



CENTER *for*
FAMILY LIFE
FORMATION



The *Our Power to Love* booklet is designed to prepare and empower parents, the primary educators of their children, to teach the basics of both the Theology of the Body and the biology of human sexuality.

Below are some frequently asked questions and answers and suggestions for use.

1. What is the book about? The purpose of the book is to teach the basics of fertility awareness from a Catholic perspective.
2. At what age should a child read this book? Parents, you know your child best. Read the entire book first then decide at what age it is best to read it with your child.
3. How should I use this book with my child?
 - a. Start with the pretest in the back of the book. Parents should take the pretest first to see what you already know as well as what you need to brush up on. Once you feel confident in the material, have your child take the pretest. Review the results of your child's pretest with your child so you both can see what your child already knows and in which areas s/he needs more information. There's also a glossary in the back of the book to help define unfamiliar terms. If you're feeling creative, make the pretest into a game show format, such as Jeopardy. Or, have two children compete to see who can get the most answers correct. Offer a small, yet valuable, prize to the winner. (Examples - an extra sweet snack, pick the next family outing, or homemade coupons such as "Get out of one chore free" or "Leave your bed unmade for one day").
 - b. Choose the chapters you will read together. Decide if you are going to read the whole book with your child or just the chapters that are specific to his or her sex. Then, simply read and discuss. Make sure you read the chapter first, on your own, before you read it together, so you're prepared to answer any questions that may arise.
 - c. It's okay to say, "I don't know". If your child asks something for which you do not know the answer, say, "That's a great question! I'm not sure of the answer but will find out and we can talk about it later." Just make sure to follow through - find the answer and get back to your child.
 - d. Simple answers are the best answers. Children usually want, and are satisfied with a simple answer to their question. Adults often make the mistake of over explaining. A few good resources in which you can find simple, age-appropriate answers are:
 - Questions Kids Ask About Sex: Honest Answers for Every Age, by the Medical Institute staff, Revel Press.
 - If You Really Loved Me: 100 Questions on Dating, Relationships and Sexual Purity, by Jason Evert, Catholic Answers Publishing
 - Love and Life: Parent Book, by Coleen Kelly Mast, Ignatius Press.
 - LoveEd Parent Book, by Coleen Kelly Mast, St Benedict Press.

More information on recommended Human Sexuality Formation resources and the ongoing work of this issue can be found at Family.ArchOmaha.org/respecting-life/sexuality
Call (531)444-8332 or email hsf@archomaha.org