

March 31, 2019

Because You Are Worth It

Navigating the waters of parenting a preteen daughter appeared daunting to me. My relationship with my daughter was open and trusting, but with our ‘tween’ coming to the age that boys, relationships, puberty and sex education was at hand, my role in guiding her would become even more important. I hoped to foster continued open communication. I had managed to ‘open’ her mind to better music choices, discern questionable lyrics with queries like ‘what else could replace this inappropriate word and still fit the song if it’s the catchy tune that is so cool?’ Now the chastity task was at hand!

At that time, our diocese offered a program for 7th and 8th graders called True Love Waits. It dealt with various aspects of our human dignity, the gift of sexuality that our Lord designed for us, chastity and modesty. Life consequences were explored, both following God’s plan and ignoring it. Our daughter was a participant in her 7th grade year.

With steadfast guidance, we navigated the high school challenges. The primary area of resistance was appropriate clothing. Our daughter had a difficult time understanding why her clothes had to meet certain criteria, but reluctantly submitted to our boundaries.

Our daughter admitted later, while in college, that she also didn’t understand at the time why certain things, like a mixed group sleep over, was out of the question. Now it began to make sense to her. As a psychology major, she studied the development of the brain and learned that we typically gain the maturity to grasp the importance and value of morality later in our twenties. Young teens generally don’t have the capacity to understand. As parents we must hold fast to our guidance through these years.

The Diocese will no longer offer the True Love Waits program. However, they are sponsoring a chastity event “Because You are Worth It” at St. Gregory the Great on Monday, April 8 from 6:30 pm to 8:30 pm in Ferrante Hall. The evening will be led by Pam Stenzel, founder of Enlighten Communications, who specializes in “tackling today’s tough issues of sex with candor, insight humor and the challenge for young people to make the healthiest choice and save sex for marriage”. Pam’s presentation will be followed by Adoration and Benediction.

We encourage teens and their parents to attend this very special event together.