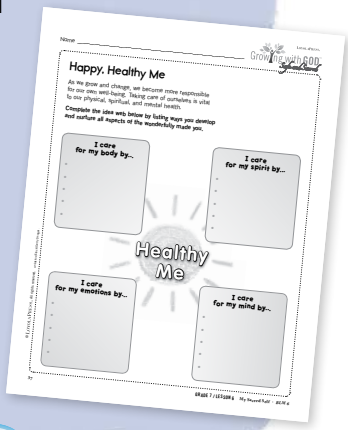
# My Sacred Self

## At Peace

Caring for our bodies, minds, emotions, and spirits honors God and allows us to have peaceful relationships with him and with others. Review with your child the Happy, Healthy Me handout. Tell him or her that it is normal to feel confused or have questions about the physical and emotional changes we go through during puberty. You might say: ***I want you to know that you can ask me anything that is on your mind. I love you and want what is best for you.***


Name _____

Happy, Healthy Me

As we grow and change, we become more responsible for our own well-being. Taking care of ourselves is vital to our physical, spiritual, and emotional health.

**Complete the idea web below by listing ways you develop and nurture all aspects of the wonderfully made you.**

I care for my body by...

I care for my spirit by...

Healthy Me

I care for my emotions by...

I care for my mind by...

## A Moral Life

Modesty is a purity of spirit that does not seek to attract unwholesome attention to oneself. Chastity helps us understand how to interact with one another respectfully and how to develop self-discipline. Discuss with your child the importance of having control over our drives and emotions. Remind him or her that we show our love for God when we respect our bodies and the bodies of others.

## God's Plan for Our Future

Our current relationships and moral choices impact the person we become. Tell your child some of the things about him or her that make you proud. Then share what hopes and dreams you have for your child's future. Pray together for the grace and wisdom to rightly order our desires and live peacefully as children of God.

## Healthy Hygiene Practices

We honor the bodies God has given us by caring for them. You may wish to put together a hygiene kit for your child that includes deodorant, face and body soap, shampoo, and other hygiene products and discuss with your child how to use them.

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Name _____

# Happy, Healthy Me

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**Complete the idea web below by listing ways you develop and nurture all aspects of the wonderfully made you.**

**I care for my body by...**

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**I care for my spirit by...**

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**I care for my emotions by...**

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**I care for my mind by...**

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