

“Only the chaste man and the chaste woman are capable of real love”

- St. Pope John Paul II

The CALL program has taught me how to have reasonable conversations with my peers about moral issues, in particular premarital sex and abortion. These conversations are part of the daily fabric of teen life in 21st Century America. I use what I have learned in my day to day life, with my high school friends, and in athletics. Because of CALL, I am able to strengthen my conversations of moral issues with facts about the medical and physical side effects of premarital sex and abortion.

I have had many discussions with my friends, and acquaintances about the effects of premarital sex and abortion; CALL has given me the education, tools and confidence to teach others the physical dangers that premarital sex causes without discussing morality. I am a club swimmer and spend about fourteen hours a week with my teammates. Intimate conversations come up. Most of my teammates are not Catholic, so discussing the moral dilemmas of birth control and premarital sex is often difficult. For example, one of my friends is on birth control by the consent of her parents and doctor, to help her acne. She is also sexually active, without the knowledge of her parents. Through what I have learned in CALL, I have been able to tell her that she is lying with her body by having sex outside of marriage. In addition that she is more prone to STD's, illness, depression, pregnancy and abortion. Sometimes, when my friend and I have discussions on these issues she says to me, “Abby, I know you are judging me right now.” In response I usually say, “I am not judging you, I just disagree with what you are doing.” I have also told her that STD's are much more dangerous than is commonly believed, and that condoms don't always work. Other times I have discussions about these issues with my Catholic friends and unless they went through the CALL program they are ignorant on these subjects. Most people do not realize how dangerous STD's and birth control are for their health, and that birth

control doesn't always prevent STD's. This information has helped me reason with friends and will help me reason with those I encounter in college and in my life after college. I continue to pray and hope that what I talk about with my friends will help them become aware of the dangerous effects of premarital sex and birth control.

My Grandma ignited a flame in me to stand for life; she was one of the founders of the California Right to Life. She fought her whole life for the unborn and received recognition from many, including President Reagan. My Grandma passed away on the anniversary of Roe v. Wade, while I was attending the March for Life, D.C., in 2011. Since I was a little girl I have had a special place in my heart for the unborn. I have often prayed at abortion clinics, around the Valley. The flame to stand for life was enriched in the CALL program. In CALL I learned in greater scientific detail that in the womb there is a complete human being, and by aborting babies, abortionists are killing fully developed humans. I have also learned the tactics of how to sensibly debate with people on the issue of abortion. I use this information often, as a large portion of my extended family is pro-abortion. From what I have learned, I show my family that there is a new human life at the moment of conception. One of their arguments is that it's the woman's choice because it is her body. In response to this I tell them that there is another living person with a heartbeat inside of each pregnant woman, and no one has the right to kill innocent life. In CALL I learned about the side effects of abortion, taking the life of a person in abortion is the effect, but it is also very harmful to the mother's life and mental state. Abortion often brings about breast cancer, depression, anxiety, and low self-esteem.

I feel so fortunate to have gained so much knowledge from the CALL program, and I only wish more people would have the opportunity to attend CALL. I cannot wait to continue

putting what I have learned in CALL to greater use not only in college life, but also in the workforce.