

Human Sexuality

St. Columba School of Religion

Grade 7

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What Makes Us Human?

- Let's work our way into it, bit by bit
 - Start with Science, but ...
 - Is Biology enough to answer this important question?
- Let's organize our search like a wedding cake
 - Or, if you prefer, a type of pyramid common in Central America

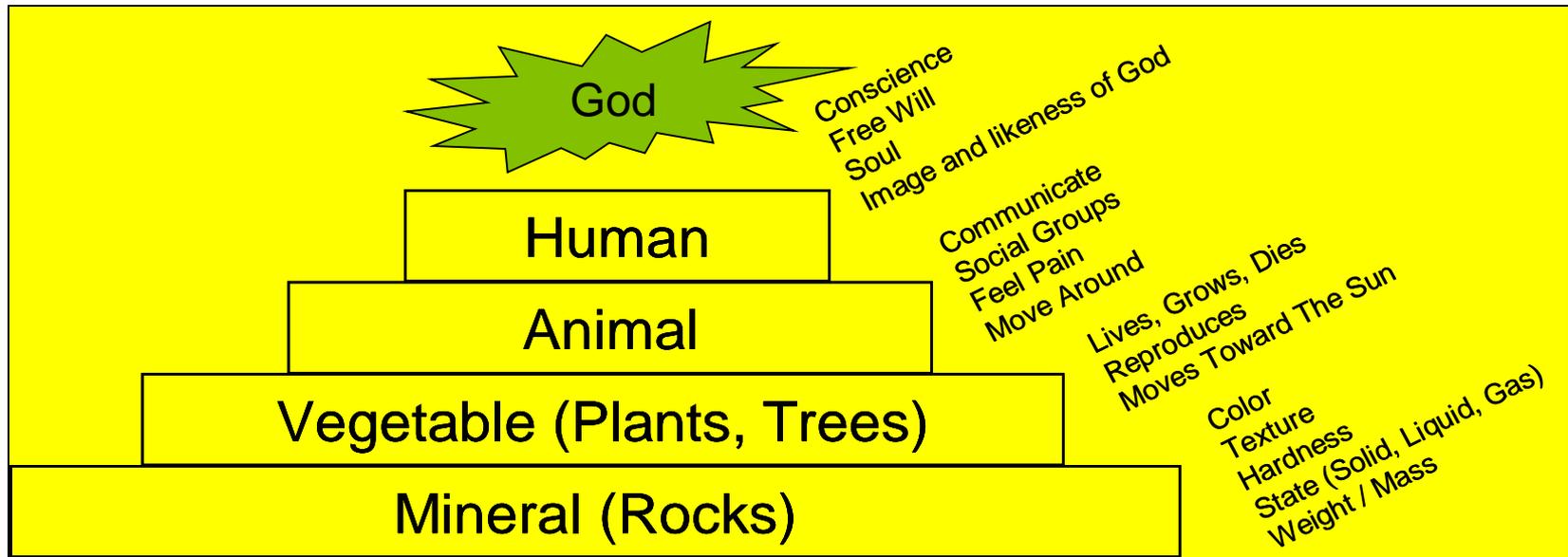


- 1) What makes a rock / mineral?
 - How do you recognize one? How can you describe it?
- 2) What makes a plant / vegetable?
 - Things that are unique, that separate them from rocks
- 3) What makes an animal?
 - Things that are unique, that separate them from rocks and plants
- 4) What makes a human?
 - Are humans animals?
 - Is that all we are?
 - Things that are unique, that separate us from rocks, plants, and other animals



What Makes Us Human?

- Unlike all other created things, humans have a
 - **Soul** -- an inseparable part of us that lives forever
 - **Conscience** – an ability to know what is right and wrong
 - This must be educated / trained as long as we live
 - **Free Will** – the ability to freely choose whether to live with God
 - God doesn't force us to be good
 - The Devil / Satan doesn't force us to be bad
 - Humans choose how to behave – either good or bad
- Because we are made in the image and likeness of God, we try to “live up” to His image rather than “fall down” to our animal nature



What is Sexuality?

- Human beings are created in the image and likeness of God
- “Male and female, God created them.” (Genesis 1:27)
 - Being male or female is a gift from God and therefore good
 - Blessed with equal dignity (different, but equal)



**Sexuality includes all that makes a person either male or female
... it is a gift from God!**

- Becoming a mature sexual person is a lifelong process, however adolescence is a crucially important time in this process.

Sexuality and the Dignity of the Human Person

- Sexuality may be understood or misunderstood, esteemed or degraded, treated respectfully or abused.
- Knowing we are made in the image and likeness of God is the basis for our **RESPECT** of ourselves and others. Positive attitude toward sexuality begins with positive attitudes towards ourselves and others.
 - My body and the bodies of others are sacred
 - Acceptance of my body and the bodies of others as good
 - Care for and development of my whole self (body, mind, spirit)
 - Respect and appreciation of others as whole persons
 - Recognition of my gifts and talents and those of others
 - Ability to remain obedient to my conscience and respect others' conscience
 - Awareness of consequences of actions
 - Conviction that NO ONE has right to use or abuse me or use or abuse another



got respect?

Love

God Is LOVE

- What does the word “love” mean?
 - Hint: Who do you love? What do you love? Why?
- What are the different types of love? How do we “show” love in each?



Different Types Of Love

- Romantic / sexual love
- Love of others
 - For our own sake
 - For the love of God
- Love of God



- Note: English is weak in its words for “love”
- Other languages have special words for the types described above
 - English stretches the word “love” to cover all of these types



Proper Uses of the Gift of Human Sexuality

- Sexual feelings are normal and part of God's plan
- God enabled humans to “create” new life (to cooperate with God's own creative power) through sexual intercourse
- Sexual intercourse is intended **WITHIN MARRIAGE** ...
 - uniquely expresses the love between a husband and wife
 - sign of mutual self-surrender and total self-giving
 - brings joy and pleasure to the spouses
 - unites the spouses
 - by its very nature is intended to create new life (bear children)

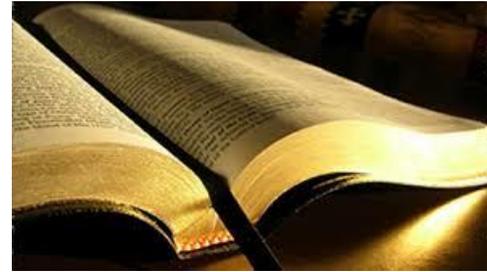


Proper Uses of the Gift of Human Sexuality cont.

- Purpose of sex is to **UNITE THE SPOUSES** and **CREATE CHILDREN**
- Requires the public and lifelong commitment of a man and woman to each other which only marriage can provide
- Only marriage can provide the context of security and trust which necessary for such a total gift of self
- This public commitment is intended to provide the stable community of love in which children can be raised and educated in a family
- Child created is cherished, protected, and public sign of their love



The Bible



- Genesis, Chapter 2
 - The Lord God said, “It is not good for man to be alone. I will make a suitable partner for him.”
 - So the Lord God cast a deep sleep on the man, and while he was asleep, he took out one of his ribs ... then built up into a woman the rib he had taken from the man.
 - That is why a man leaves his father and mother and clings to his wife, and the two of them become one body.
- Gospel of John, Chapter 2
 - On the third day there was a wedding in Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding.
- St. Paul writing to the Christians in Corinth, Greece (1 Corinthians, Chapter 13)
 - Love is patient, love is kind. ...
 - It bears all things, believes all things, hopes all things, endures all things. ...

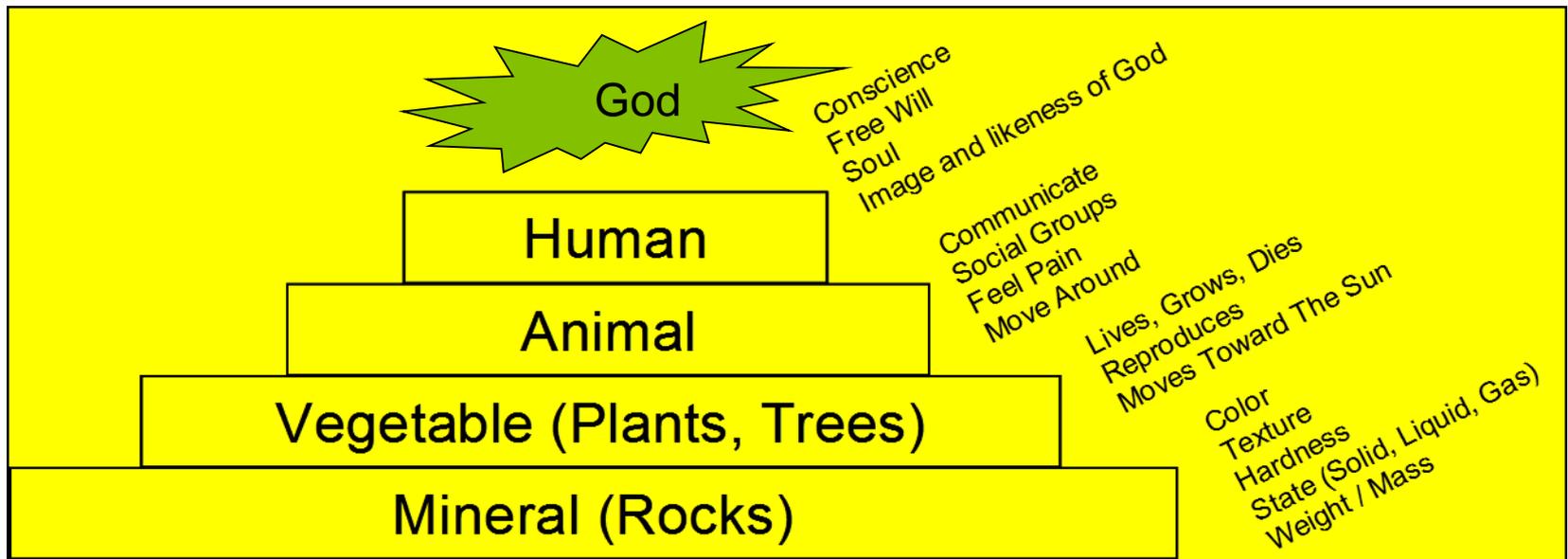
Activity ... FUN!!!

Let's talk about having fun - what things are FUN?



Sex

- The purpose of sex is to have children and unite the spouses
 - It also happens to be pleasurable (“fun”)
 - If it weren’t, the human race would die out
- Why do I have to wait until I’m married?
 - “Why won’t you let me have fun?”
 - So go to the movies, dancing, swimming, hiking, play a video game, or ride a roller coaster
 - “I’m ready for sex, I’m just not ready to be a parent”
 - This means “I want sex, but not for the results that it produces”
 - “I’m going to have sex, so I have to protect against pregnancy”
 - Since when is being pregnant something you need to be “protected” from? Is it a disease?
- The responsibility of sex demands a lifetime commitment
 - Message for women (listen up, men!)



Video ... www.lifeathletes.org

Our Commitment

I will try to do what is right, even when it is difficult.

I will give myself only to the special person whom I marry as my partner for life.

I will respect the lives of others, especially the unborn and the aged.

I will not quit or make excuses when I fail. I will try again.

Abuses of the Gift of Sexuality

- Lack of Respect for Ourselves and Others
 - Using sex to manipulate others for our own purpose or pleasure
 - Failing to treat others as persons; treating them as objects
 - Trying to pressure others into doing things against their conscience
 - Disregarding consequences of our actions
 - Failing to respect ourselves as persons
 - Pornography and Prostitution (treat human beings as objects; exploit their sexuality for profit) (CC 2354 and CC 2355)
 - Rape (act of violence; intrinsically evil) (CC 2356)



Abuses of the Gift of Sexuality cont.

- Misuses of Sexual Activity

Sometimes people use sexual activity to make themselves feel important, powerful, loved, or needed. Sexual activity however does NOT solve underlying issues of loneliness or self-esteem.

- Premarital intercourse (fornication) (sexual activity outside of marriage) is fundamentally dishonest and morally wrong because it implies a lifelong commitment has been made when in fact it has not. We can feel manipulated, used, lonely, and empty. (CC 2353)
- Extramarital intercourse (adultery)
- Masturbation (CC 2352)
- Homosexual activity (being homosexual, in itself, is not sinful; person to be treated with love and respect; sexual activity between persons of the same sex is misuse; called to chastity) (CC 2357)
- Artificial birth control (not open to life) vs. Natural Family Planning (open to life)
- Abortion

Ways to Foster Sexual Maturity

- **Chastity** is the virtue by which we use our sexuality in a responsible and faithful way. The chaste person abstains from sexual activity outside of marriage. Show love appropriately.
- **Resist Temptations** - self-control, setting limits, determining ahead of time what we will and what will avoid doing, avoid situations that may lead us to sin, choose healthy ways to use our energy, make use of prayer and the sacraments.
- **Develop Friendships**
- **Seek Advice from Trusted Adults**
- **Turn to God**



Wrap Up



In God's plan, our sexuality is intended to contribute to the joy and our fullness of life!



Through His grace and guidance, we are empowered to become the fully mature person God has called us to be.



Safety Tips

- Talk with your parents about what you do online
 - If you can't talk with them about it, don't do it
- Keep your identity private
 - It is not just celebrities who have stalkers
 - Identity theft also is a common problem
- Never respond to messages that make you feel uncomfortable
 - Leave the chat room and let two trusted adults know about it
- Never meet someone without your parents
 - If they really are a good person,
then they will be happy to meet your parents, too