

The Course for Parents

Daughters Forever, Sons Forever

Hijas Para Siempre, Hijos Para Siempre

Welcome & Introductions –Day 1

Opening Prayer or Mass - Day 1 & 2

Social – Evening of Day 1 or 2

Module 1: *Opening a Dialogue; Landmines for Teens; Speaking on Gender*

– Day 1

Module 2: *Patient: Heal Thyself; Eating Right; Abortion: Society's Litmus*

Test- Day 1

Module 3: *Marriage; Religious Vocations; Fertility – Day 2*

Module 4: *Challenges of Parenting – Day 2*

Agenda for the Parents Course

Module 1: Opening a Dialogue; Landmines for Teens; Speaking on Gender – Day 1

Welcome & Icebreaker

Opening a Dialogue

- Where is the boat? Are we all in?
- Exercise: mixed messages
- Characteristics of an authentic, engaged Catholic parent
- Parenting types
- Church Teachings support primary role of parents

Landmines for Teens / Speaking of Gender

- What has happened since Baptism?
- What is a landmine- the pumpkin story?
- Introducing the Landmines
- Exercise: “Group Think”
- Exercise: “see-it; want-it; get-it”

Break

Landmines for Teens / Speaking of Gender (Continued)

- Media! What is it? The effects are... (need internet access for this topic)
- What about clothes?
- Pornography - the big hurt...
- Appreciating the real woman
- Appreciating the real man
- The Objectified man
- The Objectified woman

Lunch Break

Module 2: Patient: Heal Thyself; Eating Right; Abortion: Society's Litmus Test – Day 1

Patient Heal Thyself; Eating Right

- Risk reduction vs. Risk elimination
- Group discussion: tobacco, alcohol and other drugs; STDs (participants will use DFSF book for this activity)
- How safe is safe sex?
- Family dinners
- Teen schedules & money

Break

Abortion: Society's Litmus Test

- Abortion: hard truth (need internet access for this topic)
- The many faces of abortion.
- What can parents do?
- School Based Clinic Alert
- Closing Prayer

Module 3: Marriage; Religious Vocations; Fertility - Day 2

Marriage

- Authentic love
- Motherhood and Fatherhood: fruits of wives and husband's vocations
- Recipe for a good marriage
- Same sex unions
- Marriage vs. Wedding
- Divorce hurts

Break

Religious Vocations

- Vocation – the definition
- Mom, Dad I want to be a priest / I want to be a religious
- Who are the new priests & sisters?
- Fostering vocations

Fertility

- Natural Fertility Planning – what is it?
- Natural Family Planning - why use it?
- NFP vs. Contraception
- Continence Helps Marriages – How?
- Life – the continuum

Lunch Break

Module 4: Challenges of Parenting – Day 2

Today's Challenges

- The challenges: models of effective discipline
- Sharing information with teenagers
- They're listening – are you talking?
- They're watching – what is your witness?
- Parent's commitment to raise Godly teens – how steady is it?

Summarizing

- Hand out and review workbooks
- Answering questions.
- Workbook exercises to help parents become familiar with workbook activities.
- Learning how to use DFSF book as a resource.
- Future connections with FFF – online, telephone, etc.

Break

Concluding

- Starting DF,SF at home with your children
- Other resources: Theology of the Body; Catholic Church Catechism; NFP classes; DFSF parents' net and support group.
- Entrusting our parenting to Our Lady of Guadalupe & St. Joseph - her most chaste spouse

Evaluation and Closing Prayer