

# TOB MONTHLY KIDS

THEOLOGY OF THE BODY

AGES 6-9  
(+PARENT)

ISSUE 3 (CYCLE A)

## INSIDE:

**MY MOM + DAD HAVE  
DIFFERENT GIFTS**

**OUR ENTIRE BODIES ARE  
CODED MALE OR FEMALE**

**OUR UNIQUE GIFTS DO  
NOT CHANGE WHO WE  
ARE AT OUR CORE**

**OUR MALE OR FEMALE BODY  
PARTS DO AMAZING THINGS!**

We are  
different. We  
are equally  
important. We  
are both gifts!



## BOYS AND GIRLS:

## DIFFERENT BODIES, SAME WORTH

**THERE IS GREAT PURPOSE IN THE GIFT OF OUR DIFFERENCES**

I AM A GIFT! MY NAME IS: .....

# MAIN POINT: MALES + FEMALES HAVE THE SAME DIGNITY\* WITH DIFFERENT BODIES

(Christian Anthropology Standard 3)

## FIRST THOUGHTS...

God creates man (humans) male or female from the very beginning. Gender is a word that was applied to biological sex about 50 years ago and has multiple meanings... up until that point we used the word sex to explain that we are either male or female. Our sex (male or female) is in every part of our body! Yes, it's in the genes\* that determine whether we have girl or boy reproductive\* organs, but it's also in the genes of our brains, muscles, hair, eyes, heart, etc.! Isn't that wild!? If you lost a single hair on your head, someone would be able to look at the DNA of that hair and tell whether you are male or female. We are all human, and we all have a soul; we are all gifts! But our male and female differences are to be celebrated as well; they help us create new life, and they bring a fullness of emotional\* and physical\* gifts to the world.

\*work with a parent to define these words (there is a glossary in the back!)

## INTERVIEW YOUR PARENT



What is a gift of your maleness or femaleness that the other parent doesn't have? How does this gift serve our family?

.....  
.....

Your brain is coded male or female. How does this affect how you think, act, and love? .....

.....

What is good about me being a boy or a girl?

.....

.....

**LIST THREE THINGS THAT ARE DIFFERENT BETWEEN GIRLS AND BOYS, AND THREE THINGS THAT ARE THE SAME BETWEEN THEM. THEN LABEL OR COLOR THE PICTURE BELOW.**

Different

Same

.....

.....

.....

.....

.....

.....



**EQUALITY  
IS NOT  
UNIFORMITY**  
*(being equal  
does not  
mean being  
the same)*

With a parent, choose one difference and discuss why it is important. Choose one similarity and discuss why it is important.

### **DID YOU KNOW ....**

If you are a girl, EVERY CELL in your body is designed to have two X chromosomes (XX). If you are a boy, EVERY CELL in your body is designed to have one X and one Y chromosome (XY). So, even your heart, brain, skin, kidney, and bone cells are marked as a girl or boy cell.



# COLOR THE DAD/SON AND THE MOM/BABY BELOW



List your favorite things about your dad (or a father-figure) that you love:

.....

.....

.....

List your favorite things about your mom (or a mother-figure) that you love:

.....

.....

.....



What are three ways you would show love as a mom or a dad?

.....

.....

.....



# ONLY THE FEMALE HUMAN BODY IS DESIGNED TO BRING NEW LIFE INTO THE WORLD... WHAT A GIFT!

**Male** brains typically use 7x more gray matter for activity, while **female** brains use nearly 10x more white matter. Gray matter areas are information and action-processing centers in specific areas. This can translate to a focused vision when **boys** are doing something. White matter is the networking grid that connects the brain's gray matter areas with one another. The gray-white matter difference may explain why, in adulthood, **females** are typically great multi-taskers, while **males** often excel in highly task-focused projects.

-Psychology Today

What are some ways that a woman supports her growing baby in pregnancy?

.....

.....

.....



What are some ways that a husband can support his wife while she is pregnant?

.....

.....

.....

# Fill in the blanks

My name is \_\_\_\_\_

It means \_\_\_\_\_

My parents chose this name  
because \_\_\_\_\_

My name can help me be a gift to  
the world by  
\_\_\_\_\_  
\_\_\_\_\_

I am a \_\_\_\_\_  
(son/daughter) of God

One day I hope to be a  
\_\_\_\_\_  
(physical/spiritual\*)  
\_\_\_\_\_

(father/mother)

Someday I hope to have \_\_\_\_\_  
(number) children

And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. Then the man said, "**This at last is bone of my bones and flesh of my flesh**; this one shall be called Woman, for out of Man this one was taken." (Genesis 2:22-23)



There are two ways in which the human being is a body.

Man (meaning any and every human person) is either male or female from the beginning

~JP2, TOB 8:1, Genesis 1:27

We are all treasured children of God. We are given the gift of our bodies as either a treasured boy or a treasured girl. God gives us this gift from the First Moment of Our creation. ~ ST. JP2, TOB 8:1

## GLOSSARY OF TERMS

**DIGNITY:** Your value + worth as created in God's image + likeness

**EMOTIONAL:** relating to our feelings and/or functions of our brain and soul

**GENES:** codes inside cells that tell our body how to look and act (genes consist of DNA)

**PHYSICAL:** relating to the material body

**REPRODUCTIVE ORGANS:** organs of our body whose main purpose is the creation and nurturing of children

**SPIRITUAL MOTHERHOOD/FATHERHOOD:** when a person is called to care for foster children, parishioners, or other community members, just like a loving parent would

## WANT TO LEARN MORE?

**VISIT:**



[tobparentschool.org](http://tobparentschool.org)

**READ:**



God Made  
Boys and Girls  
by Marty Machowski

Have a little  
extra time?

## CRAFT EXTENSION

### Mary or Joseph Toolbox

**TIME:** 30 minutes

**MATERIALS:** shoebox, rope, misc. items

**ACTIVITY:**

- 1) Separate a shoebox and keep the bottom half
- 2) Staple a handle (rope) across the top
- 3) Decorate this 'toolbox' to be for either Mary or Joseph
- 4) Fill the toolbox with needed items (ex: Mary: swaddling clothes / Joseph: hammer, map) + show it to a parent

## SERVICE EXTENSION

### Write a Thank You Note

**TIME:** 30 minutes

**MATERIALS:** card, stamp

**ACTIVITY:**

- 1) Choose an organization that is run by only males or only females (ex: Knights of Columbus, Ladies' Guild)
- 2) Research what they do. Discuss how the gift of their maleness or femaleness helps them in their work
- 3) Write, decorate, and mail a thank you note to them!





Imprimatur, May 22, 2023 in Portland, Oregon, Most Reverend Alexander K. Sample, J.C.L., Archbishop of Portland in Oregon  
Copyright © 2022 TOB Parent School • All rights reserved • Do not duplicate