

My Sacred Self

The Blessing and Dignity of Human Sexuality

Sexuality includes the physical desires and biological functions of reproduction. You do not have to have all the answers when you talk with your child about sexuality. Your most important resources are patience and compassion. Let your child know that he or she can talk with you about anything. Encourage him or her to write down any questions he or she might feel uncomfortable asking you aloud.

A Gift from God

Our bodies are a gift from God. It is our responsibility to honor and respect our bodies and the bodies of others. When you talk to your child about sexuality, you might say: ***My hope for you is that you will always respect your body as a gift from God.*** Explain that when we use our bodies according to God's will, we will be blessed with peace.



Following God's Plan

Jesus is a model for how to live a good life. When we follow his commandment to love one another, life may not always be easy, but we have the peace of knowing we are in relationship with Jesus. Talk with your child about how you stay close to Jesus and ways that you live as he calls us to live. Pray together the Glory Be to the Father or a prayer of your own.

God's Love

Review with your child the Amazing Me handout. Remind him or her that Jesus teaches us that we all participate in God's love. We receive God's love, and we share it with others.

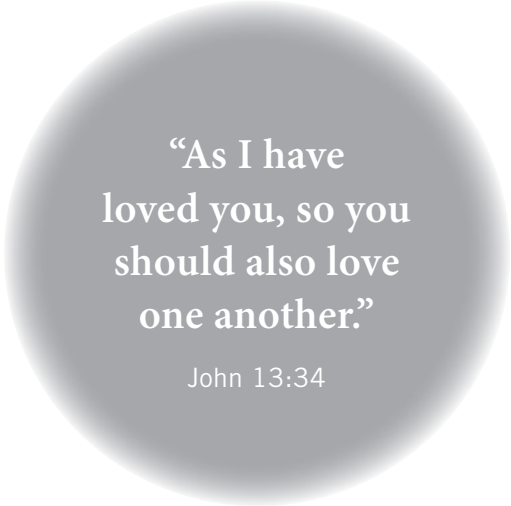


Name _____

Amazing Me

God creates us in his image. Our bodies are a sign of God’s love for us. Jesus teaches us that we all participate in God’s love. We receive God’s love, and we share it with others.

Think of an example of how you receive God’s love and an example of how you share God’s love. Illustrate a three-part story showing each. Then complete the sentence at the bottom of the page.



Receiving God’s Love

First,	Then,	Finally,
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Sharing God’s Love

First,	Then,	Finally,
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I thank God for my body, which allows me to _____.