

Curriculum

The In Control Program Foundational Concepts:

Everything we teach is 100% in accordance with the Catechism of the Catholic Church.

Chastity is God's plan for sexuality:

- 1) Saving sexual activity for marriage
- 2) Faithfulness to spouse
- 3) Priests/religious promise celibacy
- 4) Modesty
- 5) Purity of thoughts, words, & actions
- 6) Respect self and others

Love is doing what's best for the other person.

A virtue is a good spiritual habit.

All people are called to practice virtue.

Fifth Grade Curriculum

We do NOT discuss the details of sexual intercourse or Chastity.

5th Grade 2-day Program Curriculum

Allows students to understand the sacramentality of the body as mentioned in St. Pope John Paul II's theology of the body through activities on these themes:

- Self-Worth
- Identity in Christ
- Modesty in dress and Action

Sixth Grade Curriculum

6th Grade 3-day Program Curriculum

We do NOT discuss the details of sexual intercourse.

- Saying “yes” to chastity protects your heart and benefits your relationships
- Delayed gratification (waiting to get what you want) is better and more fulfilling than immediate gratification (getting what you want right away).
- Purity is a precious gift that God gives you to protect
- Sharing the gift of sex before marriage often results in parasitic, bacterial, or viral Sexually Transmitted Diseases with various symptoms and side effects.
- Choose songs, shows, etc. that promote virtues.
- Choose friends who will encourage you to be virtuous.

Seventh Grade Curriculum

7th Grade 5-day Program Curriculum

Define and Review the virtue of chastity

- God created sex as a good gift for marriage. Sex is a powerful gift similar to fire. Proper boundaries ensure these gifts remain powerful in a good way rather than a destructive way.
- Saying “no” to chastity always results in negative consequences. Saying "yes" to chastity results in positive benefits.

- If you practice chastity, marry someone who has also waited, and you are faithful to each other in marriage, you will be free from the burden of contracting a Sexually Transmitted Disease.
- Every human life is sacred.
- Because the gift of your sexuality is so special, you should only share it with one person: your spouse.
- Be temperate in the amount of time you spend with the media, & reject the lies they promote.
- How you present yourself influences how people view you.
- Our bodies should be unveiled in marriage; not exposed through sexting, pornography, or premarital sexual activity.

Open Q & A session

- Students have the option to ask questions anonymously

Eight Grade Curriculum

8th Grade 5-day Program Curriculum

Review definition of chastity.

- Allows students to visibly see the freedom of pursuing chastity through an interactive demonstration of heavy chains.

STD Knowledge

- Sexually Transmitted Diseases can be spread through any type of sexual activity.
- Abortion violates the most basic human rights: life, liberty, and the pursuit of happiness. The arguments in favor of abortion are similar to the arguments in favor of slavery.

Discussion on Starting Over

- God's mercy is greater than any sin. No matter what they've done before, anyone can start practicing chastity today.

Dating License Bureau Homework Assignment

- Your parents give you rules and expectations because they love you.
- Students will receive the dating rules homework which is to be completed and signed by parents.

Dating Ballot

- Many teens don't understand the purpose of dating. This activity cuts through the confusion and allows students to understand boyfriend/girlfriend relationships are oriented toward marriage.

Media Influence

- Choose media that is true, good, and beautiful.

Steps of Sexual Progression

- Set physical boundaries that guard the purity of your heart and mind.

Open Q & A session

High School Curriculum

High School 5-day Program Curriculum:

- Authentic love can be tough to spot. We examine real-life scenarios to help teens identify real love.
- Answers the questions "What are the characteristics of love?" and "What does it mean to use someone?"

Define the virtue of chastity

Media Influence

- Compares love and use in the media, and examines how media affects our view of love

STD slide show

- An in-depth look at different sexually transmitted diseases. This slide show includes pictures of STD infections, as well as the pitfalls of condom use and the idea of "safe" sex.

Rachel's Budget/Nick's Budget

- A homework assignment that puts the student in the financial situation of a teen parent. The student must research and prepare a realistic budget to make ends meet.

Pornography Presentation

- Pornography distorts a person's ability to love.
- Practical strategies to overcome the burden of pornography.

Modesty Presentation

- Modesty isn't some prudish idea invented by sexist culture. It protects and reveals a person's beauty and dignity

Dump Them Bingo

- Standards are important in dating relationships. We point out some red flags that often obstruct healthy dating relationships.

The Only Real Choice is an Educated Choice

- A pro-life presentation about the options in an unplanned pregnancy: parenting, adoption and abortion. This presentation highlights the difficulties of all three.

Open Q & A session

*Activities are subject to change due to time and scheduling.