

Grade 12 Catechism Lesson Plan

Chapter 5: Sexuality, Marriage and Family

Duration: 45–60 minutes

I. Learning Objectives

By the end of the lesson, students will be able to:

- Understand the Christian meaning of friendship, romance, love, sexuality, marriage, and family.
- Distinguish between healthy and unhealthy relationships.
- Recognize sexuality as God's gift that calls for responsibility, purity, and self-control.
- Appreciate marriage and family as part of God's loving plan.
- Make wise decisions in relationships based on Christian values.

2. 1st Introduction

Activity: "The Choices That Shape Life"

Tell students:

"Imagine you are 30 years old. You look back at the decisions you made between the ages of 16 and 22. Which decisions do you think would have had the greatest impact on your life?"

Write these on the board:

- Career
- Friends
- Mobile & Social Media
- Relationships
- Marriage
- Faith
- Family

Ask:

Which of these can completely change your future?

Can one wrong relationship affect studies, mental health, career and family?

Conclude: **"Our greatest successes and deepest wounds often come through relationships.**

Today's lesson is not merely about rules regarding sexuality; it is about learning to love wisely and according to God's plan.

2. 2nd Introduction

"What Does Love Mean?"

Write the word **LOVE** in the centre of the board.

Ask students:

"If you had to define love in one word, what would you write?"

Write their responses (care, trust, sacrifice, attraction, commitment, happiness, etc.).

Then conclude:

"People define love in different ways. But is love just an emotion, or is it a lifelong commitment? Today we'll discover the Christian understanding of friendship, romance, love, sexuality, marriage, and family."

3. Presentation of the Lesson

I. Friendship, Romance and Love

Draw three concentric circles.

- Friendship
- Based on trust, respect and mutual growth.
- Encourages goodness.
- No selfish expectations.
- Helps us become better persons.
- Romance
- Attraction between a man and woman.
- Includes emotions and physical attraction.
- Beautiful when directed towards marriage.
- Dangerous if driven only by feelings.
- Love

Explain the four Greek words:

- Philia – Friendship
- Eros – Romantic attraction
- Storge – Family affection
- Agape – Selfless, sacrificial love

Ask:

"Which kind of love did Jesus show on the Cross?"

Answer: Agape.

Emphasize:

Real love seeks the good of the other person—not merely one's own happiness.

2. Sexuality – A Divine Gift

Ask:

"When you hear the word 'sexuality', what comes to your mind?"

Allow responses.

Explain:

Sexuality is much more than physical attraction.

It includes:

- our identity as male or female,
- our ability to love,
- our emotions,
- our capacity to become parents.
- God created sexuality:
 - for love,
 - for marriage,
 - for family,
 - for the continuation of life.

Read Genesis 1:27-28.

3. The Brain and Romance

Explain simply:

Scientists say our brains release chemicals such as dopamine and oxytocin when we are attracted to someone.

Feelings are real.

But...

Feelings alone cannot make lifelong decisions.

Faith, wisdom, prayer and self-control must guide emotions.

4. Purity and Self-Control

Purity is not merely avoiding sin.

It means:

- respecting yourself,
- respecting others,
- controlling desires,
- using your body according to God's plan.

Ask:

"Which requires greater strength, doing whatever you feel like or controlling yourself?"

5. LGBTQIA+ – The Catholic Church's Perspective

Ask:

"How should Christians respond to the topic of LGBTQIA+ that we often hear about today?"

Key Points:

Every person has equal dignity because each one is created in the image and likeness of God (Gen 1:27). Everyone deserves respect, compassion, and love.

The Church distinguishes between a person and actions. A person's dignity must always be respected, while the Church teaches that sexual intimacy is reserved for the sacramental marriage of one man and one woman.

Our primary identity is as children of God. We are called to live lives of purity, holiness, and faithfulness according to God's plan.

6. Marriage and Family

Marriage is:

- God's covenant.
- Lifelong.
- Faithful.
- Open to children.
- A sacrament.

Family is:

- the first school of love,
- faith,
- forgiveness,
- responsibility.

The family reflects the communion of the Holy Trinity

4. Activity

"Relationship Traffic Lights"

Divide the class into groups.

Give each group cards with situations.

Examples:

- A friend helps you grow closer to God.
- Your boyfriend/girlfriend demands your passwords.
- Someone pressures you into physical intimacy.
- A friend respects your boundaries.
- Parents advise you about relationships.
- Social media friendship with a stranger.
- A partner isolates you from family.
- Someone accepts your "No."

Students place each situation under:

● Green – Healthy

● Yellow – Be Careful

● Red – Dangerous

Afterwards discuss:

"What made you classify it that way?"

Conclude:

Healthy relationships always bring freedom, peace and respect—not fear or manipulation.

5. Bible verse

Above all, love each other deeply, because love covers over a multitude of sins." – 1 Peter 4:8

6. Practical Application

This week:

- Evaluate your friendships.
- Remove one unhealthy influence from your life.
- Spend less time consuming unhealthy social media content.
- Pray daily for purity of heart and wise relationships.
- Show greater respect to your parents and family members.

7. Habit Formation

Before making any important relationship decision, ask yourself:

- Does this bring me closer to God?
- Does it respect my dignity?
- Would I proudly tell my parents about this?
- Will this decision make me proud after ten years?

If the answer is "No," do not proceed.

8. Conclusion

"The world often tells us to 'follow your heart.' Jesus teaches us to form our heart according to truth. True freedom is not doing whatever we want; it is choosing what is good. Friendship should build us, romance should prepare us for commitment, love should reflect Christ, sexuality is God's sacred gift, marriage is His covenant, and family is His beautiful plan for humanity."

Close with a short prayer asking God for wisdom, purity, and the grace to build relationships rooted in love and truth.