



## St. Matthew Youth Ministry 8<sup>th</sup> & 9<sup>th</sup> Grade Growing Up Sexually Series

We are pleased to offer the *Growing Up Sexually* series as part of our 8<sup>th</sup> and 9<sup>th</sup> grade curriculum this year. This course explores the physical, emotional, and social changes that occur during puberty, and it offers adolescents a Catholic moral perspective on their emerging sexuality.

*Growing Up Sexually* affirms the U.S. Bishops' document *Sexuality: A Catholic Perspective for Education and Lifelong Learning*, which states that "blending moral and values-based formation with clear and factual information is the best approach to sexuality education."

It is our hope that the *Growing Up Sexually* course helps you, as parents, educate your children regarding sexuality from the Church's perspective. The course will be presented to 8<sup>th</sup> and 9<sup>th</sup> grade students after the winter break. Before the course begins, we will send you a list of the class dates and the specific topics for each class session. This will help you know what is being discussed in class and assist you in continuing these conversations at home. We strongly encourage you, as parents, to talk about the program with your child as they progress through it.

We invite you to contact us in the Youth Ministry Office if you would like to review the course books and lesson plans. You are also welcome to contact us at any time with any questions or concerns you may have about the program at (951) 272-3520 or [aquintero@sbdiocese.org](mailto:aquintero@sbdiocese.org).

Please complete and return the following permission slip for the *Growing Up Sexually* course with your Youth Ministry registration forms. If you choose not to have your child participate in the course, please contact us so that we may discuss alternative options for your youth.

We thank you for your continued support of the Youth Ministry Program.

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**Please return this permission slip with your registration forms.**

### 8<sup>th</sup> & 9<sup>th</sup> grade *Growing Up Sexually* Series

Name of Youth: \_\_\_\_\_  
has my permission to participate in the *Growing Up Sexually* course.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date