

# CHASTITY RESOURCES

If you have any questions about this material or additional resources that would be beneficial to this resource please feel free to contact us.  
(see below)

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*“Love can’t wait to give,  
lust can’t wait to get.”*

- Christopher West

Office for Youth & Young Adult Ministry

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(touch Ministries, click Youth & Young Adults)

Updated 11/11/05

# Chastity Resources

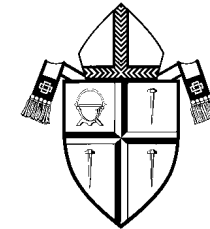
*for teen formation*



*“Some think that "chastity" simply means "not having sex." But that's mere abstinence: what you can't do and can't have. Chastity is more than that; it is about what you can do and have - right now: a lifestyle that brings freedom, respect, peace, and romance without regret.*

- Jason Evert

Office for Youth & Young Adult Ministry



**Diocese of San Diego**

## Resources from the

### Office for Youth & Young Adult Ministry

**Phone:** (858) 490-8260  
**E-mail:** [y-yaconnect@diocese-sdiego.org](mailto:y-yaconnect@diocese-sdiego.org)  
**Website:** [www.diocese-sdiego.org](http://www.diocese-sdiego.org)  
(touch Ministries, click Youth & Young Adults)

#### YouthLeader:

Our YouthLeader workshops occur four times a year and focus on training youth to be leaders in ministry and forming them in the vision of Jesus, helping them to make the connection between their Catholic faith and their actions in leadership. It is a gathering of teen leaders from parishes and schools around the diocese that includes prayer and worship, a guest speaker, activities, food and fun!

**Chastity Workshop date:** TBA

#### CYM In-service:

Chastity resources for our Youth Ministers and coordinators of Youth Ministry will be given at our Chastity education in-service.

**Date:** April 20th, 2006 at the Pastoral Center

### Office for Marriage & Family Life

**Phone:** (858) 490-8297  
**E-mail:** [cmattson@diocese-sdiego.org](mailto:cmattson@diocese-sdiego.org)  
**Website:** [www.diocese-sdiego.org](http://www.diocese-sdiego.org)  
(touch Ministries, click Marriage & Family Life,  
click Chastity Programs)

#### Mother/Daughter & Father/Son Chastity Education

(coordinator - Carmela Cavero, M.S., CNM)  
For 7th - 9th grade girls and their mothers or boys and their fathers offered in English and Spanish. The program explores the beauty and wonder of God's plan for growing up and becoming men and women.

**Place:** Hosted by parishes

**Date:** Check the website for future dates.

#### Purity in an Impure Age - Discovering God's Glorious Plan for Sexuality by Christopher West (DVD)

What is Christian purity? It is not what you think. Purity is not Puritanism. Nor is it prudishness. Christian purity is the ability to see the mystery of God revealed through the body and sexuality.

**www.christopherwest.com**

#### Contraception, why not? By Dr. Janet Smith (Audio Tape)

Ever wondered why the Church won't change its mind when it comes to condemning birth control? Dr. Smith's tape is a convincing explanation of the facts. **www.pureloveclub.com**

#### Breast Cancer, Abortion, and the Pill by Chris Kahlenborn, M.D. (Audio Tape)

Hear from an internal medicine specialist about the health consequences of abortion and the birth control pill. Learn how the Pill harms a woman's immune system, making her more likely to contract STDs like HIV. Dr. Kahlenborn explains what most gynecologists don't tell their patients about the connection between the Pill and cervical cancer, heart disease, and other potential side effects. **www.pureloveclub.com**

#### "Why NFP? Understanding Chastity in Marriage" (CD)

by Jason Evert

Chastity isn't just for teenagers. In this presentation Jason presents the benefits of Natural Family Planning and chastity within marriage. Great for talking to teens about the vocation of marriage. **www.catholic.com**

## Conferences:

#### Family honor Conference - for Chastity Teachers & Parents Guest Speaker: Cardinal Francis Arinze

**Date:** July 21 & 22, 2006 (occurs every other year)

**Place:** Jacksonville, Florida

**Website:** [www.familyhonor.org](http://www.familyhonor.org)

#### 10th Annual International Abstinence Leadership Conference - for teens & adults

**Date:** June 11-17, 2006 (occurs every year)

**Place:** New Orleans, Louisiana

**Website:** [www.abstinence.net](http://www.abstinence.net)

#### Theology of the Body Institute

**Date:** TBA (occurs every year)

**Place:** TBA

**Website:** [www.christopherwest.com](http://www.christopherwest.com)

## Diocesan offices...

### **On the Regulation of Birth** (*Humanae Vitae*)

Pope Paul VI's landmark encyclical addresses the Church's duty to safeguard human life against the threats posed by artificial birth control. The Holy Father reviews the doctrinal principles of conjugal love and responsible parenthood and emphasizes the inseparable aspects of union and procreation. [www.usccb.org](http://www.usccb.org)

**The Truth and Meaning of Human Sexuality** (*Guidelines for Education Within the Family*) The Pontifical Council for the Family provides guidelines to assist parents in the sexual education of their children. The Council urges parents to have confidence in their rights and duties regarding the education of their children, so as to go forward with wisdom and knowledge, knowing that they are sustained by God's gift. [www.usccb.org](http://www.usccb.org)

**Educational Guidance in Human Love** (*Outlines for Sex Education*) Examines the teaching of sex education as it affects the integral formation of a Christian. From the Congregation for Catholic Education. [www.usccb.org](http://www.usccb.org)

**Sex Has a Price Tag** (Video, DVD, CD or Book) *By Pam Stenzel*  
Written for Christian teens that may or may not be practicing abstinence. Soft cover, 160 pages  
[www.pamstenzel.com](http://www.pamstenzel.com)

## CDs & DVDs

**"How to talk to your teens about chastity."** (CD) *by Jason Evert*  
In this presentation to parents, Jason talks about why kids are sexually active & what can be done to prevent this. He offers 10 concrete tips to help preserve their innocence or to help them reclaim it. [www.catholic.com](http://www.catholic.com)

**Sex and the Modern Christian** *By Christopher West* (Tape or CD)  
Nobody explains Pope John Paul II's Theology of the Body better than Christopher West. In this two-tape set, West gives a life-changing address to the college students at Villanova University about God's plan for sex. Jason Evert says, "I can not recommend this tape enough, especially since his talk picks up where ours leaves off." [www.pureloveclub.com](http://www.pureloveclub.com)

**Romance without Regret** *by Jason Evert and Crystalina Padilla*  
(Available in video, audio tape, CD, and DVD)  
In this presentation to several hundred high school students, Jason and Crystalina offer straight answers to teens' toughest questions on dating, relationships, and how to have romance without regret. Through their humor, honesty, and powerful testimonies, the duo provides compelling reasons to pursue a life of purity, regardless of one's past. [www.pureloveclub.com](http://www.pureloveclub.com)

## Office for Social Ministry

**Phone: (858) 490-8323**

**E-mail:** [jhorejs@diocese-sdiego.org](mailto:jhorejs@diocese-sdiego.org)

**Website:** [www.diocese-sdiego.org](http://www.diocese-sdiego.org)  
(touch Ministries, click Social Ministry Office)

### **Culture of Life Family Services (COLFS)**

Culture of Life Family Services is on the forefront of Pro-Life work, establishing medical clinics that care for human persons during all stages of life, principally when they are most vulnerable, at the beginning of their lives and at the end. Services also include the latest in moral fertility care, psychological counseling, spiritual direction, Chastity education and more! This all encompassing ministry offers the most optimal solution to women in crisis pregnancies, as well as people in various stages of life who face the pressure of the culture of death, especially in medical related areas.

**COLFS Hillcrest Clinic: (619) 692-4401 Office: (858) 277-8354**

**550 Washington St., Suite 841, San Diego, CA 92103**

### **Pro-life coordinators**

Would you like to be a pro-life coordinator for your parish OR would you like to find out who is your Parish pro-life coordinator? Please contact the Office for Social Ministry.

### **Pregnancy Care Centers**

A list of centers and contact information is available through the Office for Social Ministry. The centers help girls and women surrounding a pregnancy and offer information on abortion alternatives.

## Diocesan Institute

**Phone: (858) 490-8212**

**E-mail:** [danderson@diocese-sdiego.org](mailto:danderson@diocese-sdiego.org)

**Website:** [www.diocese-sdiego.org](http://www.diocese-sdiego.org)  
(touch Ministries, click Diocesan Institute)

### **Course on Theology of the Body - coming soon!**

Faith education and theological formation, in English and Spanish, for adults seeking:

\*diocesan certification for ministry

\*enrichment for their faith life

\*continuing education in theology and pastoral ministry

## Christopher West

**Theology of the Body:** Pope John Paul II devoted the first major teaching project of his pontificate – 129 short talks between September of 1979 and November of 1984 – to providing a profoundly beautiful vision of human embodiment and erotic love. He gave this project the working title “theology of the body.”



**Seminars:** Christopher has written many books and articles on the topic of Theology of the Body. He gives classes, seminars, and a TOB institute in various locations around the country.

**Website:** [www.christopherwest.com](http://www.christopherwest.com)

*Includes articles, a store, free MP3 audio files, & more.*

**Contact:** Christopher's schedule and bookings are managed by **Janene DiBlasio**. If you would like to receive information about booking Christopher West for your parish or organization, send an e-mail message to [jdiblasio@ascensionpress.com](mailto:jdiblasio@ascensionpress.com), or contact by phone at **610-696-7795**. If you send e-mail or leave a voice message, please include your full name, organization name, mailing address, telephone number and e-mail address.

**Theology of the Body for Teens**  
*from Ascension Press*  
**available Fall 2006**



Christopher West & John Paul II

## Life Perspectives\*

Life Perspectives offers compassionate and engaging speakers that cover topics such as human life development, the realities of unplanned pregnancy, pregnancy options and abstinence, while encouraging healthy decision-making and responsibility. May be used in public or private school setting.



**Website:** [www.lifeperspectives.net](http://www.lifeperspectives.net)

\*located in San Diego

## Books

**Theology of the Body for Beginners** by Christopher West Soft cover 121 pgs. Here, he provides a short and popular summary of the Pope's revolutionary teaching. Theology of the Body for Beginners explores the profound interconnections between sex and the deepest questions of human existence, including: What is the meaning of life? Why did God create us male and female? How do I attain true happiness on earth? What kind of joys might await us in heaven? Why is there evil in the world and how do I overcome it? How can we experience the love we long for in the depth of our hearts?

[www.christopherwest.com](http://www.christopherwest.com)

**If You Really Loved Me: 100 Questions on Dating, Relationships, and Sexual Purity** by Jason Evert

This book is a collection of Jason's answers to the top 100 questions he receives from teens around the world. Questions include: How far is too far? How do I tell a guy "no" without hurting his feelings? How do you know when it's love? What's the number one STD? How do I forgive myself? And 95 others. If you're looking for straight answers to tough questions about love and lust, this one is for you.

[www.pureloveclub.com](http://www.pureloveclub.com)

**Pure Love** by Jason Evert

In an easy to read question and answer format, this 32-page booklet is a great introduction to the topic of chastity. Due to its popularity in youth groups, confirmation classes, and high schools, *Pure Love* was given to over 100,000 teens at World Youth Day in Toronto. [www.pureloveclub.com](http://www.pureloveclub.com)

**Pure Womanhood** by Crystalina Evert

In today's world, it's all too easy for a young woman to fool herself with lies about love. Every woman longs for love, but many have given up. In *Pure Womanhood*, Crystalina Evert restores a woman's hope. By her powerful testimony and blunt words of wisdom, she shows that real love is possible... regardless of the past. [www.pureloveclub.com](http://www.pureloveclub.com)

**Real Love (Book or Video Series)** by Mary Beth Bonacci, soft cover, 322 pgs

When it comes to dating and relationships, teens have questions. An internationally known speaker and author, Mary Beth addresses tens of thousands of teens every year, answering their toughest questions about dating, friendship, relationships, sexuality, and the real meaning of love.

[www.reallove.net](http://www.reallove.net)

**NFCYM:** National Federation for Catholic Youth Ministry

**True Love Waits:** A resource guide to chastity including a list of programs, encyclicals, books, and more.

**Website:** [www.nfcym.com](http://www.nfcym.com)

*(click Resources, click Pastoral Resource Areas, click True Love Waits)*



**Non-Catholic Resources**

**Pam Stenzel**

**Seminars:** Pam Stenzel tackles today's tough issues of sex with candor, insight, humor, and the challenge for young people to get the abstinence advantage.

**To book Pam & her team visit her website.**

**Website:** [www.pamstenzel.com](http://www.pamstenzel.com)

*Links, curriculum guides, resources, books & DVDs, Ask Pam, & more available.*



**Abstinence Clearinghouse**

The Abstinence Clearinghouse serves as an association for the abstinence community. The Clearinghouse is a non-profit educational organization that promotes the appreciation for and practice of sexual abstinence through distribution of age-appropriate, factual and medically-accurate materials. The Clearinghouse was founded to provide a central location where character, relationship and abstinence programs, curricula, speakers, and materials could be accessed. The Clearinghouse serves agencies and individuals on national, state and local levels, as well as internationally.

**Website:** [www.abstinence.net](http://www.abstinence.net)

**lovematters.com**

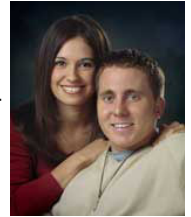
**Website:** [www.lovematters.com](http://www.lovematters.com)

*Free pro-life/chastity newspaper, forums, Dr. Laura's Love Test, celebrity endorsements, links, store & more.*



**Jason and Crystalina Evert\***

**Seminars:** What can save the marriages of tomorrow? In an age in which the media tells young people that they cannot - and need not - control themselves sexually, Jason and Crystalina's message to students from junior high school on up is challenging, entertaining, encouraging, and healing. Get the healthy and correct Catholic male and female perspectives on living chastely, as you listen to their life-changing message.



To book Jason & Crystalina call Catholic Answers at **1(619)387-7200**, and ask for the **Seminar Coordinator**.

**Website:** [www.pureloveclub.com](http://www.pureloveclub.com)

*Includes chastity Q & A, Chastity Store (clothing, videos, commitment cards, etc.), Research Facts, etc.*

**Contact:**

Catholic Answers, 2020 Gillespie Way  
El Cajon, CA 92020  
Main: **(619) 387-7200**  
Website: [www.catholic.com](http://www.catholic.com)



Bands available at [www.pureloveclub.com](http://www.pureloveclub.com)

\* Located in San Diego

## The Goretti Group\*

**Seminars:** The Goretti Group Speakers Bureau consists of dynamic speakers who vary in age, style, fee and location. It is designed to deliver the message of purity to audiences with varying perspectives and needs.



**Website:** [www.thegorettigroup.org](http://www.thegorettigroup.org)

*Includes frequently asked questions, information training seminars, chastity events throughout the Diocese, chastity resources, newsletter, etc.*

### Training & Education:

Chastity Promoters Training available

**Contact:** E-mail: [angelacking@thegorettigroup.org](mailto:angelacking@thegorettigroup.org)

*The Goretti Group is a department of the  
Culture of Life Family Services (COLFS)\**

*Promoting a culture of life by improving the spiritual, physical  
and social health of the community.*

[www.colfs.org](http://www.colfs.org)

\* Located in San Diego (Please see page 2)

## Sex Respect

**Seminars:** Coleen Mast's Sex Respect® educational program is a positive down-to-earth program designed to provide teens with information and help them develop attitudes that have been overlooked by many other secular sex education programs. Suitable for public school.



**Website:** [www.sexrespect.com](http://www.sexrespect.com)

*Includes program information, store, and more.*

**Contact:** To have Coleen give a presentation on Modesty Fashions or Abstinence topics for your school, group or church, please call Dr. Coleen Kelly Mast Respect, Inc. toll free at **1-877-673-7732**.

## Real Love Inc.

**Seminars:** Mary Beth Bonacci speaks on numerous topics -- from dating and relationships, to raising chaste teens, to living as a single adult.



**Website:** [www.reallove.net](http://www.reallove.net)

*Brochures, videos, books, & articles available.*

### Contact:

If you're interested in bringing her to your area to speak, please contact:

**Real Love, Inc.**

191 University Blvd. #335

Denver, CO 80206

Telephone: 888-NO PIZZA (888-667-4992)

E-mail: [invite@reallove.net](mailto:invite@reallove.net)

*"We believe that we find real, authentic love through understanding our dignity as male and female -- created in the image and likeness of God -- and through respecting our Creator's plan for the beautiful, powerful gift of human sexuality."*

## Family Honor

Family Honor is a non-profit Catholic organization. They were created to help provide opportunities for parents and children to connect on important life values, with a special emphasis on chastity and the goodness of God's gift of sexuality.



**Website:** [www.familyhonor.org](http://www.familyhonor.org)

*Programs, training, events, resources, and more.*

### Contact:

2927 Devine Street, Suite 130

Columbia SC 29205

Toll Free : **1 (877) 208-1353**

Fax: **1 (803) 771-2379**

Email Address: [famhonor@aol.com](mailto:famhonor@aol.com)