



Gradual Implementation of Theology of the Body in 2025-2026

Theology of the Body for Teens (Middle School Edition):

Students in these grades are beginning to use reason. Before implementing Theology of the Body, the following need to be taught: the truth that we can know God exists through reason and that we can develop a friendship with Him through prayer, as found on the website.

- **Grade 6**
 - Chapter One – Who Am I? Discovering My True Identity
 - Chapter Two – Our Story: God’s Plan, Human Sin, Jesus’ Love
- **Grade 7 (for 2025-2026 if not implemented last year)**
 - Chapter One – Who Am I? Discovering My True Identity
 - Chapter Two – Our Story: God’s Plan, Human Sin, Jesus’ Love
- **Grade 8 (for 2025-2026, unless Chapter One and Two were implemented last year)**
 - Chapter One – Who Am I? Discovering My True Identity
 - Chapter Two – Our Story: God’s Plan, Human Sin, Jesus’ Love
 - Chapter Three – Me, Myself, and I: Body and Soul
 - Chapter Four – How Should I Act?
 - Chapter Five – Sex, Love and Chastity
 - Chapter Six – To Use or Not to Use? That is the Question

A highly recommended goal for 8th grade is to complete Chapters 1-6 this year. The best situation is to separate into groups: the boys to have a man teacher and the girls to have a woman teacher – if possible. Ask parents to attend at least one session.

**In 2026-2027, as students enter the next grade, move on to the next chapters. The ideal is for students to complete all 8 chapters by the end of 8th grade. Use prudence to determine if the assigned chapters are too little or too much for each age group, as you know the students’ level of innocence. **A group of 5th graders may seem mature, but their reasoning is not developed. You might be putting ideas in their head that without proper reasoning may lead them to sin.*

To help engage parents in the Theology of the Body so that this can become part of daily family life, a parent letter to inform them about this teaching and “Parent Summaries” for each of the TOB chapters are available here: diolc.org/tob. A required meeting should be held to allow parents to view some of the 10-minute videos and to answer their questions. Provide the parents with each Summary as their child studies that particular session.

Three online training videos by Ascension Press are available for catechetical leaders and catechists who will facilitate TOB. Contact Ann Lankford at alankford@diolc.org for a FREE link to this online training. It is suggested to use the TOB textbooks as non-consumables.



YOU - Life, Love, and the Theology of the Body (High School)

Students need their questions answered. Before implementing Theology of the Body, include teaching about who God is, how much He loves each individual person, that we can know He exists through our reason and that we can develop a relationship with Him through prayer, with teachings provided on the website.

- **Grade 9 (schedules of 4 different Confirmation Programs that include TOB are found here: diolc.org/catechesis/sacramental-prep/confirmation)**
 - Session One: Created for Love
 - Session Two: Naked Without Shame
 - Session Three: Love Defined
 - Session Four: Hope and Redemption in Christ
 - Session Five: Truth and Freedom
 - Session Six: Free, Total, Faithful, Fruitful
 - Session Seven: Language of the Body
- **Grade 10 (for 2025-2026 if not implemented last year)**
 - Session One: Created for Love
 - Session Two: Naked Without Shame
 - Session Three: Love Defined
 - Session Four: Hope and Redemption in Christ
- **Grade 11 and Grade 12 (for 2025-2026 if these were not implemented in prior grades)**
 - All Ten Sessions

**** The ideal is for students to complete at least 6 chapters, if not all chapters, by the end of 9th grade. In 2026-2027, as students enter the next grade, move on to the next chapters. Use prudence to determine if the assigned chapters are too little or too much for each age group, as you know the students' level of innocence. By the end of 12th grade, all students should complete the entire Program.***

To help engage parents in the Theology of the Body so that this can become part of daily family life, a parent letter to inform them about this teaching and "Parent Summaries" for each of the TOB chapters are available here: diolc.org/tob. A required meeting should be held to allow parents to view some of the 10-minute videos and to answer their questions. Provide the parents with each Summary as their child studies that particular session.

Leader's Resources, including a training video, for the Ascension Press *YOU - Life, Love, and the Theology of the Body (High School)* can be found here: Visit ascensionpress.com click on Study Programs, Religious Formation and then click on Leader Resources. *Use the textbooks as non-consumables. There are many excellent choices of exercises in each chapter and appendices that include case studies, but you don't have to do everything. Students appreciate the videos.*