

## CHECKLIST FOR CATHOLIC PARENTS

# What Older Teenagers Should Know About Human Sexuality

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Use this checklist to determine if your son or daughter knows what a Catholic teenager should know about human sexuality. The checklist is based on guidelines for adolescents ages 13-18 suggested by the Committee on Education of the United States Catholic Conference of Bishops and published in *Human Sexuality--A Catholic Perspective for Education and Lifelong Learning* [USCC, 1990].

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*Because this may be the last opportunity for adolescents to receive formal education in sexuality, parents and educators need to provide positive instruction about the wonder of the human body, sexual functioning, fertility, and reproduction, and how to appreciate and care for their bodies in life-giving ways.*

Yes.....No

- |   |     |     |     |
|---|-----|-----|-----|
| 1.1. Adolescent understands the biological facts about human sexuality and reproduction.                        | ___ | ___ | ___ |
| 1.2. Adolescent understands the unitive and procreative purposes of marriage and sexual activity in marriage.   | ___ | ___ | ___ |
| 1.3. Adolescent respects his/her own body and those of others.  | ___ | ___ | ___ |
| 1.4. Adolescent practices good personal hygiene.  | ___ | ___ | ___ |
| 1.5. Adolescent practices good nutritional habits and regular exercise routines.                                | ___ | ___ | ___ |
| 1.6. Adolescent understands the harmful effects of smoking, alcohol, and other chemical substances on the body. | ___ | ___ | ___ |

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*Because love and sex are often equated, parents and educators need to explain the full meaning of love in the context of the gospels.*

Yes.....No

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|---|-----|-----|-----|
| 2.1. Adolescent understands the nature of love in the Christian tradition.          | ___ | ___ | ___ |
| 2.2. Adolescent understands the meaning of sexuality from the Catholic perspective. | ___ | ___ | ___ |

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*Because Jesus showed everyone how to be fully human and how to develop friendships, parents and educators need to proclaim the story of Jesus.*

Yes.....No

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|--|-----|-----|-----|
| 3.1. Adolescent uses Jesus as the model for personal maturity and committed friendships.       | ___ | ___ | ___ |
| 3.2. Adolescent has models and mentors -- mature and prudent persons in whom they can confide. | ___ | ___ | ___ |
| 3.3. Adolescent has developed personal skills to establish and maintain healthy friendships.   | ___ | ___ | ___ |
| 3.4. Adolescent understands the mutual responsibilities of friendship.                         | ___ | ___ | ___ |

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*Because human beings sin they are in need of forgiveness and reconciliation. Therefore, educators and parents need to proclaim and model God's readiness to forgive, and encourage adolescents to reconciliation.*

Yes.....No

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|--|-----|-----|-----|
| 4.1. Adolescent understands the nature and effects of sin, including those related to sexuality, and how sin affects one's own psychosexual development and relationships with others. | ___ | ___ | ___ |
| 4.2. Adolescent understands God's forgiveness as expressed by Jesus in his life and ministry.  | ___ | ___ | ___ |
| 4.3. Adolescent celebrates the sacraments of Eucharist and Reconciliation regularly.   | ___ | ___ | ___ |

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## What Your Teenager Should Know About Human Sexuality

*Because normal impulses and feelings of adolescents lead them toward sexual experimentation and expressions, parents and educators need to explain the Church's position on sexual intimacy. They need to reaffirm the value of personal modesty, the avoidance of sexually suggestive situations and entertainment, and to lend their support to adolescents making healthy and moral choices*

Yes.....No

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|---|-------|
| 5.1. Adolescent appreciates the values of modesty and chastity.   | — — — |
| 5.2. Adolescent knows what expressions of love are appropriate for his/her state of life.   | — — — |
| 5.3. Adolescent respects the equality and mutuality of the sexes.   | — — — |
| 5.4. Adolescent understands that genital sexual intimacy finds its proper place only in the context of marriage.  | — — — |
| 5.5. Adolescent is developing as a healthy and mature sexual person who is capable of responsible relationships and can avoid occasions of sexual immorality. | — — — |
| 5.6. Adolescent understands a moral decision-making process based on gospel values and church teaching.   | — — — |

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*Because adolescents are approaching an age when they may take on the permanent commitment of marriage, parents and educators need to provide information and instruction on marriage from the Catholic perspective.*

Yes.....No

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|--|-------|
| 6.1. Adolescent sees parents model wholesome personal relationships with persons of the same and opposite sex.         | — — — |
| 6.2. Adolescent understands the Catholic Church's teaching on engagement, marriage, and parenting.                     | — — — |
| 6.3. Adolescent understands the Catholic Church's teaching and pastoral approach to divorce, annulment and remarriage. | — — — |

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*Because the Church provides guidance to adolescents about objective right and wrong and is an integral resource in their conscience formation, parents and educators need to inform adolescents about the Church's teachings on contemporary moral issues.*

Yes.....No

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|--|-------|
| 7.1. Adolescent understands the Church's teaching concerning masturbation, non-marital sex, and contraception.               | — — — |
| 7.2. Adolescent has learned how to deal morally with pornography and the exploitation of sex and sexuality in entertainment. | — — — |
| 7.3. Adolescent understands the Church's teachings regarding reproductive technology and sterilization.                      | — — — |
| 7.4. Adolescent understands Catholic teaching about heterosexuality and homosexuality.                                       | — — — |
| 7.5. Adolescent understands his/her right to bodily integrity and the need for that to be respected by oneself and others;   | — — — |
| 7.6. Adolescent understands the source, nature and effects of sexually transmitted diseases.                                 | — — — |