

Dear parents,

The aim of **TeenSTAR** is to accompany your sons and daughters in the phase of adolescence in which they start to detach themselves from their parents and search for answers to their questions beyond the home. TeenSTAR would like to support you in your role of responsibility for the education of your children, and to encourage and enable dialogue between you and your child about "friendship – love – sexuality". We offer a course for children of 9 years and above called 'Understanding my development – growing strong in adolescence,' which is accompanied by a handbook for parents.

Dear educators,

School and other educational establishments play an important role in personality development – including "friendship – love – sexuality." A TeenSTAR course can be offered as an optional activity in the afternoon, in a school, boarding school, afternoon club or youth centre, or as part of regular lessons. TeenSTAR Kids prepares children in the 4th grade of primary school (9-10 years), and the 1st year of the Neue Mittelschule or Gymnasium (10-11 years), for adolescence.

* Training

Anyone who lives with children and young people, or who works with them professionally or on a voluntary basis, can take part in the TeenSTAR training seminar, for example

- Fathers and mothers
- Teachers
- Social workers and councillors
- Midwives and doctors
- Youth leaders
- Pastoral assistants, community leaders, deacons
- Priests and pastors
- All those who are interested

You can take part in the training seminar for personal interest, but it is also the basis for working with children and young people. To be able to hold TeenSTAR courses it is necessary to have the TeenSTAR Certificate, which shows that the course has been completed, and that the holder of the certificate agrees with the philosophy of TeenSTAR.

* Topics covered in TeenSTAR courses:

- How do the sexes interact with each other?
- Sexuality in the media
- Self-esteem and self-acceptance
- My body
- Anatomy of the sexual organs
- Respectful language
- Male and female fertility
- Adolescence – growing and maturing
- Dreams and visions for my life
- Understanding others
- Friendship – love - sexuality
- Self-assertion – learning to say no
- Communicating with adults
- Pregnancy – a new life begins
- Contraception and conception regulation



Target groups - Children and young people (9-18 years old)) and their parents

* What is TeenSTAR?

TeenSTAR is a programme of sexuality education and personality development for young people. TeenSTAR uses a holistic approach, since sexuality encompasses the body, the emotions, our reason, relationships, the environment we live in and our soul/spirit.

TeenSTAR courses have a fundamentally positive attitude towards the body and encourage the observation of the signs of fertility, which means that steps towards maturity can be understood in an age-appropriate way and can be integrated into the personality. This enables young people to discover their sexual identity and take responsibility for the way they live their sexuality.

It is essential to give young people enough time to discover and formulate their questions, and find their own answers. This is why in TeenSTAR courses the young people are accompanied over a longer period of time.

