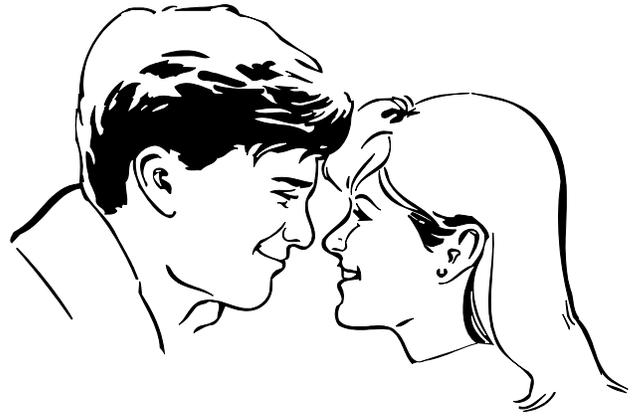


SEXUAL MATURITY

Discuss each of these questions with your parents.



1. What are many ways that a teen shows respect for his/her own body? Which of these behaviors do you have?
2. Discuss 5 or more ways to uphold Christ's standards when you are out with your friends.
3. People who love to learn are less boring, it's a fact. List 5 or more areas of learning that appeal to you the most. How will you relate to people with interests different from you?
4. List concrete ways that a person can deal with anger, frustration, and/ or disappointment without damaging property, other people or themselves.
5. Self worth (knowing you are valuable because you are) is developed by positive relationships, having quality role models, exercising your personal talents and respecting your uniqueness. What groups do you belong to that boost your self worth? Who are your quality role models? Where do you excel? What are your "one of a kind" traits?
6. Love means to "will the good of the other". How will you put other people's needs before your own in the following situations: at home, with peers, in school? When is it sinful or dangerous to put someone else's needs before your own?
7. How do you plan to grow in your faith and love of God during middle and high school?
8. Chastity is "sexual self-control". Much of today's society and media lead us away from chastity. How do you intend to develop sexual self-control in the world today?

Note to parents: Dating, parties and activities should be a positive experience for a teen. Unfortunately, because of lack of supervision, immaturity, or poor planning, the event may become unproductive or even dangerous. Talk about reasons for activities. Establish some family rules about activities with friends and "dates". These need to include such things as no drinking, drugs, "dead time", and sexual activity. Also included should be the issue of curfew, distance from home, appropriate activities, level of supervision, age of the other person(s), and safety rules.