

01

PRAY FOR YOUR CHILDREN

Jason Evert says that Pope John Paul II often called his own home his first seminary because of his father's constant prayer life. In addition to prayer, Evert encourages fasting and the sacrament of reconciliation. He added, "Seeing your dad in line for confession is worth more than 12 years of Catholic education!"

02

SET THE STANDARD HIGH AND CLEAR FOR YOUR CHILDREN

Teach them that safe sex is a lie, emphasised Evert. It's about risk avoidance, not risk reduction. The journey to living a chaste life is about making choices that will allow you to live in freedom, not be enslaved to temptation.

03

BE A PARENT FIRST, NOT A BUDDY

Being your child's friend can undermine the 'enforcement' of boundaries. "Kids have enough buddies, but they only have one set of parents," Evert reminded.

04

NO DATING UNTIL 16 OR OLDER

The purpose of dating, said Evert, is ultimately to find a spouse and is not for recreation and sexual pleasure.

SATURDAY, 14 JANUARY 2017

JASON EVERT

'LIVE' IN SINGAPORE

10 WAYS

— TO HELP —
YOUR CHILDREN
LIVE OUT
THE VIRTUE OF
CHASTITY

05

HAVE A PARENTING NETWORK IN PLACE

Find parents who have the same values as your family. Learn from each other and share like-minded views on parenting.

06

USE INTERNET MONITORING

Evert recommends having an accounting and filtering software program such as Covenant Eyes. He also says no child should have a mobile phone in their room after bedtime. Parents should not accept the common excuses about phones being used as an alarm clock, for instance.

07

ASK GOOD QUESTIONS. LISTEN TO YOUR TEENS

In order to build a relationship, parents are encouraged to listen more to what their children have to say. But this, according to Evert, means that they have to ask the right questions.

08

HAVE THOUSANDS OF TALKS

WITH YOUR CHILDREN, NOT JUST ONE
"CHASTITY BOMB" CONVERSATION

When you see a commercial using sex to sell something or inappropriate clothing at the mall, use it as a lesson. They are teaching opportunities, and children need to receive a continual formation in human love and sexuality. That's the best thing a parent can do.

09

GET OVER YOUR INSECURITIES

Don't let your own failures prevent you as a parent from being a positive teacher. Parents need to get over their insecurities about this subject and talk to their kids about it on a regular basis.

10

CHASTITY IS A VIRTUE; PRACTICE IT IN YOUR OWN LIFE

Chastity is about more than abstinence from sex. Within a marriage it includes being open to accepting children. "Children are the supreme gift of marriage," said Evert. He encourages husbands and wives to learn about and practice Natural Family Planning. "The kids are never going to fail to imitate us," said Evert.