

## **PROMOTING ADOLESCENT GROWTH**

### **A YM Assessment Tool**

(Based on Renewing the Vision, NCCB, 1997)

#### **Asset**

1. To guide young people in the call to holiness by developing a personal relationship with Jesus Christ by meeting him in the Scriptures and in the life and teachings of the Catholic community, & in their own prayer lives
2. To empower young people with the knowledge and skills for active participation in the life and ministries of the Church, including a comprehensive and substantive catechesis based on the Catechism of the Catholic Church
3. To nurture in young people positive, Catholic values, of love, honesty, courage, peace and nonviolence, fidelity, chastity, generosity, tolerance, respect for all life from conception to natural death, care and compassion, service to those in need, equality, social justice, integrity, responsibility, and community
4. To help young people apply their Catholic faith to daily life, nurture in young people a lifelong commitment to the Catholic faith, guiding them in developing a personal faith and skills for continuing their growth as Catholics
5. To empower young people to live the moral and theological virtues and apply these virtues in making moral decisions
6. To develop the biblical and doctrinal literacy of young people and a deeper appreciation for the importance of the Scriptures and the teachings of the Church in the Christian life
7. To foster the development of a personal spirituality and prayer life in young people
8. To nurture in young people an understanding of and active participation in the sacramental life of the Church, especially the Eucharist
9. To help young people recognize that the Catholic faith calls them to work for justice and to defend human dignity

## **How We Promote This Asset**

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10. To empower young people to serve those in need, to develop skills that foster social changes to secure justice and equality for every human being, and to live a life of Christian service modeled on Jesus' life
11. To empower young people to become healers and reconcilers when conflicts arise, to pursue peace, and to become a peaceful person
12. To promote an understanding of and respect for people who are different from the young people – different cultures, different languages, different faiths, different ages – and develop the attitudes and skills for overcoming racial and ethnic prejudices as individuals and members of society
13. To develop young people's critical thinking skills that empower them to analyze contemporary life and culture in light of the Good News of Jesus Christ and the teachings of the Church
14. To promote Catholic sexual values & attitudes and the importance of valuing chastity and sexual restraint
15. To promote positive self-image in young people, including an appreciation of one's ethnic culture, a sense of self-esteem, a sense of purpose in life, a positive view of one's personal future, and an acceptance of one's self as lovable and loved by God and others
16. To develop the life skills of adolescents including entering into and maintaining meaningful friendships, planning & decision making skills, life planning skills, appreciation and understanding of a variety of cultures, and peaceful conflict resolution skills
17. To help young people recognize the movement of the Holy Spirit in their lives and discern their particular Christian vocation in the world – in the workplace, in marriage or single life, in the priesthood or consecrated life, or in the permanent diaconate
18. To cultivate the gifts and talents of young people, and empower them to utilize these gifts and talents in leadership and ministry in the Church and community including peer ministry and intergenerational skills

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