Teen Star

Ministry · https://missionsupport.archden.org/knowledgebase/teen-star/

I would like to encourage programs and curricula within the archdiocese that equip our youth in the meaning, truth and dignity of human sexuality. I support programs like TeenSTAR that instruct our teens on the meaning of their bodies, how to understand them, and to present this knowledge in the context of the virtue of chastity.

– Archbishop Samuel J. Aquila, Archbishop of Denver

What is Teen Star?

TEEN STAR …

- is a developmental curriculum which utilizes experience of the body’s fertility patterns to discover the values and derive the norms.
- teaches responsible decision-making and communication skills in the area of sexual behavior.
- enhances teens’ self-understanding and self-esteem.
- moves teens from being victims of their hormones to being in control.
- demands self-discipline – which is counter-cultural.
- offers methods to reject peer, as well as media pressure.
- affirms virtues, but is not moralistic.
- treats sex as a gift to be respected and valued.
- has materials available in English and Spanish.



Teen STAR®

Sexuality Teaching in the context of Adult Responsibility

What students are saying

You should absolutely take Teen STAR. It changed my life so much for the better and I became more confident about my body and more comfortable with the other people around me.

CAROLYN, AGE 13

Learning about the star was my favorite part of Teen STAR. Everything else managed to tie into that. It was a great way to understand and it's not embarrassing. Teen STAR helps you understand your body and real life/world decisions.

MADISON, AGE 13

I was surprised by how much fun Teen STAR actually is. It's not awkward or scary asking questions or talking. You learn things that will carry you through your whole life.

ABIGAIL, AGE 13

Teen STAR is absolutely amazing. I really recommend it. I came in being uncomfortable talking about these topics, and now I am entirely comfortable using real terms.

MC, AGE 13

Teen STAR is not what you expect. It's not boring or unhelpful. It is useful and helpful for your future and future scenarios.

SOPHIA, AGE 13

Teen STAR is a very fun, easy going way to learn about how to be a Christian in the modern day world.

KATE, AGE 13

When I was told about Teen STAR, I was thinking "ugh" another health class, but I was proved wrong. I learned so much about love, babies, and my body, and learned to feel comfortable talking about these things. I would tell others students who are thinking about taking Teen STAR that it is the best thing that happened to me and I know so much because of this class. It helps you understand and relax.

MADELINE, AGE 13

What parents are saying

My 13-year-old daughter has been involved in the Teen STAR curriculum for several months. She has also taken 'health classes' at her school, but Teen STAR is so much more than your basic health class. I wish I would have had the opportunity to be part of a program like this when I was her age. She has learned SO much about how her body works, how her mind works, and how her spirituality connects with her life.

R KISTLER

TeenSTAR is an amazing program! TeenSTAR teaches girls how to appreciate their bodies and their sexuality as God intends them to do, and how to develop healthy relationships that promote dignity, high self-esteem and self-respect. I am continually amazed in my practice as a healthcare provider, how little in general that women know about how their female body works. My two daughters, ages 14 and 16, are currently half-way through the TeenSTAR curriculum, along with 7 of their peers. They love it and look forward to every session! I deeply wish I had learned this curriculum as a teenager. I feel very strongly that TeenSTAR is the answer to improving appreciation and respect for one's sexuality and increasing the number of young women who remain abstinent until marriage.

S SHAFFER - CERTIFIED NURSE MIDWIFE

Learn More

MORE ABOUT TEEN STAR

OverviewDenver Catholic

ADDITIONAL ARTICLES

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FROM ARCHBISHOP AQUILA

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WORDS FROM THE FOUNDER

In November 2018, the Archdiocese of Denver invited Sr. Hanna Klaus, the founder of Teen STAR, to come to Denver and speak about the program. Listen and view her presentation below!

Download PresentationAudio Presentation

Get Involved

The Teen STAR program is now in the Archdiocese of Denver!

WANT TO GET INVOLVED WITH TEEN STAR?

WANT TO BE TRAINED AS A TEEN STAR INSTRUCTOR?

We are looking for individuals who God is calling to educate teens and young adults on the purpose and design of their sexuality informed by Catholic faith. The Archdiocese of Denver will be hosting the Teen STAR instructor training at the JPII Center.

When:

Thursday, September 19 – Sunday, September 22
9 a.m. – 5 p.m.

Where:

JPII Center
1300 S Steele St, Denver, CO 80210

Tuition Cost:

$400

I'm Interested!Training FlyerTraining Application
For more information visit the website below!

Teenstar.org