

Raising Children of Light



“walk as children of light”

A PARENT GUIDE FOR PRO-LIFE FORMATION

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“Raising Children of Light is an excellent resource for parents. The classification of various trustworthy resources according to the ages of children, together with the helpful information about the theme of the resource, the recommended use, and the manner in which parents can obtain the resource allow parents to provide appropriate guidance about the sacredness of human life at each stage in their children’s lives. May God reward and bless [this] apostolic work on behalf of human life!”

His Eminence Raymond Leo Cardinal Burke
Cardinal-Priest of Sant’Agata de’ Goti



Dear Parents,

St. Paul encouraged the Church in Ephesus “*to learn what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them*” (Ephesians 5,10-11). Among the most destructive works of darkness both two thousand years ago and today is the hidden evil of abortion. Exposing our young ones to the challenges of the world does not follow an exact timeline since a warning given too soon can cause harm. Teaching our children about abortion and related issues, therefore, is primarily a parent’s responsibility.

For this role, parents deserve to

- 1) know about available resources,
- 2) know approximately when to share them, and
- 3) be encouraged to do it.

Here is a guide to help you with all three. I am very grateful to the St. John families who initiated this endeavor and worked to see it brought to completion. The recommendations on this list are based on real live trial & error from family life. It is not an exhaustive list. There are more resources both old and being developed which may be even better for your family. Please use this parent guide for pro-life formation as a springboard for raising confident and compassionate pro-life adults.

When your sons and daughters know the truth about abortion, they will see some of what is at stake in our culture. As children of light they will understand better why we approach our Blessed Mother “mourning and weeping in this vale of tears” and ask her to turn her sweet eyes towards us and to show us in heaven the blessed fruit of her womb.

Our Lady, Seat of Wisdom, *pray for us.*

St. Joseph, *pray for us.*

St. John Bosco, *pray for us.*

God bless you!

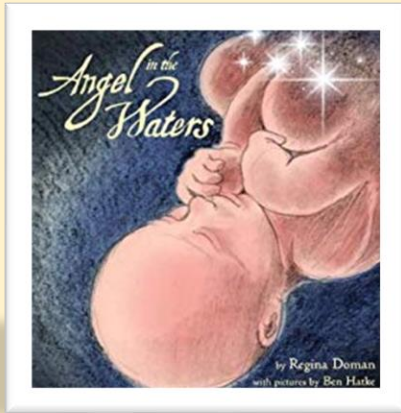
Rev. Christopher J. Pollard

RATED “G”

RESOURCES FOR TODDLERS THROUGH AGE 8

Keeping it positive. Goodness of Life in the womb, big families, helping pregnant mothers. Begin self-protection from pornography at 8-10. Importance of parents being engaged in this battle through prayer and/or corporal works of mercy because when your child learns the truth, he will ask what you have been doing about it.

STORIES

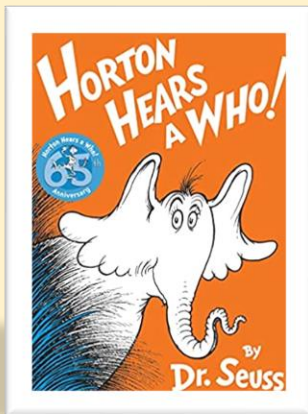


Angel in the Waters

by Regina Doman

- **Principle:** Life begins at conception.
- **Format:** Picture book story in which baby talks to his guardian angel (46 pages)
- **Recommended use:** Read aloud to child in one sitting, and independent reading; give hard copy to toddler when his mom is expecting again.
- **Order** book from Sophia Institute Press

<https://www.sophiainstitute.com/products/item/angel-in-the-waters>



Horton Hears a Who

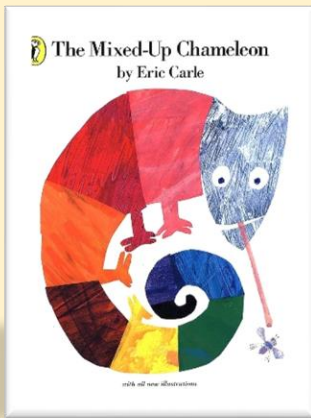
by Dr. Seuss

- **Principle:** A person's a person no matter how small.
- **Format 1:** Picture book of an elephant defending the existence of hidden life to skeptical and antagonistic peers (60 pages)
- **Format 2:** Animated film rendition of the story (25 minutes)

https://www.youtube.com/watch?v=ie-zLW_OGyk

- **Recommended use:** Read aloud to children 3 years old and up. Enjoy the film with your child or have them watch it independently.
- **Order** book from Amazon or other book-selling service:

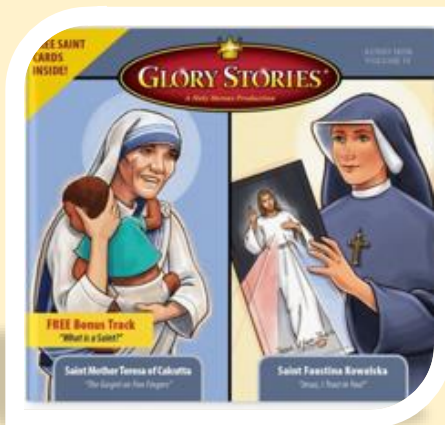
[Amazon.com: Horton Hears a Who! \(8580001050164\): Dr. Seuss: Books](https://www.amazon.com/Horton-Hears-a-Who!/dp/B000000000)



The Mixed-Up Chameleon

by Eric Carle

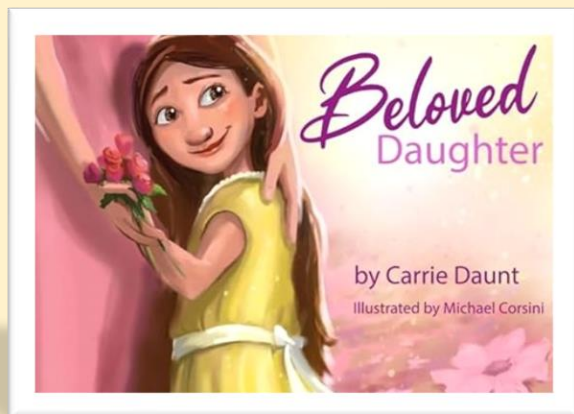
- **Principle:** Be who you are; living in accord with your biology is vital
- **Format:** Whimsical picture book exploring, “What if a chameleon could change more than its color?”
- **Recommended use:** Read aloud to toddlers.
- **Order** book from Amazon or other book-selling service
<https://www.amazon.com/Mixed-Up-Chameleon-Board-Book/dp/0694011479/>



Glory Stories: Volume IV The Gospel on Five Fingers

by Catholic World Mission

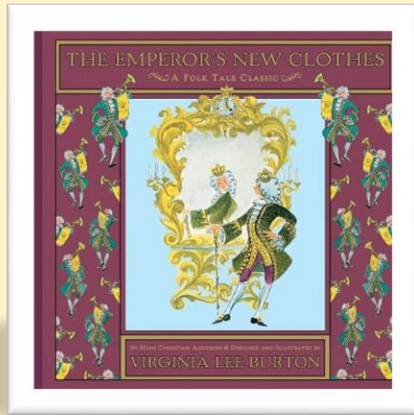
- **Principle:** God cares about every single human life.
- **Format:** Audio dramatization of the life of Mother Teresa of Calcutta (35 minutes)
- **Recommended Use:** Listen in the car with your children of all ages.
- **Order** CD from Holy Heroes
<https://holyheroes.com/products/glory-stories-cd-vol-4-st-teresa-of-calcutta-st-faustina-kowalska>



Beloved Daughter

by Carrie Daunt

- **Principle:** You are a Child of God, Chosen, loved, accepted, delightful etc.
- **Format:** Picture book featuring 1 attribute and scripture verse per double page with accompanying illustrations.
- **Recommended use:** Read aloud with toddlers. Give as gift to girls of all ages.
- **Order** book from Heart of the Holy Family Publishing
<https://heartoftheholypublishing.com/books>



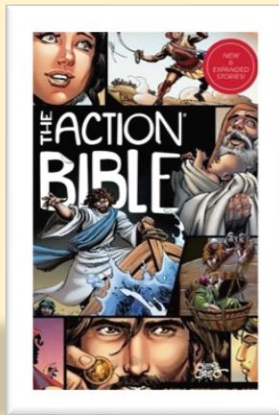
The Emperor's New Clothes

by Hans Christian Anderson

illustrated by Virginia Lee Burton

- **Principle:** Truth exists.
- **Format:** Picture book of a lad stating the obvious after deceivers fool his emperor
- **Recommended use:** Read aloud to 4-year olds and up.
- **Order** book from Amazon or other book-selling service

<https://www.amazon.com/Emperors-Clothes-Folk-Tale-Classics/dp/0544159527/>



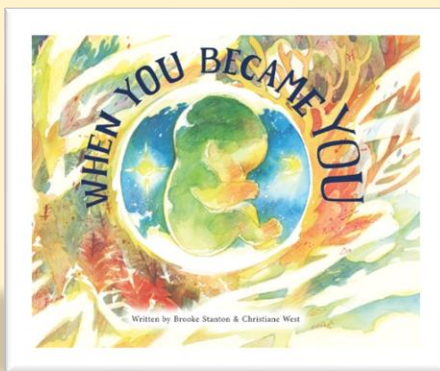
The Action Bible: God's Redemptive Story

Illustrated by Sergio Cariello

- **Principle:** God creates, man falls, God redeems.
- **Format:** Hardback 832 pages. Comic-strip style text and illustrations.
- **Recommended use:** Read all the stories over time with children. To emphasize God's love of newborns, read episodes "Baby in the Basket" about baby Moses based on Ex. 1:1 – 2:10 and "Flight in the Night" about baby Jesus based on Matthew 2:12-18. Give it as a First Communion gift and let children take their time looking through and reading it.
- **Order** book from Amazon or other book selling service.

<https://www.amazon.com/The-Action-Bible/dp/083077744X>

LESSONS



When You Became You

by Brooke Stanton and Christiane West

- **Principle:** You are a human being at every stage of life
- **Format:** Instructive children's picture book with whimsical and accurate illustrations
- **Recommended use:** Read aloud to children 5 and up, or once they have been introduced to science as an academic subject. Enjoy pointing to the illustrations and adding age-appropriate explanations. Give hard copy as a gift to young children or parents.
- **Order** book from Mascot Books via Contend Projects home page or under "The Science" tab: <http://contendprojects.org>



Philo and Sophie: Philosophy for Children

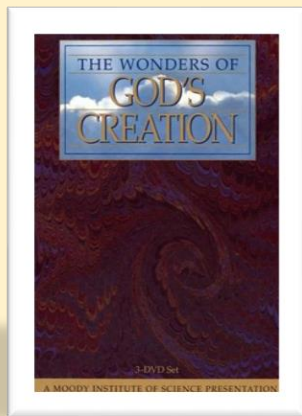
by Healing the Culture

Principle: Some choices lead to happiness, some choices lead to unhappiness (Ethics); everyone has value (Justice); Truth exists, contradictions don't make sense (Logic).

Format: 9 multimedia lessons: Video (10-14 min), Guided Conversation (10 min), Activity (12 min) ~ 40 min per lesson.

Recommended Use: Parent, grandparent or teacher read and follow prepping instructions (review words to know and print up activity pages). Enjoy the video, conversation, and follow-up activity with children 3-7 years old (Pre-K-2nd grade).

Register for free materials: www.philoandsophie.org



The Wonders of God's Creation - Human Life: Crown of Creation By Moody Publishers

- **Principle:** All of nature is wonderful but human life is the pinnacle.
- **Format:** Narrated documentary with high quality footage (60 minutes)
- **Recommended Use:** When a child asks about a baby in his mother's womb, you can view together 4 minutes of the film, from 7:02 to 11:07. The whole film is rated G, so enjoy according to child's attention span.

• **Watch** www.youtube.com/watch?v=FBGZatl7GKk

• **Order DVD** from Moody Institute Website

<https://www.moodypublishers.com/the-wonders-of-gods-creation/>



Precious One

By Heritage House

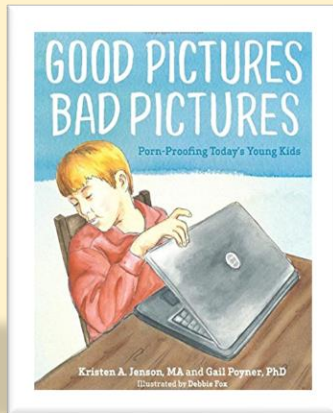
- **Principle:** Pregnancy = tiny baby in the womb of the mother
- **Format:** Pink rubber model of fetus aged 11 to 14 weeks
- **Recommended Use:** Offer to children during Joyful Mysteries of the Rosary and when explaining pregnancy. Offer to older teens to hold for comfort.

• **Order** from Heritage House

<https://www.pro.life/cat/FetalModels/814WeekModels/66>

• **Warning:** Shipping costs more than the item so a group purchase might be the wise choice.

PARENTS



Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids

By Kristen Jenson and Gail Poyner

Illustrated by Debbie Fox

- **Principle:** Recognition and rejection of pornography
- **Format:** A comfortable, read-aloud story about a mom and dad who teach their child what pornography is, why it's dangerous, and how to reject it. Using easy-to-understand science and simple analogies, this ground-breaking book engages young kids to porn-proof their own brains (40 pages)
- **Recommended Use:** Read aloud before your child might be exposed to pornography.
- **Buy book at** <https://www.defendyoungminds.com/product/good-pictures-bad-pictures>



The Birds and the Bees Online Course

by Mary Flo Ridley & Megan Michelson

- **Principle:** Parental privilege and duty to train one's children in sexual beauty and boundaries
- **Format:** ten 3-13 minute videos plus a 40-page Discussion Guide. Topics include: Creating a family message about sex, using respectful vocabulary, the story of birth, protecting our kids from pornography, reproduction - seeds & eggs, explaining conception, practical ways to continue the conversation, and FAQ
- **Recommended Use:** Parents watch videos, read the Discussion Qs, and initiate and seize teachable moments.
- **Purchase** from <https://birds-bees.com/>

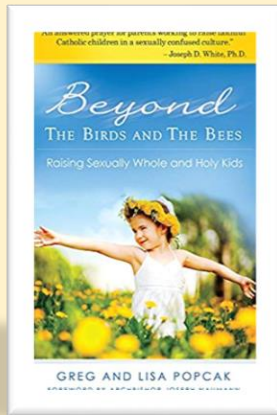


Helping Our children Navigate Gender Ideology: The Elementary Years

by Cana Vox

- **Principle:** All children have a mother and a father. Fathers and mothers love children differently
- **Pedagogy:** 1. Speak of moral issues in natural law terms, 2. Establish the habit of having private talks with children, and 3. Speak age appropriately.
- **Format:** 25-minute video by Dr. Samuel presenting principles, scenarios, and sample conversations
- **Recommended Use:** "Better a year too early than 5 minutes too late" (CanaVox) All parents watch video and seize teachable moments.

- **View** video at <https://canavox.com/videos/helping-our-children-navigate-gender-ideology-the-elementary-years/mature/>



Beyond the Birds and the Bees

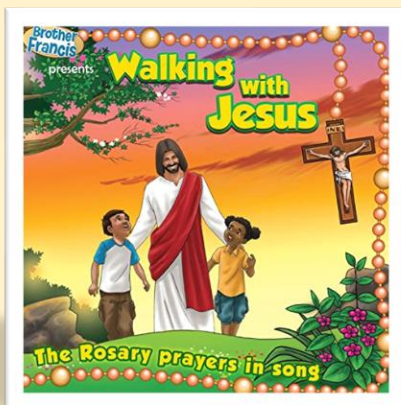
Chapter 8: Some Common Questions and Concerns

By Greg and Lisa Popcak

- **Principle:** Raising sexually pure children begins early and is possible and worth the effort; God’s plan for marriage; parental responsibility for gradual and prudent sex-ed
- **Format:** Catholic psychologists offer guidance and vocabulary to help parents communicate sexual morality in a perverse culture without scarring childhood innocence (275 pages)
- **Recommended Use:** Parents read together while children are pre-school age, but it’s never too late.
- **Order** book from Ascension Press

<https://shop.ascensionpress.com/products/beyond-the-birds-and-the-bees-raising-sexually-whole-and-holy-kids>

PRAYER



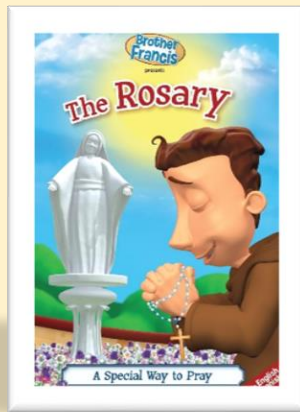
Walking with Jesus: The Rosary Prayers in Song

By “Brother Francis”

- **Principle:** The rosary-inspired songs allow children to praise God even before they know how to pray the Rosary.
- **Format:** Audio with prayers of the Rosary set to music and a meditation for each set of mysteries (40 minutes)
- **Recommended Use:** Not a CD for praying the Rosary per se, but for listening in the car or during “quiet” playtime at home
- **Listen** or **Download** on Amazon Music at

<https://www.amazon.com/Walking-Jesus-Rosary-Prayers-Song/dp/B00BI75UPO>

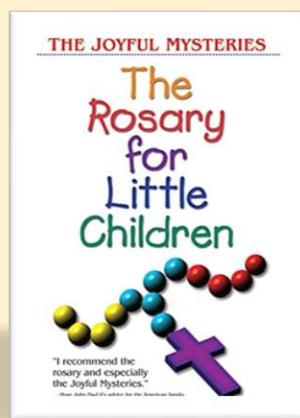
- **Listen** on FORMED.org at <https://watch.formed.org/walking-with-jesus-the-rosary-prayers-in-song>



Brother Francis - The Rosary: A Special Way to Pray

By "Brother Francis"

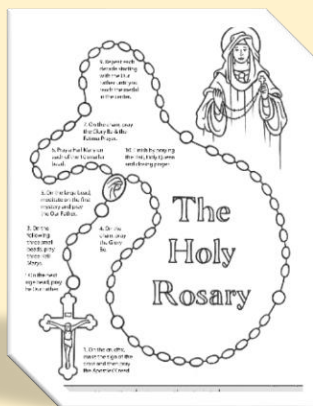
- **Principle:** The Rosary is a captivating way to help children use their hearts and minds in prayer
- **Format:** Fun animated introduction to why and how we pray the Rosary (25 minutes)
- **Recommended Use:** Useful for teaching young children age 5 to 10 before expecting them to pray the whole rosary.
- **Order DVD** on Prime Video at bit.ly/BrotherFrancisRosary
- **Watch** on FORMED.org at <https://watch.formed.org/videos/the-rosary-a-special-way-to-pray>



The Joyful Mysteries: The Rosary for Little Children

By Vision Video

- **Principle:** Jesus grew from conception to age 12; Pregnancy is exciting and scary and it's good to help pregnant moms
- **Format:** Interactive sing-a-long with simple filming techniques blending sacred art images with footage of children playing and praying
- **Recommended Use:** Play video while toddlers to preteens tidy rooms, fold laundry, etc.
- **Order DVD or Watch** on Prime Video at www.amazon.com/Rosary-for-Little-Children/dp/B000AXFST0
- **Warning:** The dated attire and low quality video might be a turn off for children accustomed to current trends in technology.



Rosary Coloring Pages

By TheCatholicKid.com

- **Format:** Individual coloring pages for each of the mysteries.
- **Recommended Use:** Download and print for children to color during family rosary time.
- **Download** the PDFs <http://www.thecatholickid.com/category/catholic-coloring-pages/rosary-coloring-pages/>

RATED “PG”

RESOURCES FOR GRADES 4 THROUGH 6

Continuation of the positive and introduction to the tragic, especially through Literature. Medicine for saving life. Overcoming all challenges with God in a deep spiritual life. Beginning Logic. Preparing for Puberty.

STORIES

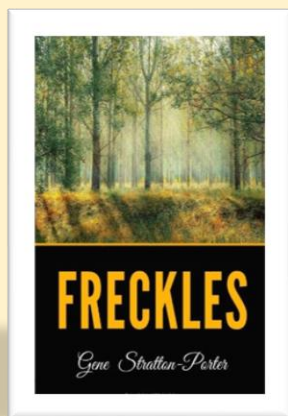


The Mitchells: Five for Victory

by Hilda Van Stockum

- **Principle:** Joy of childhood; the difference love can make in a person’s life; the children are selfless
- **Format:** Chapter book story, based on author’s life in DC, 1940s (236 pages)
- **Recommended use:** Read aloud to child chapter by chapter, and independent reading.
- **Order** book and sequels from Bethlehem Books

<https://bethlehembooks.com/series/mitchells-series>

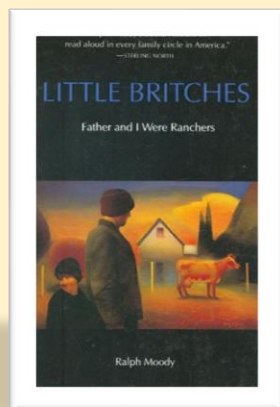


Freckles

By Gene Stratton Porter

- **Principle:** Stewardship of nature and beauty; inherent dignity of orphans and the disabled
- **Format:** Novel set in America, early 1900s; mystery, adventure, and romance (211 pages)
- **Recommended Use:** Read aloud to whole family; independent reading for children 12 and up. Some encounters with crime, mystery solving, and a fire tragedy.
- **Order** book, Kindle, or Audiobook

<https://www.amazon.com/Freckles-Gene-Stratton-Porter/dp/1087298083/>



Little Britches: Father and I Were Ranchers

By Ralph Moody

- **Principles:** Resilience of family; hard case: mother of several children suddenly widowed, no insurance, savings etc; entrepreneurship
- **Format:** Autobiographical chapter book (260 pages)
- **Recommended Use:** Read aloud to whole family, independent reading when child is ready for sad death of father. Sequel *Man of the Family* is also highly recommended.
- **Order** novel or *Little Britches Series* from Amazon

<https://www.amazon.com/Little-Britches-Father-Were-Ranchers/dp/0803281781>

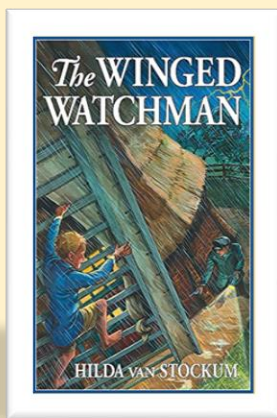


**Littlest Suffering Souls:
Children Whose Short Lives Point Us to Christ**

By Austin Ruse

- **Principle:** Hard cases; value of every human life; Down-syndrome, severe medical complications, relationship with Jesus during childhood
- **Format:** Narration of inspiring stories of children including one St. John the Beloved Parish family story, Margaret Leo (130 pages)
- **Recommended Use:** Read aloud to children 7 years or older.
- **Order** book from TAN

<https://tanbooks.com/products/books/other/ebooks-audiobooks/littlest-suffering-souls-children-whose-short-lives-point-us-to-christ-ebook/>



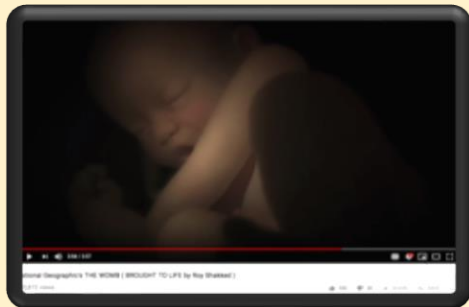
The Winged Watchman

By Hilda van Stockum

- **Principle:** Love for neighbor; welcoming strangers; adopting babies at risk.
- **Format:** Historical fiction chapter book taking place during WWII in Holland; Gentle introduction to Nazi themes (191 pages)
- **Recommended Use:** Read aloud to whole family; independent reading.
- **Order** novel from Bethlehem Books

<https://bethlehembooks.com/winged-watchman-ad-719?sku=7-P>

LESSONS



Brought to Life: National Geographic's The Womb

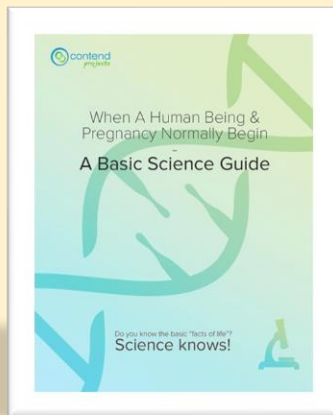
Music by Roy Shakked

- **Principle:** Fetology
- **Format:** Video of fertilization and embryo growth filmed by a fetoscope from National Geographic's *In the Womb*, set to dramatic instrumental music (4 minutes)
- **Recommended Use:** Show to children about 3rd or 4th grade when beginning to learn life sciences.
- **Watch** <https://vimeo.com/56742451>



Newborn 3 Month Miracle Baby

- **Principle:** Viability of second trimester babies, life support technology, dedication of parents
- **Format:** Dad's home video of hospital visits. Baby son born 3 months early, connected to life support - surviving and thriving (6 minutes)
- **Recommended Use:** Watch with children 10 years or older; infant on life support images can be startling to some children. Seize teachable moment when pregnancy, childbirth, medical technology, or abortion comes up.
- **Watch** short video <https://youtu.be/64WkN17WeJw>

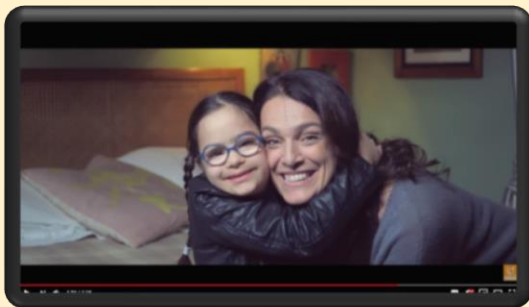


A Basic Guide to When a Human Being Begins and the Science Behind the Facts

By Contend Project

www.contendprojects.org/

- **Principle:** Life begins at the beginning of the fertilization process.
- **Format:** Magazine-sized textbook sharing essential scientific facts about human embryonic development in an accessible manner (30 pages)
- **Recommended Use:** Ask child, “When did your life begin?” and show them the chart here: <https://contendprojects.org/the-science/carnegie-stages/>.
- **Recommended Re-Use:** Review again at around age 15 or during high school biology.
- **Buy** Softcover book or ebook at www.contendprojects.org/the-science/the-science-guide/
- **Learn more** about the project at their website.



Dear Future Mom

By World Down Syndrome Day

- **Principle:** Dignity of children with Down Syndrome
- **Format:** children with Downs explaining that they can live a happy life (2 ½ minutes)
- **Recommended Use:** Show when children ask about birth defects.
- **Watch** www.youtube.com/watch?v=Ju-q4OnBtNU



The Art of Accompaniment

By the Little Sisters of the Poor

- **Principle:** Dignity of and care for the elderly and the dying.
- **Format:** video narrated by a Little Sister of the Poor with still images from their homes (19 minutes)
- **Recommended Use:** Show before visiting a nursing home or before an elderly relative moves into your home.
- **Watch** <https://littlesistersofthepoor.org/resources/videos/>



Ten Universal Principles:

A Basic Primer on Respect for Human Life

By Healing the Culture

www.healingtheculture.com

- **Principle:** Humans need to use reason based on a correct understanding of happiness
- **Format:** A list of 10 fundamental truths of philosophy to guide personal and social/legislative decisions
- **Recommended Use:** Read through the handout as your child approaches the age of reason, then read with and explain to your child whenever a child asks “Why?” Take this to your parish youth minister and ask for it and related programs to be incorporated into the youth program.
- **Recommended Re-Use:** Review again around age 15.
- **View and print pdf** <https://healingtheculture.org/wp-content/uploads/2023/04/TEN-UNIVERSAL-PRINCIPLES-TUP-prolife-flyer-2022.pdf>
- **Browse** the website for more resources and great programs, especially the “Robert and Emma” dramatic reading.

PARENTS



PUREly YOU! Growing God's Way

- **Principle:** Pre-puberty sex education
- **Format:** Multimedia lessons: video (18 minutes) and conversation guide book (31 pages); available for either boys or girls, in English or Spanish
- **Recommended Use:** Read the separate “Parent Guide” (34 pages) and then use the Conversation Guide as a script before your child reaches puberty; watch included video.
- **Buy set at** <https://stgeorgebooks.com/pages/purely-you>



The Birds and the Bees Online Course

by Mary Flo Ridley & Megan Michelson

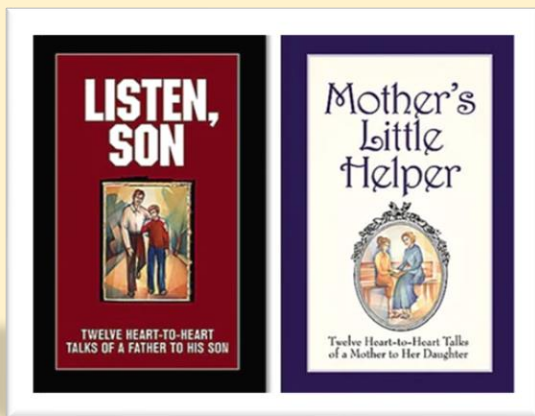
- **Principle:** Parental privilege and duty to train one's children in sexual beauty and boundaries
- **Format:** ten 3-13 minute videos plus a 40-page Discussion Guide. Topics include: Creating a family message about sex, using respectful vocabulary, the story of birth, protecting our kids from pornography, reproduction - seeds & eggs, explaining conception, practical ways to continue the conversation, and FAQ
- **Recommended Use:** Parents watch videos, read the Discussion Qs, and initiate and seize teachable moments.
- **Purchase** from <https://birds-bees.com/>



Helping Our Children Navigate Gender Ideology: The Elementary Years

by Cana Vox

- **Principle:** All children have a mother and a father. Fathers and mothers love children differently
- **Pedagogy:** 1. Speak of moral issues in natural law terms, 2. Establish the habit of having private talks with children, and 3. Speak age appropriately.
- **Format:** 25-minute video by Dr. Samuel presenting principles, scenarios, and sample conversations
- **Recommended Use:** "Better a year too early than 5 minutes too late" (CanaVox) All parents watch video and seize teachable moments.
- **View** video at <https://canavox.com/videos/helping-our-children-navigate-gender-ideology-the-elementary-years/mature/>



Mother's Little Helper

- **Principles:** We are fearfully and wonderfully made. The Facts of Life for growing daughters and sons.
- **Format:** Twelve heart-to heart talks, about four pages each, of a mother to her daughter. The books are divided into three age groups: 9-12, 12-14, 14-16, with four talks per group.
- **Recommended Use:** When your daughter or son is between 9-12 set aside about 30 minutes of one-on-one time with her for the first "talk." Look ahead, so that when you read aloud, you adjust the wording to suit your own conversation style. Ask your child for questions about that talk.
- **Purchase** separately or as a set at Angelus Press: <https://angeluspress.org/products/set-listen-son-mothers-little-helper>

PRAYER



Scriptural Rosary App for Android

By Joe Meineke

- **Format:** Features audio recordings of students from the Catholic Franciscan University of Steubenville with classic holy card images. A passage of scripture is read prior to each Hail Mary which helps us to dive deeper into the mysteries of the rosary as we ponder our Lord's birth, life, death and resurrection.
- **Recommended Use:** Hand out blank paper and drawing/coloring tools and invite children to illustrate a mystery while listening to the Scriptural meditations via this App. The App is especially useful when you need help staying on track. Many people use this at night before they go to bed, or listen/pray along while they are in their cars or on-the-go. Just launch, press play and pray!

- **Download** from Google Play

https://play.google.com/store/apps/details?id=org.oswc.android.rosary&pcampaignid=web_share



Holy Rosary-Scriptural Edition

By Joe Meineke

- **Format:** Features audio recordings of students from the Catholic Franciscan University of Steubenville with classic holy card images. A passage of scripture is read prior to each Hail Mary which helps us to dive deeper into the mysteries of the rosary as we ponder our Lord's birth, life, death and resurrection.

- **Recommended Use:** Hand out blank paper and drawing/coloring tools and invite children to illustrate a mystery while listening to the Scriptural meditations via this App. The App is especially useful when you need help staying on track. Many people use this at night before they go to bed, or listen/pray along while they are in their cars or on-the-go. Just launch, press play and pray!

- **Download** from iTunes Store

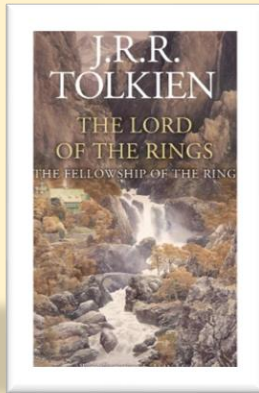
<https://apps.apple.com/us/app/holy-rosary-scriptural-edition/id976855379>

RATED “PG-13”

RESOURCES FOR GRADES 7 AND 8

*Stories of abortion survivors, both children and mothers. More advanced Science and Logic.
Engaging in Prayer and Conversation. Exposing cultural evils with moderation.*

STORIES

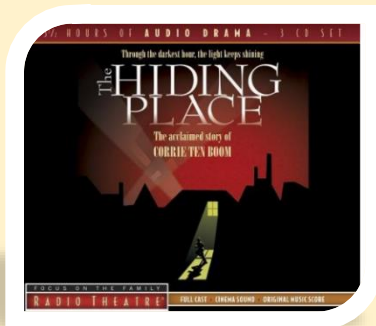


The Fellowship of the Ring

By J.R.R. Tolkien

- **Principle:** The battle against evil is worth it and even the smallest can play a big part. It is up to us to decide what to do with the time we’ve been given
- **Format:** Classic epic novel (book 1 of 3) taking place in a fictional world about the perennial battle between good and evil (458 pages)
- **Recommended Use:** Read aloud to family chapter by chapter; individual reading for children 12 and up; give as gift to preteen and early teen children (or anyone).
- **Order** book, Kindle, or Audiobook

<https://www.amazon.com/Fellowship-Ring-Being-First-Rings/dp/0395489318/>



The Hiding Place

By Corrie ten Boom

Dramatized by Dave Arnold

- **Principle:** Love of neighbor; saving lives in peril is worth the risk.
- **Format:** Full cast, cinema sound audio drama on CDs (224 minutes)
- **Recommended Use:** Have child enjoy while sick in bed.
- **Order** audio CDs or digital audio download from Focus on the Family

<https://store.focusonthefamily.com/radio-theatre-the-hiding-place/>



Butterfly Circus

by Joshua Weigel

- **Principle:** Accepting deformities and overcoming weaknesses fulfill the individual and inspire others.
- **Format:** HD Short Film featuring inspirational celebrity Nick Vujicic (22 minutes)
- **Recommended Use:** Show to your preteens preparing for Confirmation or when discussing “What if the baby is deformed” arguments for Abortion.

• **Warning:** Scene of “Carnival Freak Show” can be disturbing

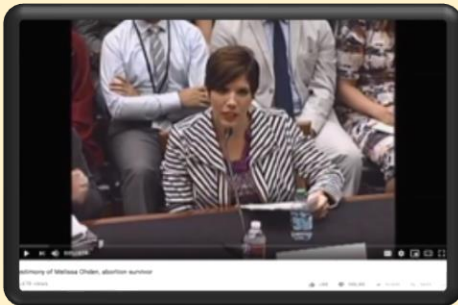
• **Watch:** in English: [The Butterfly Circus Short Film HD - YouTube](#)

or in Spanish: [El Circo de la Mariposa en Español \(HD Completo\).mp4 - YouTube](#)



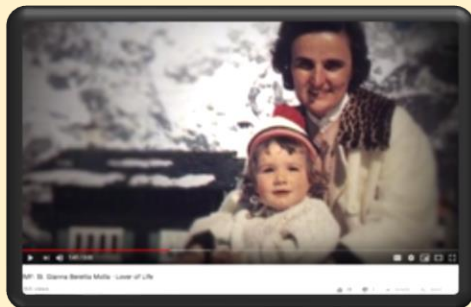
October Baby

- **Principle:** Life is Beautiful; Abortion is traumatic but survivable and healable
- **Format:** Silver screen quality Romantic drama based on reality (109 minutes)
- **Recommended use:** Enjoy watching with your teenagers and invite their friends (every October!); watch Melissa Ohden's testimony afterwards.
- **Watch** movie trailer and **buy** DVD
<https://www.fishflix.com/products/october-baby-dvd-christian-movies?variant=34364500241>
- **Watch** movie: <https://www.amazon.com/amazonprime>
- **Buy** DVD or Blu-ray: www.amazon.com



Testimony of Melissa Ohden

- **Principle:** Babies born alive from botched abortions have a right to life; elections have consequences
- **Format:** Recording of a testimony before Congress of an Abortion survivor (6 minutes)
- **Recommended Use:** Show to Teens before the March for Life, elections, or when discussing political pro-life issues; watch in conjunction with *October Baby*.
- **Watch** the testimony www.youtube.com/watch?v=I5uhZg4EwJg
- **See** Melissa Ohden's website: <https://melissaohden.com>



St. Gianna Beretta Molla: Lover of Life

- **Principle:** Life is worth dying for; Hard case: life of the mother
- **Format:** Documentary film (5 minutes)
- **Recommended use:** Watch with children as they prepare for Confirmation.
- **Watch** short biography
www.youtube.com/watch?v=ru99NHBWkZ8



Unplanned

- **Principle:** Abortion is ugly. Conversion and forgiveness is available.
- **Format:** Silver Screen quality autobiographical drama based on inspiring true story (110 minutes)
- **Recommended Use:** Watch with your teenagers especially during the “respect life month” of October. Follow-up with 5 minute moving interview with main actress, Ashley Bratcher <https://www.youtube.com/watch?v=XnpHHJTgPQ>. And pray the Rosary with pro-life intentions by Defend Life (pg. 20 of the Guide).
- **Watch trailer** <https://www.unplannedfilm.com/> and see several purchase/rental/streaming options.
- **Buy DVD or Blu-ray:** bit.ly/Unplanned_Movie
- **Warning:** Rated R for some disturbing, bloody images, although no profanity, drug abuse, nudity, or sex. Brace yourself for a sonogram viewing of a 13-week abortion. But know that “to create the abortion, the filmmakers, Chuck Konzelman and Cary Solomon of God’s Not Dead, took actual ultrasound footage of a 13-week-old baby boy, like the one Abby witnessed. Then, using CGI technology, they created the abortion. It is powerful--and something the viewer needs to see and will never forget.” (40 Days for Life)

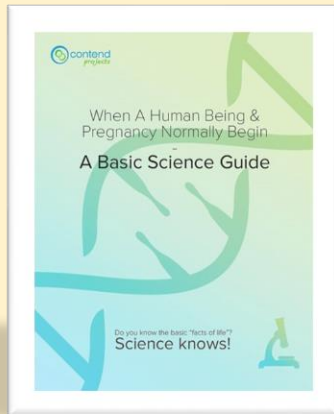


“Cheryl poked her head into my office...”

By Abby Johnson

- **Principle:** Providers of abortion can have a change of heart
- **Format:** Brochure of one life-changing story describing abortion
- **Recommended Use:** Offer a printed or screen version to your child to read silently in your presence; watch the “**Tough Topics (T²) Abortion Basics**” video with your teen, pausing at episode 3, read this story together, then skip to episode 4.
- **View and Print PDF** https://abbyj.com/wp-content/uploads/2021/01/AbbyJohnson_Brochures.pdf

LESSONS



A Basic Guide to When a Human Being Begins and the Science Behind the Facts

By Contend Project

www.contendprojects.org/

- **Principle:** Decisions about sexual reproduction are serious and have serious consequences; Informed decisions are better
- **Format:** Magazine-sized textbook sharing essential scientific facts about human embryonic development in an accessible manner (30 pages)
- **Recommended Use:** Read with adolescents before they socialize with peers who might get pregnant after completing sex-ed and theology of the body.
- **Recommended Re-Use:** Review again at around age 15 or during high school biology.
- **Buy** Softcover book or ebook at www.contendprojects.org/the-science/the-science-guide/
- **Learn more** about the project at their website.



Defend Life 2016 Lecture Series

By Barry Sullivan

- **Principle:** Bad things happen when good people do nothing – Do something about the pro-life issue!
- **Format:** Video recording of a live talk to youth at a “Face the Truth” pro-life youth gathering by a motivational speaker (45 minutes)
- **Recommended Use:** Watch with your adolescent as they reach Confirmation age and are preparing to become soldiers of Christ.
- **Watch** Sullivan’s talk at <https://vimeo.com/177056549>



“You Can’t Love Another Person Apart from Truth”

By Fr. Paul Scalia

- **Principle:** Love has to be rooted in Truth about the human person and marriage
- **Format:** Video recording of Fr. Scalia, Chaplain of Courage International, speaking to high school boys on Same Sex Attraction (63 minutes)
- **Recommended Use:** Watch with your ~12 year old after Sex Ed and Theology of the Body or before your child socializes with someone struggling with same sex attraction.
- **Watch** video
www.youtube.com/watch?v=wUXqgpbua9k&feature=youtu.be



Homosexuality, Gay Marriage, and Holiness

By Jason Evert

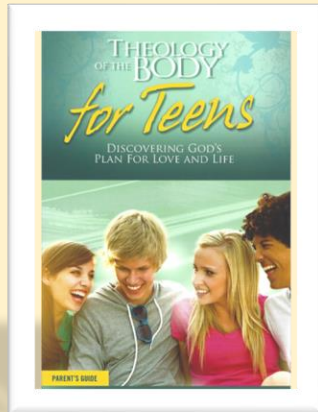
- **Principle:** Chastity and Holiness
- **Format:** Video of Jason Evert discussing homosexuality, gay marriage, and the Catholic Church (12 minutes)
- **Recommended Use:** Watch with your child and discuss afterwards and recommend to parish youth minister for group viewing and discussion.
- **Watch** video www.youtube.com/watch?v=bLrRfwpvERU&t=3s



Maafa 21

Black Genocide in the 21st Century America

- **Principle:** Slave trade, evolution, eugenics, Nazis, and planned parenthood are all connected.
- **Format:** Documentary intermingling narration of three hosts with images from original documents and resources and testimonies (2 ½ hours)
- **Recommended Use:** Watch ONLY the first 46 min with preteen when covering these principles or events in history.
- **Warning:** The testimony following 46 min would expose your child to the topic of rape.
- **Watch** documentary www.youtube.com/watch?v=0eWxCRRreTV4



Theology of the Body for Teens:

Discovering God's Plan for Love and Life (Middle School Edition)

- **Principle:** Respect for self, respect for God's plan for marriage
- **Format:** Eight (8) video sessions with accompanying workbook and leader guide (30 minutes each)
- **Recommended use:** a) parent and child go through videos and workbook together; b) organize a small single-sex group to cover 8 sessions over a few weeks or in a weekend with a trained guide.
- **Watch** video highlights and **order** program from Ascension Press <https://shop.ascensionpress.com/products/theology-of-the-body-for-teens-middle-school-edition-bundle>



Tough Topics (T²) Gender Identity

- **Principle:** Persons are created as male and female; living in accord with one's created biological sex is vital for physical, mental, and spiritual health; it is harmful to "affirm" a false assertion about identity.
- **Format:** two-part program: video and role-playing script. 1-hour video features first-hand testimony and experts in biology and social sciences. 4-page script includes review of key principles and scenarios for role-playing.
- **Recommended Use:** Parents of teens invite a small group of teenagers with their parents, watch video together, and role-play the scenarios individually.
- **Watch** video and download PDF from <https://www.toughtopics.life/topics/gender-identity>



Tough Topics (T²) Abortion Basics

- **Principle:** We are created beings and life begins at fertilization. Abortion kills a baby and wounds the mother. One word can reveal a hidden truth, expose a lie, and show care for the person in front of you.
 - **Format:** Two-part program: video and role-playing script. 1-hour video features abortion policy history, beautiful film of life in the womb, former abortionists explaining abortion using medical animation and fetoscopy*, testimonials, and communication training. 5-page script includes review of key principles, a chart of words to say and not say, and scenarios for role-playing.
 - **Recommended Use:** Parents of teens invite a small group of teenagers with their parents, watch video together, and role-play the scenarios individually.
 - **Watch** video and download PDF from <https://www.toughtopics.life/topics/abortion-basics>
- * For younger or more sensitive teens, read "Cheryl poked her head into my office" instead of viewing episode 3.



Tough Topics (T²) Abortion Industry

• **Principle:** Persons are uniquely precious created beings. Abortion kills an unborn child and harms mothers. The Eugenics movement, upon which Planned Parenthood was founded, was based on a lie that Blacks are unfit to procreate. Honesty matters. Lies, corruption, and deception should be exposed for the protection of the innocent.

• **Format:** Two-part program: video and role-playing script. 1-hour video features experts in eugenics history and abortion, and footage from private investigation. 4-page script includes review of key principles and scenarios for role-playing.

• **Recommended Use:** Parents of teens invite a small group of teenagers with their parents, watch video together, and role-play the scenarios individually.

• **Watch** video and download PDF from

<https://www.toughtopics.life/topics/abortion-industry>



Tough Topics (T²) Same-Sex Attraction

• **Principle:** A person is a child of God. Male and female are biologically complimentary sexes. Orientation follows biology. Marriage has a two-fold purpose: unitive and pro-creative, and living in accord with chastity is vital for one's physical, psychological, and spiritual health. Friendship seeks the good of the other. And truth is for our happiness.

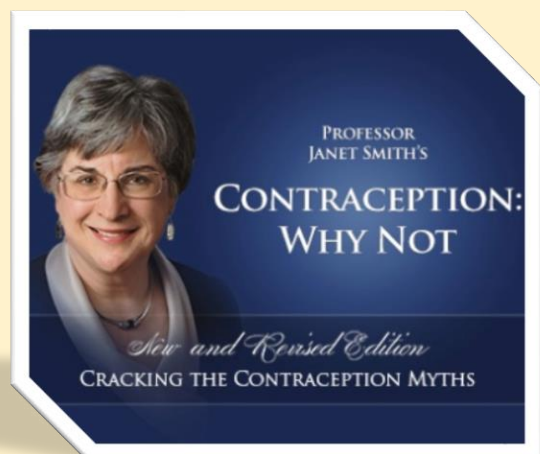
• **Format:** Two-part program: video and role-playing script. 1-hour video features Rev. Paul Scalia, experienced in pastoral care of persons who experience SSA, talking about marriage to a group of teen boys in a classroom setting. 4-page script includes review of key principles and scenarios for role-playing.

• **Recommended Use:** Parents of teens invite a small group of teenagers with their parents, watch video together, and role-play the scenarios individually.

• **Watch** video and download PDF from

<https://www.toughtopics.life/topics/same-sex-attraction>

PARENTS



Contraception: Why Not?

By Prof. Janet Smith

- **Principle:** Sexual Common Sense regarding overpopulation myth, STDs, physical and social consequences of artificial contraception, and NFP.
- **Format:** Transcript of a lecture given by Prof. Janet Smith (17 pages)

Contraception: Why Not?

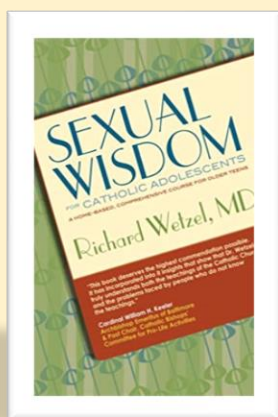
• **Recommended:** Print out transcript and read alone and have teen read and then discuss together afterwards.

• **View and Print** transcript

<https://catholiceducation.org/en/controversy/comment-on-misconceptions/contraception-why-not.html>

• **Listen** to the audio online

<https://www.youtube.com/watch?v=-5Zj5q2bRco>



Sexual Wisdom for Catholic Adolescents

By Richard Wetzel, MD

- **Principle:** The Catholic Church has a healthy obsession with Jesus Christ, any sexual activity or attitude which does not draw us to Him is disordered.
- **Format:** A home-based, comprehensive course with 18 chapters and final True/False test and certificate of completion.
- **Recommended Use:** Parent and child read aloud every other paragraph with your post-puberty teen, after having gone through PUREly YOU and Theology of the Body for Teens. Aim for completing 2 chapters a week, in order to complete the course in 9 weeks (the equivalent of 1 Quarter of school, or a Summer session).
- **Order** paperback at <https://www.amazon.com/Sexual-Wisdom-Catholic-Adolescents-Richard/dp/0979540216>

PRAYER



Fatima Gems: Our Lady's Weapon

By Lauren Costabile and Stephen Eguino

Featuring Fr. Andrew Apostoli, C.F.R.

- **Principle:** “The Rosary is the book of the blind where souls see and there enact the greatest drama of love the world has ever known.... It is the Book of the aged whose eyes close upon the shadow of this world and open on the substance of the next. The power of the Rosary is beyond description.” Fulton Sheen

- **Format:** multi-faceted video with interviews and attractive, fast-paced graphics (28 minutes)

- **Recommended Use:** Teenagers and adults will enjoy this practical and profound explanation of Miracle of Fatima and history of the Rosary, unlocking the many ways this prayer transforms us by uniting our hearts with Christ, Mary and suffering humanity.

- **Watch** online on Facebook:

<https://www.facebook.com/ewtnonline/videos/fatima-gems-our-ladys-weapon-produced-by-array-of-hope/356342911663213/>

- **Stream** via U-Screen TV:

https://watch.arrayofhope.net/programs/collection-ajkivvjck3q?category_id=131345



Scriptural Meditations on Mysteries of the Life of Christ

The Most Holy Rosary of the Blessed Virgin Mary

Prepared for the 2013 Confirmation Class of St. John the Beloved

- **Principle:** Go deeper into the Mysteries of the Rosary through accompanying Scripture verses

- **Format:** Brief Scripture verse to precede each Hail Mary

- **Recommended Use:** Ask a child to read aloud the scripture verses when praying the Rosary together.

- **View** and **print** pdf www.stjohncatholicclean.org/worship-the-lord/prayers/scriptural-meditations-on-the-mysteries-of-the-life-of-christ-the-most-holy-rosary-of-the-blessed-virgin-mary/



How to Pray the Pro-Life Rosary

- **Principle:** Beautifully worded intercessory prayers specific to abortion to precede any decade of the Rosary
- **Format:** One paragraph praise and petition to Jesus and Mary
- **Recommended Use:** Use during Family Rosary, especially in October and during the 40 Days for Life.
- **View and print pdf:**

<http://www.defendlife.org/Rosarypg1.pdf>

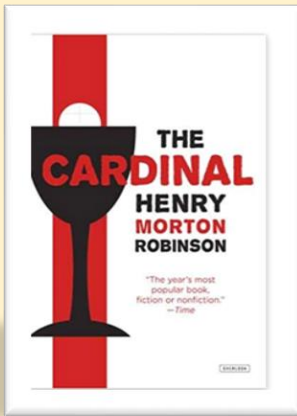
<http://www.defendlife.org/Rosarypg2.pdf>

RATED “PG-15”

RESOURCES FOR HIGH SCHOOLERS

The gruesome details, history, and opportunities to remedy the injustices as well as more mature examples of handling the situations well through Literature.

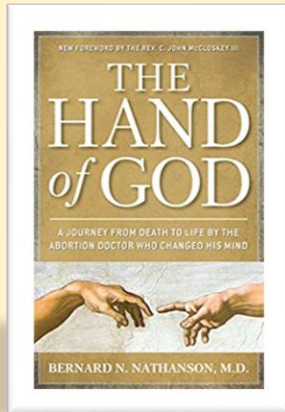
STORIES



The Cardinal

By Henry Morton Robinson

- **Principle:** As Catholics, we follow the teachings of Christ and His Church, no matter the cost to ourselves.
- **Format:** Historical fiction novel about an American priest in the mid 20th century who lives his ministry with fidelity amidst serious challenges regarding contraception, abortion, and sexual morality, among other things (560 pages)
- **Recommended Use:** Give as a gift to your ~16 year old.
- **Order** paperback at www.amazon.com/Cardinal-Henry-Morton-Robinson/dp/146830335X

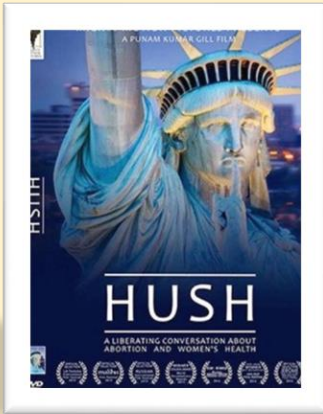


The Hand of God

By Dr. Bernard Nathanson

- **Principle:** God’s mercy is bigger than any sin; abortionists are human beings
- **Format:** A deeply personal autobiography in which a former abortionist reveals his journey from being an atheist and passionate abortion crusader to the pro-life cause and Christianity (202 pages)
- **Recommended Use:** Parent read individually; give as gift to ~16 year old and up.
- **Order** book from Regnery Publishing:
<https://www.regnery.com/9781621570448/the-hand-of-god/>

LESSONS



HUSH:

A Liberating Conversation About Abortion and Women's Health

- **Principle:** Midterm abortions cause breast cancer, psychological problems, and future pregnancy complications.
- **Format:** Documentary hosted by a self-proclaimed “pro-choice woman” searching for the truth about abortion and its effects (101 minutes)
- **Recommended Use:** Watch with your teen and peers.
- **View trailer and rent film**

<https://projektor.com/u/mightymotionpictures/hushfilm>



Silent Scream

- **Principle:** Fetuses feel pain during suction abortion
- **Format:** Documentary narrated by former abortionist Dr. Bernard Nathanson depicting a first trimester abortion viewed through sonogram (28 minutes)
- **Recommended Use:** Watch with teens and adults to clarify exactly what a 1st trimester abortion is (ex: before the March for Life).

• **Watch** video [The Silent Scream Full Length | Abortion Should Be Illegal - YouTube](#)



Abortion Procedures.

- **Principle:** Common 2nd trimester abortion (“Dilation and Evacuation”) rips viable babies apart limb by limb
- **Format:** Former abortionist Dr. Kathi Aultman explains with animation a 2nd trimester abortion (4 minutes)
- **Recommended Use:** Watch with teens and adults to clarify exactly what a typical 2nd trimester abortion is. Seize teachable moment with current event federal or state level legislation to stop these abortions.

• **Watch** video on Abortion Procedures’ website www.abortionprocedures.com/



“Keeping My Promise to America’s Abortion King”

By Terry Beatley of Hosea Initiative

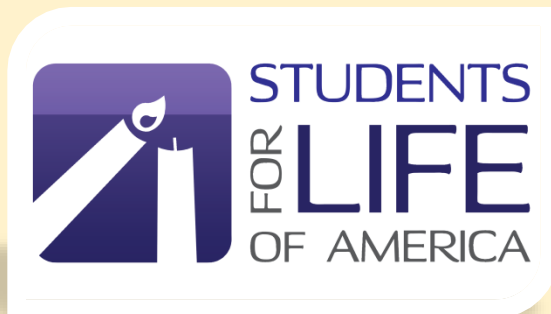
- **Principle:** Deceptive strategies were used to dupe voters into supporting legalized abortion
- **Format:** Video recording of Terry Beatley speaking to a live audience on the deceptive strategies used to legalize abortion in America (54 minutes)
- **Recommended Use:** Watch with teens studying US Government, Modern American History, and current events as a history lesson and to prepare them for conversing intelligently with ill-informed peers etc.
- **Watch** the lecture on Family Research Council’s website www.frc.org/events/keeping-my-promise-to-americas-abortion-king



When They Say, You Say

By Olivia Gans Turner of American Victims of Abortion

- **Principle:** Words and body language matter
- **Format:** Half hour episodes of an EWTN 5 part program in which Pro-life leader who had an abortion speaks to the viewing audience on how to communicate effectively regarding abortion
- **Recommended Use:** Watch at least Episode 1 with your teen and invite friends over.
- **Watch** video [When They Say, You Say \(Key Pro-Life Arguments\) by Olivia Gans-Turner \(2015\) - YouTube](https://www.youtube.com/watch?v=...)
- **Order** DVD set from EWTN <https://www.ewtnreligiouscatalogue.com/when-they-say-you-say-dvd/p/HV00WTSD>



Students for Life of America

- **Principle:** Every conversation matters, building a culture of life takes collaboration and support from peers and experts
- **Format:** Online portal for training, tools and collaboration.
- **Recommended Use:** Sign up for free membership in Students for Life HQ for online training and networking.
- **Learn** more about SFLA <https://studentsforlife.org/>



Annual National Teens for Life Convention

- **Principle:** Respect for Life from Conception to Natural Death; The pro-life battle is worth getting trained to fight.
- **Format:** Workshops, lectures, testimonies and activities led by pro-life leaders for pro-life teens from across the country (2 days)
- **Recommended Use:** Attend the National Right to Life Convention and register your high schooler under “Teens for Life Registration”.
- **Register** yourself and your teen <http://nrlconvention.com/>



Annual Pro-Life Summer Camp

- **Principle:** Get trained and do something about abortion; The pro-life battle needs trained warriors, and it is worth the effort.
- **Format:** overnight camp for teens to learn from experts, meet like-minded teens, and get motivated to be the pro-life generation (3 days)
- **Recommended Use:** Send your teen during Summer.
- **See info at** <http://www.prolifecamps.com/>

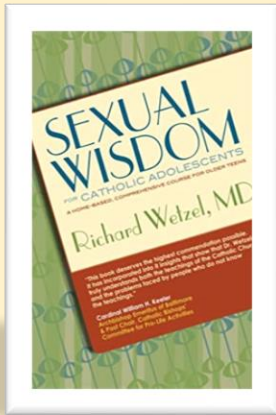
PARENTS



Helping Our Children Navigate Gender Ideology: The High School Years

by Cana Vox

- **Principle:** All children have a mother and a father. Fathers and mothers love children differently.
- **Pedagogy:** 1. Speak of moral issues in natural law terms, 2. Establish the habit of having private talks with children, and 3. Speak age appropriately.
- **Format:** 44-minute video by Dr. Ana Samuel presenting principles, scenarios, and sample conversations
- **Recommended Use:** “Better a year too early than 5 minutes too late” (CanaVox) All parents watch video and seize teachable moments.
- **View** video at <https://canavox.com/videos/?searchv=Helping+our+children+navigate+&vcat=34>



Sexual Wisdom for Catholic Adolescents

By Richard Wetzel, MD

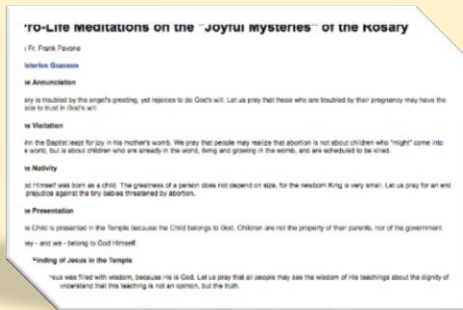
- **Principle:** The Catholic Church has a healthy obsession with Jesus Christ, any sexual activity or attitude which does not draw us to Him is disordered.
- **Format:** A home-based, comprehensive course with 18 chapters and final True/False test and certificate of completion.
- **Recommended Use:** Parent and child read aloud every other paragraph with your post-puberty teen, after having gone through PUREly YOU and Theology of the Body for Teens. Aim for completing 2 chapters a week, in order to complete the course in 9 weeks (the equivalent of 1 Quarter of school, or a Summer session).
- **Order** paperback at <https://www.amazon.com/Sexual-Wisdom-Catholic-Adolescents-Richard/dp/0979540216>

PRAYER

Pro-life Rosary Intentions

By Priests for Life

- **Principle:** Go to God for healing and reparation of abortion related sins
- **Format:** Short meditations and abortion directed intentions for each mystery of the Rosary
- **Recommended Use:** Use during family Rosary, especially in October (Pro-life Month) and during the 40 Days for Life.
- **View and Print** Joyful, Luminous, Sorrowful, and Glorious texts: <https://www.priestsforlife.org/prayers/Rosary.aspx>

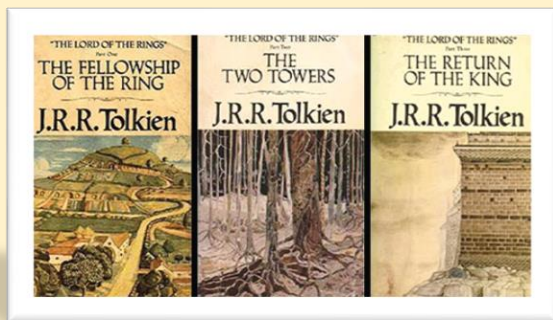


RATED “R”

RESOURCES FOR YOUNG ADULTS OVER AGE 17

More insidious details with hope and encouragement to engage in the battle.

STORIES



The Lord of the Rings Trilogy

By J. R. R. Tolkien

- **Principle:** The battle against evil is worth it and even the smallest can play a big part; It is up to us to decide what to do with the time we've been given.
- **Format:** Three (3) Classic epic novels taking place in a fictional world about the perennial battle between good and evil (458, 352, 416 pages respectively)
- **Recommended Use:** (Re)read as an adult.
- **Order** books or Kindle Editions at

<https://www.amazon.com/Lord-Rings-Trilogy-Volumes-boxed/dp/B007RECEUQ/>



A Fairytale Retold: Rapunzel Let Down

By Regina Doman

- **Principle:** Sexual perversions have grave consequences but hope and healing lie beyond
- **Format:** A fast paced modern-day parable, page-turner, and a moral primer wrapped up with fascinating character development, compelling dialogue and a story that draws you in and won't let you go (502 pages)
- **Recommended Use:** To be determined by parent after reading the author's note about age appropriateness of this novel.
- <https://reginadoman.blogspot.com/2013/03/i-have-received-some-questions-asking.html>

“This book presumes that the reader has already become acquainted with the sad state of human sexuality, and knows something of the sorrows and the burdens of the loss of innocence, and the banal sexual depravity that taints so much of our lives. This is a book for readers who are searching earnestly for answers to those problems, even subconsciously, and who need hope.” – Regina Doman

- **Warning:** “Prostitution, pornography, forced abortion, rape, lesbianism, homosexuality, child molestation, and vicious hatred of the other sex all make an appearance. Characters speak openly about sexual aberrations using blunt and profane language. While very little is graphically shown, many things are frankly discussed as possible solutions to the problem of man and woman, and their genius for wounding one another. If your sons or daughters are innocent of any or all of the above topics, please don't let them read this story.” – Regina Doman

• **Order** hardcover, paperback or Kindle Edition at

www.amazon.com/gp/product/0982767773/ref=dbs_a_def_rwt_bibl_vppi_i7

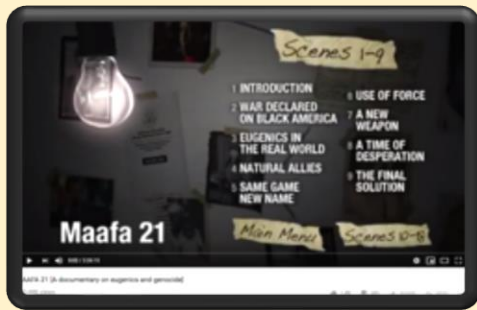
LESSONS



Eclipse of Reason

By Dr. Bernard Nathanson

- **Principle:** 2nd trimester abortions are severely invasive to the most sacred part of a woman and tears a living human being apart limb by limb.
- **Format:** Documentary narrated by former abortionist Dr. Bernard Nathanson depicting a second trimester abortion via fetoscopy. (27 minutes)
- **Recommended Use:** View with older teen and adults to clarify exactly what an abortion is; after watching the film, pray soberly before discussing.
- **Watch** film at <https://www.youtube.com/watch?v=s5ILndK3aDg>

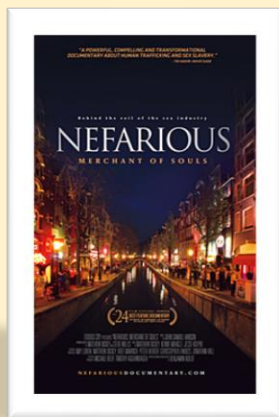


Maafa 21

Black Genocide in the 21st Century America.

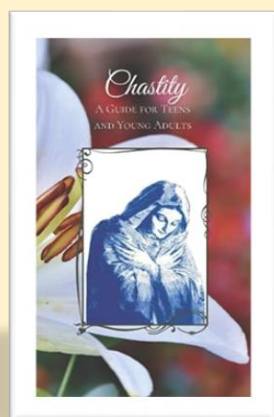
- **Principle:** Planned Parenthood originally was and still is a racist organization
- **Format:** 2 ½ hour documentary intermingling narration of three hosts with images from original documents and resources and testimonies.
- **Recommended Use:** Block off 3 hours to watch with older teens/adults who are ready to know the history of eugenics in America, especially when they are studying WWII.
- **Watch** documentary at www.youtube.com/watch?v=0eWxCRRcTV4

PARENTS



Nefarious: Merchant of Souls

- **Principle:** Human sex trafficking is a worldwide odious crime that needs to be exposed; healing is possible because Jesus is amazing
- **Format:** hard-hitting documentary that exposes the disturbing trends of modern day sex slavery. From the first scene, *Nefarious* gives an in-depth look at the human trafficking industry, showing where slaves are sold (often in developed, affluent countries), where they work, and where they are confined (103 minutes)
- **Recommended Use:** Watch with older teens/adults before they travel abroad or as trafficking comes up in current events/life.
- **Watch trailer, rent & stream, and order DVD** on <https://www.nefariousdocumentary.com/> or watch for free at <https://www.youtube.com/watch?v=MFaDHgXPbUg>



Chastity: A Guide for Teens & Young Adults

By Gerald Kelly, S.J.

- **Principle:** A comprehensive treatment of chastity, originally written for college age students. Covers every aspect of this virtue, its delicacy, necessary safeguards, and careful preservation, and should be read by all, no matter what path in life they choose to follow. Chapters include: True Friendship, General Sex Attraction, Personal Sex Attraction, Physical Sex Attraction, Choice of a Marriage Partner, “Falling Out of Love”, The Divine Plan of Reproduction, The Meaning of Chastity, God's Law of Chastity, Practical Moral Principles, Some Practical Applications, The Beauty of Chastity, Celibacy
- **Format:** Thirteen chapters written for instruction and self-reflection with some college level vocabulary.
- **Recommended Use:** Read PDF here: https://ia902205.us.archive.org/23/items/chastity_201405/chastity.pdf
- **Purchase** book from Amazon <https://www.amazon.com/Chastity-Guide-Teens-Young-Adults/dp/1092144102>

PRAYER



Hallow: Prayer & Meditation

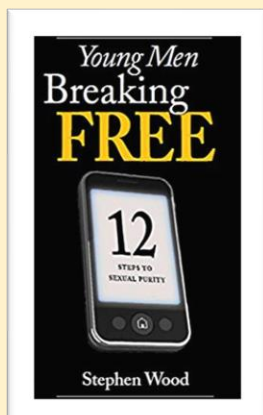
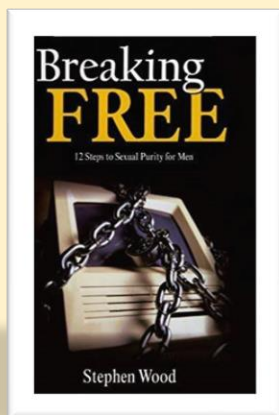
- **Format:** On the Home Page the Explore by Category section features about 20 different recorded rosaries, some by famous voices such as St. Padre Pio, others in different languages like Latin and Spanish, one for workouts, another focused on Our Lady's seven sorrows. The App includes many other features to assist one in making prayer and recollection part of each day.

- **Recommended Use:** Get Halo on your phone and let your son or daughter try out some features. At the milestone of owning a phone with App capacity, consider purchasing a subscription as a gift. Some colleges offer free subscriptions to students so check on that option if it applies to your family.

- **Download** from App Store or Google Play. Try it for free or subscribe monthly or annually at: <https://hallow.com>

RESOURCES FOR HEALING

Mending your broken hearts. Being the Good Samaritan.



Breaking Free: 12 Steps to Sexual Purity for Men

By Stephen Wood

www.dads.org

Young Men Breaking Free

By Stephen Wood

The 12 steps outlined in “Breaking Free” will not only help you quit porn, but also prove to be useful in preventing an addiction to pornography. Breaking Free will teach you how to give up porn, find accountability, look for accountability software, protect yourself against sexual addictions and sins, and how to prevent future problems that could destroy your marriage and family life.

“Breaking Free” is a must read for all men (and women) who desire sexual purity, need help getting rid of porn, or want to prevent a porn addiction.

Order paperback or Kindle Edition at

[www.amazon.com/dp/B06XSM6MSQ/ref=dp-kindle-redirect? encoding=UTF8&btcr=1](http://www.amazon.com/dp/B06XSM6MSQ/ref=dp-kindle-redirect?encoding=UTF8&btcr=1)



Gabriel Project

Toll-Free Confidential Helpline at 866-444-3553

www.gabrielproject.org

Gabriel Project in the Diocese of Arlington

866-444-3553

GabrielProject@arlingtondiocese.org

<http://www.helpforpregnantwomen.org/>

[https://www.arlingtondiocese.org/find-support/pregnancy-assistance/pregnancy-assistance-\(gabriel-project\)/](https://www.arlingtondiocese.org/find-support/pregnancy-assistance/pregnancy-assistance-(gabriel-project)/)

The Gabriel Project is a pregnancy outreach program that helps expectant mothers. The Gabriel Project offers care and support to any pregnant woman and her family in need, regardless of education, race, religion, financial, or marital status, free of charge. The Gabriel Project offers support to women through financial and material assistance, referrals for prenatal care, counseling, housing, and through a variety of other resources.



Project Rachel

<http://hopeafterabortion.com/>

Project Rachel in the Diocese of Arlington

Contact: Josephine

Phone: 703-841-2504

Email: projectrachel@arlingtondiocese.org

Website: www.helpafterabortion.org

Spanish Contact: Maria Luisa Aliaga

Spanish Phone: 703-841-2504

Spanish Email: info@helpafterabortion.org

Spanish Website: www.ayudadespuesdelaborto.org

Rachel's Vineyard Retreat

www.rachelsvineyard.org/

Project Rachel is the Catholic Church's ministry to those who have been involved in abortion, is a diocesan-based network of specially trained priests, religious, counselors, and laypersons who provide a team response of care for those suffering in the aftermath of abortion. In addition to referring for Sacramental Reconciliation, the ministry provides an integrated network of services, including pastoral counseling, support groups, retreats and referrals to licensed mental health professionals.

It's normal to grieve a pregnancy loss, including the loss of a child by abortion. It can form a hole in one's heart, a hole so deep that sometimes it seems nothing can fill the emptiness. Be assured that there is forgiveness, hope and healing - many women and men have participated in diocesan Project Rachel Ministries and returned to a loving relationship with God.



Desire of the Everlasting Hills

By Courage/EnCourage

<https://everlastinghills.org/movie/>

From COURAGE International, a Catholic apostolate that faithfully embraces the Church's teaching on homosexuality and her norms for pastoral care, ministering to those who strive to live chaste lives rooted in the love of Jesus Christ, comes a profoundly moving documentary: "Desire of the Everlasting Hills". Here are the intimate and candid portraits of three Catholics who struggle to navigate the waters of self-understanding, faith, and homosexuality.

"Desire of the Everlasting Hills" is a must watch for teens before encountering same-sex attraction on the job or away at school.

For further resources from COURAGE regarding Church Documents, Member Testimonies, Prayer & Spirituality, Spiritual Friendship, Forgiveness please visit:

<https://couragerc.org/resources/>



Find a Catholic Therapist Near You

Principle: New Age concepts often masquerade as Christianity. Finding the right therapist can be a perilous endeavor. The goals of CatholicTherapists.com are to help those seeking therapy and coaching, or even those just seeking to learn more about the emotional life, to find professionals who are Catholic and faithful to the magisterium of the Church.

Format: A simple search engine helps you find a Catholic therapist according to specialty and location. Their blog addresses relative to therapy, the emotional and spiritual life, relationships, as well as marriage and family issues.

- **Visit** the website: <https://www.catholictherapists.com>

For more resources from the creators of
“Raising Children of Light”
be sure to visit:



Tough Topics

Programs designed for youth group leaders and parents of teens to provide knowledge of complicated cultural issues and practice in challenging conversations.

"I am incredibly grateful for this series, because it's exactly what parents, youth group leaders, and clergy need to help our young people stay strong and flourish amidst an often toxic culture."

- Mary Rice Hasson, JD, Senior Fellow, Ethics and Public Policy Center

<https://www.ToughTopics.life/>