# Class Sessions

## Session 2 – Sex & Sexuality - Body Image

### First things first:

What happens here stays here. Make sure the youth all understand this

Make sure they know that they will be treated as adults as long as they act like adults.

1. Have an introduction by each youth and you also – — (Gain their trust) (Keep track of the likes and dislikes for each youth below)

* **Name**
* **Grade**
* **Why are they here**
* **What one thing do they absolutely love about themselves?**
* **What one thing would they change about themselves?**

1. Get the youth to talking with each other about What they saw and heard during the open session of the night before and this morning’s sessions. What did they hear that surprised them? What did they hear that scared them? What did they hear that they would like more information on? (Let Rev Topham know about this one) What didn’t they like?

2. Ask opened ended questions about the likes (Why, what is so good or great about that part of you? Etc.)

3. Ask for reasons why they feel they want to change about themselves?

( Where did they get the view that they were not perfect just the way they are. )

4. Divide into two or three teams and play “Charades” about what Movies they last saw. –

After each round have the presenters explain the plot of the movie and what Sexual items might have been in the movie?

5. Divide into two or three teams and Play “Picture gram” about what their favorite TV show is.

After each round have the presenters explain the plot of the movie and what Sexual items might have been in the movie?

6. End with the discussion of Gender roles for man and women and see what they really think about being defined into a “specific occupation or role”.

7. Pass out drawing tickets and bring filled out tickets to the main room for the drawing at the start of the next session.

### Sometime during this session play “pass the beans” as follows:

Rules: 1. You need one bag of 4 black jelly beans (Give this bag to one “popular” youth)

(Youth Given a bag of black jelly beans will be told in private they can only give away the black beans

If they have any other colored beans at the end of a round they are to trade them in on black beans also.)

2. You need as many other bags of 4 Jelly beans each as you have kids. (Give one bag to each youth left)

3. Each youth will give one of their jelly beans to someone else in the room (They cannot repeat to anyone they have previous given a bean to before.)

4. This is to be repeated one more time. Some youth will now have only two beans now and some will have as many as they have received.

5. Have the youth look at their holdings. If they have a black jelly bean, they are to come up and trade all of their jelly beans for 4 “black” beans. (pass on the instruction in rule 1.)

6. Repeat step 3 and 4 one more time.

7. Now ask how many youth have a Black bean or who had a black bean and passed it on:

NOW Tell them that if they had been passing around their sexual favors the way they had just past around their beans – EACH YOUTH WITH BLACK BEANS or Who HAD Black beans **WOULD NOW HAVE AN STD.**

Now have them discuss how real or unreal this would have been if just one of them had had and STD before school started and how quickly it had passed through the entire school.

## Session 3 Bible / Theology

### First things first:

What happens here stays here. Make sure the youth all understand this

Make sure they know that they will be treated as adults as long as they act like adults.

1. Leading questions for each of the youth in turn to answer: (Don’t be judgmental about the answers)

* **What Church do you go to**
  + **If they go to a church - What does their church say about**
    - **Homosexuals**
    - **Acceptance of others for who they are not what they are**
    - **Pre-marital Sex**
  + **If they do not go to a church- What do their parents say about**
    - **Homosexuals**
    - **Acceptance of others for who they are not what they are**
    - **Pre-marital Sex**
  + **What do they believe about the follow and Why do they believe that**
    - **Homosexuals**
    - **Acceptance of others for who they are not what they are**
    - **Pre-marital Sex**

2. Get the youth to talking with each other about what they saw and heard during the open session. And also about what their Church/Parents/they think about the above questions. Make sure they know that they can disagree with others and it is ok. **(NO ONE HAS ALL THE RIGHT ANSWERS)**

3. Ask the question: **What is the Bible and what should we be doing with what it says**. (Don’t be judgmental about the answers)

4. Choice - Read Proverbs 5: 15 – 19

15 Drink water from your own well-- share your love only with your wife.

16 Why spill the water of your springs in public, having sex with just anyone?

17 You should reserve it for yourselves. Don't share it with strangers.

18 Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth.

19 She is a loving doe, a graceful deer. Let her breasts satisfy you always. May you always be captivated by her love.

Now spend some time free association about the concept of “Healthy Sexual Love” and what that means.

* What is Healthy Sexual Love For You?
* Are there experiences in your past that need to be acknowledge and need to heal before your can open to spiritual, healthy Sexual love?

5. Seductions Read Proverbs 7: 9 – 13, 17 – 21, & 23b

9 Don't be quick-tempered, for anger is the friend of fools.

10 Don't long for "the good old days," for you don't know whether they were any better than today.

11 Being wise is as good as being rich; in fact, it is better.

12 Wisdom or money can get you almost anything, but it's important to know that only wisdom can save your life.

13 Notice the way God does things; then fall into line. Don't fight the ways of God, for who can straighten out what he has made crooked?

17 On the other hand, don't be too wicked either-- don't be a fool! Why should you die before your time?

18 So try to walk a middle course-- but those who fear God will succeed either way.

19 A wise person is stronger than the ten leading citizens of a town!

20 There is not a single person in all the earth who is always good and never sins.

21 Don't eavesdrop on others-- you may hear your servant laughing at you.

23 All along I have tried my best to let wisdom guide my thoughts and actions.

* When you think of sexual relations and sexual relationships, do you include God into the picture? If not Why not? If so, what has been your experience?
* Give the youth a sheet of paper. On one side have them write Men at the top. On the other side Women. Now have them divide each side into two columns. Title one column “Sexual Stereotypes” and the Other “Sexual Attributes”. Have them then make entries in both columns on both sides without much contemplation or editing of the words.
  + Now have them reflect and comment on their lists and what they say about who they are and what they think about these words.

6. End the session if there is time by talking about the different “street versions” of the Birds and the Bees they have heard about. Do they believe those or not?

7. Pass out drawing tickets and bring filled out tickets to the main room for the drawing at the start of the next session.

## Session 4 Morals and Ethic

### First things first:

What happens here stays here. Make sure the youth all understand this

Make sure they know that they will be treated as adults as long as they act like adults.

1. Leading questions for each of the youth in turn to answer: (Don’t be judgmental about the answers)

* **What did they hear?**
* **What did they like?**
* **What did they disagree with and why?**

2. Get the kids talking about feelings?

* Any been lonely? Why? What happened? Still that way?
* Any been in Love? Was it true love or just a flirtation? Ask if they know the difference?
* Any felt Hate, Anger or Rage? Why? What happened? Still that way?
* Any ever been Jealous of someone or because of something? Why? What happened? Still that way?
* Any felt Insecurity? Why? What happened? Still that way?
* Any been infatuated or obsessed with someone or something?

3. **Thought exercises:** (have each youth come forward and draw a number and then answer the corresponding question. Then open it up for general discussion.) (You will need to make up a bowl with numbers on them.)

**Exercise 1 - 4**

**How far should you be willing to go, as far as a sex is concerned?**

1. Boy and girl have just met someone?
2. It is now your First date?
3. It is now your third date?
4. You are “going steady”?

**Exercise 5:**

**You are out at a dance and see your best friend is talking to someone you really like. What do you do? And why?**

**Exercise 6:**

**You and your Boy friend/girl friend have just broken up. Should you tell others what you have or have not done together?**

**Exercise 7 - 8:**

**You find out that your Boy/Girl friend is spreading rumors about what you have been doing?**

7. What do you do if they are true?

8. What do you do if they are not true?

**Exercise 9 - 11:**

**You have a reputation of being a person who will do anything with anyone.**

**Answer the following questions:**

9. Is this a good or a bad reputation to have?

10. Is this how you want to be known the rest of your life?

11. What can you do about it if it is not true?

**Exercise 12:**

**You have feelings for someone.**

**Answer the following questions**

How do you know if those feelings are true love or just raging hormones?

**Exercise 13 - 27:**

**What should you do if you are a Girl and …** (yes boys can answer these questions also)

13. A boy puts his arm around you?

14. A boy tries to kiss you and you are not ready?

15. A boy does not try to kiss you?

16. A boy touches your breast?

17. A boy un-hooks your bra?

18. A boy puts his hands down your panties?

19. A girl fondles your behind?

20. A boy fondles your behind?

A boy says he will be hurt if you do not…

21. Give him a kiss?

22. Give him pleasure with your hand?

23. Give him oral Sex, because that is not real sex?

Have intercourse with him?

24. With a Condom?

25. Without a Condom?

Wants to have Anal Sex with you?

26. With a Condom?

27. Without a Condom?

28. A girl puts his arm around you?

29. A girl tries to kiss you and you are not ready?

30. A girl does not try to kiss you and you really want her to?

31. A girl touches your breast?

32. A girl un-hooks your bra?

33. A girl puts his hands down your panties?

A girl says she will be hurt if you do not…

34. Give her a kiss?

35. Give her pleasure with your hand or a Sex toy?

36. Give her oral Sex, because that is not real sex?

Your Sexual partner just told you they have:

37. Aids

38. Syphilis

39. Some Drugs for you to try

40. Some Alcohol for you to drink

**Exercise 41 – 65**

**What should you do if you are a bay and …**

(yes girls can answer these questions also)

41. A girl puts his arm around you?

42. A girl tries to kiss you and you are not ready?

43. A girl does not try to kiss you?

44. A girl touches your Chest?

45. A girl unbuttons your shirt?

46. A girl puts his hands down your pants?

47. A girl fondles your behind?

A girl says she will be hurt if you do not…

48. Give her a kiss?

49. Give her pleasure with your hand?

50. Give her oral Sex, because that is not real sex?

Have intercourse with her?

51. With a Condom?

52. Without a Condom?

Wants you to have Anal Sex with you?

53. With a Condom?

54. Without a Condom?

55. A boy puts his arm around you?

56. A boy tries to kiss you and you are not ready?

57. A boy touches your Chest?

58. A boy unbuttons your shirt?

59. A boy puts his hands down your pants?

60. A boy fondles your behind?

A boy says she will be hurt if you do not…

61. Give him a kiss?

62. Give him pleasure with your hand?

63. Give him oral Sex, because that is not real sex?

Wants you to have Anal Sex with you?

64. With a Condom?

65. Without a Condom?

4. If there is still time left then play truth or dare spinning a bottle to find out who is to do what the spinner says.

#### Questions:

1. Whom would you love to date amongst the crowd gathered in this room?
2. When was the first time you fell in love?
3. Which is your most embarrassing moment so far?
4. Tell us about your secret fantasy?
5. Would you kiss the person next to you?
6. What’s your biggest turn on?
7. Have you ever cheated on your girlfriend/boyfriend?
8. What is the most sensual pair of clothing you own and why?
9. What is the main thing that attracts you to a person of the opposite sex?
10. Have you ever gone skinny-dipping?
11. When was the first time you had your first kiss?
12. Have you got any secret talent?
13. What is your idea about romance?
14. What is the wildest thing you have ever done in your life so far?
15. Whom would you like to marry from amongst the group in this room and why?
16. Which singer do you identify with and why? Sing a famous song by this singer.
17. Do you love to sleep with your teddy bear?
18. What’s your idea about [romance](http://www.buzzle.com/articles/romance/) and [dating](http://www.buzzle.com/articles/dating/)?
19. Describe the funny side about your first sexual experience!
20. Do you have a crush on someone in this room, right now?
21. What is the one thing you **hate** about your best friend?
22. What is the worst fear you have in life?
23. If you had the chance to be reborn as someone else, which person would you choose from this room and why?
24. Have you ever told lies to your boyfriend/girlfriend?
25. Have you been mean to anybody present in this room?
26. If you were to win a lottery and you had to give it away to someone from this group, whom would it be and why?
27. If you were locked up in a room with some other person from this room, whom would you choose and why?
28. What is the one thing you have ever done which you never ever want to be caught doing?
29. Which is your most irritating feature?
30. When was the first time you lied to your parents?
31. Have you had a crush on your best friend?
32. Which was the lowest grade you received in school and for which subject?
33. Do you like to brush your teeth every night?
34. Which animal most resembles your personality?
35. What is the one quality or feature you would like to change about yourself?

##### Dares

1. Lick the little finger of the person next to them.
2. Lick the ear of the third person of the opposite sex to their left.
3. Lick the neck of the 4th person of the opposite sex to your right.
4. kiss the first person of the opposite sex to your left
5. kiss the first person of the opposite sex to your right
6. kiss the first girl to the right wearing nail polish
7. Kiss the third blond person of the opposite sex to your left
8. break dance,
9. dance with a broom,
10. dance with the fourth person on your left
11. Smell the 2nd person to your left feet,
12. Smell the 2nd person to your right armpit
13. the 3nd person to your right Hair
14. the 3nd person to your left Neck
15. the 4th person to your right Breath.
16. Do the macarena
17. Do a cartwheel
18. Do a handstand
19. Yodel
20. Sing "I'm a Little Tea Pot" with actions
21. Burp
22. Do a stupid human trick
23. Dance like a ballerina
24. Bark like a dog
25. Hop around the room
26. Moonwalk across the room
27. Do the robot dance
28. Sing a song
29. Snort like a pig
30. Give your best snort.
31. Blow in somebody's ear
32. Blow a raspberry on the back of someone's neck
33. Attempt to stand on your head.
34. Try to itch your armpit with your big toe
35. Kiss someone on the cheek
36. Tell what the worst CD in your music collection is
37. Show how you would flirt with someone.

 5. Pass out drawing tickets and bring filled out tickets to the main room for the drawing at the start of the next session.