

Mother Daughter Program **(for Mothers and their 13 – 16 year old daughters)**

Welcome

Stage is set for talking about God's love and wisdom in His plan for each young person to grow up. The emcee will emphasize the goodness of being a girl and the fact that changes are supposed to happen. The girls will be put at ease and prepared for the presentations to follow.



Opening Prayer

Spontaneous and from the heart.



All in God's Plan – 10 to 15 minutes

Physical and Emotional Changes

Most of the girls have started ovulating and having their periods so positive enthusiasm about femininity and womanhood are stressed as well as the importance of respect and setting high standards for themselves. The girls deserve to be cherished because each one is a precious creation of God, made in His image, with unique gifts and talents.

The physical changes are discussed, but more in summary form. More emphasis is placed on their emotional changes, their need for love, assurance and acceptance by their parents and especially their peers, mood swings, the development of a stronger personality, and their desire for independence.

Many girls in this age group are so worried about how they look and if they measure up to the usually unrealistic standards set by their peers and especially by the teen magazines that they fail to recognize their own beauty and goodness. They are encouraged to see who God sees, to be the best person possible and to trust God to lead the way.



Preparation for Motherhood

Understanding the Cycle, Fertility Appreciation, Effects of Hormones

Slide Presentation – 30 to 40 minutes

Preparation for motherhood and the importance of the gift of human fertility and the gift of each new baby is stressed. The tremendous power of human fertility deserves reverence and protection because of its sacredness uniting us with God in His creation of a new person.

The slides help the girls and their mothers understand that God has designed their bodies in an awesome way. The gift of human fertility should never be taken for granted, and when they learn about fertility, they can understand and appreciate it. God's design is discussed to help the young people understand His plan for their bodies, and help them to see that growing up is to help prepare them for love, marriage and a family in the future.

Brain Interaction with Reproductive Organs (Boy and Girl)
Men Are Always Fertile
Women Are At Most Times Infertile
Woman's Cycles Comparing Dry/Wet/Dry Ground in Nature
The Cycle (Billings) Wheel
Reproductive Anatomy and Physiology
Conception, Implantation and the Marriage Act
Uterus Showing the Birth Canal
Phases of the Cycle
Hormones Influence the Events of the Cycle
The Ovary
Mucus Production in the Cervix
Cervix as a Biological Valve
Hormone Composite
Changes in the Endometrium
Magnified Picture of the Endometrium
Menstruation
Ovulation Occurs on Only One Day in the Cycle
The Egg Cell Lives 12 – 24 Hours
Sperm Must Have Mucus to Survive
Without the Mucus, Sperm Die Within Hours
Fertility Depends on Sperm, Ovulation and Cervical Mucus
Conception, the Beginning of New Human Life
Unpregnant Uterus
Pregnant Uterus
The Unborn Baby



Challenge to Chastity – 6 to 10 minutes

Personal Witness

An enthusiastic young person presents chastity as a desired and valuable virtue. This is a powerful witness to the girls in the audience. The challenge to chastity includes a challenge to the girls to discover who they are as precious creations of God so they can know real freedom, real love and real intimacy.

Chastity can protect them from the many harmful effects of using their sexual powers outside of God's plan. Chastity can give them the freedom to really love other people and to form deep bonding relationships based on respect instead of passion. Chastity is possible only with God's help, and He expects it of every person He has created.

The girls are encouraged to plan for their future now and decide that sexual activity belongs only in marriage. They can plan to be a virgin and to save the precious gift of themselves for their husband and

to really celebrate their wedding day. They can begin praying for their future husband, for purity and sexual self control for him as well as for themselves.



Chastity Video (Pam Stenzel) – 45 minutes



Afternoon Tea Party – 30 minutes

Snacks and Stuff



Questions and Answers for the Panel – 30 to 45 minutes

Opportunity to answer questions from the Question Box

A panel of speakers and a physician will answer questions placed in the box during the tea party. If any inappropriate questions are asked they are not covered during the presentation.



The Choice is Yours – 6 to 10 minutes

Presented by a young person a few years older than the girls in the audience, she will encourage the girls to make good decisions and help them understand that they are responsible for the choices they make. Once they make a choice, they have to be ready to accept the consequences that come with that choice.

Some of the challenges in the video will be repeated and the girls reminded that they are capable of making good decisions. Section includes hints on dating and the importance of being a good friend and to having lots of friends of both sexes who share their values.

Girls are reminded about the dangers of alcohol and drugs and how these things can weaken their resolve to be chaste.

This section ends on a positive note of hope and encouragement.



Being a Mother – 3 to 6 minutes

This section is a short personal witness to the joys as well as the sorrows of motherhood. It is completely honest and directly from the heart of the speaker.

Mothers are encouraged to love their daughters no matter what, to really listen to them, to be there for them and to let them know how important they are to their families. The girls need to know that being a mother is a great blessing from God, and hopefully, if marriage is their vocation, God will bless them with children.



Poetic Tribute to Daughters – 3 to 4 minutes

Poem is read together



Evaluations and Closing