

## LIVING CHASTITY AS MEN

Chastity is a Christian virtue that when lived well sets us apart. Our culture has thrown chastity aside, and men in particular need to step up and be good role models. Living Biblically, St. Joseph was often referred to as Mary's most chaste spouse. He is a good role model. After all, he helped Mary remain a virgin, because she made a vow to keep her virginity. Often, chastity is focused on women, through promoting modesty. Men, however, are equally responsible for living chastity.

There are many ways for men to live chastity, and it's not all prohibitions. Although there are rules like: Don't look at bad things, guard your thoughts, and more, chastity is not all no's, but a lot of yes's. Some of the things men should do are:

- Protect women, make them appreciate their true worth more so they don't go around gaining attention the wrong way.
- Dress modestly and encourage girls to do likewise.
- Develop friendships with girls in middle school instead of dating.
- Stay out of sexual relationships outside of marriage.
- Guard your online communications with girls.

How do men deal with real life exposure? If you see someone dressed provocatively, look her in the eyes, see her for who she is. If you hear people talk inappropriately about a woman behind her back, tell them to stop. Men and women are made with the same dignity, but for different things, and we shouldn't take that away. In the beautiful vocation of marriage, they are made one. Chastity is the virtue that allows genuine, true love between man and woman, and it starts with young men, who then need to step up for the next generation just like St. Joseph.

**By Dominic Keys**