



**iVoteCatholic**

Life & Dignity of the Human Person

# Lesson Plans & Activities

## Activity 1:

- Explain to your children how as Catholics we believe in the dignity of every human person, that respect for life expands from birth until natural death. As a family, pray about whose dignity is not being upheld whether it's the elderly, the unborn, the incarcerated, etc. Brainstorm a way that you as a family can affirm their dignity, whether it is writing letters, phone calls, visiting, or serving that group.

## Activity 2:

- Sometimes, we fall short of respecting the dignity of the other in our relationships, or we do not affirm each other's dignity enough. As a family talk about ways in which you feel like your dignity has been violated or you have violated someone else's dignity? What are ways that you can repair that? Make a resolution as a family how you will work to uphold the dignity of each member starting today. How do we as a family uphold or degrade each other's dignity?