



Diocese of Joliet

DIOCESE OF JOLIET FAMILY LIFE GUIDELINE

Catechetical Formation for Chaste Living

Catechesis on chaste living is a lifelong process which begins within the loving environment of the home, as the responsibility of parents in partnership with the faith community and the Church. The ability to instruct in this area of Catholic life can only come from having first received the teaching of the Church. Parents, in the domestic church, are the primary educators of their children, and are thus especially responsible for catechizing them in faith and morals by thoroughly understanding and living the teachings of the Church. Moreover, parents have a unique responsibility and capability to give a concrete and more specific education in human sexuality. The parish community's leadership must aid parents in this important function by providing direct instruction to parents and to the other adults who will assist them in bringing faith and morals to their children in parish life. The pastor is charged with ensuring that all of the faithful are adequately formed in the Catholic faith, particularly in the areas of chaste living and the Gospel of life (*Catechetical Formation in Chaste Living*, 2008).

The doctrinal truths of the Church regarding chaste living include many components. Parents and religious educators must understand and teach the following supportive catechesis for human sexuality:

- Human beings are created in God's own image and created for love: to receive God's love in order to love God, ourselves, and our neighbor; and to receive love from others. To love is to will the good of another.
- Individually, as male and female, human beings reflect creation in the image and likeness of God by having an intellect, a free will, and the capacity of free truly human and moral acts. A person's gender is also constitutive of his or her nature and spirituality.
- Because of Original Sin, a free act of disobedience to God, human beings lost the original holiness and justice that Adam had received from God. The effects of Original Sin include loss of grace, damage to the harmony between body, intellect and will, and a reduced ability to love one another unselfishly. This Sin also resulted in the experience of shame, confusion about the nature and purpose of the human body, and being subject to other temptations to sin and to concupiscence, and to death.
- God did not abandon his people. God planned our redemption from the moment of the first sin. To accomplish this, God the Father sent Jesus, true God and true man, to give us the Holy Spirit. Through his suffering and death, Jesus redeemed us. He also taught us how to live and gave us the gift of new life through the power of the Holy Spirit.
- Christian morality consists of following Christ and being transformed by his grace and renewed by his mercy. This conversion comes to us by the power of God's grace, as we do not lead the moral life on our own. We must choose to cooperate with God's grace.

- Virtues are habitual and firm dispositions to do what is right and good. The cardinal virtues include prudence, justice, fortitude and temperance. These play an important role in governing our behavior. Through education, deliberate acts and the repetition of these acts, we develop virtues. The theological virtues of faith, hope and love are the foundation of Christian moral activity. They help Christians to develop a generous and self-giving love that is the foundation of the chaste life. The seven gifts of the Holy Spirit –wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord – complete and perfect the virtues of those who receive them.
- The education of children includes formation in knowledge and practice of their faith, including participation in Sunday Mass and frequent Confession, and the development of a life of virtue in accordance with the teachings of the Church. Catechesis on morality includes education in chastity and the virtues. The goal is to foster a growing relationship with Jesus, according to the child’s age and maturity level.
- The twelve fruits of the Holy Spirit include chastity, which is a virtue that allows us to do what is right, good and truly loving in the areas of relationship and sexuality. We are called to cultivate this spiritual strength which frees love from selfishness and aggression. “Chastity promotes the full integration of sexuality within persons, in accord with their state of life – married, single, professed religious or consecrated celibate” (*Catechetical Formation in Chaste Living*).
- Education for chastity is more than a call to abstinence. It begins with an understanding of the need for a family environment of love, virtue and respect for the gifts of God. It also requires learning the practice of decency, modesty and self-control, as well as guiding sexual instincts toward loving service of others.

WHO IS RESPONSIBLE FOR PASSING ON THE CHURCH’S TEACHINGS TO THE NEXT GENERATION?

Parents/guardians are the first and foremost educators of their children. The content of these guidelines acknowledges the primary role of parents in giving a concrete or more specific education in human sexuality. Proper reference to human anatomy or physiology is to be made only to the degree necessary to teach morality and virtue. Parents carry out their role in communion with the Church and her pastors. All have a responsibility to ensure that the young are offered an education in accordance with Church teaching (*Catechetical Formation in Chaste Living*).

Pastors give ongoing Christian formation to parents/guardians and help them to choose the means and programs that will best promote the Catholic education of their children. The invitation to other educators to carry out the responsibilities in the name of the parents arises from the consent and authorization of the parents.

Education for chastity must be sustained by parental example and prayer, and is absolutely necessary to develop authentic maturity, wherein the Catholic understands the dignity of the body as the “temple of the Holy Spirit” and gains an understanding of the nuptial meaning of the body.

Catechists are called upon to teach by their example and to love their students, so as to create a love for the truth in those that they teach.

Catechetical materials for human sexuality must be appropriate for use with multiple audiences in an age-appropriate manner. The materials should reflect the general moral catechesis guidelines and catechesis for the Sixth and Ninth Commandments.

CURRICULUM FOR CATECHESIS FOR CHASTE LIVING

Formation in the virtue of chastity must include the following:

- Education for authentic love.
- Understanding of sexuality as a gift.
- Cultivation of virtues and practice of prayer.
- Respect for human dignity in oneself and others.
- Practicing decency and modesty in behavior, dress and speech.
- Respect for one's own body and for others as temples of the Holy Spirit.
- Assistance in acquiring self-control.
- Understanding that unmarried chastity requires continence.
- Understanding that conjugal love between husband and wife are part of God's plan for humanity. This includes defining the sacrament of marriage as a lifelong communion between one man and one woman consisting of a mutual gift, which images the inner life of the Trinity.
- Recognition that marital love must be faithful, exclusive and open to life in order to be a blessing to the Church and to the world. This is conjugal chastity.

At the discretion of the parent when the age-appropriate information is needed, our youth, as Christ's disciples, need to be aware of temptations and ready to resist engaging in activities that violate the virtue of chastity. In varying degrees of gravity, these teachings on the violations of chastity include:

- That **immodest behavior and dress, or indecent speech** are contrary to the God-given dignity of the person and lead persons away from authentic love.
- That **misuse of the Internet or other electronic devices**, such as cell phones, etc., for viewing or posting sexually explicit material is opposed to the gift of sexual love.
- That **pornography and indecent entertainment** injure the dignity of the viewer and the participant and defame the intimacy of the marital act.
- That **risky behaviors**, such as the abuse of alcohol or drugs, often lead to sexual encounters and other immoral acts.
- That **masturbation** is opposed to the union of persons and can lead to lust, not love.
- That **artificial contraception** is sinful because it separates the life-giving/love-giving meaning of the conjugal act and is contrary to the law of God.
- That the **use of illicit reproductive technologies** is sinful since conception must never be separated in any way or form from the conjugal act.
- That all forms of **premarital sex**, including oral sex, are forms of fornication, thus contradictory to the meaning of the acts which are proper and exclusive to spouses.
- That **cohabitation** and civil unions not only have a negative effect on the success of marriage, but imply immoral sexual activity.
- That **homosexual acts** are contrary to chastity and intrinsically disordered.

- That **adultery and polygamy** are directly opposed to the sixth commandment which requires that marital love must be faithful and exclusive, a lifelong union of one man and one woman.
- That **prostitution** is a sinful use of the sexual powers and the dignity of the person, by using persons' bodies as objects for pleasure.
- That **rape, incest and sexual abuse** are violations of God's law as well as being criminal acts

It is the expectation of the diocese that all aspects of catechetical ministry to children and adolescents provide an effective catechesis concerning human sexuality. This applies to Catholic schools, parish religious education programs and youth ministry. The goal is that students embrace joyfully the call to love and live chastely either as a married person or as a celibate person.

At the minimum, education for chaste living takes place in grades 5-8 in the Catholic schools. Foundational sessions in the primary grades (K-4) help families to recognize sexuality as an integral part of the total Christian experience.

Parish religious education programs and youth ministries are also charged with assisting parents in their responsibility for catechetical formation in chaste living. While there might not be time for a full-scale program, directors of religious education and youth ministers are responsible for addressing moral aspects of chaste living.

SOURCE

United States Conference of Catholic Bishops (2008). *Catechetical Formation in Chaste Living: Guidelines for Curriculum Design and Publication*. Washington, D.C.



Diocese of Joliet

FAMILY LIFE GUIDELINE

Appendix 1

Plan for Age-Appropriate Family Life Instruction in Catechetical Settings

- I. Family Life Basics and Groundwork for Sexuality
(Grades K-4)**
- II. Family Life Basics and Groundwork for Sexuality
(Grades 5-8)**
- III. Formation in Chaste Living: Puberty Information
(Grade 5, Boys, Girls separately)**
- IV. Formation in Chaste Living: Biology of Human Reproduction
(Grade 6)**
- V. Formation in Chaste Living: Challenges to Appropriate Sexuality From
Modern Culture/ Consequences Of Inappropriate Sexuality
(Grades 7-8)**
- VI. Formation in Chaste Living: Challenges to Appropriate Sexuality From
Modern Culture/ Consequences Of Inappropriate Sexuality
(High School)**

I. Family Life Basics and Groundwork for Sexuality

(Grades K-4)

Theological Presentation:

- God created all living things.
- God is always with us.
- Human beings are created in God's own image (*Catechetical Formation in Chaste Living #1*).
- We are made of body and soul. Both the body and the soul are holy.
- We were created to receive God's love in order to love God, ourselves, and our neighbor; and to receive love from others (#1).
- God created us with the ability to think and to make choices (#2).
- God created man and woman (boys and girls) differently so that each can have a part in God's plan: both have a special nature and are equally important to God (#2).
- Being created in God's image enables us to share in the love of Father, Son and Holy Spirit (#3).
- God created man and woman to love one another as husband and wife, to come together in love through the Sacrament of Marriage (#3).
- God intends man and woman, through Marriage, to be the foundation of a family (#3).
- God created families so that family members can share love and help each other.
- The family is an image of the Church.
- Parents have the responsibility to care for their children, in body, mind and spirit.
- Families welcome new life.
- Families help one another stay safe.
- Families become stronger when members trust, respect and forgive each other.
- The Church is a community of many families.
- We are baptized into the church and become part of its community so that we can all be saved by Jesus (#8).
- Adam and Eve, the first man and woman, were God's friends but they separated themselves from God through Original Sin (#4).
- All human beings are born into Original Sin (#4).
- Jesus Christ was sent to redeem us from the effects of Original Sin (#6-7).
- Jesus taught us how to live and gave us the Holy Spirit, and God gives us grace so we can receive help in making good choices (#9-12).
- The Ten Commandments, Beatitudes and Precepts of the Church teach us how to live as God wants us to live (#19).
- A virtue is a habitual and firm disposition to do what is right and good. Virtues are received through education and repeated practice of morally good acts (#13-14).

II. Family Life Basics and Groundwork for Sexuality

(Grades 5-8)

Theological Presentation:

(NOTE: If Family Life program begins at this level, Theological Presentation must include initial coverage of all elements of Grades K-4 not covered in primary religious education text.)

- Human life is sacred and is to be respected.
- God created man and woman equal in dignity and complementary in gender.
- A person's gender is the basis of his or her nature and spirituality (#2).
- The human body is holy.
- Because of Original Sin, we might be confused about the nature and purpose of our bodies and might be tempted to use or treat the improperly (#5).
- The Cardinal Virtues (Prudence, Justice, Temperance and Fortitude) and Theological Virtues (Faith, Hope and Love) help us to grow and make good choices (#14-15).
- The Gifts of the Holy Spirit (wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord) compete and perfect the virtues of those who receive them (#16).
- We should frequently pray for strength and grace, participate in the Sacraments cooperate with the Holy Spirit and follow his call to seek good and avoid evil (#17).
- Chastity is a virtue that allows us to do what is right, good and loving in all areas of relationship and sexuality (#20).
- All the baptized are called to cultivate chastity to free love from selfishness and aggression in order to have right relationships (#20).
- Chastity promotes the full integration of sexuality in a person and includes an apprenticeship in self-mastery, a training in human freedom which is the result of hard work (# 21-23).
- Chastity means we subordinate sexuality to love and respect (#23).
- Human sexuality is an important component of the Sacrament of Marriage and is proper to that state of life.
- Marriage strengthens the Church and is the basis for the family.
- Chastity in marriage is a lifelong communion of a man and woman in the image of the inner life of the Trinity (#29).
- When conjugal love is faithful, exclusive and open to new life, it is a blessing to the couple, the Church and the world.

III. Formation in Chaste Living: Puberty Information (Grade 5 Boys, Girls Separately)

Instruction of human anatomy and physiology should be presented to boys and girls separately, without being a graphic introduction and with a view toward teaching about morality and virtue.

Theological presentation:

- Your body is God's gift – you should cherish it, care for it and keep it a temple for the Holy Spirit
- You were created in the image of God. Treat your own body and the bodies of others with respect, decency and modesty in behavior, dress and speech (#24).
- God has a plan for man and woman--for most of you it is to create a loving family and have children within the context of the Sacrament of Marriage (#29)--and the bodily changes you will experience help prepare you for that plan when you grow up.
- Self-control is an important virtue to cultivate to help you be ready to fulfill God's plan.
- Violations of chastity (including masturbation) are sinful (#27).
- For any who fail to live chaste lives, there is forgiveness in the Sacrament of Reconciliation. Regular reception of the Eucharist, prayer and good works strengthen us to maintain chaste living (#28). The Blessed Virgin Mary will assist us to live chaste lives (#31).

BOYS:

1. Hormones – the mechanism God has created to help your body change into that of an adult
2. Changes in body size and shape, voice, pubic hair, beard, skin, penis and testes, spontaneous erections and wet dreams (explain - along with recommendations for healthy practices in self-care).
3. Emotional changes and challenges to family life.
4. Sexual awareness and decisions – health risks (general for this age group) including failing to live up to the hopes God and your family have for you.
5. Social relationships and peer pressure to become sexually active: your faith can strengthen you to live the life God wants for you.

GIRLS:

1. Hormones – the mechanism God has created to help your body change into that of an adult.
2. Changes in breasts, pubic hair, body shape and size, skin, menstruation (explain – along with recommendations for healthy practices in self-care).
3. Emotional changes and challenges to family life.
4. Sexual awareness and decisions – health risks (general for this age group) including failing to live up to the hopes God and your family have for you.
5. Social relationships and peer pressure to become sexually active: your faith can strengthen you to live the life God wants for you

NOTE: Materials at this level may introduce bodily changes which young people experience during puberty; however, materials of this sensitive nature should be taught by parents in the home. Educators should provide parents with appropriate materials and guidance. Proper reference to human anatomy or physiology is to be made only to the degree necessary to teach morality and virtue.

Parents will be required to attend an informational session prior to their children attending a classroom lesson on the topic, and children will be able to participate in the classroom lesson only if their parents have attended the mandatory informational session. Alternatively, parents could attend a catechetical session with their children in order to receive age-appropriate material and to begin a conversation with their children.

IV. Formation in Chaste Living: Biology of Human Reproduction

(Grade 6 Boys, Girls Separately)

Instruction of human anatomy and physiology should be presented to boys and girls separately, without being a graphic introduction and with a view toward teaching about morality and virtue.

Theological Presentation:

- Review with students the Grade 5 theological points.
- Marriage is part of God's lifelong plan for man and woman (#29).
- Those who are called to the vocation of marriage will have the responsibility to help create new human life: babies – whom we are called to protect and cherish from the moment they are conceived so they can grow to Christian adulthood according to God's plan for them.
- At no time after conception is a fetus not a human person, so anything willfully done to terminate a pregnancy means killing an actual human being, an offense against the Fifth Commandment and a violation of God's plan for that tiny person.

Biology points to cover:

- Review of changes in body for male and female that prepare the body to fulfill God's plan for man and woman in adulthood.
- Male and female reproductive anatomies (preferably illustrated visually).
- Fertilization, implantation, embryology (preferably illustrated visually).
- Development of fetus from conception to birth (preferably illustrated visually)--including and reinforcing a sense of the wonder of human life and its value in every moment before and after birth.

NOTE: Materials at this level may present sexual intercourse as the loving expression of God's plan for married love and procreation; however, materials of this sensitive nature should be taught by parents in the home. Educators should provide parents with appropriate materials and guidance. Proper reference to human anatomy or physiology is to be made only to the degree necessary to teach morality and virtue.

Parents will be required to attend an informational session prior to their children attending a classroom lesson on the topic, and children will be able to participate in the classroom lesson only if their parents have attended the mandatory informational session. Alternatively, parents could attend a catechetical session with their children in order to receive age-appropriate material and to begin a conversation with their children.

V. Formation in Chaste Living: Challenges to Appropriate Sexuality from Modern Culture/Consequences of Inappropriate Sexuality (Grades 7 & 8)

The level of discussion for these topics at this level should be introductory, without being graphic, and should be taught primarily with a view to morality and virtue. Recommendation: Sensitive topics should be presented to boys and girls separately. In some communities, the preference might be for these sensitive topics to be presented by parents. It is recommended that schools host a parent session to present the formation material before the classroom instruction with students. However, students will be able to participate in the classroom lesson if parents have received information about the lessons in advance and have consented to allow their children to participate in the lesson(s).

Theological Presentation:

- Review with students the Grades 5 & 6 theological points.
- "Chastity is not a matter of repression of sexual feelings and temptations, but the successful integration of the gift of sexuality in the whole person" (#23).
- "Chastity promotes the full integration of sexuality within the person, in accord with their state of life – married, single, professed religious or consecrated celibate. Chastity promotes abstention from immoral sexual activity" (#21).
 - As Christ's disciples, students need to be aware of and resist temptations to engage in activities which are violations of chastity: premarital sex (including oral sex), use of contraceptives, cohabitation outside of marriage, same-sex "civil unions," and homosexual sexual activity.
- "Chastity includes an apprenticeship in self-mastery which is a training in human freedom and which is the result of long and hard personal and interior work" (#22).
 - As Christ's disciples, students need to be aware of and resist temptations to engage in activities which are violations of chastity: pornography, masturbation, and adultery.
- "Chastity flows from the moral virtue of temperance that helps us direct our sexuality and sexual desires toward authentic love and away from using persons as object for sexual pleasure."
 - As Christ's disciples, students need to be aware of and resist temptations to engage in activities which are violations of chastity: prostitution, rape, incest, and sexual abuse. Such actions are grave violations of God's law. They are also criminal acts.

Introduce the concept that unhealthy physical and psychological consequences can result from inappropriate sexuality. It is important to know that violations of chastity can also result in the following:

1. Premature parenthood.
2. Sexually transmitted diseases: HIV/AIDS, genital herpes, gonorrhea, syphilis, etc. Identify risky behaviors that can lead to these communicable diseases, also signs, symptoms and treatments.
3. Inappropriate or incomplete relationships, which may have a negative effect on the success of relationships in the future.

VI. Formation in Chaste Living: Challenges to Appropriate Sexuality from Modern Culture/ Consequences of Violations of Chastity

(High School)

Sensitive topics may be presented to boys and girls separately; proper reference to human anatomy or physiology is to be made only to the degree necessary to teach morality and virtue. In some communities, the preference might be for these sensitive topics to be presented by parents.

Theological Presentation:

- "Chastity is not a matter of repression of sexual feelings and temptations, but the successful integration of the gift of sexuality in the whole person" (#23).
- "Chastity promotes the full integration of sexuality within the person, in accord with their state of life – married, single, professed religious or consecrated celibate. Chastity promotes abstention from immoral sexual activity" (#21).
 - As Christ's disciples, students need to be aware of and resist temptations to engage in activities which are violations of chastity: premarital sex (including oral sex), use of contraceptives and contraceptive mentality, use of illicit reproductive technologies, cohabitation outside of marriage, polygamy, same-sex "civil unions," and homosexual sexual activity.
- "Chastity includes an apprenticeship in self-mastery which is a training in human freedom and which is the result of long and hard personal and interior work" (#22).
 - As Christ's disciples, students need to be aware of and resist temptations to engage in activities which are violations of chastity: pornography, masturbation, and adultery.
- "Chastity flows from the moral virtue of temperance that helps us direct our sexuality and sexual desires toward authentic love and away from using persons as object for sexual pleasure."
 - As Christ's disciples, students need to be aware of and resist temptations to engage in activities which are violations of chastity: prostitution, rape, incest, and sexual abuse. Such actions are grave violations of God's law. They are also criminal acts.

Emphasize that unhealthy physical and psychological consequences can result from inappropriate sexuality. It is important to know that violations of chastity can also result in the following:

1. Premature parenthood.
2. Sexually transmitted diseases: HIV/AIDS, genital herpes, gonorrhea, syphilis, etc. Identify risky behaviors that can lead to these communicable diseases, also signs, symptoms and treatments.
3. Inappropriate or incomplete relationships, which may have a negative effect on the success of relationships in the future.



Diocese of Joliet

FAMILY LIFE GUIDELINE

Appendix 2

Procedure for Approved Curriculum

- The Diocese of Joliet provides a *Plan for Age-Appropriate Family Life Instruction in Catechetical Settings*.
- The Religious Education Office, Youth Ministry Office, and the Catholic Schools Office approve the family life program. These offices will publish a list of approved programs and services.
- In addition to abstinence as a primary component of Catholic teaching, the curriculum should also address other dimensions of human sexuality that concern students. Family life curricula should enhance all dimensions of a thorough sexual education in a manner consistent with Catholic teaching.
- Alternative family life programs should be approved by the appropriate diocesan office. All curricula should encompass total human development: biological, social and moral.

CHASTE LIVING MATERIALS APPROVED FOR USE IN THE DIOCESE OF JOLIET

The following resources are approved for use in the Diocese of Joliet at this time. We are aware that publishers will continue to produce textbooks that conform to the current USCCB guidelines, *Catechetical Formation in Chaste Living: Guidelines for Curriculum Design and Publication* (2008). Such texts may be added to the list below as they are approved by the USCCB and the Diocese of Joliet.

PRIMARY TEXTS

These publications serve as the approved primary texts for a family life curriculum. All primary texts are found to be in conformity with the *Catechism of the Catholic Church*. Parent components are to be provided to parents as they are the primary educators of their children. Such components are not part of classroom instruction, as parents have the responsibility to deliver information on sensitive topics.

RCL Benziger, *RCL Benziger Family Life 2001* (K-8 curriculum). Copyright 2011.

The following publications, approved prior to the 2008 publication of the USCCB *Catechetical Formation in Chaste Living*, may continue to be used with expectation of updating to an approved text as soon as feasible. These should be used with reference to the Diocese of Joliet *Plan for Age-Appropriate Family Life Instruction*, which is based on *Catechetical Formation in Chaste Living*.

Harcourt Religion Publishers, *Growing in Love* (K-8 Curriculum). Copyright 2001.

Our Sunday Visitor, *The Catholic Vision of Love* (5-8 Curriculum). Copyright 1996 (revised edition).

SUPPLEMENTARY MATERIALS

These publications or presentations can serve as resources within the context of a holistic Family Life program (Primary Text) to suffice for an appropriate curriculum. Local presentations by Catholic medical personnel are permitted with prior approval by the Diocese and must be in conformity with the Diocese of Joliet *Plan for Age-Appropriate Family Life Instruction in Catechetical Settings*.

INTERMEDIATE

Respect, Inc., *Strong, Smart and Pure: A Boy's Growth to Manhood* (Grade 5 boys with parent/s) Copyright 2010, Dr. Coleen Kelly Mast.

Respect, Inc., *Truth, Beauty and Life: A Girl's Growth to Womanhood* (Grade 5 girls with parent/s) Copyright 2010, Dr. Coleen Kelly Mast.

JUNIOR HIGH/ HIGH SCHOOL

Ascension Press, *Theology of the Body or Teens: Middle School Edition* (approved for grades 7 & 8) by Brian Butler, Jason Evert, Colin and Aimee MacIver. Copyright 2011.

Ascension Press, *Theology of the Body for Teens: High School Edition* by Brian Butler, Jason Evert, Colin and Aimee MacIver. Copyright 2006.

Respect, Inc., *Love and Life: A Christian Sexual Morality Guide for Teens* (Approved for Grades 8-12) by Dr. Coleen Kelly Mast. Copyright 2006.

ADDITIONAL SOURCES

The following programs/materials provide instruction in accordance with diocesan standards.

Diocese of Joliet, Family Life Committee. *Your Changing Body: A Catholic Booklet About Puberty for Boys* and *Your Changing Body: A Catholic Booklet About Puberty for Girls* (Created in collaboration with the Lewis University College of Nursing).

Diocese of Joliet, Respect Life Advisory Board. *Respect Life Curriculum* (this resource is provided and monitored by the Respect Life Advisory Board).

Diocese of Rockford. *Formation in Christian Chastity* (Permission to use, Department of Educational Services, Diocese of Rockford). Lesson plans are accessible through the Faith Formation Curriculum link on the Religious Education Office and Catholic Schools Office websites.

Natural Family Life Planning (Office of Family Ministry, Diocese of Joliet): Billings Ovulation Method at www.boma-usa.org.