



Sample UCE “Chastity Chat” Seminar Outline

- UCE “Chastity Chat” Video Resource Page: <https://www.uceglobal.org/what-we-do/online-chastity-chat-resources/>
(or visit www.uceglobal.org, select “What we do” and select “Chastity Chats”)
- Purpose: Encourage youth, parents, and/or local leadership with pro-life chastity education resources. Take a step forward personally toward chastity making a chastity/purity pledge for the first time or start over and now uphold God’s dignity for your body.
- Suggested teaching during Sanctity of Life month (January), Valentine’s Day (February), Respect Life month (October) before vacation break, anytime
 - Target age: middle school, high school and/or college level students

Session One (1 hour)

Intro/Opening Prayer	5 minutes
Show videos: <ul style="list-style-type: none"> • <i>Why Chastity?</i> https://youtu.be/2Ls8g3M1t5o • <i>Tony & April’s Abstinence Until Marriage</i> https://youtu.be/shzeL5j3xCQ OR <i>Isaac’s Abstinence Until Marriage</i> https://youtu.be/D9B7Hs1R2MU 	9 minutes
Break into small groups (boys & girls) to discuss those two videos using possible discussion questions on UCE Chastity Chat webpage or other questions from the UCE Manual including the concept of “2 nd chances if applicable.	10 minutes
Show videos: <ul style="list-style-type: none"> • <i>Modesty</i> https://youtu.be/0P3-Yev9rqY • <i>Prim’s Fruit of Abstinence</i> https://youtu.be/S2KG1uYexkl 	10 minutes
Break into small groups (boys & girls) to discuss those two videos using possible discussion questions on UCE Chastity Chat webpage or other questions from the UCE Manual.	10 minutes
Have participants write down questions <i>anonymously</i> and answer them	10 minutes
Closing/Closing Prayer	5 minutes

Session Two (1 hour)

Opening Prayer/Recap	3 minutes
Show videos: <ul style="list-style-type: none"> • <i>Micah’s Victory over Pornography</i> https://youtu.be/k3z6HAcRx-A • <i>Fr. Carl Wertin’s God’s Plan for Your Sexuality</i> https://youtu.be/BjQOFAFyJlc OR <i>Tony’s My Fight Against Pornography</i> https://youtu.be/xyeuT5OdeeA • <i>Prim’s Abstinence Guards Your Dignity</i> https://youtu.be/nlb7tSCP2ps 	12 minutes
Break into small groups (boys & girls) to discuss those two videos using possible discussion questions on UCE Chastity Chat webpage or other questions from the UCE Manual.	10 minutes
Show videos: <ul style="list-style-type: none"> • <i>Trent & Sarah’s Abstinence until Marriage</i> https://youtu.be/flr_cnvKkfE • <i>UCE: A Light Shines from Africa</i> https://youtu.be/1sxNT7Es4n8 Be encouraged by UCE’s story!	12 minutes
Break into small groups (boys & girls) to discuss those two videos using possible discussion questions on UCE Chastity Chat webpage or other questions from the UCE Manual.	8 minutes
Have participants write down questions <i>anonymously</i> and answer them	7 minutes
Invite participants to sign a chastity pledge card if they want to (including 2 nd chances), have participants complete an evaluation of the two sessions, and closing/closing prayer	8 minutes

For more information about Universal Chastity Education (UCE) visit www.uceglobal.org



UCE "Chastity Chat" Seminar Feedback Form

1. What did you find beneficial including which videos were helpful?

2. Did you choose to sign a chastity pledge card and why or why not?

3. What recommendations do you have?

Date: _____

How many UCE chastity sessions did you attend? Two _____ One _____ (check one)

Student _____ or Leader _____ (check one)

Thanks for giving us your feedback! Please return completed feedback form to contact@uceglobal.org.