



# Be Happy, Healthy & Holy

## Chastity Program for Middle School Catholic Youth

*Invite your 7th & 8th graders  
to learn more about  
their faith and to  
deepen their relationship  
with Jesus...*

### THIS PRESENTATION WILL INCLUDE:

- The sacredness of human life
- We are made in the image and likeness of God
- God is an eternal exchange of love; Father, Son and Holy Spirit
- God's love for us
- How to be a gift to family, friends and others
- God's plan for the Sacrament of Marriage and sexuality
- St. John Paul II's "Language of the Body"
- Love, lust, modesty and chastity
- The Catholic Church's teaching on fornication, adultery, and pornography
- The media's influence, internet safety, and sexting
- **New: Group activity and discussion**
- Respecting oneself and others: God is within us
- Setting goals and making healthy choices
- Friendship with Jesus through prayer and the Sacraments

The youth are encouraged to ask questions during the presentation and are invited to make a commitment to practice chastity. Parents or guardians are encouraged to attend and resources/handouts will be available.

### **For more information and to schedule a presentation contact:**

Sharon Flanagan, Chastity/Theology of the Body Educator

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