

Syracuse Diocese Office of Family/Respect Life Ministry

CHASTITY and PUBERTY PROGRAMS



Programs for parents and children (ages 10-12 and 13-16):

Mother/Daughter Tea & Father/Son Program - promote understanding and appreciation of God's plan for growing up, cover the physical and emotional changes during puberty, and establish a foundation for continued communication between parent and child.



Puberty Programs for 5th & 6th graders (offered for parish or school):

Separate programs for boys and girls covering Catholic teaching on the dignity of the human person, physical and emotional changes during puberty, suggestions for healthy living, modesty and prayer. Parents are invited to preview the program.



"Be Happy, Healthy & Holy" Chastity programs for middle and high school students:

Programs explore God's plan for love and life, the Sacrament of Marriage, the virtue of chastity, respecting oneself and others, setting goals, and deepening friendship with God through the Sacraments. The high school program goes further by discussing the purpose of dating and purity, the harm of risky behaviors, and God's love and mercy. Parents are invited to attend.



"YOU" Chastity program or Retreat for Teens:

A basic introduction to St. John Paul II's Theology of the Body, designed to teach about authentic love, truth, and how we are created to be a sincere gift for others. Friendship, dating, marriage, consecrated life, and other "hot button" issues are covered. Parent guide books are available.



For more information, or to schedule a program, please contact:

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