

This document covers resources for students, parents, teachers, curricula, porn addiction, homosexuality, and theology of the body

Yellow highlighted portions are in print-ready pdf format.

For students (and parents and teachers)

1. Jason Evert website: Chastity.org – Jason has given permission to reproduce articles
 - a. Question and Answer Library: <http://chastity.com/node/21>
 - b. Document Library: <http://chastity.com/research/document-library>
2. Achieving Chastity in a Pornographic World, by Fr. T.G. Morrow: <http://cfalive.com/resources/book-previews/achieving-chastity/>
It says here the book is available for free: <http://cfalive.com/resources/book-previews/>
3. Catholic Youth Apostolate: <http://www.reapteam.org/> <http://www.reapteam.org/resources>
4. Learning to Love (internet copy of the book): <http://learningtolove.wordpress.com/contents/>
5. Pastoral Letter to Young People: http://www.cccb.ca/site/images/stories/pdf/chastity_en.pdf
6. Family Honor's Teen Tips: <http://familyhonor.org/category/teen-tips/>
7. Christian Courtship in an Over Sexed World: <http://cfalive.com/resources/book-previews/christian-courtship/>
8. Chastity, Temperance and Modesty: <http://www.scribd.com/doc/19023125/Chastity>

For parents (and teachers)

9. Program for Parents of Grades 1-4 used by the Archdiocese of Denver (change the number to access other grade levels):
<http://www.archden.org/chilyouthprotection/LessonPlansFormationInChristianChastity/CatholicGradeSchool/Grade1-ParentsLetter.pdf>
10. The Truth And Meaning Of Human Sexuality: Guidelines for Education within the Family, by the Pontifical Council of the Family:
http://www.vatican.va/roman_curia/pontifical_councils/family/documents/rc_pc_family_doc_08121995_human-sexuality_en.html
11. Parent's Guide, by the Fargo Diocese:
<http://www.fargodiocese.org/respectlife/PDFs/ChastityParentGuide.pdf>
12. Catholic Chastity Formation for Families: publications may be downloaded, copied and/or reproduced for non-commercial use: <http://chastityformation.org/publications/free-homepage.html> / <http://chastityformation.org/books/CatholicChastityWorkbook.pdf>
13. Sexuality, Chastity and our Youth (flyer):
<http://www.sesnaperville.org/re/pdf/Sexuality%20%20Chastity%20%20%20%20YouthI.pdf>
14. Sexuality 101: Parent's Manual: http://www.eriecd.org/pdf/schools/Sex%20_101_Parents.pdf
15. Chastity and Sexuality Education, Parent Plan of Action:
http://www.eriecd.org/pdf/schools/Parent_Plan.pdf
16. Your Journey Continues: A Boy's Guidebook: (it is better to give this to parents rather than directly to the students): <http://www.eriecd.org/pdf/schools/Boys.pdf>
17. Your Journey Continues: A Girl's Guidebook: (it is better to give this to parents rather than directly to the students): <http://www.eriecd.org/pdf/schools/Girls.pdf>
18. Checklist for a Spiritually Healthy Family: <http://www.diocese-kcsj.org/myhousekcsj/Impact.html>
19. Christopher West: <http://www.christopherwest.com/page.asp?ContentID=15>
20. Catholic Education Resource Center on Sexuality:
http://www.catholiceducation.org/directory/Current_Issues/Sexuality/
21. Love and Responsibility (excerpts in pdf format): http://www.catholicculture.com/jp2_on_l&r.pdf
22. Family Honor's Parent Tips: <http://familyhonor.org/category/parent-tips/>
23. Formatted Version of Truth and Meaning of Human Sexuality (for easy reading)
http://www.familylifeinstitute.org/BooksAndGifts/fli_booksf4_TruthAndMeaning.pdf

For curriculum-making and programs

24. Archdiocese of Denver Curriculum for Parents to teach their children (change the number to access other grade levels):

<http://www.archden.org/chilyouthprotection/LessonPlansFormationInChristianChastity/CatholicGradeSchool/Grade1-ParentsLetter.pdf>

25. St. Thomas the Apostle, Catholic Morality and Chastity Education Program:
http://www.stthomasgr.org/non-core%20curriculum/stthomas_morality.pdf
26. True Love Waits task group of the National Federation of Catholic Youth Ministry (general guidelines and references): <http://www.nfcym.org/resources/pastoralresponse/tlw/TLWJanuary182006.pdf>

Porn addiction

27. Blessed are the Pure of Heart by Bishop Robert Finn (an excellent pastoral letter) :
<http://www.catholicculture.org/culture/library/view.cfm?id=7438>
<http://www.kofc.org/un/en/resources/cis/cis323.pdf>
28. Bought With a Price: Pornography and the Attack on the Living Temple of God, by Bishop Paul Loverde (replies to self-justifications):
<http://www.catholicculture.org/culture/library/view.cfm?id=7321>
29. 12 Steps to Freedom from Pornography by Stephen Wood:
<http://www.scribd.com/doc/17414321/55b-12-Steps-to-Freedom-From-Pornography>
30. Achieving Chastity in a Pornographic World, by Fr. T.G. Morrow (highly recommended):
<http://cfalive.com/resources/book-previews/achieving-chastity/> It says here the book is available for free: <http://cfalive.com/resources/book-previews/>
31. Seminar on Pornography: The Epidemic and the Solutions: powerpoint presentation:
<http://www.scribd.com/doc/67650023/Human-Formation-Seminars-Pornography-Conflicts-1/>
<http://www.scribd.com/doc/67650224/Human-Formation-Seminars-Pornography-Conflicts-2/>
32. Arriving at the Peace of Chastity: <http://www.scribd.com/doc/33273167/Arriving-at-the-Peace-of-Chastity-Part-One/> / <http://www.scribd.com/doc/33273730/Arriving-at-the-Peace-of-Chastity-Part-Two>
33. Internet Pornography: Practical means of avoiding the near occasion of this sin, by Sister Meyer:
<http://denvercma.org/Resources/PracticalHANDOUT.pdf>
34. Setting Captives Free (a free online course): <http://www.settingcaptivesfree.com/courses/way-of-purity/>
35. Porn Free (free online courses): http://www.porn-free.org/online_courses.htm
36. Effects of Pornography, by Patrick Fagan of the Family Research Council:
<http://www.frc.org/pornography-effects>
37. The Porn Effect: <http://www.whodoesithurt.com/who-does-it-hurt/about-us>
38. Porn Harms (peer-reviewed scientific research on effects of porn):
<http://www.pornharms.com/category/research/>
39. E5 Men (fasting and liberation from sexual addiction): http://www.e5men.org/page.cfm?pk_page=2

Homosexuality

Causes

40. People Can Change, Root Causes, a survey of 205 with homosexual feelings:
<http://www.peoplecanchange.com/change/causes.php>
41. Homosexuality 101, Video by Dr. Julie Harren-Hamilton: <http://www.homosexuality101.com/>
42. Battle for Normality by Gerard van den Aardweg (one of the best and most effective books on homosexuality) - <http://thetruthsetsyoufree.wordpress.com/homosexuality-an-overview/>
43. Homosexuality and Hope, Q&A on causes and healing: <http://www.maritalhealing.com/HSaH.pdf>
original research: <http://catholiceducation.org/articles/sexuality/ho0039.html/>
44. Family Research Council, What Causes Homosexuality: <http://downloads.frc.org/EF/EF08L41.pdf>
45. Homosexuality: Causes and Cures, by Mark Latkovic: <http://www.aodonline.org/aodonline-sqlimages/SHMS/Faculty/LatkovicMark/UnpublishedWritings/HomosexualityCausesAndCures.pdf>

Therapy

46. The Truth Sets You Free, Counseling and Therapy: <http://thetruthsetsyoufree.wordpress.com/category/counselling-therapy/>
47. The Healing of Homosexual Attractions, by Richard Fitzgibbons: <http://www.catholicnewsagency.com/resource.php?n=279>
48. Battle for Normality, Knowing Oneself, Chapter 7, by Gerard van den Aardweg, Ph.D.: <http://www.jonahweb.org/sections.php?secl=238>
49. Exodus Global Alliance: <http://www.exodusglobalalliance.org/change5.php>
50. People Can Change, An Integrated Solution: <http://www.peoplecanchange.com/change/mans.php>
51. Homosexuality and Hope, Q&A on causes and healing: <http://www.maritalhealing.com/HSaH.pdf>
original research: <http://catholiceducation.org/articles/sexuality/ho0039.html/>
52. National Association for Research and Therapy of Homosexuality (Treatment of Male Homosexuality: A Cognitive-Behavioral and Interpersonal Approach): <http://narth.com/docs/byrd.html>

General Knowledge

53. Considerations Regarding Proposals To Give Legal Recognition To Unions Between Homosexual Persons, by CDF: http://www.vatican.va/roman_curia/congregations/cfaith/documents/rc_con_cfaith_doc_20030731_homosexual-unions_en.html
54. Top Ten Myths about Homosexuality, by Family Research Council: <http://downloads.frc.org/EF/EF10F01.pdf>
55. Facts about Youth: Quick Facts about Homosexuality: <http://factsaboutyouth.com/getthefacts/quickfacts/>
56. JONAH, Jews Offering New Alternatives for Healing, Common Questions: <http://www.jonahweb.org/sections.php?secl=16>
57. Courage: <http://www.couragerc.net/>
58. Getting the Facts: Same-Sex Marriage - <http://www.familyresearchinst.org/2009/02/getting-the-facts-same-sex-marriage/>
A summary: Science Facts on Homosexual Unions: <http://primacyofreason.blogspot.com/2011/12/science-facts-on-same-sex-marriage.html>

Theology of the Body

59. Cliff Notes Version by Fr. Roger Landry: <http://catholicpreaching.com/content/docs/TOB.pdf>
60. Overview of TOB by Fr. Roger Landry: <http://catholicpreaching.com/content/docs/TOBshort.pdf>
61. Theology of the Body for Schools: <http://www.scribd.com/doc/25999167/Theology-of-the-Body-for-Schools>
62. Pope John Paul II's Theology of the Body: http://www.jp2.info/Theology_of_the_Body.pdf

1. Protégé tu corazón: program of education in sexuality for teens

<p>1. WHO AM I?</p> <ul style="list-style-type: none"> We have five dimensions to discover, nurture and develop Sexuality and its relationship to each one of the five Why and for what should I take care of sexuality? Each person is different and special <p>2. MANAGING MY EMOTIONS</p> <ul style="list-style-type: none"> What are emotions? How to recognize and distinguish them? Are they good or bad? Is it possible to handle them? How? <p>3. ADOLESCENCE: Learning to love myself</p> <ul style="list-style-type: none"> Luggage for a great trip Goal: Maturity Self-Esteem Feelings of inferiority Tasks of adolescence <p>4. MY FAMILY, OPPORTUNITY TO GROW</p> <ul style="list-style-type: none"> What is a strong family? What do we learn in our family? How we spend our time together? Conflicts Why are parents important? My family responsibilities <hr/> <p>5. FRIENDS AND GOING OUT</p> <ul style="list-style-type: none"> Friendship Going out with friends Purpose of going out Levels of going out Ready to go <p>6. AT TIMES I SAY YES, WANTING TO SAY NO</p> <ul style="list-style-type: none"> Who we are pressured? How to recognize the pressures? Are there positive pressure? My own pressures Sometimes I say yes meaning no Key to managing Practice <hr/> <p>7. WAITING: IT'S WORTHWHILE</p> <ul style="list-style-type: none"> Sexual self-control: free to love ...whom? It is a challenge, an attitude, lifestyle Waiting makes you free. Of what? Yes, but how? A second chance Pressure to have sex now 	<p>8. SEXUAL PRESSURE: HOW FAR CAN I GET?</p> <ul style="list-style-type: none"> External and internal pressures Cultural, natural, social Affection, clothing, drugs, alcohol Golden rules for "Keeping cool" <p>9. COMMUNICATION: HEART TO HEART</p> <ul style="list-style-type: none"> Three languages: words, gestures, and clothing Assertiveness applied to courtship <p>10. DECISIONS: LEARNING TO BE RIGHT</p> <ul style="list-style-type: none"> Thoughtful decisions = better decisions Application to everyday life Keys to take decisions: from smoking or not, to choose a career <hr/> <p>11. ADVENTURE OF TRUE LOVE</p> <ul style="list-style-type: none"> The success of the "trip" depends of preparation False love, true love: similarities and differences Compatibility Test Friendship and intimacy, the basis of Lasting Love <p>12. MUSIC AND VIDEO:</p> <ul style="list-style-type: none"> Music and emotions Effects of music in each dimension The music and themes Music videos Be a critical listener <p>13. TV AND FILM: EXAMINED</p> <ul style="list-style-type: none"> Film and TV as influence What do I do with my time? Research on TV Film and TV as escape from reality Values transmitted and sexuality <hr/> <p>14. ANALYZING ADVERTISING</p> <ul style="list-style-type: none"> Image of man, woman, sex, love Be different from the herd Subliminal Messages <p>15. INTERNET: WORLD OF SURFING</p> <ul style="list-style-type: none"> Garbage in, garbage out Caring for our mind and our heart How to take care while browsing Install your own interior filter <p>16. PORNOGRAPHY: INNOCENT FUN?</p> <ul style="list-style-type: none"> What is it and what is not? Where's the catch? Slow and progressive effect Interview with a man sentenced to death: Ted Bundy ¿Innocent fun? 	<p>17. ALCOHOL AND DRUGS</p> <ul style="list-style-type: none"> Dreams and creativity Feeling comfortable saying NO Principle of "mini-max" Natural flight <hr/> <p>18. STDS AND CONDOMS</p> <ul style="list-style-type: none"> Hidden Enemies Not so distant disease The truth about condoms <p>19. AIDS: FACTS AND FIGURES</p> <ul style="list-style-type: none"> HIV: Look and Feel Trojan Horses Healthy carriers: How do I know? A Matter of Behavior <p>20. MY FERTILITY: A GIFT</p> <ul style="list-style-type: none"> If I know, I appreciate and I care Clear concepts about male and female fertility We are different Responses that imprint values <p>21. MYSELF, BEFORE BIRTH</p> <ul style="list-style-type: none"> I am a human being from fertilization My development step by step from birth When I began to hear, see, feel, sleep? Videos, slides, games ... <hr/> <p>22. BE PARENTS: INTERESTING JOB!</p> <ul style="list-style-type: none"> A big dream Preparing for the big adventure Game: "Parenting Is Not A Game" <hr/> <p>Notes: The modules that are more directly related to sexuality and to boy-girl relations are in bold letters: 1, 5, 7 8, 11, 12, 17, 19, 20, 21, 22</p> <p>The other topics are on virtues (prudence and temperance and fortitude), family, general psychological and bodily development (adolescence and prebirth), and media education (TV, internet, music, advertising).</p> <p>Source: http://www.protegetucorazon.com/assets/files/pdf/ptcmodulosadolescencia.pdf</p>
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<p>Learning to Love: Questions and Answers on Human Sexuality for Teenagers by John Ooi Peng Lee</p>	<p>Love and Life: Christian Morality Guide for Teens By Coleen Mast</p>	<p>Theology for the Body for Teens By Jason and Crystalina Evert and Brian Butler</p>
<p>Contents</p> <p>1 Adolescence and Maturation <i>What it takes to become a mature adult</i></p> <p>2 Relationship, Love and Sexuality <i>What love really is</i></p> <p>3 Dating and Going Steady <i>Mixing with the opposite sex</i></p> <p>4 Marriage <i>How to prepare for a great relationship</i></p> <p>5 Chastity, The Forgotten Virtue <i>How self-mastery helps you achieve your goals</i></p> <p>6 Life Before Birth <i>How unborn babies develop</i></p> <p>7 Abortion <i>What you should know about abortion</i></p> <p>8 Family Planning <i>Responsible parenthood</i></p> <p>Source: http://learningtolove.wordpress.com/contents/</p>	<p>Topics</p> <ul style="list-style-type: none"> * God’s Plan vs. the World’s Plan for Love * The gifts of Masculinity and Femininity * How to Develop True Friendships * Original Sin and it’s Effects on the Theology of the Body * Developing Virtues to Overcome your Weaknesses * Grace and Guidance from our Holy Mother the Church * Human Dignity and Emotional Maturity * Freedom, Conscience, Laws and Choices, Commandments and Beatitudes * Romance, Attraction, Infatuation, Feelings, Behavior and Self-Control * How to Avoid and Resist Temptation * What to do with Guilt? Penance and Eucharist as gifts for the journey * The Community of Role Models – the Saints * Listening for your Call to Vocation * Sacramentality of Marriage, Love-giving and Life-giving; being Pro-Life * Pledge for Purity <p>(specifically chastity and sexuality related are in bold)</p> <p>Source: http://www.sexrespect.com/lovelife.pdf</p> <p>http://valoralamor.com/padres_docents/pdfs/love_life_chastity.pdf</p>	<p>Contents</p> <ol style="list-style-type: none"> 1. Created to Love 2. Love Defined: Giving versus Using 3. Naked without Shame 4. Hope and Redemption in Christ 5. Truth and Freedom 6. Language of the Body 7. Free, Total, Faithful and Fruitful 8. Marriage 9. Celibacy and Religious Life 10. Finding Your Vocation 11. Dating with Purpose and Purity 12. Living the Good (and Free!) Life <p>Source: http://thetheologyofthebody.com/book-resources/study-information/1851/tob-teens-middle-school-edition-jason</p>