

TEEN STAR PROGRAM FOR YOUNG WOMEN

Synopsis of course material

The Instructor will

Unit One

- Introduce course objectives -Teach students processes of observing and charting cervical mucus. (Students are to chart daily throughout the course)
- Identify the male and female reproductive organs and their functions

Unit Two

- Teach students the various fertility signs present in a woman's body
- Show DVD entitled, "Your Special Signs"
- Teach that: God has created men and women in his own image.

Unit Three

- teach characteristics of fertile and infertile mucus and the various phases of the menstrual cycle
- Introduce female hormones
- Explain the concept of corporeality

Unit Four

- Teach the physical changes that occur in the female hormonal cycle
- Identify the various phases of the menstrual cycle
- Explain the term 'Peak Day' in relation to ovulation
- Explain what is meant by 'nuptial meaning of the body'

Unit Five

- Teach the relationship between physical and emotional changes in the female due to hormonal changes
- Have students begin daily charting of their emotional ups and downs -
- Explain what the word sexuality means

Unit Six

- Teach students to identify cycle variations
- Introduce male hormones and the hormonal relationship
- Explain the spiritual meaning of the body

Unit Seven

- Show DVD "The First Days of Life"
 - Discuss students reactions, feelings, thoughts about miracle of life, etc. after viewing the video
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-Discuss parental attitudes toward children

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Unit Eight

- Explain the psychosexual differences between men and women
- Help students clarify their ideas about dating and present reasons for dating
- Discuss society's sexual views as portrayed through the many facets of the media: music, television, magazines, novels, etc.

Unit Nine

- Teach psychosexual growth in humans -Identify reasons people engage in extramarital sex
- Explore reasons portrayed in the media
- Explain the Christian meaning of sexual intercourse

Unit Ten

- Teach what constitutes responsible behavior
- Discuss the connection between responsible behavior and continence (self-restraint in sexual activity)

Unit Eleven

- Discuss and define what is meant by a totally committed relationship
- Explain what is necessary for a marriage to be a sacrament

Unit Twelve

- Teach how contraceptives change the essence of the sexual act
- Discuss and explain the difference between artificial birth control and natural family planning -Discuss STD transmission and prevention
- Identify Catholic Christian teaching of sexuality as found in Humanae Vitae

Unit Thirteen

- .-Assess students' understanding of course objectives thus far
- Continue discussion of Humanae Vitae

Unit Fourteen

- Have students present chosen scenario and role-play to the class. The scenarios

will enable the students to better clarify and evaluate their own sexual values and to

incorporate ideas learned about understanding sexuality in view of the power of procreation and its attendant responsibilities

- Explain final project
- Explain how the body is a Sacrament of the Person

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Unit Fifteen

- Give students time to prepare project for presentation

Unit Sixteen

- Assess projects (each group project should consist of three to four students and the presentation is to be seven to ten minutes in length) .

Unit Seventeen

- Administer Exit Questionnaire
- Facilitate students' comments, questions, personal self-discoveries, etc.

NOTE: These Seventeen Units are not meant to be taught in seventeen classes. Some Units could take two or three classes depending on time allotment and students' comprehension and/or questions. All of these variables must be considered when planning Units and classes.

Since this Program is a developmental curriculum, it is essential that the sequencing of the Units be taught in the order presented to keep the integrity of the Teen STAR Program.
