CONTENTS

- 6	Homosexuality		
- 7	HANK YOU		
	NTRODUCTION		×
aid	HOW TO USE THIS BOOK		XII
- 1	ODAY'S TEENS AND THEIR C		A 107
E	A. FriendsB. Moral Systems—A SurveyC. Choices, Freedom, and ConsectD. Letters From TeensReproducible Handouts		1
L	I.F.E. CHOICES: LOVE, INFAT FRIENDSHIP, EXPLOITATION		15
	L.I.F.E.The Big IF—More on Basic RelationWhat IF—Small Group Exercise	E. How Safe A Reproducible	15 17 20 21 21 23
	DATING CHOICES SOO WY		29
	The Dating Game Who Choices Party, Party Us/Them Dialogue		29 29 30 30
Т	HE CHOICE: TO DO OR NOT	O DO IT	
Δ			
	. The Real-Love Test		39 42 44

45

Reproducible Handouts

5	THE UN-CHOICE: TEENAGE PREGNANCY	53
XI IX	A. Jack and Jill B. Dear Mom Reproducible Handouts UDITOUGORTUI	53 54 55
6	NO EASY CHOICES: ADOPTION, TEEN MARRIAGE TEEN PARENTING, ABORTION	63 63
	 A. Decision-Making Process B. Adoption: A True Love Option C. Teen Marriage: Happily Ever After? D. Teen Parenting: A Full-Time Responsibility E. Abortion: Morality vs. Legality F. Post-Abortion Syndrome Reproducible Handouts 	63 65 66 67 68 72 74
7	CONTRACEPTION: IS IT A SAFE CHOICE?	81
S Anni One DS Anni One 19 conter 19	A. Isn't Everybody Doing It? B. On Taking Risks C. Risks Connected With Teenage Sex D. How Safe Is Sex? E. How Safe Are Contraceptives? Reproducible Handout	81 85 85 86 87 88
0	SETTING LIMITS: A PERSONAL CHOICE	89
ES OSSIGN 1999 OSSIGN 1999	A. How Far Can We Go? B. The Brake Test C. Love Language D. My Personal Commandments E. Just Say "No"	89 92 94 95 96
	A CRIMINAL CHOICE: SEXUAL ABUSE	97
weekerment	A. Three Stories B. Effects of Sexual Abuse C. Precautions Against Sexual Abuse— Points to Remember	97 97 98

SA. Charles of the Edward Expension of the Expension of the Edward Edward Expension of the Edward Ed

10	1 A	NON-CHOICE: SEXUAL ORIENTATION	99
	A. B. C.	Homosexuality Homophobia A Message to Teens with Homosexual Inclinations Guestions and Answers	99 100 102 102
11	FO	RGIVENESS: A HEALING CHOICE	107
The teac speatedly profile hund the hund		Sexual Sin Forgive Us As We Forgive Reproducible Handouts	107 108 111
10	LO	VE CHOICES and replaced (and their parents) who remind	113
	А. В. С.	God Is Love—Scripture Search	113 114 115 117
		PENDIX Archiforeson Respect Life Office: Catholic Social	
	Sar Ret Mu Sel	nple Retreat Plans creat Games sic Notes ected Resources pline Numbers	121 127 131 133 135

THE CHOICE: TO DO OR NOT TO DO IT

Chapter Overview

Ultimately, your students must make for themselves the choice to have sex or not to have sex. This chapter points out that making the decision to say "no" to sex before marriage is the most loving thing a person can do for himself or herself and for the one he or she loves. The reasons for this are presented in a variety of ways. The chapter attempts to make clear to the teens that real love can only be tested by life, and that marriage, though not an absolute guarantee of love, is the best chance for a couple to know that there is enough love and commitment in their relationship to sustain sexual intimacy.

A. Teenage Sex: Reasons to Say "Yes" or "No"

1. Preparation and materials needed:

- Three large charts ("Adult," "Pressure," "Child")—The samples on pages 45–47 can be enlarged on a copier or re-lettered to create wall charts.
- A copy of the "Reasons Some Teens Say Yes" and "Reasons Some Teens Say No" lists for each participant (pages 48 and 49)
- Two Post-itTM tablets (2" x 3") for each small group, one pink and one yellow. Using a
 wide marker write the numbers 1–30 on each tablet, one number on a page.
- A half-sheet of paper for each person
- Pencils
- Gather in mixed-sex table groups of about five people each and give out the half-sheets of paper and pencils. Say:

As you know, there are many teenagers who are already sexually active, that is, involved in relationships that include sexual intercourse. This exercise will help you to think seriously about some reasons teens might have for saying yes or no to premarital sexual intercourse and to clarify your own convictions about this crucial life decision. (This topic is introduced on pages 27–28 of the *Participant Book.*)

Everyone please take a half-sheet of paper. On the top of one side write: Say yes. On the other write: Say no. Then write at least five reasons on each side, reasons that you believe motivate young people your age to say yes to sexual intercourse or to say no. Please work independently on this part of the exercise.

After the participants have completed their lists of five reasons, give out the duplicated copies of the "Reasons Some Teens Say Yes" and "Reasons Some Teens Say No" lists. Say:

On this paper you'll find twenty-five reasons teens say yes to sex and twenty-five reasons teens say no. These lists were collated from groups who did the exercise you just did.

Look only at the yes reasons for now, and circle the number if you wrote that reason on your paper. (Allow time.) Now I'd like the group leaders to find out if the people in your group have any reasons that are not already on the list. Don't write them on the handouts

yet. (Allow time.) Call on each table to give you one additional reason. Write these on the board and have the participants write them on their papers numbering them 26, 27, 28, and so on

Post the large Adult, Pressure, and Child charts on the wall behind you, folding up the bottom corners to conceal the writing until you are ready to talk about each one. Ask the participants to turn their chairs so they are facing you, then say:

I want to present a psychological framework that we can use to analyze the various reasons we've been looking at. Psychologists tell us that we can divide all of our reasons for acting into three distinct levels of motivation: the child level, the pressure level, and the adult level. (Isually all three levels of reasoning are included in every decision we make, with one or another level predominating.

Level-one motivation is what psychologists call the CHILD. (Present chart one.) The word "child" does not refer here to the age of a person. It represents an aspect of the inner psyche of every person, no matter what age they are. When our choices are directed by the child in us, we do whatever is fun, easy, exciting, natural. We act on our feelings and moods, our wishes and frustrations. The child in us wants immediate gratification, hates being bored, uses and manipulates people, rebels against authority. Our child acts spontaneously, without thinking about the long-range consequences of our actions or the effect they might have on other people.

Level-two motivation is what psychologists call the PARENT, but I prefer to call it the PRESSURE PRINCIPLE. (Present chart two.) Level two is in effect whenever someone else decides what we're going to do and has enough power or influence to make us do it. The two kinds of pressure that most influence our actions are PARENTAL PRESSURE and PEER PRESSURE. Pressure motivation is based on our desire to please others, our need to belong, our fear of being punished or left out or made fun of. It's an interesting coincidence that most of the people who have this kind of pressure power over our lives start with a p—parents, peers, police, principals, pastors, politicians. (See If the group can think of the "p" words.)

Level-three motivation is what psychologists call the ADCILT. (Present chart three.) "Adult" here doesn't mean being 18. We learn to operate on this level gradually as we are growing up. Rules like "Don't touch the toaster; don't cross the street alone; brush your teeth" are moved in our psyches from the Pressure Level to the Adult Level once we understand the reasons behind them and choose them for ourselves. Adult-level choices are those based on rational thinking, respect for others, a sense of responsibility for our actions, real love relationships, long-range goals, promises and commitments, religious convictions, personal moral values, awareness of the risks and consequences involved in our actions, and so forth. This level is also called the level of character. We act on this level when we do the right thing just because someone with power says we "hafta."

 Give each table a portion of the pink Post-it™ numbers, e.g.: give Table One numbers 1–5, Table Two 6–10, and so on. Say:

Group leaders, distribute the Post-it™ sheets to each of the people in your group. Then decide together whether each reason represented by your numbers is a child-level, pressure-level, or adult-level reason. The person who has that reason should post it on the appropriate chart and be prepared to report the groups' reasons for the placement if challenged (see below). If it's a pressure-level reason, be sure to decide if it should be posted under parent pressure or peer pressure. Do all of your reasons in this way.

When all "yes" reasons have been posted, say:

We will read through the "yes" reasons now. Each person will read aloud the reason he or she posted and tell us whether your group decided it was a child reason, pressure reason, or adult reason. Mark on your own paper the letter the reader gives for each reason. If you don't agree with the answer, put a question mark next to the letter. (Be sure the reading allows time for this marking process.)

6. Option: When all the "yes" reasons have been read aloud, say:

Now each table will get a chance to challenge one or two of the other tables' answers. Take a few minutes to look over the items you questioned and select those you would like to challenge. Be prepared to say something like: "We think number 15 should be a Child reason because. . . ."

Take one challenge from each table. When the challenging table has given its reasons, ask the original table to defend its choice, then take a quick vote. If the majority favors moving the Post-it have the challenger move it. If the group is split, put the Post-it on the wall between the two charts. Keep this moving so it doesn't get bogged down with a long discussion for any item.

- 7. Repeat processes 3, 5, and 6 with the "no" reasons. Use yellow Post-its™.
- 8. When all the reasons are posted, ask the group if there are any observations they would like to make based on the exercise. Someone will undoubtedly notice that most of the yes reasons are posted under child and peer pressure and most of the no reasons are under adult and parental pressure. If not, point this out yourself, then give a summary talk based on the script below. (It is advisable to have this talk given by someone who is married and can speak from experience about the positive role of sex in a loving marriage.)

Script:

There are some beautiful adult-level reasons to say "yes" to sex. For those who have made a marriage commitment, saying "yes" to sex is a way of expressing their total "yes" to one another. Sexual intercourse within marriage incorporates all of these adult level reasons (refer to each reason on the chart as you speak):

- the choice to be sexually intimate has been carefully thought through
- · the rights of both parties have been taken into consideration
- · both are prepared to accept the responsibility for a child who might be conceived
- sex is an expression of the couple's commitment to one another and to a real-love relationship
- their life together is central to the long-range goals of both
- sexual intimacy is even a kind of sacrament—a deep religious experience that helps the couple get closer to God

Of course, sexual activity in marriage can also include child-level factors and pressurelevel factors, both positive and negative.

I think it is safe to say that most teenagers hope that someday they will be part of a happy, permanent marriage relationship. However, teens who say "yes" to sex now for child-level or pressure-level reasons will find it much more difficult to say yes in the future for loving adult-level reasons.

9. The text on pages 27–28 of the Participant Book reviews many of the reasons teens give for saying "yes" or "no" to sex. Assign those pages (and pages 25–27 of the Participant Book, if not previously read) for individual reading. Ask the teens to note reasons given as Adult, Pressure, or Child.

B. The Real-Love Test

- 1. Preparation and materials needed:
 - · Prepare a talk based on the script below.
 - · half-sheets of paper
 - pencils
 - lap pads
 - whiteboard
 - a copy of the "Real-Love Report Card," page 50
- Gather in a comfortable setting where all can see you and the whiteboard. Give a talk based on the following script:

Script:

Look again at all the reasons we gave for saying "yes" to teenage sex and all the reasons for saying "no." See if you can find the one reason that is given on both lists. (You really love each other.) On which list does that reason fit? If two teenagers really love each other, should they say yes or no to sexual intercourse?

I think that most of you would agree that sex between two people who don't love each other is not good. Sex was created by God to be a sign of love and to create children out of love. When sexual intercourse is truly what it is meant to be, it is the ultimate expression of love and commitment.

But love is a very elusive reality. As we saw earlier, sexual love can easily be confused with infatuation and even with exploitation. How do you know if you really love someone? And even more puzzling, how do you know if another person really loves you? Most teenagers, especially girls, will say that they don't want to have sex unless they are sure it is a sign of real love. But it is precisely here that many young people get hurt. What a person thinks is love often turns out not to be love at all.

So how do you know whether you love each other enough to express your love through sexual intercourse? This is such an important question, and has such far-reaching ramifications in your lives, that both you and the one you love will want to be very sure your love is real before you go all the way in sex. The time for learning to love another person, and to test the reality of that love, is what society calls dating, going steady, and engagement. During that special time the couple gradually proves—to themselves, to one another, to their friends and families, to the Church, and to society—that they love each other enough to sustain a relationship that will include sexual intimacy if they decide to get married. The late teen and young adult years are also the time to for a young person to develop the levels of caring, responsibility, self-sacrifice, and commitment that are necessary for parenthood.

3. Distribute the "Real-Love" report card and ask the participants to open the *Participant Book* to the "Real-Love Test" on page 29. Read the directions listed in the first three paragraphs. Then, say:

Turn to the report card now. I will explain the test items one at a time and give you time to mark the grade. You will be grading your half of the relationship only. You will want your boyfriend or girlfriend to grade his or her half later, before you discuss the test with him or her.

- Present the items one at a time, explaining them in your own words. Use the printed explanations from the Participant Book (pages 30–32) as your guide but don't just read them. Allow time for the grading and for any questions as you go along.
- 5. After completing the test, continue your talk: 1018 1019 and best of benegating analysis and

Script (cont.): 15 0 0 000

The real Real-Love Test is not a paper and pencil test. Real love can't be graded using As, Bs, and Cs. Real love can only be tested by life. When two people love each other enough to take the test life offers, they are ready to get married. Marriage isn't an absolute guarantee of love, of course. But it is a couple's best chance of knowing that there is enough love and commitment in their relationship to sustain sexual intimacy.

A full sexual commitment is such an important decision that both civil law and Church law have a formal process to publicize and formalize the commitment. That's what marriage is: a formal commitment that a man and woman make to accept all of the responsibilities that accompany a sexual union. The commitment is mutual, exclusive, and permanent. To engage in sex without that formal commitment is to open yourself up to a world of problems, sorrows, and disappointments.

Among the most important responsibilities that follow from the sexual union is parenthood. In contemporary society, there is a false disconnect between sexual relationships and parenthood, which confuses the sexual thinking of today's young people. In God's plan, sexual attraction has two primary purposes: love and procreation. As young people mature in their ability to relate sexually in a comfortable and responsible manner, they also ought to be gradually developing the capacity to be loving and caring parents. The decision to be sexually active should mean that you and the person you love should both be ready to assume the duties of parenthood.

What if you pass parts of the test and don't pass others? What if you do love each other but you haven't known each other very long, or you haven't discussed some very serious values conflicts, or you're not sure you can really trust the other person, or you're not ready for a permanent commitment, or you aren't fully ready to be a parent? What if the relationship is developing in the various items of the Real-Love Test, but still has a long way to go in others? What about sex then? Can sexual intercourse help to keep the relationship growing?

Contrary to what most of the songs and movies and love stories will tell you, the answer is no. The overwhelming statistical evidence shows that sex too soon seldom helps a relationship grow. It is much more likely to destroy a relationship than to deepen it. Because physical intimacy is such an exciting, all-absorbing experience, once a couple moves in that direction, having sex becomes the central focus of their relationship. The couple is tricked into thinking that intense infatuation is real love. The other facets of their relationship stop developing. Sooner or later one or both persons will begin to feel trapped—by jealousy, or guilt, or lack of communication, or secrecy, or infidelity, or pregnancy. A relationship that may have had a good chance of growing into love can be side-tracked by sex. What begins as love can end by deteriorating into exploitation.

Which brings us back to our original question: If you really love someone, is it all right to say yes to sex? Unless you and the one you love are ready to pass the real Real-Love Test, marriage and parenthood, the answer is definitely NO. If you have a very special relationship with someone, and if you want that relationship to deepen and mature into real love, promise yourself and one another that your lovemaking will not include sexual intercourse or the sexual foreplay that leads to intercourse. Say NO to sex now so you can more freely, truly, and responsibly say YES later.

Option: Have the participants save the Real-Love Report Card to share with a real boyfriend/girl-friend or dating partner.

C. Love Is Not Blind-Prayer Experience

- 1. Preparation and materials needed:
 - a copy of the "1 Corinthians 13" handout (page 50) for each participant
 - a copy of the "Love Is Not Blind" handout for each participant (page 51)
 - four readers prepared to read the poem "Love Is Not Blind"⁶
 - a recording of "Go Make A Difference" by Steve Angrisano, from the album Go Make A
 Difference (OCP), or some other suitable song, and the equipment to play it
- 2. Gather in a chapel or quiet prayer setting. Distribute the handouts and say:

Let's begin our prayer today by listening to what is probably the most famous description of real love—the one found in Paul's first letter to the Corinthians. (Read the Corinthians passage from the handout.)

3. Say:

Our next reading is a poem about real love by a woman who does not believe the saying, "Love is blind." Love, she says, is anything but blind. Love is the best kind of vision. In fact, we don't really know how to see others until we have learned to love them. (Ask the four readers to read the poem from their handouts.)

I'd like you to read the poem again quietly, but every time you come to the word "love" or "it" referring to love, change them to God. Think about what the reading says about God's love for you. (Allow time.)

Now read through the poem and see what happens if you change the word love to your own name. Also read through the 1 Corinthians passage and do the same thing. Then spend some quiet time talking to God in your heart, asking for the grace to make that reading true.

4. Say:

Select one phrase from the poem or the scripture reading that you really want to be true about you and prepare to say it out loud. Something like "You do not have to be afraid in Jeremy's presence."

Go around the group with each person saying the phrase he or she selected. Close by playing "Go Make A Difference" or some other suitable song.

Personal Journal Reminder: See the questions on page 33 of the Participant Book. As an alternate journal entry, ask the teens to write the 1 Corinthians 13 passage (Participant Book, pages 32–33) in their journals, substituting their names for "love."

Chart One

are concerned with:

having fun

looking for excitement

"doing what comes naturally" and enibleve

acting spontaneously level to printed them

being free

being bored

being rebellious or stubborn

feeling angry

being lazy

wanting immediate gratification

Chart Two

a copy of the "1 Connunings 13" fluodout (page 50) for each purificip

Pressure-Level Reasons are concerned with:

reputation

Peer Pressure Parental Pressure

feeling angry

being lazy

wanting immediate pretification

Chart Three

Adult-Level Reasons are concerned with:

doing the right thing rational thinking the rights of others respect and responsibility real love relationships long-range goals awareness of risks and consequences religious convictions promises and commitments personal moral values

Some Reasons ^ Teens Say Yes to Sex

C-Child

Pe-Peer Pressure

Pa-Parent Pressure

A-Adult

1. The other person really wants you to do it.	
2. Everyone says it will be great.	
3. You can find out if you're suited for each other.	
4. People will think you're gay if you don't.	
5. It feels good.	
6. You're drunk or high and not thinking clearly.	
7. Practice makes perfect.	
8. You want to have his baby.	
9. You don't want to lose the other person.	
10. You really love each other.	
11. lt's fun.	
12. Everybody does it these days.	
13. You are turned on and can't stop now.	
14. One of you is unhappy and needs comforting.	
15. To prove your manhood or womanhood.	
16. You're not a virgin anyway, so why not?	
17. One of you is insecure and needs assurance.	
18. You've never felt like this before.	
19. It'll make you look good to your peers.	
20. You want to show someone that you are mature.	
21. You think virginity and virtue are old fashioned.	
22. You want a proof of your partner's love.	
23. You want to make a third person jealous.	
24. You want to get back at your parents.	
25 You just want to find out what it's like	
26.	
27.	
28.	
29.	
20	

For further thought:

- * Star any items that you consider to be good reasons for saying "yes" to sex before marriage.
- o Mark with an o any items that you consider bad reasons.

Some Reasons ^Teens Say No to Sex

Indicate the level of each reason:				
Pe-Peer Pressure				
Pa—Parent Pressure				
A-Adult				
1. You're not ready to make a permanent commitmen	nt.			
2. The other person might have AIDS or STDs.				
3. You don't want to risk pregnancy.				
4. You believe it is a sin.				
5. You are afraid or embarrassed.				
6. You respect the other person too much.				
7. You feel you are being pressured.				
8. It's against your personal moral convictions.				
9. Your parents would be angry if they found out.				
10. You don't want to get that involved yet.				
11. You really love each other.				
12. You're afraid of being rejected afterward.				
13. You've had negative sexual experiences before.				
14. You think it might ruin your future goals.				
15. You don't want to offend God.				
16. You want to save your virginity for marriage.				
17. You are afraid of getting caught.				
18. You don't want to lose the respect of the other pe	rson.			
19. You just aren't attracted to this person.				
20. You know you'd feel guilty if you did it.				
21. The other person is drunk or high.				
22. The other person is coming on too strong.				
23. You don't want to spoil your reputation.				
24. You don't have proper protection.				
25. Your religion teaches that it is wrong to do it.				
26. 4 4 4 4 5 5 6 6 6 6 6 6				
27. 25 5 2 1 2 2 2 2 2 3 3				
28. 4 4 4 4 4 4 4 5 4 5 5				
29				

For further thought:

- * Star any items that you consider to be good reasons for saying no to sex before marriage.
- o Mark with an o any items that you consider bad reasons.

The Real-Love Report Card

Use the Real-Love Test to grade a love relationship you know much about, preferably one you yourself have experienced. Ask your friend to grade the relationship also, then compare grades and talk about the test.

(Grade A, B, C, D, or F)

His

Grade

The Real-World Test	The Prayer Test	The Parenthood Test	The Responsibility Test	The Trust Test	The Values Test	The Jealousy Test	The Vision Test	The Respect Test	The Approval Test	The Friendship Test	The Communication Test	The Chemistry Test	The Time Test	
eap toe		find old m ond ond one	out inky	d yar au'r	on go							lou	cay,	
pu - rot Ros	po lan			ich	Dab Uh Ech	1				[31	p b	Parties (DUE) VEE	rico li rertz tevio	

Love is always patient and kind it is never jealous
Love is never boasiful or conceited it is never rude or selfish

It does not take offense

And is not resentful

But delights in the truth

Love takes no pleasure in other people's sins

It is always ready to excuse

To trust
To hope

And to endure whatever comes

In short

There are three things that last

Faith

Hope and Love

And the greatest of these

- S

1 CORINTHIANS 13:4-7, 13

(JERUSALEM BIBLE)

The Commitment Test

50

Love Is Not Blind

by Macrina Wiederkehr⁷

Reader 1	Love is not blind, love is vision It can see what microscopes	Reader 1	Love does not tell you how to use your wings but it watches while you fly.
	have never seen.	Reader 2	And because love sees
Reader 2	Love does not need a magnifying glass It has clear eyes that see forever.		it can tell you every little movement of your flying that needs to be improved and it can
Reader 3	You do not have to be afraid in love's presence You will not be used or taken lightly or ignored, or laughed at.	Reader 3	tell you how. Love watches and it knows because it sees!
Reader 4	Your significance will be seen with the pure eye of truth.	Reader 4	Reader 4 Love's glance is sometimes gentle sometimes stern.
Reader 1	Love needs no glasses though some people who are made of love wear them.	Reader 1	To fit your need, it falls on you like morning dew or like a lightning bolt
Reader 2	Those glasses are to see earth things things that will not last. But love sees spirit things the deep things of God that last forever.	Reader 2 Reader 3	Reader 2 but it is vision to the very end. Reader 3 It sees the things we dare not see because we are afraid of light.
Reader 3	You don't have to be afraid of loneliness in love's presence. For love has a way of filling you up yet never smothering you.	All four	Love is vision and love is not afraid.
Reader 4	Love does not greedily snatch you to itself. It breathes on you and gives you wings then lets you free.		

51