

are exposed to and influenced by this distorted image of sexuality. Theme Three provides an opportunity for them to examine the messages they are receiving and for teachers to begin speaking about the importance of modesty and chastity. As in the earlier grades, students are encouraged to deepen their understanding of the life-giving and loving dimensions of human sexuality and, as they get older and enter the later grades, to grow in their personal commitment to chastity.

Overview of Topics

- **Topic 1: Understanding Sexuality** — Theme Three begins with an opportunity for the students to reflect on sexuality as a fundamental dimension of human identity. In this topic, they explore some aspects of sexuality: sex, sexual characteristics, sexual identity, and sexual roles, as well as cultural influences on a person's understanding of sexual roles.
- **Topic 2: The Human Body** — Topic 2 provides a brief review of basic information about physical development during puberty, including primary sexual characteristics (fertility) and secondary sexual characteristics (external changes in the body). If needed, more detailed information is available in the form of Information Sheets in the teacher's material for Topic 2.
- **Theme Three Virtue: Modesty** — The virtue of modesty is highlighted at the beginning of Topic 3, *Stewards of the Body*. The focus is on modesty as the virtue that protects our dignity as persons, especially that which is private and intimate, and guides the way we present ourselves and behave.
- **Topic 3: Stewards of the Body** — In Topic 3, the students are encouraged to recognize the responsibility to care for themselves as body/spirit persons. Areas of responsibility highlighted in this topic include physical health (nutrition, exercise, sleep), sexual health (sexually transmitted and blood borne infections), and body image. Information Sheets on STBBIs are available in the teacher's material for Topic 3.
- **Topic 4: Attraction and Feelings** — Topic 4 provides the students with some basic information about the experience of sexual attraction and includes a brief discussion of same-sex attraction. Sexual feelings are also addressed in this topic, along with two delicate subjects, masturbation and pornography.
- **Topic 5: Relationships and Respect** — In the final topic of Theme Three, the students consider the importance of the habit of respect for the gift of sexuality and how it is demonstrated in attitude, speech, and behaviour. They also reflect on the decisions they face in the future and their responsibility to follow God's plan for human sexuality.