

## EXECUTIVE SUMMARY

### **CHRISTIAN FAMILY LIFE EDUCATION: A GUIDE FOR TEACHING ABOUT ADOLESCENT SEXUALITY AND REPRODUCTIVE HEALTH**

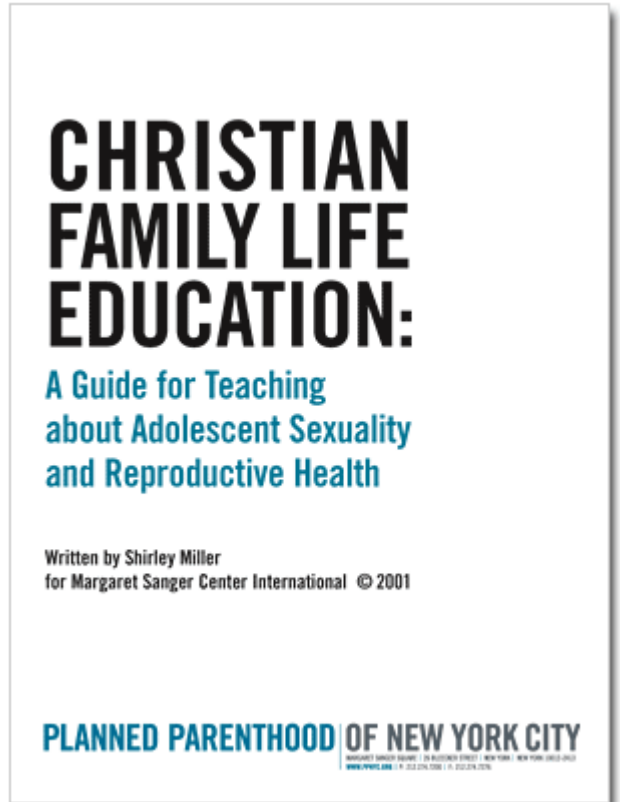
“Train a child in the way he should go, and when he is old, he will not turn from it.”

Proverbs 22:6

There is growing awareness of the important role that religious communities play in educating their members in all spheres of life, including sexuality, family planning, and health. Many people of faith believe that sexuality is a divine gift that embraces the total expression of who we are as human beings – our spirituality, emotions, and physical makeup – and, as such, sexuality should be part of churches’ teaching and counseling.

This guide was written to assist Christian pastors and other leaders who value comfortable and effective communication about issues related to sexuality and reproductive health. It consists of a comprehensive training manual of approximately 230 pages and more than 250 additional pages of resource materials culled from a variety of sources and countries.

In today’s world, young people face formidable challenges in the transition from childhood to adulthood. Lack of information and misinformation about sexuality can have devastating and even fatal consequences. The *Christian Family Life Education* guide is designed to address the needs of adolescents, parents, professionals, and others within a religious context. It provides up-to-date information, as well as useful guidance, about a wide range of topics related to our sexual, reproductive, and mental health.



A sampling of the guide’s contents:

- » Teaching and Facilitating Techniques
- » Introduction to Human Sexuality
- » Psycho-social Development and the Life Cycle
- » Puberty and Adolescent Development
- » Reproductive Anatomy and Physiology
- » Family Planning and Contraception
- » Premarital Education
- » Sexually Transmitted Infections
- » HIV Prevention
- » Domestic Violence
- » Sexual Abuse, Rape, Child Molestation
- » Self-Esteem and Decision Making
- » Drug and Alcohol Abuse
- » Conflict Resolution
- » Goal Setting

To view or download the CFLE guide, click on the image of its cover page above.