

Opinion Letter

Date: September 15, 2008

To: Media

From: Linda Kracht

An article entitled '*Forever*' Program Prepares High School Seniors for Future by Mary Gaida was written in 2000. In her article she asked "how well prepared will high school students be as they prepare to move on in the world without a peanut butter sandwich carefully prepared and wrapped, their orange divided into neat sections and milk money taped to their book bags? More importantly how prepared will they be to meet young people in college with different values and morals, to say no to new temptations? Would they still roll out of bed to attend Mass on Sunday if their father didn't threaten them...."

While written almost 9 years ago these questions still worry parents. In fact, recently the press has been asking these same questions with relative frequency proving that they are still pertinent and on the minds of many families and people in general. Consider the amount of coverage given to the Britney Spears problems and more recently the blogs and media questions regarding Gov. Palin's eldest daughter's pregnancy. The media is asking where the parents are, and whether parents are teaching teens about sexuality.

Truth be told, too many parents don't know where or when or how to start these discussions. But there are sources to turn to for help with these questions or concerns- and finally with a decidedly Catholic flavor.

Daughters Forever, Sons Forever has grown up too since 2000 when we were in the process of offering our third program at St. Agnes High School. We are better equipped to help parents overcome their hesitancy to discuss health/sexuality issues with their teens. Our new curriculum provides parents with a quality resource and working plan to start connecting with their teens. This curriculum allows the parents to provide the instruction and direction about these important issues facing their children. Previously, DF, SF offered a one-day event for senior high students and their parents. Many wanted more; they asked for more and we are pleased to announce there is more.

Daughters Forever, Sons Forever is now a curriculum rather than a one day event. It is a book, a workbook, an audio or video program. We have four separate workbooks written for mothers, fathers, sons and daughters. We have the 2007 program in both audio and video. Parents who missed that program can now enjoy it in the privacy of their own home with their teen. It is as timely today as it was just several years ago. Additionally, parents now have a text to read and draw examples from. They can use the workbooks to begin the important discussions. The workbooks reinforce the timely and much needed Catholic information about health and human sexuality found in Daughters Forever, Sons Forever. It gives parents a forum for discussing, instructing and connecting with their teens. The

workbooks also allow parents to test their teen's knowledge. In fact, this curriculum can be used as an alternative instruction for Catholic parents concerned about their teen's high school sexuality/health education program or curriculum.

Also, monthly *town hall meetings* for parents will be held at the Living Bread Catholic Bookstore and Gifts, St. Paul to answer parents' questions and concerns and to encourage them to begin talking to their teens about things that matter!

For more information about the curriculum or for information about the town hall meetings please browse www.fortifyingfamiliesoffaith.com. If you have additional questions, please feel free to contact Linda Kracht, founder and author of *Daughters Forever, Sons Forever*. Her contact information is included on the web site.

"Hopefully many parents and teens are anticipating challenges ahead." *Daughters Forever, Sons forever* is equipped to help them develop a battle plan even better than it did over 11 years ago.