

Chastity can easily be misinterpreted when it's brought up in a conversation. By definition, it's a virtue that holds the body pure, modest, and morally clean in thoughts, words, and actions. The matter itself could be uncomfortable; however, as a fourteen-year-old girl, I must bring the topic to voice my take by leading a life based on Christian values.

How do I promote chastity in the 21st century? First, when I go out, how do I dress? What appearance do I want to portray to get attention? I prefer to dress modestly to give respect to my body as a gift from God. There is no judgment of others' choices, but how it applies to my everyday life is part of my moral and core values. Second, what are the best ways to live from the perspective of the Catholic Church? The path is a struggle, and it is a sensitive subject—understanding that virtue for purity, straying away from sexual activity, and waiting until marriage to carry out God's gift of creation. It is difficult to process when temptations are accessible to cloud one's judgment. There are no controls for phones or computers. Anyone can watch explicit and inappropriate shows with one click and become addicted. How to minimize screen time, I try to get involved in constructive activities like music, arts, and community service.

For social media, "Be true to yourself" has been a popular culture among teens. Everything is now an online relationship. My approach to this is I still believe in the sanctity of marriage. No shortcut, but it is about commitment, trust, and fidelity.

How do we educate our generation to promote chastity? At best, being aware of chastity is about commitment to your Christian life but also knowing the consequences that lead to sexually transmitted disease, mental instability, and unintended pregnancy. The Church has resources and retreats to educate and help young people. But it should start in the family with a solid foundation of the Catholic faith and Christian values that contribute to one's character.

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