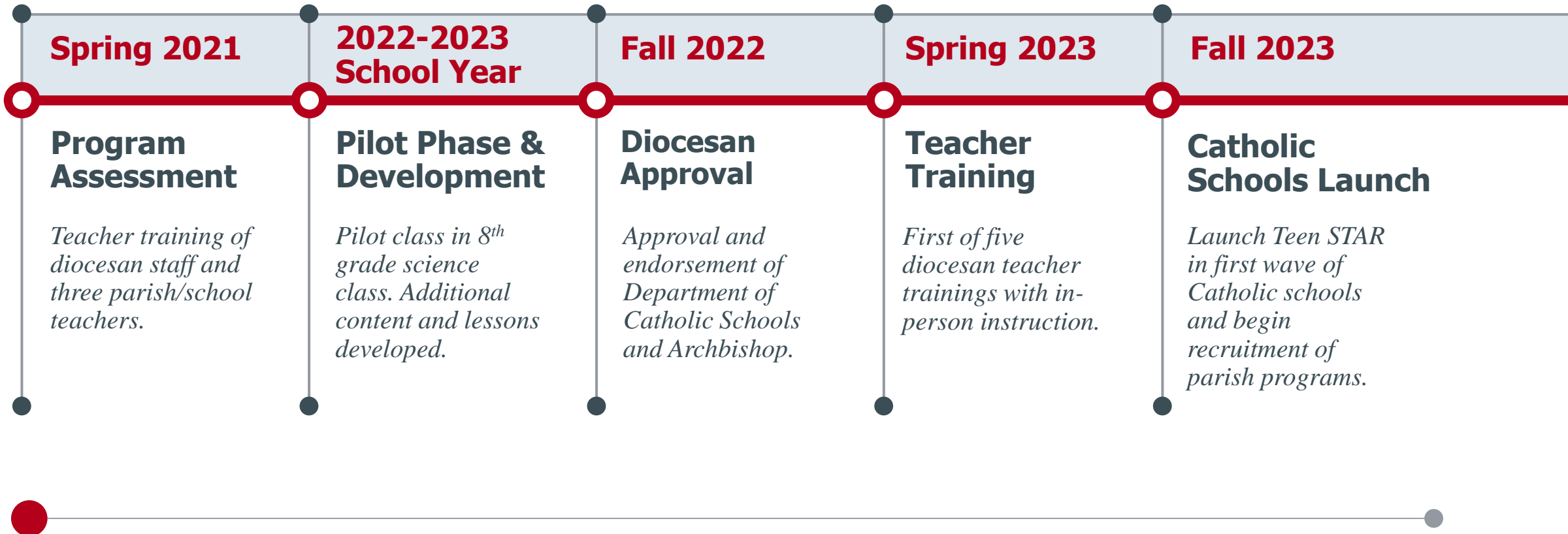
# Details

- 12 units of study taught at one grade level between 6<sup>th</sup> - 8<sup>th</sup> and one grade level between 9<sup>th</sup>-12<sup>th</sup>
  - Once per week for one semester, daily for one quarter
  - We are recommending the Middle School curriculum, even for high school students.
- Each school/parish should train a male and female teacher
  - Some trained teachers may be available to come to your location and teach for stipend
- Available in Spanish
- Tuition: paid for by the Archdiocese of Detroit



# Teen STAR

## *Implementation Timeline*





# What about the parents?







# Bibliography

- <https://www.cdc.gov/healthyouth/data/yrbs/index.htm>
- <https://enough.org/stats-youth-and-porn>
- <https://www.americamagazine.org/faith/2016/09/28/poll-finds-many-us-catholics-breaking-church-over-contraception-abortion-and-lgbt>
- [https://www.cdc.gov/nchs/pressroom/nchs\\_press\\_releases/2017/201706\\_NSFG.htm](https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2017/201706_NSFG.htm)





