

Protecting Youth Excerpts from the High School COS

CATHOLIC SOCIAL TEACHING

D. TRADITIONAL BASE

- know that the primary principle of social justice and of all the social teachings of the Church is the Life and Dignity of the Human Person.
- understand that from the number one principle of the Life and
- Dignity of the Human Person flow the following Catholic Social Teaching Principles: (cf. “Seven Principles of Catholic Social Teaching” circle chart, handout # 2).
 - 2) Call to Family, Community and Participation
 - 3) Rights and Responsibilities of the Human Person
 - 4) Option for the Poor and Vulnerable
 - 5) The Dignity of Work and the Rights of Workers
 - 6) Solidarity
 - 7) Care for God's Creation
- know Joseph Cardinal Bernadin's "seamless garment" principle which promotes a consistent ethic of life: all life is to be respected from the moment of conception until natural death.

E. PERSONAL APPLICATION

- study some of the current issues in view of the Church’s social teaching: ...; human rights violations; ...; issues of violence;..., etc.

CHRISTIAN LIFE CHOICES

A. PERSONAL GROWTH AND DEVELOPMENT

- understand the need to build a strong and realistic self-concept, to accept themselves as worthwhile persons, and to develop their fullest potential because of being created in God's image.
- recognize Jesus as model for being fully human with feelings: fear, love, anger, sadness, frustration, joy, etc.
- recognize the relationship between love of God, love of self and love of others. (I Cor. 12:14-31; I Cor. 13; Jn. 10:14 -44)

B. SKILLS OF COMMUNICATION

- develop skills such as active listening and self-disclosure as means for communicating with peers, parents and other adults.

- learn the skills of assertion and confrontation, as well as conflict resolution and reconciliation.
- learn some other key elements of communication, including concrete feedback and non-verbal communication.
- define the different types and levels of commitment required by different relationships (parental, filial, fraternal, friendship, marital, celibate).
- understand how relationships develop and grow: knowledge of the other person, respect for the other person's feelings and values, good communication, common interests, honesty, etc.
- know how pressure, cliques, stereotypes, etc. interfere with good relationships.
- understand the meaning of intimacy and its place in all relationships.

C. HUMAN SEXUALITY

- know the official teaching of the Catholic Church on sexuality. (cf. handout #1).
- develop a facility in identifying destructive role models and values which might be present in the media.
- understand and appreciate that sexual activity and sexual intercourse have meaning and purpose only within the sacrament of matrimony.
- know that all persons are called to chastity.
- recognize that maturing Christians are called to stand prophetically among their peers.
- understand the meaning of sexual involvement and the causes and consequences of pre-marital intercourse and co-habitation.
- understand some of the pitfalls and problems caused by inappropriate expressions of sexuality; e.g., sexually transmitted diseases, abortion, rape, incest, sexual abuse of children.
- understand that a faithful relationship depends on authenticity and honesty, respect and an understanding of change in self and others.
- understand that true growth involves fidelity through hardship and struggle.
- know that faithfulness does not mean submission to domination or addiction to another.
- analyze factors that destroy faithfulness; e.g., adultery, spouse abuse, pornography, etc.
- understand the relationship between intercourse and exclusive fidelity.
- develop some sense of the sacrifice and limitations involved in interpersonal relationships on the part of married, single and celibate persons; one lifestyle is not easier, better, or more pleasurable than another.
- understand that those with a celibate vocation also love as women and men, as is appropriate.