


Generation

LIFE 

LEADER GUIDE

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HELLO AND WELCOME!

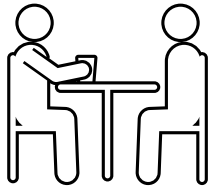
We are so glad you decided to use our curriculum to educate young people about life-affirming topics and to contribute to a culture of life. Through this guide, you will have general guiding questions and activities to engage your group or club. You are welcome to use the guide as a whole or just select specific topics. Depending on your audience and time constraints, you can also add to or take away from each topic. A note section is available at the end of each topic for the participants use.

We hope that you find this life-affirming curriculum to be encouraging and inspiring!

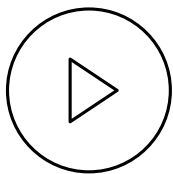
Together, we can inspire the new generation to transform our culture!

For Life,
Generation Life
An initiative of Life Culture Canada

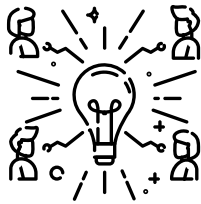
GENERAL GUIDE FOR EACH TOPIC



DISCUSS - Break into groups for discussion. Take time to answer questions and clear up any information your groups may be confused about. Continue discussions until conversation is slowing down. Approx. 10-15 min



VIEW - Videos are used to supplement the topic. Feel free to go into further discussion depending on how the video is received. Since these videos do deal with heavier subjects, debriefing may be necessary. As some video content may be sensitive for some viewers, give adequate disclaimers before each video.



ENGAGE - Create an interactive quiz (ex. Kahoot, Slido) or collaboratively come up with group ideas. Extra activities to help your group may be added to any section you feel necessary. For your convenience, check out our Kahoots to engage your group.



WRITE - At the end of each topic in this guidebook, there will be a page that can be reproduced and used for participant's use. Writing goals can be a way to solidify an idea or concept, but their doing so is not mandatory for the lesson.



RESOURCES - There may be suggestions for additional resources. Resources are mainly for your further research as the facilitator, but could be used to share with your group. These resources can be found in the back section of the guidebook.

Be flexible in your schedule and the way you present, depending on your audience. Feel free to add notes to your Leader Guide or take out a certain slide in the presentation. Always introduce the topic with care of your audience in mind. Participants may have personal experiences that shape their view. We encourage you to remain life-affirming in the most compassionate way.

A CASE FOR LIFE



DISCUSS

- How does our culture view human life?
- What do you know about abortion and MAiD?
- How does your upbringing affect your view on the value of life?
- If you could do anything to change the current political climate on abortion or MAiD, what would you change?

Here are why people advocate for the respect and protection of life from conception to natural death.

BIOLOGY

96% of biologists agree that life begins at conception. As Keith Moore says in his textbook *The Developing Human: Clinically Oriented Embryology*: “Human development is a continuous process that begins when an oocyte [egg] from a female is fertilized by a sperm from a male.”¹



Watch this short video, showing life before birth.

<https://vimeo.com/325006095>

Reiterate the main stages of development listed below

Breakdown of Main Stages of Development

- 24-48 hours - Cells begin to divide
- 21 days - Heart begins to beat
- 6 Weeks - Movement begins
- 7 Weeks - Body parts form and move
- 8 Weeks - Brain is complex, breathing movements begin

- 9 Weeks - Over 4000 body parts are formed
- 18 Weeks - Begins to hear
- 25 Weeks - Responds to voice
- 36 Weeks - Baby taking up most of the amniotic sac
- 36+ Weeks - Growth and preparation for birth

Throughout each stage of development, there needs to be care and support for the woman and her pre-born child. Not everyone has access to the support they need. This is why crisis pregnancy resource centres are important when a woman does not have support from her family or community. They provide the support and care that is needed at each stage (at no cost for mothers and children who need it). They value the importance of providing information and resources with both the woman and the baby in mind.



- When does life begin?
- What do you think is one of the main reasons life is not protected in the womb?
- Do you believe the pre-born should receive human rights?

HUMAN RIGHTS

If we are considering the baby in the womb, human rights extend to them as well. Statements of human rights were created to protect people. Section 7 of the Canadian Charter of Rights and Freedoms reads: "Everyone has the right to life, liberty, and security of the person..." How can we affirm the life, liberty, and security of the pre-born human person?

*On the next slide of the PowerPoint, point out the boxed section which shows this statement in the charter.

Our Charter of Human Rights says all humans are equal. All humans includes the elderly. The elderly ought to be provided with care at the end of life so that they can live well. Palliative care is meant to help individuals nearing the end of their lives. Statistics show that less than 30% of Canadians have access to quality palliative and end-of-life care. People need to be supported and know that they can live well and die well. Medical Assistance in Dying (MAiD) threatens a culture of life. MAiD is a term in Canada used to describe euthanasia and assisted suicide. It's application results in a pre-mature death. Our culture ought to care for the person and alleviate conditions, rather than end the person's life pre-maturely. Palliative care can offer utmost respect and care for a person at the end of their life, by providing pain management, spiritual care, and most of all, hope, during a very difficult time.



Discuss the statement below

"Every human being should have the right to life no matter their stage in life."



Watch this short video, talking about the value of life
<https://www.youtube.com/watch?v=YYuF2k7SPd4>
If needed, debrief the video.



- What are your life-affirming values?
- Are there any life-affirming values that are difficult to accept?

Many of us find ourselves wondering where our values come from. This can vary from person to person. Support for MAiD for those with mental health or harder health conditions ultimately says that their lives no longer have value. We have removed the dignity from people. *We know that human life is always valuable.*

Yes, our lives can feel meaningful based on our abilities, or the things we are known for. Ultimately, we ought to all see each other as valuable - no matter the specific physical capabilities we have. We're limiting people with disabilities if we say specific things make people valuable. We each have different abilities and we should seek to affirm the lives of everyone.



Invite discussion with the whole group, or break of into smaller groups and have everyone come up with a definition to share about:

What does a culture of life look like?

Then come up collaboratively as a whole group with a definition.

A culture of life means advocating for life in every aspect

- Finding ways to encourage moms who are in school, working, or who stay-at-home
- Meeting with the elderly and genuinely caring for them
- Supporting proper vacation time and maternity leaves for workers
- Voting for MP's who support life
- Supporting a crisis pregnancy centre by making a fundraiser or doing a drive to collect items a centre needs

Taking small daily steps is one of the easiest ways to support life. You don't have to consistently hold a sign and use apologetic training. While those things are effective in changing minds, our daily actions can have lasting impacts on people who need support.

How can you practically support a culture of life?

Below are ideas of how you can vote informed. One of the main ways is to reach out to people in some level of power and share your opinions and ideas on different topics. Maybe that means going to a school board meeting, or talking with your friends about life affirming ideas. It's true that if you don't start, you won't get anywhere. That's why it's best to take small steps where you are at to make an even greater impact.

How to vote informed

- ✓ Look up candidates for their voting records at: <https://www.voteprolife.ca> or <https://www.campaignlifecoalition.com/voting-records/level/mp/province/>
- ✓ Contact your MP to learn about their beliefs and values

From the definition of what a culture of life looks like, take time to dive into how your group can support a culture of life. Take time to consider everyday routine and look at ways which they can affirm life in every aspect.

End your time with a reflection, and encourage everyone to participate.

Have your views on human life changed or stayed the same based on this presentation?
If yes, how? If no, why not?

What do you want to learn more about?

What is one concrete step you can make to affirm life?

How can we, as a group, support life-affirming causes?

Encourage everyone to write down their goals.

Here are some suggestions for what your group may be interested in doing:

- Run a fundraiser to support pregnancy care centres
- Visit a retirement/care home and interact with residents
- Write notes/make gift baskets to give to the elderly
- Start a pro-life club
- Attend life-affirming events or apologetics training
- Wear life-affirming merchandise
- Share life-affirming messages on your social media



A CASE FOR LIFE

What is one concrete step I can make to affirm life?

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Notes:

WHAT IS ABORTION IN CANADA?

"The right to choose means the right to know."

Throughout the presentation, many questions may arise. For time, save the questions until the end. Refer to the speaking for the pre-born topic and check out the additional resources section.

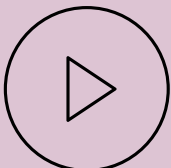


- Do you know how many laws there are in Canada on abortion?
- Do you know what happens during an abortion procedure?
- What is a "safe abortion"?

What's happening with abortion in Canada right now?

Right now in Canada, there is *no law on abortion*. Any woman at any time in her pregnancy can choose to abort her child.

Watch the video below which describes the abortion procedure. Let your group know that it may be hard to watch and that they can leave if they need to. Although it will be hard to view, it will be a very informative experience.



Watch this short video, describing the abortion procedure
<https://www.youtube.com/watch?v=CFZDhM5Gwhk>



- What was your initial reaction to that video?
- How can you speak up about abortion without condemning women in crisis situations and women who have had abortions in the past?



Make sure that you debrief the video and make sure to share the importance of not condemning people because you may now understand better what the procedure does. Compassion is of utmost importance because these are actual people experiencing hard situations. For a woman to value the life in her womb, she must also know that her life is valuable. We have the responsibility to uphold the dignity of the child in the womb, as well as the mother. It also impacts men in a way that is never talked about.

From that video, let's look further into detail about what abortion really is and how it impacts women.

Things we're told about abortion:

- Quick procedure
- Little to no complications
- An easily accessible and safe procedure

Things we're not always told about abortion:

A human child with a heartbeat will die from abortion.

- 1 in 100 women require hospitalization from taking the abortion pill
- Maternal Death can occur
- Future pregnancy complications
- Lacerations
- Higher risk of mental health
- Not all procedures are successful (see abortion survivors*)

Discuss the topic of "safe abortion", and allow people to ask questions if they need.

Abortion can never be 100% safe because one human dies - the pre-born. Moreover, pregnancy is something that drastically changes a woman's body. When an unnatural change occurs and a baby is aborted, there is the potential for complications, based on interrupted pregnancy and hormonal changes. Men also are impacted by the loss of fatherhood.

As said in the previous video, 1 in 100 women who take the abortion pill will have medical complications. These complications are not really talked about in the pro-abortion movement. Consequences of abortion (physical, mental, emotional, and psychological effects) can get swept under the rug. Women need information to be able to make a proper decision.

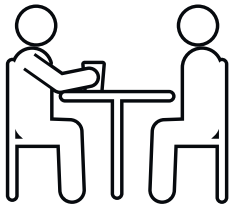
So why aren't these things being talked about?



Check out the documentary HUSH for additional information in this regard

How having zero laws on abortion impacts our culture:

- Does not recognize that life is valuable at every stage.
- Dehumanizes the pre-born.
- Leaves many women grieving (often silently).
- Devalues the role of men in our society and does not leave men accountable for their actions.
- Fails to recognize the dignity of one's body.
- Leaves women with false information about their own bodies and the life of the fetus in their womb.



As a group, discuss the statements above and decide if you agree or disagree. Also talk about other ideas of ways our culture is impacted

Abortion daily impacts 300 mothers, 300 fathers, 1200 grandparents, and many others that have lost friends or siblings.

Though the "abortion debate" can be disheartening, there is a lot that we can do to change this to support women and her pre-born child.

There's lots of work to be done to affirm women & children's lives. Each of us can play a role in defending the lives of the pre-born and women.

Compassion is of utmost importance. Empathize with women who feel like they have no support. Many women choose abortion because they feel pressure from all directions. Help women choose life by removing obstacles (financial support, supporting moms in school, working moms, etc.)

End your time with a reflection, and encourage everyone to participate.

What did you learn about abortion?

How does it impact people?

Encourage everyone to write down their goals.

Direct attention to crisis resource centre if any of the participants know of someone who is considering abortion, or has had one. Also go through the topic "Caring for a friend" in this curriculum if you see your group needing that.



WHAT IS ABORTION IN CANADA?

How does abortion impact people?

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Notes:

CARING FOR A FRIEND

While it is important to make sure that we share apologetics and our beliefs, there are many people who personally have had an abortion or know someone who has had an abortion.

Consequently, whenever we share our thoughts on abortion, we must always be careful to be sensitive towards people who may see things differently than we do.

Women are already being told what to do with an unplanned pregnancy, and we don't need to add to the noise.

Rather, we should meet her where she is and walk alongside and direct her to the help and healing that she needs.

Never condemn the woman who has had an abortion. Rather, seek to show love and compassion. Apologetics should never override compassion and showing love to someone who has experienced an unplanned pregnancy. We should also seek to provide support for the men who are going through the situations as well.

Below are statistics showing the truth about how abortion impacts women and help us know how to move forward in supporting women.

¹ *Statistics show out of 987 women who suffered abortion :*

58% aborted to make others happy.

73.8% felt pressured to abort.

28.4% aborted out of fear of losing their partner.

49.2% believed they had aborted their own "Live Human Baby."

33.2% felt emotionally connected to their Baby before aborting.

66% said they knew in their hearts that aborting was a mistake.

67.5% sought serious professional help after having their abortion.

What can you do to support the people in your life?

Below are ways to communicate the life of the unborn, to those close to you, while also showing compassion and care to them. It's about communicating to the heart.

MAIN THINGS

Seek to Understand

Support her

Inform Her

Be Unwavering

SEEK TO UNDERSTAND

What are they going through? What challenges are they facing?

As soon as a person finds out that they are pregnant, they will instantly be bombarded by different or conflicting information.

Seek to show compassion and understand the situation.

Ask questions *(from Love Unleashes Life)*:

Why do you want an abortion?

Have you heard of stories of people who have had positive experiences caring for special needs children?

If you had the financial means to support this child would you carry through with the pregnancy?

SUPPORT HER

Show up and be there for her, whether it be for a doctor visit, hard conversations with family and friends, or going to a crisis pregnancy centre.

Make yourself available.

With all the pressures around your friend, the thing you can do best is care. She doesn't need to feel more condemned or left helpless.

If you really care for and want to affirm life, you have to show that you're willing to set aside your commitments to show how you value her life as much as the unborn child inside her womb.

INFORM HER

While you want to show compassion and love your friend, you still have the ability to share the truth of what abortion will be.

The main things she should be able to have information on:

- The humanity of her pre-born child
- The inhumane nature of abortion
- How abortion can hurt her

BE UNWAVERING

It can be hard to be alone in crisis, especially with an unplanned pregnancy. But, because of your beliefs, if it gets to the point where you are asked to go with her to the procedure, make it clear you will not go with, drive, or facilitate the decision.

You don't want to be held responsible and "*Friends don't drive friends to abortion clinics*"²



Check out the additional resources page for places to direct your friend

End your time with a reflection, and encourage everyone to participate.

What is one way you can support someone considering abortion or who has had an abortion?

Check out *Life Cultures* website for resources for men and women
<https://www.lifeculture.ca>

CARING FOR A FRIEND

What is one way you can support someone considering abortion or who has had an abortion?

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Notes:

SPEAKING FOR THE PRE-BORN

Introduce the Topic

Today you will be discussing how to have educated and compassionate dialogue about abortion with others.



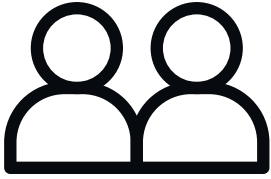
- How you ever shared your views on abortion before with others? How was it received?
- What do you think is a good way to approach the topic of abortion?
- How important do you think compassion is when you are sharing your opinion?

Whenever we are approaching apologetics, we do so with compassion and care for the person we are speaking to. Everyone has an opinion that is worth listening to.



Some people may have had lots of apologetic experience, or others none. If possible, invite individuals to share with the whole group things that have worked well, or not well, when they have had conversations on abortion with others.

3 STEPS FOR DIALOGUE



FIND COMMON GROUND

Finding common ground is a great way to bring compassion and care to a conversation. Finding Common ground turns a debate/argument into a conversation where both sides can present.



USE ANALOGIES

People would generally agree that killing an innocent human being, no matter the circumstance, is wrong. You can make an analogy by "trotting out the toddler". In other words, replacing the pre-born child with a child who has already been born.



ASK QUESTIONS

When discussing abortion, we want the person to consider the humanity of the unborn child, and so ask a question like: "If we would not kill a born human for this reason_____, why a pre-born human?"

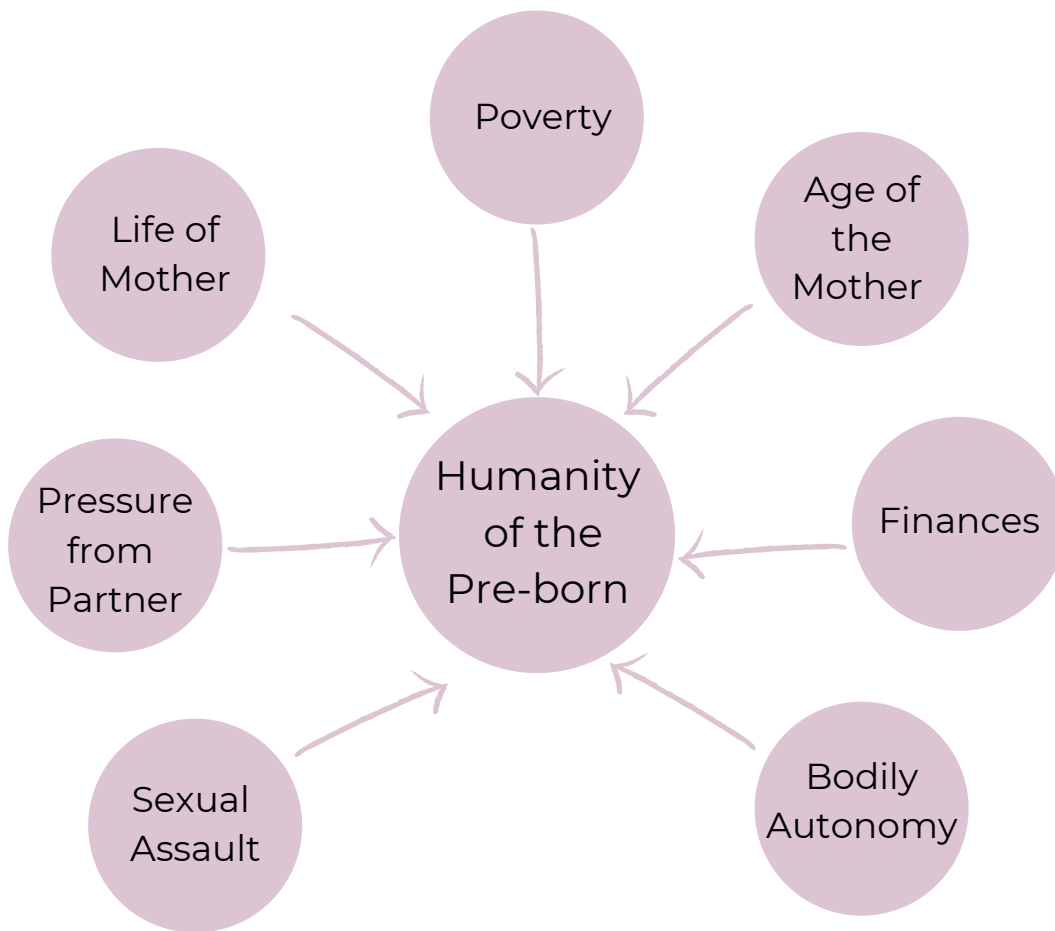
HUMAN RIGHTS

1. Do you believe all humans should get human rights?
2. If something is growing, isn't it alive?
3. If that living organism has human parents, isn't he or she human?
4. Doesn't that make abortion a human rights violation?

CIRCUMSTANCES



Below are some of the main Pro-choice arguments used. Do some research through the books listed. All conversations should lead back to the humanity of the pre-born.



Take time to allow everyone to practice conversations based on some of the pro-choice arguments. Either dialogue with those around in small groups or get everyone to do it as a large group. Look at the example on the next page for guidance. Start with the question: *What do you think about abortion?*

Example:

Abortion should be allowed when a mother is the victim of sexual assault.

Common Ground: I agree that sexual assault is a terrible crime. As a society, we need to do more to prevent it from happening, to punish the guilty rapist, and support the pregnant mother.

Analogy: Imagine the mother of a two year old child was living in an abusive relationship. Once you had helped her get out of that terrible situation, would you suggest killing her son if looking at him reminded her of the trauma she had experienced?

Question: If we would not kill a two year old to help his mother cope with trauma, why would we kill her pre-born child for the same reason?

POPULAR ARGUMENTS

"It's just a Fetus!"

This one can just be switched to - what fetus? Dolphins and dogs have fetuses. This distinction is that it is human.

"I'm personally against abortion, but I'm still pro-choice. It's a legal alternative, and we don't have the right to keep it from anyone. Everyone's free to believe what they want, but we shouldn't try to impose it on others."

To be pro-choice about abortion is to be pro-abortion.

The only good reason for being personally against abortion is a reason that demands we be against other people choosing to have abortions.

What is legal is not always right.

How can we tell people that they are perfectly free to believe abortion is the killing of children but that they are not free to act as if what they believe is really true?

"What about a woman whose life is threatened by pregnancy or childbirth?"

It is an extremely rare case when abortion is required to save the mother's life.

Abortion for the mother's life and abortion for the mother's health are usually not the same issue.

Abortion to save the mother's life was legal before convenience abortion was legalized and would continue to be if abortion were made illegal again.

There are many pro-choice arguments, so before presenting, do some research with the books and videos listed in the additional resources section. Allow participants to ask questions, and be honest if you don't know the answer. Then direct them to helpful resources.

COMMUNICATING TO THE HEART

It really is true when you say there are endless ways to talk with people on the subject of abortion. And sometimes we need to take a totally different approach. Every person has their story, and since 100,000 abortions happen a year in Canada, you are very likely to meet someone impacted by abortion. Knowing when to change your approach to the conversation will come with practice. A great resource for communicating to the heart is found in *Love Unleashes Life* by Stephanie Gray Connors (pg. 106-107). Below are some questions to ask when you feel like you should focus more on caring for the person who may have been impacted by abortion.

Do you know anyone who's experienced (suffering, rape, abortion)?
What gives you joy? When are you fulfilled?
Who inspires you? What was their life like?
Why do you think abortion will help?
How is your (sister, mom, friend) doing following the abortion?
Have you given yourself permission to grieve?

End your time with a reflection, and encourage everyone to participate. Take time to practice the apologetics learned.

How do you want to approach apologetics?

Take time for further questions or practice dialoging. Also use the Kahoot in the "Engage Your Group" section to remember what you learned.



PRO-LIFE APOLOGETICS

How do you want to approach apologetics?

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Notes:

WHAT IS MAiD?

MAiD (Medical Assistance in Dying)

Medical Assistance in Dying (MAiD) is the Canadian legislation that allows physicians, nurse practitioners, and pharmacists to carry out euthanasia and assisted suicide. It seeks to allow eligible participants to have a "death with dignity," but directly threatens the belief that every life, no matter the ability or age, is worth protection, care, and respect until its natural end.



- What do you know about MAiD?
- Who has access to it?

When we look into MAiD and the legislation surrounding it, it's hard to even figure out what the law is really saying.

***Go to the next slide with the picture of the screenshot from the Government of Canada's Website**



- What would you describe as a grievous and irredeemable situation?
- What capacity should there be to provide care for the people who are going through harder health struggles?
- Who benefits from the procedure of MAiD?



Watch this short video, talking about MAiD and mental health
<https://www.youtube.com/watch?v=YYuF2k7SPd4>

Debrief the video if necessary and lead into talking about MAiD and mental health conditions

MAiD and Mental Health

By 2024, individuals experiencing mental illnesses will be eligible for MAiD. Alternatives to MAiD, such as therapy, counselling, or physician support, are not mandatory to be eligible.

-By allowing people to get MAiD, it's ultimately saying that we don't want to walk with them through their struggle.

-In our world of instant gratification, it's easy to find quick solutions to your problems. But those solutions may not be the best ones.

-In our culture today with the rise of mental illness, solutions are being sought out. But there is not enough support for those in the situations that need help.

-Quick solutions are not life-affirming. It's getting rid of the weight of the problem and bypassing it with a band-aid fix.

-Mental health support needs to be advocated for so that people are able to find real support through their difficulties.

-Life is worth living, and there is a beauty to life, even when it is difficult. In tough situations, we can build connections and empathy with one another, or find more meaning in our lives.

"Life is going to be hard, but it still will be worth it"

While there is a big connection between MAiD and mental health, there are also connections to people who are living with conditions such as arthritis, cerebral palsy, blindness and many other conditions that could seem to people to be a reason to end their life.

Euthanasia Prevention Coalition recently shared an update about a woman they provided care for:

A 31-year-old woman who was approved for (MAiD) euthanasia based on her condition (MCS) that causes her to have strong allergic sensitivities to chemicals, has been helped by individual donors who have enabled her to move to a location that does not trigger her allergic sensitivities. ¹

It's not that people specifically want to die - it's that they can no longer live in the conditions that they are in. Euthanasia is seen as another quick solution to an even bigger problem.

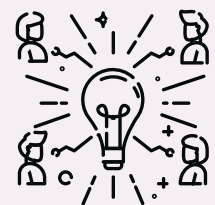
End your time with a reflection, and encourage everyone to participate.

What are some things you can do to advocate for individuals in difficult situations?

Encourage everyone to write down their goals, and feel free to revisit or inquire about them at a later time.

Here are some suggestions for your group:

- Go on a walk outside
- Write a letter to someone you love
- Create something
- Call a friend
- Bring a gift to someone (random acts of kindness)



WHAT IS MAID?

What are some things you can do to advocate for individuals in difficult situations?

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Notes:

SPEAKING FOR END OF LIFE CARE



Introduce the Topic

Tell people to have conversations with those around them using the questions below

Have you ever shared your views on MAiD/Assisted Suicide with others? How was it received?

What do you think is a good way to approach the topic of abortion?

How important do you think compassion is when you are sharing your opinion?

Whenever we are approaching apologetics, we must do it with compassion and care for the person we are speaking to. Everyone has an opinion that is worth listening to.

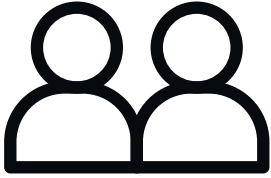


Some people may have had lots of experience, or others none. If possible, invite individuals to share with the whole group things that have worked well, or not well when they have had conversations on MAiD with others.



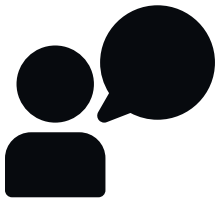
Discussing Assisted Suicide, or MAiD, can be challenging at times. While talking about abortion can be based on the fact that the pre-born is a human being deserving of rights. MAiD is something that is more based on a person's worldview and the way they value life. Check out 'additional resources' in the back for books to read to further educate yourself on this topic.

3 STEPS FOR DIALOGUE



FIND COMMON GROUND

Finding common ground is a great way to bring compassion and care to a conversation. This turns a debate/argument into a conversation where both sides can present.



USE ANALOGIES

This helps people understand their worldview and the impact of their view.



ASK QUESTIONS

Using questions helps the other people think about what they truly believe. Questioning draws out their perspective so that the discussion isn't a debate.

Use questions like "Why is that?" "How so?"

WHAT?

Use the question of What, to understand where they are coming from.

What do they think about MAiD/Assisted Suicide?

What do they think of Suicide?

What good can I bring out of this difficult situation?

Finding meaning connected to circumstances of suffering and turn suffering around.

PRINCIPLES FOR DISCUSSION

"If humans are equal, we ought to get suicide prevention."

Story of Kevin Berthia, a man who survived a suicide attempt from the Golden Gate bridge in 2005:

"I had never spoken to anybody about how I felt and I never accepted I had depression. Where I come from – Oakland, California – reputation is everything, so I convinced everyone I was OK. But I was tired and I couldn't do it anymore. I parked and walked towards the bridge. As I jumped over the railings I heard someone say: "Hey, wait a minute." I was convinced I was going to end my life, but at the last moment his voice made me stop and grab the railings. That's what you see in the picture – me standing on the ledge. I now know that was Officer Briggs (centre, leaning on the railings). He snapped me back to reality. I was on that ledge for 92 minutes, and for 89 of those I just talked. I got everything out and he listened without judging."¹

Was it a good thing that the officer prevented the attempt?

So then should doctors prevent their patients from wanting MAiD?

Why is it okay in a different context?

We're about autonomy. What makes it the same? Different?

We can alleviate suffering without eliminating sufferers

What is the inconsistency?

Prevention vs Assistance

-Some lives are worth saving and others aren't

-How can we decide whose life is more valuable if we believe in equality

When someone comes to a doctor and wants to die, handing them assisted suicide doesn't solve the underlying issues.

Why do they want to die?

What circumstances could change?

When someone is in need, that is an opportunity to unleash love.

Because a person has a burden does not make them a burden.

CREATING CONVERSATION

There are considered to be three positions, and each should have emphasis placed on the value of life.

THE PRO-LIFE POSITION

- Not Vitalism
- Positive Solutions
- Suffering Unleashes Love and Creativity

THE SPLIT POSITION

- Trot out the Teenager : Reveal the reason - Choice or Judgement?
- Judgement: Some people are better off dead

QUIT

- Quality of Life, *Unbearable Suffering, Incurable Condition, Terminal Prognosis*
- Suicide, Symptom of Unmet needs
- Human Rights Violation
- Ageism
- Ableism
- Two Classes (Valuing some, not valuing others)

THE TOTAL CHOICE POSITION

- Assist anyone?
- Rational Suicide?
- Our Duty to the Suicidal
- Love > Philosophy
- Consequences

End your time with a reflection, and encourage everyone to participate. Take time to practice the apologetics learned.

How do you want to approach apologetics?

Take time for further questions and practice dialoguing. Also use the Kahoot in the "Engage your Group" section to remember what you learned.



PRO-LIFE APOLOGETICS

How do you want to approach apologetics?

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Notes:

CRTITICAL THINKING



Play a group game. Read one of the Statements and have the group members categorize themselves into strongly agree, agree, somewhat agree, somewhat disagree, disagree, strongly disagree. If space permits, make lines on the floor with masking tape. Otherwise have them move into a certain area of the room, or just have them raise their hands. Once people are in a response grouping, feel free to let them share their opinion. Encourage respect from everyone.

Statements:

Chocolate is a delicious treat

Clothing is a form of personal expression

School prepares us for "the real world"

Pain is a natural part of living

People can overcome great suffering

Social media can be a healthy way to stay connected

My life has a purpose

Many times we don't take time to stop and think about the decisions we make and the actions we take. This activity is meant to inspire respectful discussion and thought-provoking questions. Take time to reflect and discuss thoughts on the activity.



- What did this activity teach you about yourself or your opinions?
- Do you think you have an impact on changing the culture?

Critical thinking means drawing on our existing knowledge and experience to evaluate ideas and form opinions.

WHY IS CRITICAL THINKING IMPORTANT?

1. It helps us navigate all the information we see on a daily basis
2. It helps us understand how things impact our opinion

To highlight a specific space where critical thinking is important, is on social media. We all know the pro's and con's, but we also need to realize the impact of our scrolling. We don't need to make an analysis of the posts we are viewing, but we can mindfully stop to realize the message behind some of the posts we view.

ANALYZE THE THREE POSTS BELOW AS A GROUP AND SHARE YOUR OPINION ON THEM: WHAT MESSAGE IS THIS POST SHARING?



lindt Planning the perfect afternoon delight with delicious chocolate pralines? ☀️

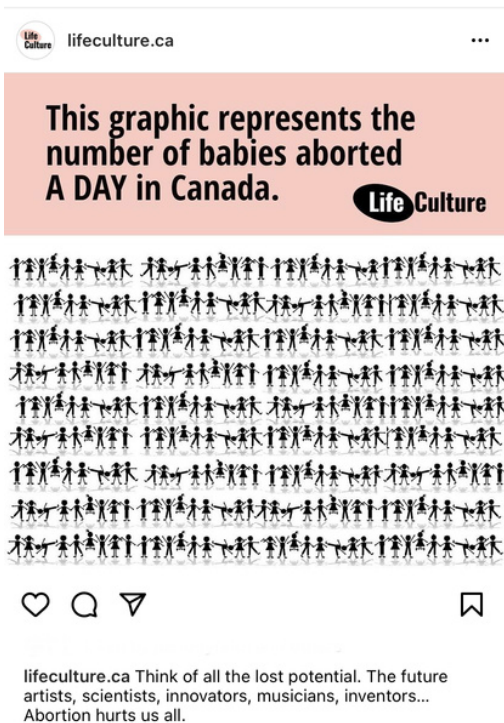
POST #1

-Posted June 17th, 2022

-Showing a nice summer day made better with chocolate pralines

-Showing they can provide you with the perfect treat

-Telling you things about your lifestyle choices



POST #2

- Posted April 22nd, 2022
- Visual representation of the loss of children each day due to abortion
- A reminder of lives lost
- A thought-provoking question about the potential of their lives



POST #3

- Posted June 13th, 2022
- Saying everyone deserves equality
- Defining equality only for reproductive rights
- Who gets equality?

Hopefully these activities got your group to practice a system of good critical thinking. Take time to allow any of the participants to ask questions. If anyone has an article or post that they saw, they might want to share it with the group, and together you can look at it.

End your time with a reflection, and encourage everyone to participate.

What did these activities do to help you learn more about critical thinking?

Here are some ideas for practical steps to take:

- Researching more into things that are trending
- Taking time to find the message of a post
- Look for ways to uplift others online
- Seek ways to build real community with other people



CRITICAL THINKING

How can you use your voice to uplift others?

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Notes:

THROWAWAY CULTURE

Since this is a more sensitive topic, allow participants to leave if they need to.
Share in a caring and informative way.

We're not only discussing the topic of consumerism of clothes or plastics that are thrown away. While that still is a problem, we're talking about a similar concept of how people are treated as objects. In our hookup culture, people are not being held to a value that they should be.



- What are some things in your life that are valuable to you?
- What is instant gratification?
- How many hours do you spend on social media?



For further education on this subject, check out the additional resources



Ask the question below to the entire group. Get them to raise their hand and share, encouraging a safe environment for everyone's opinions.

What does "Throwaway Culture" mean ?

We live in a modern day consumer culture where everything is made an object and is used for our means until no longer convenient or necessary for us. Unfortunately, this perspective sometimes extends to how we view people. Rather, we need to recognize the inherent dignity of all humans.



Discuss this statement below in small groups:

"People, relationships, and sex are for pleasure."

This information may be very controversial to those in the group. Make it clear that this is a presentation of information, and that you are not trying to indoctrinate the people who are listening. Misinformation is what is causing problems already on these topics. Encourage them to do their own research afterwards. Rather than finding information out from their class mates, below outlines the main information via a short summary.

Things to consider about the discussed statement:

- If we believe everyone has value, then their body has value as well. It should be treated with dignity.
- Our bodies are intricately laced with our minds, emotions, and psychology.
- While sex can be pleasurable, pleasure is not the *only* result.
- Pregnancy is a potential result of sex (no matter how "safely" it's practiced).



- Where do you find information on trending topics?
- Do you think sex should be something taken more seriously?

UPHOLDING DIGNITY

How do we uphold the dignity of ourselves and others?

- Realizing the effects of porn
- Knowing the effects of hypersexualized music videos
- Valuing friendships
- Valuing people for who they are, not what you can get from them
- Having realistic expectations of our bodies
- Not placing stereotypes on other people



What have you learned about hook-up culture?

Many topics have been covered in this section with many probably hitting close to home with the participants.

Make sure to direct them to counselling if needed and to support groups that you know of.

End your time with a reflection, and encourage everyone to participate.

As a group, write down or share encouraging things with the people around you.

For ways to further uplift others, here are some ideas:

- Make an encouragement wall using sticky notes or Cue cards
- Let someone you know how much you appreciate them
- Write a letter to someone in your life (Friend, family member, co-worker)
- Make a gift basket for someone you care about



THROWAWAY CULTURE

How can you encourage those around you?

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Notes:



ENGAGE YOUR GROUP

KAHOOTS

Look up LifeCulture in the search bar or follow the link:

<https://create.kahoot.it/profiles/03b019d0-e6be-47c1-b333-d77c3c191d07>

A Case for Life

What is abortion in Canada?

What is MAiD?

Speaking for the pre-born

Speaking for end of life care

DEBRIEFING TIPS FOR VIDEOS

For videos with more sensitive topics and visuals on the abortion procedure, it might be a good idea for you to lead your group in a discussion. Feel free to use the questions below:

- What was your initial reaction to that video?
- What are some of the things that you learned from the video?
- Do you think that visual helped expand your understanding?
- Were there any points in the video you felt uncomfortable? Do you know why?
- What are some positive takeaways from the video?

BIBLIOGRAPHY/ADDITIONAL RESOURCES

A Case for Life

¹ (Keith L. Moore: The Developing Human: Clinically Oriented Embryology (10th edition), Philadelphia, PA: Saunders, 2016. pg. 1).

What is Abortion in Canada?

<https://www.abortionprocedures.com/>

Additional videos:

<https://www.youtube.com/watch?v=yRA0KMCEP2o>

<https://www.youtube.com/watch?v=wrQYHeodRio>

<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/hlv-20049471>

*HUSH Documentary can be rented for a fee online

What is MAiD?

¹ <http://alexschadenberg.blogspot.com/2022/05/great-news-31-year-old-woman-who-was.html>

Additional videos:

https://www.youtube.com/watch?v=5vF8L8RUziw&feature=emb_imp_woyt

Speaking for the Pre-born

*Ideas from this section came from:

STUCK - Justina Van Maren

Love Unleashes Life - Stephanie Gray Connors

Pro-Life Answers to Pro-Choice Arguments - Randy Alcorn

<https://www.youtube.com/watch?v=rXeTicSChx8>

Canadian Centre for Bioethical Reform

*We are not affiliated with and may not agree with all these groups views on abortion apologetics. We have used the ones we support in this section of the curriculum.

Speaking for end of life care

¹ <https://www.theguardian.com/artanddesign/2014/oct/17/kevin-berthia-golden-gate-bridge>

*Ideas from this section came from:

Start with What - Stephanie Gray Connors

A Guide to Discussing Assisted Suicide -Jonathan Van Maren & Blaise Alleyne

<https://www.youtube.com/watch?v=BeA3uUoXS84>

*We are not affiliated with and may not agree with all these groups views on abortion apologetics. We have used the ones we support in this section of the curriculum.

BIBLIOGRAPHY/ADDITIONAL RESOURCES

Caring for a friend who is going through, or has had an abortion

¹ Priscilla k. Coleman, Ph.D. "Journal of American Physicians and Surgeons"
(Winter 2017, Volume 22, Number 4)

Additional resources and concepts in this section from:

Stephanie Gray "Love Unleashes Life" (Canada: Life Cycle books, 2015) 123.

helpforpregnancy.ca

heartbeatinternational.org

adoptioncanada.ca

theradiancefounation.org

iamviable.com

<https://www.youtube.com/watch?v=ToNWquoXqJl>

ehd.org

whatisabortion.com

abortionbreastcancer.com

silentnomoreawareness.org

Critical Thinking

https://spectrumgame.backerkit.com/hosted_preorders/417663

Throwaway culture

Brain, Heart, World Documentary series: <https://brainheartworld.org>

Books to read: (Mainly based on a faith perspective)

Love thy Body - Nancy Pearcy

Culture War - Jonathan Van Maren

Life Affirming Instagram accounts to check out

@lifecultue.ca
@generationlife.ca
@liveaction.org
@studentsforlife

ACKNOWLEDGEMENTS

This Curriculum was developed by Life Culture Canada. Life Culture Canada is a pro-life educational resource that seeks to equip churches and individuals to speak for life. To learn more, or get involved, visit our website, www.lifeculture.ca.