

## **TIPS AND TAKEAWAYS**

### **Teens & Screens: Youth Ministry and The Theology of the Body**

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- Though it is difficult not to be physically with our students, it is helpful to realize that this is a time of recuperation for many who had a lot on their plate and were not practicing self-care. Even in isolation, your students are still growing. Conversely, some students are in difficult situations at home and may need more “check-ins” than others.
- Many teens are hungry for effective ministries to reach them during this time of isolation.
- Our teens now have more time to think. Questions like “Who am I?” and “Why am I here?” These questions are at the heart of the Theology of the Body and are more relevant to them than ever.
- This is a “prime time” to meet your teens where they are, pose these questions and walk with them.
- Do not be afraid to reach out to other youth ministers for ideas. A deeper community can be built even now.
- Mari mentioned the Virtual Chastity Project Conference 2020. More information can be found at <https://www.virtualcatholicconference.com/chastity>.
- A great resource for learning more about Theology of the Body basics is the book *Theology of the Body for Beginners* by Christopher West. Available at [ascensionpress.com](http://ascensionpress.com)
- Youth ministers—take advantage of this time to grow your own relationship with the Lord!