**Sample  
These Are Our Bodies: Talking Faith & Sexuality at Church &   
Home Registration Form**

For Grades XX–XX

Dates: (insert overall dates and times of the program)

Schedule: (insert more detailed schedule, being sure to include the parents’ session)

Very Important: Parents and participants should plan to attend all of their sessions!

Participant Name:

Address:

Birth date: Grade: Gender:

Parent Phone Number(s):

Name(s) of Parent(s) or Guardian:

Parent(s) E-mail Address:

Name(s) of Siblings and Their Ages:

Please tell us about your child on the back of this form. Mention anything that will help us in working with them.

Registration is due: (insert deadline). Please register early so that we may accommodate as many participants as possible!

A fee of (insert fee if applicable) to cover cost of supplies is due with this registration.

* Please make your check payable to: (insert name of church).
* Please mail to: (insert address of the church).

**Sample Family Letter or E-mail**

Dear Family,

Our church is offering These Are Our Bodies: Talking Faith & Sexuality at Church & Home to our high school children. It is a program developed by Church Publishing Incorporated that is based on the needs of both high schoolers and their parents. To honor and lift up parents as the primary sexuality educators to their children, the program involves parents as an integral part of the program.

The program is a developmentally appropriate, creatively interactive, faith-based approach to sexuality that places human sexuality in the context of spirituality. Direct and indirect teaching around concepts such as God’s creation, Scripture, and sexuality as a gift from God are intertwined throughout the sessions. Conversations and teaching around the stewardship of gifts, responsible behavior, and God’s grace and love abound in this program.

Topics of discussion include but are not limited to:

For Participants:

* Made in the Image of God
* Body Image
* Self-Image and Media
* Love
* Friendship and Infatuation
* Relationships
* Communication
* Biological Sex, Gender Identity, Gender Expression, Romantic Attraction, and Sexual Attraction
* Affirmative Consent
* Sexual Harassment
* Sexual Violence and Abuse
* Sexually Transmitted Infections
* Contraception
* Facts and Myths around Sexuality
* Decision Making
* Listening Skills
* Value Clarification

For Parents:

* Understanding Sexuality
* Scripture and Parenting
* How to Answer Your Child’s Questions
* How to Listen

The Schedule for the Sessions: (insert schedule)

How to Register: (describe how you will accept registrations)

**These Are Our Bodies: Talking Faith & Sexuality at Church & Home  
Weekly E-mails**

Sending weekly progress e-mails will keep parents in the loop and hold the lines of communication open should any issues arise in family discussions. These e-mails should go to the parents or caregivers of the participants each week (and if you’d like, to the youth, too, so that this is a ministry with them not to them).

First Week E-mail—Before Session 1 (the joint parent and youth session)

Dear \_\_\_\_\_\_\_,

We’re looking forward to seeing you this week for These Are Our Bodies. A reminder we are meeting on [date] at [time] in [location].

Parents, it would be great if you have taken a look at the Foundation Book before you come so you’re ready for some of the topics we will discuss.

Youth, please bring your questions about sexuality and spirituality with you. We are beginning a discussion and we need your input!

See you all soon!

**Second Week E-mail—Between Sessions 1 and 2**

Dear \_\_\_\_\_\_\_\_,

Thank you so much for coming to our combined parent and youth session last week. We hope it was helpful to you all. Have the RESPECT guidelines affected how you communicate as a family?

During this week’s session we will develop a shared vocabulary around sexuality. That means there will be some loaded words used. It is our hope that we can build comfort around these topics so that the youth can grow deeper in their understanding of their personal theology concerning sex and sexuality.

Just a reminder we are meeting on [date] at [time] in [location].

See you all soon!

**Third Week E-mail—Between Sessions 2 and 3**

Dear \_\_\_\_\_\_\_\_,

During the last session your youth discussed the power of words and how to choose their words so that we “let no evil come out of [our] mouths” (Ephesians 4:29). This week, talk with your youth about how your family can use more grace-filled words with each other.

In the next session the youth will discuss their values and where they come from. How do you decide what is good and bad, right and wrong? How do you help your child learn how to make those decisions?

Just a reminder we are meeting on [date] at [time] in [location].

See you all soon!

**Fourth Week E-mail—Between Sessions 3 and 4**

Dear \_\_\_\_\_\_\_\_,

During the last session your youth discussed their values and how you (as their parent), their friends, the media, and God affect what they believe and how they act. How does your family define “Christian values” and what emphasis do you place on following those in your home?

In the next session the youth will discuss different forms of self-identification and orientation. In what ways do you positively embrace the personality traits and identity of your child?

Just a reminder we are meeting on [date] at [time] in [location].

See you all soon!

**Fifth Week E-mail—Between Sessions 4 and 5**

Dear \_\_\_\_\_\_\_\_,

During the last session your youth discussed identity and orientation. We talked about how we present ourselves to the world and what we keep to ourselves. Each youth made a mask to represent those things; perhaps they’ll be willing to share it with you. How can your family make everyone feel welcome in your home, just as they are?

In the next session the youth will discuss body image. Sometimes it feels like we could all use help loving our bodies as the beautiful, capable creations they are. How can you outwardly show your child the inner grace you have received as a beloved child of God?

Just a reminder we are meeting on [date] at [time] in [location].

See you all soon!

**Sixth Week E-mail—Between Sessions 5 and 6**

Dear \_\_\_\_\_\_\_\_,

During the last session your youth discussed body image. When we read the story of Adam and Eve hiding from God in the Garden of Eden, we talked about how we learn shame and why we hide certain aspects of ourselves from the world. What would it take for each member of your family to be comfortable in their own skin?

In the next session the youth will discuss relationships and communication. All forms of relationships from friendships to adult–child mentorships to romantic relationships will be discussed. How have you modeled healthy relationships for your children?

Just a reminder we are meeting on [date] at [time] in [location].

See you all soon!

**Seventh Week E-mail—Between Sessions 6 and 7**

Dear \_\_\_\_\_\_\_\_,

During the last session your youth discussed relationships and communications. We talked about what it means to love—not the Hallmark kind of love, but the kind of love that God calls us to with everyone. Talk with your youth about what it is like to be fully known and fully loved by someone.

In the next session the youth will discuss sexual health. Many of your kids will have received some form of this at school (or maybe even from you). We won’t be going into too many details; instead, we will help them build a toolkit of resources and people they can talk with to get correct and helpful information. Where do you go to get answers to questions your kids ask?

Just a reminder we are meeting on [date] at [time] in [location].

See you all soon!

**Eighth Week E-mail—Between Sessions 7 and 8**

Dear \_\_\_\_\_\_\_\_,

During the last session your youth discussed sexual health. We talked about why it sometimes feels like adults keep telling them the same thing over and over again. Jesus did the same thing to his disciples! How can you help your youth close the gap between listening and understanding? What questions do they need to take with them the next time they go to the doctor (and will you be in the room when they do)?

In the next session the youth will discuss how to respect the dignity of every human being. This will require an evaluation of decision-making skills and their ability to affirm and support their peers as they make good decisions about their lives. How can you be a parent who listens first and supports your child as they learn to make good decisions?

Just a reminder we are meeting on [date] at [time] in [location].

See you all soon!

**Ninth Week E-mail—Between Sessions 8 and 9**

Dear \_\_\_\_\_\_\_\_,

During the last session your youth discussed respecting the dignity of every human being. The life of a high school student is filled with opportunities to build other people up. But sometimes we choose to sit and watch that opportunity pass us by. Hindsight is 20/20. Is there a time from your youth where you made the wrong decision? Can you share that story with your child to help them understand that there are no mistakes that God doesn’t forgive?

In the next session the youth will discuss the big question: how will I know when I am ready? They will be building their own “Theology of Sexuality” and discussing how their trust and relationship with God affects their sexuality and their actions as a sexual being. Have you thought about your personal “Theology of Sexuality”? How have you reconciled your thoughts about God and sex?

Just a reminder we are meeting on [date] at [time] in [location].

See you all soon!

**Final E-mail—After Session 9**

Dear \_\_\_\_\_\_\_\_,

During our last session together your child began to put all the pieces of these sessions together into a personal theology of sexuality. These will be different for each person and include how they relate to other people, how they see themselves, and how their relationship with God affects their lives. We hope they are able to articulate what they know and have the resources to find the necessary assistance with the things they don’t know.

If there are other questions you have about this program or any follow-ups you’d like to see happen, please let us know.

See you all soon!