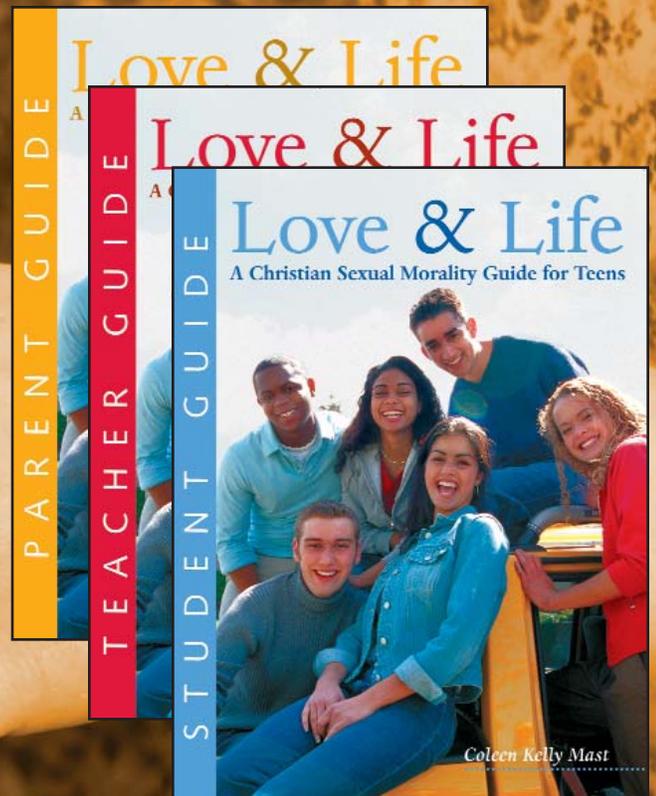


You are the future of family life.
You are the future of the joy of loving.
You are the future of making your life
something beautiful for God...
a pure love.

— *Blessed Mother Teresa to young people*

love & life

A Christian Sexual Morality Guide for Teens





ABOUT THE AUTHOR

Coleen Kelly Mast, M.S., D.H.L.

Coleen Kelly Mast, an author, lecturer and radio talk show host, is a pioneer in the field of chastity education who has substantially increased the teaching of chastity in classrooms and homes throughout the world.

Mast received an honorary doctorate in humane letters from Quincy University in 1999. She holds a master's degree in health education and secondary teaching certificates in four specialty fields: theology, health, physical education and science. She has taught at the elementary, junior high and high school levels, and has been involved in family life education since 1975.

Mast has written both the *Love and Life* and *Sex Respect* chastity education programs, which include books, videos and training seminars for teachers, teens and parents. Her programs have been sold in twenty-three countries and in all fifty states.

As an expert in chastity education, Coleen Mast has appeared on Oprah, Geraldo, Mother Angelica Live, 60 Minutes, and in the University of Steubenville high school youth conferences. She currently hosts a syndicated call-in radio advice show produced by Ave Maria Radio. She assisted with the writing of the United States bishops' document on human sexuality education; and in 1997, Mast was invited to the Vatican by the Pontifical Council for the Family for an in-depth study of its document *Truth and Meaning of Human Sexuality*.

Mast's biography has appeared in two editions of *Outstanding Young Women of America*. She is married and has five children. Her inspiring message has helped promote the dignity and value of human love, providing the opportunity for teens and young adults to avoid the burden of sexual pressure in favor of the true sexual freedom found through chastity.

OTHER CREDITS... (none yet...)



WHAT IS "LOVE AND LIFE"?

Love and Life is a positive approach to teen sexuality education. It shows teens that God's plan for life and love makes sense on both a physical and a spiritual level. The program uses Sacred Scripture, Documents of Vatican II, the lives of the Saints, and a lively, down-to-earth commentary to foster true spiritual development while imparting an understanding of the beauty of Catholic sexual morality.

HOW IS THE PROGRAM SET UP?

The program is aimed at teens 12-17 years old-perfect for use in Junior or Senior High School. It is divided into 4 units, with a total of 24 lessons. **Love and Life** is easily adaptable for use in the classroom, a CCD program, a parish-based youth program, or home instruction. It can be taught during a week, a month, or an entire semester, depending on your needs.

IS IT WRITTEN IN A WAY THAT TEENS RELATE TO?

Love and Life features poems, letters and slogans written by teens for teens. It has been carefully designed and developed over five years of practical use with teens. It communicates on their terms, but with a level of challenge that motivates them and rewards them for good behavior. Teens remain actively involved in interactive exercises, discussions, creative writing and role playing throughout.

IS IT EFFECTIVE?

Love and Life is being implemented in dioceses all over the country, and the responses have been overwhelmingly positive. In fact, at one school, the program was taught to 110 teens, and of those students, 70 volunteered for a team to bring the **Love and Life** message to other schools. Now THAT'S effective!

IS IT REALLY CATHOLIC?

Truly Catholic programs on sexual morality are tough to come by. **Love and Life** is such a program. The sacraments, the liturgy, our prayers, devotions, sacrifices and faithfulness to the commandments, together with the practice of our love for God and neighbor, are presented as the spiritual resources that we need to know, love and serve God as mature, responsible Christians.

IS THE PROGRAM FAMILY-CENTERED?

Love and Life focuses on the true meaning of Christian Family Living. It is through the family that we first experience God's love for us. And it is the family that provides the context for understanding sexual maturity as a life-giving and life-supporting gift from God that respects ALL life, and which gives us special powers in God's plan for creation.

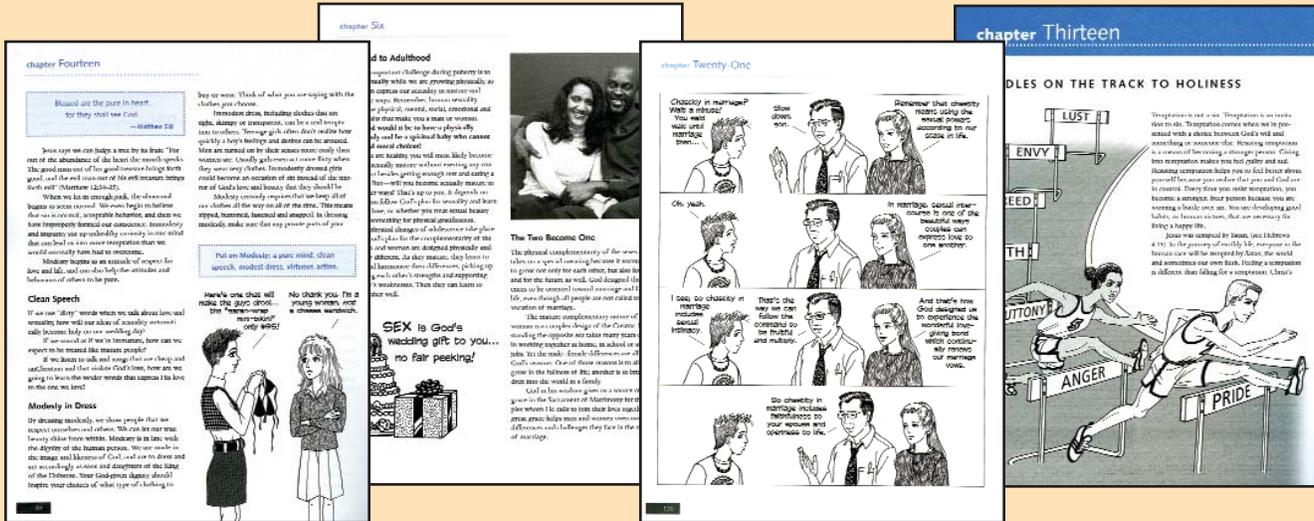
love & life: the unit design

UNITS	CHAPTERS	KEY CONCEPTS
UNIT I A PLAN FOR OUR HAPPINESS God created us in His image, male and female, with beauty and purpose. Although we are sinners, Jesus Christ provides us with the means to be virtuous lovers of God and neighbor.	1 What's It All About? 2 Putting Things in Order 3 The Great Break-Up 4 The Great Make-Up 5 The Real Source and the Real Force	Love, life and chastity God's plan vs. the secular world Original sin and its effects Salvation through Jesus Christ Church: Belonging, grace and guidance
UNIT II THE BUILDING BLOCKS OF LOVE & LIFE God's loving plan for us includes family, friends and growing in the virtues. Our responsibility is to keep God in the center of our lives and to use our free will to do good. Chastity is a necessary virtue.	6 Male and Female He Created Them 7 A Life of Virtue 8 A Life of Love 9 A Life of Friendship 10 A Life of Emotional Maturity 11 Put Yourself in the Driver's Seat—with Self-Mastery!	Sex differences, complementarity God-given dignity, unique gifts & struggles Christian love in action Qualities of friendship, good clean fun Feelings, behavior, romance and attraction Sexual self-control: needs vs. desires
UNIT III THE GREAT RACE The goal of our life is to be Christ-like. In order to truly enjoy our dating years, we must develop modesty and purity in our thoughts and actions. Being set on our goal gives us courage to resist temptation, admit our failures, seek forgiveness and stay on the track to holiness.	12 The Starting Line 13 Hurdles on the Track to Holiness 14 Modesty: A Good "Put-On" 15 The Chastity Generation 16 Nature Never Forgives 17 Close Encounters of the Best Kind 18 The Saints Come Marching In	Freedom, conscience, laws and choices Temptation Modesty and purity Dating behavior, infatuation and love Natural consequences of sins against chastity Guilt, penance; Eucharist as nourishment The community of role models—saints
UNIT IV THE CALL TO SERVE CHRIST IN LOVE The virtue of chastity provides real freedom to answer our life's calling. God provides the guidance and strength we need to live out his call with love.	19 Let Me Get That Call 20 To Love and Honor... Till Death 21 Love and Life: The Heavenly Bond 22 God is Pro-Life and Pro-Love 23 Do It for God; He's Done It for You 24 Take the Pledge for Purity	Vocations Sacramentality of marriage God's plan of love-giving and life-giving Being pro-life Challenge and review Public commitment to purity

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using the program



PAROCHIAL SCHOOL

The twenty-four lessons of **Love and Life** can be implemented as a six- to eight-week program for junior high or early high school students. It can be placed within the religion curriculum because it is designed to help young people develop the virtue of chastity in the context of the Catholic faith. The accompanying Parent Guide is made for use in the home, containing the personal information that is best taught in a private setting.

PARISH PROGRAM WITH PARENTS AND TEENS

The division of the program into four units lends itself ideally to a four- or five-part program for parents and teens as a retreat, weekend event, or weekly meetings for a month.

CATECHETICAL INSTRUCTION

With its twenty-four chapters, the program can easily fit in with catechetical instruction or preparation for Confirmation. One chapter could be covered each week.

The exercises and activities in each chapter alleviate the need for teachers to design their own exercises. The program also could be implemented in eight weeks by covering one whole unit every two weeks and having students work at home with their parents during the time in between.

RETREATS

The material and some exercises are ideal for use on retreats or in youth groups. Since spiritual development is essential to the success of the program, retreats would offer valuable reinforcement. The practice of prayer and the frequent reception of the sacraments should accompany the program throughout.

HOME/FAMILY

In addition to any group classes, **Love and Life** must be implemented on an individual basis, with parent and teen working together, utilizing the *Student Guide* and the *Parent Guide*.

