



Conversations about  
**L.I.F.E.**  
Love. Infatuation. Friendship. Exploitation.

# Grade 9 Lesson Samples

Excerpts from the Lesson Plans  
& Activity Materials

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# Conversations about L.I.F.E.

## Program Overview

### Introduction

Children and teens who participate in the full **Conversations about L.I.F.E.** program will take part in a year-by-year, age-appropriate, interactive curriculum that:

- Presents Authentic Love as the goal of sexuality education
- Promotes positive loving relationships in family life, friendship, and marriage
- Emphasizes sexuality as a gift—to be shared only in marriage (“self-giving love”)
- Defines chastity as the power of authentic love to channel and control sexuality
- Facilitates the partnership of parents and catechists in the formation of children for chastity
- Promotes the ongoing cultivation of the virtues (character strengths) needed to support chastity formation
- Includes teaching on how to recognize and avoid sexual abuse

*(The goals listed here are drawn from Catechetical Formation in Chaste Living, USCCB 2008)*

The **Conversations about L.I.F.E.** program includes 13 online lesson packages, one each for children from pre-kindergarten through high school. Each session packet includes a detailed, easy-to-follow Lesson Plan, an accompanying PowerPoint, master copies for a colorful Activity Book, and a Parent Follow-up Session.

This sample kit includes excerpts from grade 9. This set of samples includes excerpts from the lesson and activities for grade 9. *It does not include the lesson or activity in its entirety.*

If you would like a formal presentation regarding these materials, Sister Kieran and Dr. Amidei are available for both in-person or online meetings.

For more information, please visit [www.GetFamiliesTalking.org](http://www.GetFamiliesTalking.org).

The concepts of “sex” and “sexuality” are first introduced in the grade 5 lesson, and are gradually developed in all of the lessons after that.

For details of the development, see the Program Benefits section on [GetFamiliesTalking.org](http://GetFamiliesTalking.org).

A version of the Sexual Abuse Q and A is found in all upper level Activity Books.

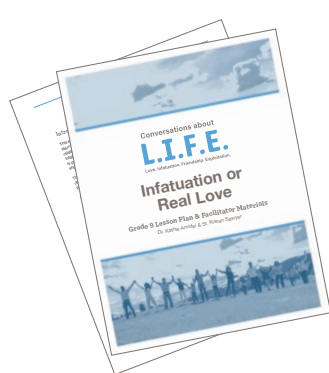
# Grade 9 Lesson Package Sample Pages

## Conversations about **L.I.F.E.** Infatuation or Real Love

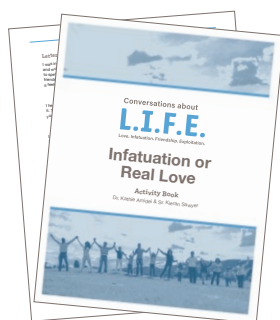
### Grade 9 Overview

Adolescents who participate in the 9th grade session of the L.I.F.E. program with their parents will:

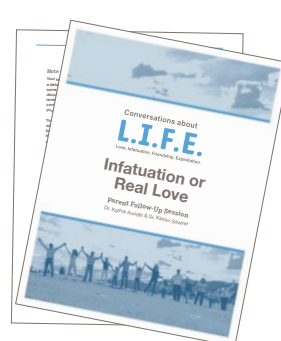
- Become more comfortable in talking with their own parents about issues of sexuality, chastity, and abuse.
- Understand the four basic kinds of relationships -- Love, Infatuation, Friendship, and Exploitation – as these are lived out in their lives and the lives of others.
- Realize that one of the major aspects of becoming an adult is learning how to give and receive authentic love.
- Understand the distinction between an infatuation relationship (that moves naturally from noticing to sexual intercourse) and a real love relationship (that grows gradually from friendship to an intimate friendship, to a deep love commitment and marriage.)
- Realize that in God's plan for love, these two relationships are meant to develop together, so that each step on the infatuation line is an authentic sign of a growing love commitment.
- Become aware of their own experiences of sexual attraction and learn to respond appropriately in relationships that have a sexual component.
- Become cognizant of how much their own understanding of sexuality is influenced by society, their peers, and the media.
- Become aware of the reality of sexual exploitation of teens by adults and by other teens, and learn how to respond to any experience of sexual abuse—past, present, or future.
- Receive the Deuteronomy Blessing and a hug from their parents.



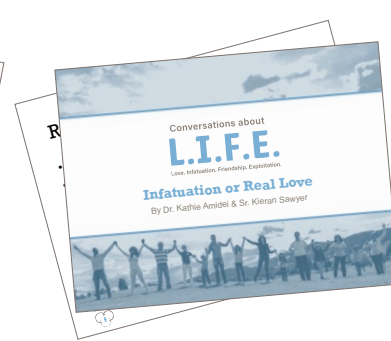
**Lesson Plan**



**Activity Book**



**Parent Follow-Up**



**PowerPoint Presentation**

### The following grade 9 sample materials include:

- Selections from the Lesson Plan for the *Teenage Romance* and *Love or Lust* discussions
- Sample Activity Book pages for the *Teenage Romance* and *Love or Lust* activities
- Examples of the corresponding slides from the PowerPoint presentation

The grade 9 sample includes excerpts from individual lesson materials for grade 9. *It does not include the lesson or activity in its entirety.*



## Grade 9 Lesson Plan Excerpt - *Teenage Romance*

Grade 9 – Lesson Plan & Facilitator Materials

### C. Teenage Romance

Invite everyone to open their Activity Book to page 3. Select 10 VOLUNTEERS who are willing to read a short paragraph at the mic. Ask the volunteers to bring their copy of the letters and to come to the front. Assign each of them one of the **Letters from Teens** to read. (If you have fewer than 10 volunteers, some can read two letters.) Ask them to end their reading by saying: “This was from [Anne], age [15].”

When your volunteers are ready, **click Slide 9**. Then say:

Note the  
Speech Bubble!

- … We are going to spend some time talking about teen romantic relationships. In your Activity Book we have printed short excerpts from some letters that were written by a group of teenagers during a high school retreat. The young people were asked to write a letter giving advice to the teens who would be attending the next relationship retreat. These are actual excerpts from letters written by young people your age—only the names have been changed. Our volunteers will read the letters at the microphone.

**Click each name** on the slide and invite the volunteer to read that letter over the mic. When all have read, thank the volunteers, invite them to return to their places, and say:

- … As you can see from these letters, each young person deals differently with the exciting and challenging experience of falling-in-love. Take a few minutes to talk about the letters. Pick one letter and tell the people at your table what advice you would give to the young person who wrote it.

Speech bubbles indicate to the facilitator when to speak and what to say.

ALLOW TIME.

- … Now, let’s look at a framework that will help you to understand this important aspect of growing up which we are calling Infatuation.

**Click Slide 10** ( N >> T >> HH >> H+K >> PK >> ST >> SI )

ASK the participants to try to figure out what these hieroglyphics mean. Give a few clues as they are guessing, then **click on each dot** as you say:

- … This is the natural progression of an infatuation relationship. It moves from
- noticing a person who you find sexually attractive, to
  - talking to the person (or finding some other way to tell him or her that you’ve noticed), to [...]

**! Purchase the 9th grade lesson package for complete lesson materials**

## Grade 9 Lesson Plan Excerpt - *Teenage Romance (cont.)*

Grade 9 – Lesson Plan & Facilitator Materials

[...]

LISTEN to a few answers to this question, then say:

☞ The best answer to that question is in the next line.

**Click Slide 12:** (S >> A >> C >> F >> IF >> RL)

Note the  
Instructions!

ASK the teens to try to guess what these letters mean, then say:

☞ This is the pattern that shows the growth of a relationship from Friendship to Real Love. This line moves from being **(click on each dot as you say it)**

- **strangers**, to
- **acquaintances**, to
- **classmates, companions, casual friends** (people you hang around with at school), to
- **friends** (you know their families, you go to their homes, you regularly make plans with them), to
- **intimate friends** (the one or two friends that you tell your deepest secrets to), to a
- **real love** relationship (someone you are willing to dedicate your whole life to, to create a family with)

ASK:

☞ How long does it take to move from the beginning of this line to the end? What moves this line forward?

The Lesson Plan comes with instructions on how to teach the lesson.

Accept a few answers, then EXPLAIN:

☞ Progress on this line depends on spending time together, mutual interests, honest communication, caring, commitment, and forgiveness. It takes a long time, sometimes years, for a relationship to grow from Strangers to Real Love.

Note the  
Click Cues!

**Click Slide 13**

SAY:

☞ Most romantic relationships are a combination of these two lines, the Infatuation line and the Friendship-to-Love line. Both of these things are happening in you at the same time, in the same relationship. [...]

**! Purchase the 9th grade lesson package for complete lesson materials**

## Grade 9 Activity Book Excerpt - Teenage Romance

Infatuation or Real Love – Activity Book

Master copies for both the Facilitator Materials and the Activity Book are provided in each lesson package.

### Letters from Teens – Set A

I was involved in a relationship that I wish would never have had. He and would surprise me with gifts, like flowers. But he was very controlling. I spend all my time with him. One day I told him that I had been hanging out with some friends of mine. Then he hit me and hit me. I broke up with him after that. I really know what it feels like to be abused and used.

**Anne – 15**

I hear my friends talking about how they had sex, and they always, always panic and regret it. They wish they would have waited. I think that you should not abuse your body. Respect your body and the people around you. I think that is what God expects from us.

**Aimee – 15**

I have been dating a girl for almost two years now. I don't need to have sex to prove myself to her. I had a friend that had sex and deeply regretted it. Not only that, but the girl told her parents and my friend was charged with rape. There is NO benefit that could outweigh those consequences!

**Jake – 17**

Sex. Everyone thinks about it. Some people think that it will build a relationship. I did. I did it and I felt so guilty. More important, I lost my parents' trust. Now I have to build that back up, learn to forgive myself, and apologize to God. I really feel that I abused my relationship with God.

**Bill – 15**

When I was 13, I made the mistake of not respecting myself. I had older friends who were doing a lot with guys. I felt like they were going to ditch me if I didn't do the same. So one night at a party I got drunk and hooked up with someone a lot older than me – I didn't even know him. Now two years later I look back at that moment and it still hurts. But I did learn something very important. I learned that when it comes to sex, it IS better to wait!

**Tina – 15**

I've been with my girlfriend for about nine months now. I truly think that we love each other and it's awesome because sex is the furthest thing from our minds. This just goes to show that you don't need to have sex to truly love someone.

**Ryan – 15**

## Corresponding Grade 9 PowerPoint Excerpts

**N → T → HH → H+K → PK → ST → SI**

Noticing

Telling: Talking / Texting

Holding Hands

Hugging and Kissing

Passionate Kissing

Sexual Touch

Sexual Intercourse



The PowerPoint presentations have built-in animations and images to keep participants' attention.

**Falling-in-Love**

**N → T → HH → H+K → PK → ST → SI**

**S → A → C → F → IF → RL**

**Marriage**



14

### Real Love

For better, for worse  
For richer, for poorer  
In sickness and in health  
In good times and in bad  
In joy and in sorrow  
till death do us part



15

## Grade 9 Lesson Plan Excerpt - *Love or Lust*

Grade 9 – Lesson Plan & Facilitator Materials

### D. Love or Lust

[...]

#### Click Slide 18

As LUST, the movement along the I-line can be simply a physical response to hormones, without any real respect or love for the other person or even for one's own best interests and values. When the steps on the line are acts of lust, the person thinks only about himself or herself. Lust is *(click)* sex for me. Lust USES the other person for his/her own purposes—such as *(click)* pleasure or power or passion. Another word for this kind of unloving sexual activity is *(click)* SEXUAL EXPLOITATION or *(click)* SEXUAL ABUSE.

#### Click Slide 19

As LOVE, the steps along the I-line are the **external signs** of a deepening love relationship. When two people are developing a true love relationship, they **choose together** how far they will go on the sex line. If they are listening to God and the church, they choose not to engage in sexual intercourse (or even sexual touch!) until they are married. Once a couple is married, sexual intercourse becomes *(click)* the outward sign of their mutual love commitment. Within marriage, *(click)* sex is a **sacrament**—an outward sign of the total gift of themselves to one another in God.

I'll bet there are adults in this room who were never taught that sex is a sacrament—an outward sign of God's grace. The person who did the most to help the church to understand that beautiful truth is *(click)* Saint John Paul II. His amazing teachings on the holiness of sex is called *(click)* "The Theology of the Body."

Let's spend a few more minutes on the profound concept that sex is a sacrament. The Baltimore Catechism defined a sacrament as "an outward sign instituted by Christ to give grace." The outward sign of Baptism is the pouring of water. The outward sign of Eucharist is bread and wine. And the outward sign of Matrimony is sex. Just as God is present to you when you receive communion, so God's grace is present to a husband and wife when they make love to one another.

Each Lesson Plan includes a Classroom Adaptation (CRA) for situations in which the parents are not able to participate in the sessions.

Note the CRA text!

 **CRA:** skip this discussion

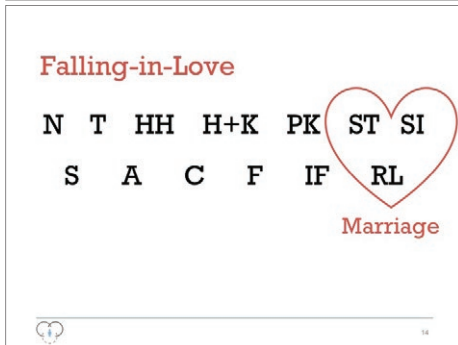
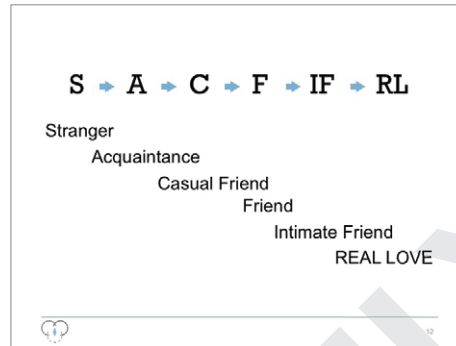
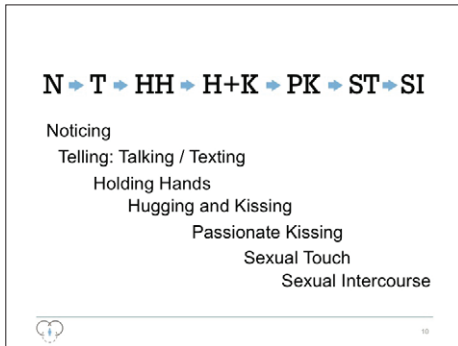
Spend a few minutes talking to one another about the [...]

 **Purchase the 9th grade lesson package for complete lesson materials**



## Grade 9 Activity Book Excerpt - *Love or Lust*

### Infatuation or Real Love – Activity Book



Master copies for both the Facilitator Materials and the Activity Book are provided in each lesson package.

### Things to Remember

**1. Both lines are good. Both come from God.**

God created you with **both** the desire to have sex (top line), and the desire to love and be loved (bottom line).

**2. All steps on the top line are meant to be signs of a growing love relationship.**

Don't let the signs of love outpace the love. Only YOU can make that choice.

**3. Sex can never be a shortcut to real love.**

Going too far too fast on the top line very often ends up destroying the love relationship altogether. It can even destroy a friendship.

**4. Sexual desire (the top line) is powerful. Only you can control it.**

Controlling your own sexuality will be a major challenge of your adolescent and young adult years. You will have to learn to love someone so much that you won't use them for sex.

**5. Real Love chooses to save sex for marriage.**

Saving sex for marriage has to be a love choice. And it has to be a deliberate choice made by both partners in the relationship.

**6. Within marriage, sex is a sacrament—the Sacrament of Matrimony.**

The Sacrament of Matrimony is one of the seven special ways God chooses to be present in the every-day lives of a married couple. Sex in marriage is as holy as Baptism and Eucharist and all of the other sacraments.

## Corresponding Grade 9 PowerPoint Excerpts

# LUST

Sex for ME  
for Pleasure, Power, Passion

**Sexual Exploitation**  
**Sexual Abuse**



The PowerPoint slides serve as a guide for the lesson for both the facilitator and the participants.

# LOVE

Sex as a sign of  
**TOTAL COMMITMENT**

Sex as a **SACRAMENT**

Saint John Paul II  
*Theology of the Body*

