



THE HEART OF IT !

Parent's Program



SESSION	TOPIC	DESCRIPTION
1	PARENTING 101	Education in the 21st century
		What is authority?
2	WHAT ARE OUR CHILDREN GOING THROUGH?	Identity / five dimensions
		Emotional control
3	EVERYBODY'S DOING IT!!	Healthy self-esteem
		Friendship
		Peer pressure
4	KEEP ON TALKING	Communication in the Family
		Get your children to talk to you
		How do teens talk to eachother?
5	WHAT ABOUT SEX?	Sex and sexuality
		Chastity
		Statistics
6	MEDIA INFLUENCE	Today's Media
		How to filter?
7	DOWNWARD SPIRAL	How addictions get started
		Signs to look for
		Getting help
8	SETTING THE EXAMPLE	The Anatomy of Virtue
		Cultivating virtue in the family



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module	Session		The Heart of It !	Objectives / Virtue
ME, MYSELF AND I	1	Understanding my Identity	Adolescents are searching for their identity with questions like: who am I?, why am I here?, who do I want to be? In this session we discuss the 5 dimensions of the human being: Physical, emotional, social, rational and spiritual.	* What happens in one dimension affects the rest. * How to reach maturity in the five dimensions RESPONSIBILITY
	2	Taking Control: Emotional Maturity	Emotions, feelings, and passions and motivations are the ways we react to the world around us. They are important and necessary for our development. In this module we learn to recognize them and how to manage them.	* Understanding that feelings are not good or bad, it's the way I react that makes them either positive or negative. PATIENCE
	3	Growing up with Self-esteem	Adolescence is a time of growth in all dimensions and there are things that help this process or hinder it. We give the students a map they can follow to make this journey fruitful.	* What is self esteem? * Concept of healthy self-esteem * How to achieve a healthy self-esteem SINCERITY
	4	My Sexuality, My Self	It is of the utmost importance to understand the difference sex and sexuality and what it means for the way we live our lives.	* Understand the concept of unity in the human person. * Learn how sexuality is expressed without the need for sex. PURITY
	5	Respect: For Myself and Others	Relationships require valuing and respecting the person by recognizing the dignity of every human being, and understanding the rights and duties we must exercise, starting with the respect we due ourselves.	* Learn the true value of the dignity of the human person, starting with yourself. * Practical ways to show respect RESPECT
YOU, THEM AND US	6	Family ABC's	The family is the cornerstone of society. In many ways the strength of society depends on the family's well being. This module explores family growth.	* Appreciate family for what it is. * Learn new ways to deal with every day problems OBEDIENCE
	7	Friends and Peer pressure	Adolescents are constantly under pressure from various sources: friends, media, culture, parents, school. We help identify these pressures and develop the skills to manage them.	* To understand the true meaning of friendship. * To learn how to deal with peer pressure in a positive way. FRIENDSHIP
	8	A Fork in the Road	As teenagers mature, they increasingly make their own decisions. Effective decision making is based on reason, knowledge, moral values, traditions, family upbringing, and religious beliefs.	* Set short, medium and long term goals in the five dimensions. SELF KNOWLEDGE
	9	Keep on Talking	Once the adolescent has made a decision, he or she has to find the best way to communicate them to others in an assertive way. We help them develop those skills.	* Develop good communication skills in every aspect of life. ASSERTIVITY



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INFLUENCES	10	Get the Message I	Adolescents are more sensitive to the images and messages that advertising conveys. Here they learn to look for the positive and negative messages and make conscious, analytical evaluations.	* To recognize the influence different types of media have on our way of thinking, looking at life and decision making. DISCERNMENT
	11	Get the Message II	Navigating the internet has great benefits as well as great risks for adolescents. Access to inappropriate material is now just a click away. Adolescents need to be aware of the challenges.	* To recognize the influence different types of media have on our way of thinking, looking at life and decision making. DISCERNMENT
	12	Downward Spiral	Understanding the negative aspects of drug abuse is good but it's essential to point out the positive consequences self control which allows each person to develop their talents and skills.	* To learn how addictions can start. *Identify the differences and consequences of experimentation, habit, abuse, dependence and addiction. SELF RESPECT
	13	Behind Closed Doors	A 1970 investigation presented to the Commission on Pornography of the United States, suggested that it was harmless. We explore the real dangers of pornography and it's effects.	* To recognize the negative effects that pornography (starting with soft porn) has on the viewer and the viewed. STRENGTH OF CHARACTER
PERSONAL COMMITMENT	14	Choosing Chastity	Teens are being bombarded with messages saying: "Love justifies sex", "sexual feelings are uncontrollable", " Everyone does it!", We debunk the messages to discuss the possible affirmation of chastity for love.	*Identify that chastity involves all 5 human dimensions. *Recognize that the virtue of chastity is possible and valuable CHASTITY
	15	Under Pressure	Before deciding on how to express our sexuality, we should look at what influences human sexual behavior. We explore those things in order to help in making the right decisions.	*Learn strategies to identify and combat societal and peer pressures to be sexually active. STRENGTH OF WILL
	16	Dating and Relationships	Dating has the concrete purpose of deepening our knowledge of another person. Dating is a normal part of human existence. We look at the elements of smart dating, the purpose of dating, and how to build lasting love.	*Reconcile respect and the realities of modern dating. SELF CONTROL
	17	STD's: A Silent Epidemic	Adolescents tend to be risk takers and they don't realize that STD's take many forms and are a public health challenge worldwide. Sexual behaviors and attitudes are key in addressing the problem. Adolescents must understand the risks and dangers.	* To recognize the factual consequences of risky behavior VERACITY



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FOR LIFE	18	True Love	<p>Most young people hope to have loving and lasting relationships that help them become better. In today's culture, preparation is paramount. We look at the elements of lasting mature relationships and how to achieve them.</p> <p>* To understand the difference between true love and some common misconceptions about true love. *To recognize that love and responsibility can never be separated.</p> <p>SINCERITY</p>
	19	Marriage	<p>Marriage is part of God's plan for humanity. In order to build a lasting marriage, founded on truth and love it is necessary to understand the right concept of marriage and everything it entails.</p> <p>* Understand the fundamentals and goals of marriage... it is the most important decision you will make, because it is forever.</p> <p>COMMITMENT</p>
	20	Being a Parent	<p>Most adolescents want to become parents some day. Understanding that paternity calls for maturity, generous love, responsibility and sacrifice is critical. We are all someone's children!</p> <p>* Recognize what parents do for their children brings new appreciations and a vision for the future.</p> <p>SACRIFICE</p>
	21	Life Belongs to God	<p>Each of us is unique and valuable. Procreation entails understanding our role in generating a new life. Adolescents need an honest appreciation for the connection between sex and procreation.</p> <p>* Understand the true value of human life as a gift from God</p> <p>UNDERSTANDING TRUTH</p>
TRANSCENDING	22	The Big Picture	<p>Whether or not we acknowledge our spiritual dimension, we all live spiritual lives. When we live authentically, our actions flow from our willingness to act on our beliefs and values. In other words, action follows being.</p> <p>*To understand the model of being-willing-doing *Identify the importance of forming our beliefs in truth, the power of faith in our values and the role of meaning in our actions.</p> <p>PIETY</p>
	23	Spinning Compass	<p>As human beings we are made to seek truth, we want to give teenagers the tools to understand where Truth comes from in order to distinguish between objective truth, subjective truth and relativism.</p> <p>* Learn to recognize truth as an objective value.</p> <p>OBJECTIVITY</p>
	24	The Anatomy of Virtue	<p>The only way to become fully human is to live a life of virtue. Understanding the structure of the human person and the way virtue is built into our character is fundamental to being able to live virtue out in our daily lives</p> <p>* Understand what cardinal virtues are and the practical ways of living them out.</p> <p>CARDINAL VIRTUES</p>
	25	Virtue 101	<p>To become a virtuous person one must understand the relationship virtues have with self-control and the mastering of oneself in regards to what feels good and what doesn't</p> <p>* Define virtue and recognize the ones I have and the ones I need to work on to become a better person</p>