

Theology of the Body - PARENT RESOURCES

In addition to the K-8 Theology of the Body curriculum the Religious Education Office in conjunction with the Family Life Office recommends the following resources to further help parents in their role as primary educators. These resources are tried and true and have been utilized by a countless number of parents in our diocese and throughout the country. They can be an important aid for mothers and fathers to discuss with their children the more sensitive topics of human sexuality that are beyond the scope of this K-8 TOB curriculum.

Books:

- *The Story of Me* (ages 3-5) by Stan and Brenna Jones and *Before I Was Born* (ages 5-8) by Carolyn Nystrom. As part of the God's Design for Sex series, these two resources help parents introduce their young children to the wonder and gift of where they come from and how God created men and women as a complement to one another in forming a human family.
- *Wonderfully Made Babies: A Catholic Perspective on How and Why God Makes Babies* (for ages 9 and up) by Ellen Giangjordano, with Dr. Lester Ruppertsberger. Through the use of beautiful illustrations and simple yet truthful and medically correct language, this book explains the majesty God designed into the full, free, faithful, and fruitful communion of spouses that allows man and woman to "image" the Trinity, who creates out of love, in order to share love.
- *Good Pictures, Bad Pictures: Porn-Proofing Today's Young Kids* (for ages 4 to 12) by Kristen A. Jensen, MA. A comfortable, read-aloud story about a mom and dad who teach their child what pornography is, why it's dangerous, and how to reject it.
- *The Joyful Mysteries of Life* by Catherine and Bernard Scherrer. Written by Catholic parents for their own children, this book introduces the "facts of life" to pre-teens in a reverent and respectful manner by presenting the biological facts in the context of meditations on the Joyful Mysteries of the Rosary.
- *Theology of the Body for Teens Discovering God's Plan for Love and Life (Middle School Edition) Parent's Guide* by Monica Ashour. This book is published by Ascension Press and is designed as an essential parent component to accompany the 8th grade Theology of the Body textbook.
- *Love and Life, A Christian Sexual Morality Guide for Teens: Parent Guide* by Colleen Kelly Mast. This book is published by Ignatius Press and is designed as an essential parent component to accompany the 7th grade textbook.

Websites/Videos:

- *Covenant Eyes*: The Covenant Eyes Internet Filter is a parental control/accountability resource that looks at all websites visited in real time and rates them based on age-appropriateness. Parents can decide what is appropriate for their child at any age and program access accordingly. <http://www.lincolndiocese.org/internet-protection-pornography/covenant-eyes>
- *CMG Parent Video*: This site has helpful videos on how to set parental controls on a variety of devices (Xbox, Snapchat, etc.): https://www.youtube.com/channel/UC_yOHD4pwtC8QW3Eb5DI0g
- *Further Resources*: For more parent resources please visit the Family Life Office website at: <http://www.lincolndiocese.org/internet-protection-pornography/tools-for-parents>