

Resources

Catechism of the Catholic Church

Paragraphs 2337-2350 discuss chastity as a virtue that integrates sexuality with the whole person, giving the freedom to make a gift of self in any walk of life.

Love and Responsibility by Karol Wojtyla (St. John Paul II)

A personalistic study of love and sexuality based on his extensive pastoral experience with married couples, which went on to inform his theology of the body.

Chastity Project

chastity.com

Speakers and resources that form young people to live chaste relationships.



About

LoveMeansMore.org is an online resource organized to help anyone navigate the complex web of questions about marriage, family, sexuality, and the human person.

Love means **more.**

Learn more about
chastity at
LoveMeansMore.org



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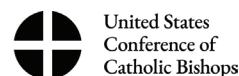
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Chastity For Parents

Love means **more.**



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Living chastely so we can love others (and ourselves) well

Chastity is the virtue that frees a husband or wife to make a total gift of self to his or her spouse, according to:

- A) the other's objective beauty, and
- B) the mode of the relationship.

When those two factors govern the loving act, he or she can act with integrity across the whole range of human relationships, so that the same man or woman can love a variety of people in all states of life (strangers, friends, or spouse) without interior contradiction.

Questions about chastity

Is it possible to live by a standard as difficult as chastity?

Yes. The virtue of chastity frees us to love others for their own sakes. It keeps us from using others, which can be easy to do, if only because their appearances happen to satisfy our subjective preferences.

Does chastity only involve sex?

No. Chastity enhances both faithfulness to a spouse and the ability to be friends with others, because it means integrating respect for the other into every aspect of life. All relationships between embodied people are sexual in some way. The term can cover more than just the specific set of activities informally referred to by the word "sex".

Isn't chastity just a "no", at least when it comes to sex?

Chastity is a "no" in service of a "yes". That "yes" is the gift we make of ourselves to others, unlike puritanism (which wrongly views sex as bad) or abstinence (which is a good guard against misuse, but not an end in itself).

How to T.A.L.K.

- **Tone** it down: Discussions about chastity should take place over time in low-pressure settings where the focus is conveying information and experience. Stay calm, and if they should start to raise their voices, don't match their tone.
- **Assume** the best intentions: Most kids don't start out with a militant desire to live contrary to the truth. If they push back, even if what they're saying is wrong, consider that multiple pressures could be influencing their opinions. Try to identify how those pressures impact their ideas.
- **Limit** your claims: Avoid using generalizing words like "always" and "never". Don't over-promise on the benefits of chastity. Life is hard even for those who succeed!
- **Keep** to the issue: Don't get sidetracked talking about other beliefs or a controversial celebrity; focus on the topic of chastity.

And don't forget to listen to their experiences too!