Love Sex and God – Sexual Education

# Housekeeping items

Show two video clips

Simpsons

Harry Potter

I am not a coach or a teacher. I am the Pastor of the United Methodist church and will be leading you through today’s study.

## Housekeeping

1. Bathrooms
2. Breaks
3. You will be seeing naked human bodies so if that bothers you please talk to one of the adults immediately. Your parents knew this when they sent you here and there is nothing pornographic or naughty about what you will be viewing.
4. We want to be as honest with you as possible and will treat each of you as young adults and expect you to act as young adults.
5. Some of what will be shown may shock you or upset you but it is all designed to give you facts that you must have to make an informed and adult decision. You are each faced with this each time you date, go steady, are alone, pressured and placed in situations that may feel uncomfortable with in your life over the next few years.
6. Your parents may come and sit in on any of these sessions in the large group although they are not invited to comment without talking to one of the leaders first.
7. You will be broken down into small groups and we want you to be able to be open and honest in those groups. To do this we want to keep siblings and boy/girl friends out of the same groups. We will need you to help us do this.
8. Anything that is said in this seminar by any of your peers must be kept private. That means that anything you say is not subject to discussion or passing around to people who are not within your group. Think how you would feel if you said something and then had that passed around school Monday. If you don’t want it to happen to you, then why would you think of doing it yourself? That is not being a responsible person. If you feel you cannot do this, then please come up and see me now. If we find out anyone has done this we will be talking with you and your parents about what you have done. In order for this to work, you need to be open and honest with us and with each other. Who knows, maybe you will find out that person sitting across from you knows more than you gave them credit for.
9. You each will be given some questions cards. If, during the seminar, you have a question about something said or we do not cover something you have a question about, fill out the card. Put your gender and age on the bottom of the card and place them in the basket up here. We will be using them to answer questions in our open group discussion at the end of this seminar.
10. Have fun here. Be open and honest and hear what is being said.
11. It is important for all of you to become more understanding of yourself and how people treat you, what you need to do in different situations to protect yourself, and make informed decisions.

# Second Day’s Class - Sex and Sexuality

**Why do we need Sexual Education?** --- so that we can be all that God created us to be and so that we can form and maintain deep and lasting relationships with people who care and matter to us and have them want to care and matter to us as much as we will and do them.

Define the words:

Sex – Strictly speaking is the Quality of being male or female, depending upon the physical makeup of the individual

The comparison of sex to a new car

A new car has wheels, bolts, gears, all the parts that are often necessary for a car to run.

A new car is good, when you have one, you’re proud of it,

A person has male or female hormones, male and female sexual organs – all the parts that are necessary to function as a man or a woman.

Your sex is good – it is a gift from God, something to be proud of.

To say and appreciate what your sex adds to your whole life and character, you usually use the word sexuality.

A new car doesn’t mean much if it just sits in the driveway. It’s how you use it and take care of it that counts.

Your sexuality includes your sex organs as well as the way you think and feel about them and use them. It takes into account everything you are as a male or female.

Like everything else, cars and sex can be used responsibly or they can be abused … or they can be misused. If we drive our cars or use our sex to hurt others, God may forgive us, but His forgiveness does not take away the consequences of our actions. The run over pedestrian is still dead; the unmarried pregnant girl is still pregnant.

People who think of sex (body only) instead of sexuality (all of you – body and spirit) miss the greatest gift: A deeply satisfying relationship with another human being.

1. Sexuality is all around us every day

Run the videos of the Magazine, TV plots and Movie plots.

1. What attitudes about sex do you see reflected in Magazines your read or look at.
   1. Skinny is beautiful
   2. Full Breasts are real and perfect
   3. Skin should be flawless
   4. Males should have big muscles and cool cars.
   5. Men don’t have any hair left on their bodies after puberty, unless they want to grow a perfect beard and that only takes three days.
   6. Acne can be cured overnight with just a dollop of cream
   7. You can have healthier thicker finer fuller hair just by using this or that hair product.
2. What attitudes about sex do you see reflected in The Movies you have watched?
   1. Sex and the City
   2. Confessions of a Shopaholic
   3. Knocked up
   4. The ugly truth
   5. The Answer man
   6. Bruno
   7. The Proposal
   8. I love you Beth Cooper
   9. The curious case of Benjamin Buttons
   10. Or How about the latest Harry Potter movie
3. What are these movies telling you about sex and its practices?
4. What attitudes about sex do you see reflected in your favorite TV Shows
   1. Gray’s Anatomy
   2. Private Practice
   3. The Bachelor, the Bachelorette
   4. The reality shows on MTV
   5. Big Brother
   6. Sex and the City
   7. How I met your mother
   8. Two and a half men
5. How do these show you how and what sex and life is all about.
6. What Songs and music do you listen to?
   1. What do they say about love and sex?
   2. Do they uphold what you have been taught to believe in or does it tell you something else is all right.
7. What are you looking at on the internet? What pictures are you viewing and what sites are you going to?
   1. You and I both know that you can find and view just about anything you want on the web. And you don’t even have to pay to see a lot of it.
   2. Do any of these show responsible, sexual persons, who though imperfect and vulnerable do have a set of values or do they picture glamorous figures that live in a world of fantasy? Do the stories, songs and pictures tell of trust, communication, and caring between two people – or do they imply that physical attractions is all there is?

Show video about breast and penis ---- Teenagers\_Ep\_1.mpg

1. Most ads, TV shows, etc., seem to be written for the lowest level of maturity and intelligence.
   1. All of this nonsense has given each of us a distorted view of what we should or should not look like
   2. It is possible today to take any average person and through photo-shopping change that person into something more beautiful. Watch this short video about what is possible.

Show video retouch.mpg

C. This afternoon we are going to go into more detail about the human body and what they look like for real. But for now let’s just say that it is important that you each understand who you are and understand that you are the way that God created you and that is in God’s perfect image - Male and Female.

1. Let’s talk a little about what that means Male and Female
   1. Which of the following phrases describe men? Which describe women? And which could describe both?

Is a good cook

Is sensitive to others’ feelings

Is athletic

Is courageous

Cries easily

Can change a tire

Uses power tools

Does minor repairs

Likes pretty things

Is competitive

Is aggressive

Likes Science and Math

Is independent

Is a leader

Cries when very sad

Can clean, sew, do laundry

Can speak and write well

Likes touching, tenderness

It’s not easy sorting out today’s conflicting definitions of man and women.

* 1. Gender roles have changed so much in the last 50 years that most of these now apply to both genders. And you males out there if you cannot get in touch with your feminine side, you are going to get into a lot of trouble when you start dealing with females. And that goes for you females getting in touch with those things that are Masculine. If you cannot accomplish those things on your own, then you are in trouble if you ever have to depend only upon yourself to fix or repair something.
  2. I feel so strongly about this I wanted my son to take a cooking class in High school (by the way that is a great place to meet girls) and I wanted my daughter to take a car shop class so she could fix her own car if she needed to. (AND THAT IS A GREAT PLACE TO MEET guys, for you shy girls.)
     1. It is enough to know that you begin to be a man or a woman at the instant of conception, by the age of two you are watching others of your sex very carefully so you could imitate their walk, mannerisms, or speech. Your gender (being male or female) is firmly a part of you that nothing can shake your deep knowledge of who you are.
  3. **But know also that no two men or women are ever alike**
     1. There are at least as many differences between any two men or any two women as there are between men and women as a group.

### **I want you to now break down into your smaller groups. And your leaders will take you through some questions about all of this. What Sex and Sexuality really is, where you can and cannot get information about yourself and how to improve your self-image.**

# Second Day’s Class - Bible/Theology

What does the Bible teach about Sex?

1. God Placed almost top priority on sexual union in marriage.
   1. In the Genesis account that after God told man not to learn evil by experience His second teaching told man and woman how to relate in marriage: “Therefore shall a man leave his father and his mother, and shall cleave unto his wife; and they shall be one flesh”
   2. So there are three basic commandments for God about Sex.
      1. First When we marry, we should stop being dependent on our parents or our in-laws. We are to become completely dependent on our mates to satisfy all our needs.
      2. Second, there is a responsibility for holding the marriage together by “cleaving” to each other. Cleaving in this sense means to be welded inseparably so that each becomes a part of the other. Therefore, the man and the women are to be totally committed to each other solely. And since we have another commandment not to commit adultery both parties are responsible to be committed to each other.
      3. Third we are commanded to be joined together in sexual union, to be one flesh. But this needs to be done in the context of marriage and a partnership developed through mutual love and care.
2. What did Jesus teach about marriage?
   1. Jesus taught on a wide variety of subjects, and addressed one topic related to sex, marriage, and sexuality on in three of the Gospels that that is about adultery:
      1. He spoke about Adultery in his Sermon on the Mount where he said do not commit adultery, do not look at a women with lust in your heart,
      2. He spoke about Divorce in his Sermon on the Mount where he said a man (or a woman) who divorces his or her spouse, unless they have been unfaithful is causing their spouse to commit adultery.
      3. Think of this – if you are not willing to marry the boy or Girl who you think you want to make love to, then you are sleeping with another man’s or woman’s spouce and you have committed Adultery yourself.
   2. Jesus blessed the couple in their marriage and felt that men and women should be together in a committed and lasting relationships- helping and building lives together.
3. What else does the Bible teach about marriage and Sex?
   1. In the Old and new Testaments, the Law of God was revealed, with prohibitions on certain sexual activity that was present within other cultures. These include:
      1. Adultery: sex outside of marriage
      2. Sexual Perversions: Sex with your same gender, Bestiality or Sex with Animals, Sex with children, Sex with Prostitutes’ and incestuous relationships.
      3. Rape of any kind
      4. Fornication or consensual sex with someone other than your mate
      5. There are many other Scripture references one could use to show how sexual immorality is viewed by God.
4. What does God teach about incest?

We are told that we are not to have sexual intercourse with a close relative.

These are defined as your

Your Mother or your Father

Your Grandparents

Any other wife of your father or Husband of your Mother

Your sisters or your brothers

Your half sister or your half brothers

Your grandchildren

The children of any parent or step or adaptive parent you have.

With your Aunts and your Uncles

Your Children

Your daughter-in-laws or son-in-laws

Your sister-in-laws or your brother-in-laws

Any women and her children or grandchildren

Any man and his children or grandchildren

A neighbor’s wife or husband

1. What does your church teach about sex before marriage?
   1. Basically The Bible teaches us that we should remain pure and chaste before our marriage and that we should come to our wedding beds that way. Anyone caught mating outside of marriage are then to be married if they are not already married to someone else.
      1. We read in Heb. 13:4. Marriage should be honored by all, and the marriage bed kept pure...
2. What does your church teach about homosexuals?
   1. That we should not practice it
3. "Is oral sex in a Christian marriage ok?
   1. Oral sex between husband and wife is an acceptable way of expressing love for each other within marriage. In the Bible, the Song of Solomon is most frequently cited as an example of a scriptural reference to oral sex:
      1. Like an apple tree among the trees of the forest, so is my beloved among the young men. In his shade I took great delight and sat down, and his fruit was sweet to my taste. (Song of Solomon 2:3)
   2. While the previous passage refers to oral sex on the husband by his wife, the following can be read as a metaphor for oral sex on the wife by the husband:
      1. Awake, O north wind, and come, wind of the south; make my garden breathe out fragrance, let its spices be wafted abroad. May my beloved come into his garden and eat its choice fruits! (Song of Solomon 4:16)
   3. And again, the Song of Solomon urges lovers to eat and drink freely of one another's bodies: I am come into my garden, my sister, my spouse: I have gathered my myrrh with my spice; I have eaten my honeycomb with my honey; I have drunk my wine with my milk: eat, O friends; drink, yea, drink abundantly, O beloved. (Song of Solomon 5:1)
   4. While the Bible has many prohibitions regarding sexual relationships, God is clearly not opposed to full orgasmic satisfaction between a legally-married husband and wife, as shown in the Apostle Paul's writings about marriage.
      1. In 1 Cor. 7 We read: ... each man should have his own wife, and each woman her own husband. The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control. But if they cannot control themselves, they should marry, for it is better to marry than to burn with passion.

### I want you to now break down into your smaller groups. And your leaders will take you through some questions about all of this and what your feelings about all this are.

# Second Day’s Class - Feelings / Decision Morals / Ethics

1. I am going to deviate a little from Sexual education to give you a few thoughts about Marriage and what it means to be a committed Adult ready for marriage. Here are a few principles that couples (especially those who are engaged to be married need to consider as important) This will give you something to think about as you prepare for what the outcome of ill advised Sexual relations may bring and if you are ready for all this
   1. Don’t spend all your money on the Wedding. Reserve some funds to allow for a few weeks of uninterrupted time for a honeymoon. This is the time you become acquainted with each other and each other’s bodies’ needs and desires.
   2. Borrow no money. Don’t start your marriage on others funds. If you cannot afford to be married with what you make, you have no business becoming married, let alone starting a family. Starting a marriage on borrowed money only adds another layer of tension and trouble to a marriage.
   3. You need to be independent of in-laws. That means you should leave your Father and Mother, behind. If you are old enough and mature enough to be married, then you need to be making your own decisions about your future life. If you cannot do this then you are not ready for marriage or raising children.
   4. I know you do not want to hear this but statistically 26 is the best time for a woman to marry and 27 is for a man.
      1. Three out of four teenage marriages end in divorce.
      2. You might be thinking well why do we need to be thinking about marriage we can always just live together and if that doesn’t work out then what is the harm?
         1. The harm comes in one you are not making a commitment. Anyone who just lives together already has one foot out the door and they are looking around to see if they can find someone better than you to make their life with.
         2. Bringing a baby into such a relationship is asking for the couple to split because when you add that third individual, feelings get hurt, someone is going to get left out and problems will arise and then someone will bail out of the relationship quickly.
   5. Here is one that will really floor you. If you do get married don’t get a TV set for at least a year. Yeah I know you want to know what else you can do besides watch TV. Well TV is this nation’s greatest and most subtle thief of your time. It will steal away those moments that you should be devoting to your mate and later to your family. It will take away the most wonderful hours of your day – moments you need to be learning and sharing with each other.
   6. Once you are married, remember never go to bed with unresolved conflicts. If you do they will never be solved and will only fester and become greater problems for later.
   7. You need to seek outside spiritual counsel and a place to worship together, if you are unable to resolve a conflict within one week. Go talk to your pastor or minister. Work it out. Conflicts that go unresolved will eventually cause a marriage and couples to fail.
   8. Take a Bible study together, and join a church together. Families are built upon joint and kindred lives together. You cannot be a family unit if the man is out playing golf or basketball and the wife is left with the children or the wife is out with the girls and the husband is stuck changing diapers. If you are not of the same faith check each other’s churches or places of worship out, if you cannot go to your partner’s church and cannot believe what they believe — then find a church that you both can agree upon. Most Interfaith Marriages do not work. Most marriages where one person goes to church and the other does not, fail because they lack common purpose and common moral centers.
   9. Husbands must be 100 % committed to loving his wife. A Wife must be 100% committed to loving her husband. Marriage is not 50/50 compromise but a total commitment on both parties parts. And this is true in going stead or dating a special person.
2. Feelings, Moral issues, Ethical Behavior and maybe a few answers.
   1. Feelings: Love – Hate – Rage - Jealousy – Loneliness – Insecurity – infatuation – obsessions
      1. Love: Is that strong feeling you get when you have found someone who is compatible with you and your desires in life
         1. Contrary to popular belief – There is no Love at first site – That is called infatuation or raging hormones that think they have found something that is real and generally isn’t
         2. Love takes time to build as all relationships do.
         3. Love takes the ability to trust and the time you need to show that you can be trusted.
         4. Love if true will last a lifetime. This will be someone whom you might find flaws in but will forgive you those flaws for what you make up for in different areas.
         5. Love has nothing to do with Sex. Many people in love have never, nor will they ever have, conjugal Sex (sexual intercourse) and it does not matter.
         6. When you are looking for your soul mate look for a person who can and will be your friend first and your possible lover later.
         7. Friendships cannot be learned but sex can be learned and can be fun learning together as you discover what pleases your partner and what needs to be avoided.
         8. Also contrary to popular belief there is more than one “perfect match” for you out there. People get so hung up about finding the perfect soul mate and need to learn that many people can be Mr. or Miss Right if you give them time and the pairing is worked at.
         9. What happens most often is something goes wrong with a relationship, not because the sex is bad, but because the communication is bad.
         10. People today need to learn that Marriage and relationships are not something to be jumped into and out of on our desires and free will but are something that needs to be given a true and deep commitment.
      2. Hate – This is the opposite of Love and is yet not too far removed from it either. It does not take much to slip from love to hate if you are betrayed or made to be the fool in a relationship.
         1. Abuse is not Love. – A lot of man and women are in abusive relationships because they fear several things.
         2. One they fear for their lives or health
         3. They fear about being left alone with nothing
         4. They fear that it really is their fault and that is why they are abused
         5. This is generally not true.
         6. They fear that they have not worked hard enough to change themselves or to get their partner to change.
         7. If you are ever in an abusive relationship where you are either berated verbally or made to feel that you are unworthy of love, or you are physically being intimidated, beat, hurt or even raped – Run as fast as you can to someone who can help you get out of that relationship find a Policeman, a Teacher, a Parent or a clergy person. DO NOT STAY WHERE YOU CAN BE HURT EVER.
      3. Rage – is that feeling that comes to you when you let hate and revenge take over your thoughts process. If you become enraged – find someplace to cool off and move on with your life. If you are the person subjected to someone else’s rage – GET OUT OF THE WAY and stay there. A person who is not able to control their rage is not someone you need to ever be around.
      4. Jealousy – This happens when one person betrays another person in a relationship.
         1. It mainly comes from several actions.
         2. Someone pays more attention to someone else than you.
         3. You believe that your partner is being unfaithful.
         4. You feel that you cannot trust your partner when you are not around.
         5. You become to possessive of someone else
         6. You can counter jealousy several ways.
         7. If you are actually in a relationship
         8. Talk to the individual about your feelings. (Sometimes they don’t know what they did)
         9. Investigate to see what the truth is; if they have been unfaithful to you then you need to leave that relationship. Relationships are based upon truth not lies and excuses.
         10. If you are not actually in a relationship with the person you are jealous of.
         11. Get immediate help. Just because you like someone, if you are not in a developing relationship with that person, they have every right to talk to other, go out on dates with others, and be with others.
         12. And by the way two more things:
         13. Dating and relationships do not give you the power to control the actions and friendships of the person you are dating. They have a right to have friends of both sexes themselves and to be able to go out with those individuals also, so long as they are not taking those relationships to the next level. Yes they can talk to and even befriend someone of the opposite sex and it is alright. Why they can even stay friends with an old girl or boyfriend. I know I have several ladies I used to date whom I Love to talk, and catch up with. But I never plan to become a “thing” with any of them. They and I have some common interest and that is what friendships are all about.
         14. If you are dating, you do not become the property of anyone other than yourself. Don’t let it happen, Relationships are a 50/50 relationship of equality and equal rights.
             1. Also don’t exchange blood or tattoos or any other permanent marks to signify such a relationship either.

Too many tattoos have to be removed or covered up because of these ill advised actions. Can you imagine having a tattoo on you of someone you thought you loved whom you later found out was just a mess whom you really did not like any longer?

Girls “tramp Stamps” are not sexy when you have gained about 50 pounds after you get out of High school and College and tattoos on your breasts and other private areas can be saying something you may not even know about yet.

In college I remember there was a girl who tattooed 69 on her leg – but she did not know what it was or what it meant. Was she embarrassed about it – Yes!

And Boys just because a girl has a tattoo does not mean that she is easy or a slut. Like I said a lot of them are gotten when they shouldn’t and a lot of people get the wrong ideas because of it. This also goes along with body piercings and such of your private parts. Can you imagine your own mother with a pierced belly button or nipples or how about your dad having a ring hanging from his penis. NOT A PRETTY IMAGE IS IT.

* + 1. Loneliness – This feeling is often accompanied by the feeling of Insecurity also. Most teenagers are lonely and insecure about a lot of things.
       1. Your body is changing
       2. You are developing new interests and leaving old ones behind.
       3. You are finding new friends and starting new relationships or you may think everyone else is leaving you behind because you have not changed or no longer have the same interests you have.
       4. You may be new in town and do not know anyone else
       5. You may have put on some weight and no one wants anything to do with you now.
       6. You name it – whatever the differences are – someone is going to not have anything to do with you. Be you a Jock, Cheerleader, Brain, Geek, Nerd, Emo, or deadhead, someone not like you will make you feel insecure and unappreciated.
       7. Find someone, just one, whom you can be a friend with and it will all work out in the end.
       8. Once you have been out of school for several years you will find that a lot of what did or did not make you popular during high school will no longer matter to you or those around you.
       9. And if it still does – they are probably people who never moved on from when they had their glory days in High School.
    2. Infatuation – is when you dream about the “what ifs” of a relationship without any possible way to make them come true. You dream about dating the head cheerleader, you dream about dating the Football quarterback. You dream about dating the Blond, redhead, guy with big muscles. You all know what I am talking about. These are dreams. Learn what is real in life and what are just dreams and you will be a lot happier. I don’t know how many people ruin their lives by chasing after the dreams that are never going to be.
    3. Obsessions – are those infatuations that we become so enamored with that for that person they become a reality. This generally leads to un-fulfillment, anger and rage because what they desire most in life ain’t going to happen, and insanity is sometimes described as always striving to do or reach some un-attainable goal or action.

1. Moral Issues and Ethical Behavior — What are Moral Issues? -

Items that involve right and wrong, which generally are derived from personal conscience and with common courtesy and standards for justice. In other words it is something that encourages goodness and decency. Such behavior and actions that are accepted standards by which to judge your behavior?

So how does this relate to sexual education?

Well a good rule to live by is **“Do unto others as you would have them do unto you.”** You know, if you would not like something done to you, then should you do it to others?

So let’s look at several items

* 1. Dating
     1. Getting a date — These questions come up a lot “Who is to ask whom” and “when is a good time?”
        1. There is no right or wrong answer here: Any Boy can ask any Girl out, Any Girl can ask any Boy out. And both have a right to accept or reject the question
        2. There is no right or wrong time to ask the question. Dates can be to get to know one another, or to go to an event together, or even to a special party together.
        3. Dating is the ritual of getting to know who we are as much as who the person we are dating is.
        4. If you don’t date – you will never test the waters to see what you want in life and also understand what you do not want.
        5. If you do date – you will quickly come to realize what is of interest to you and what bores you to death.
           1. You may find that cute boy or girl and you have nothing in common and are no more prepared for life than a new born turtle
           2. You may find in that boy or girl who has glasses and braces someone who loves the same things you do and has the same dreams that you do. You will not know unless you ask, talk to and interact with them.
     2. Who pays for a date?
        1. Well generally the Boy will pay for the date until some mutual agreement about money can be dealt with in your relationship.
        2. But another rule of thumb is whoever asks pays for the date.
        3. And boys I don’t care if you have taken a girl out in a limo to the most expensive restaurant in Little Rock. You bought gifts, flowers, and paid for a fine show costing you several hundred dollars. You are not entitled to anything more than a thank you from your date. If you want more, then you have turned your date into a prostitute because that is what a prostitute is, someone who has sex or does things because they are being paid for it.
           1. Which brings up a little side note about prostitutes.

One they are everywhere – yes even here in Des Arc.

They generally are doing what they do because they have no other means of earning a living.

They are generally supporting a drug or other habit that is not a good thing.

Chances are they are carrying some disease that you will catch.

No matter how they act or what they say, they do not and will not care anymore about you than they care about a dog they see on the street.

And finally any one of you may and can end up being a prostitute if you do not get an education, stay clean, and stay in your parent’s house until you are old enough and smart enough to leave on your own. Running away from home is the number one reason; boys and girls enter a life of prostitution.

* + 1. How and when do you accept a date and how do you turn down a date.
       1. It is only good manners to accept a date when asked, unless you are already dating someone else, or you absolutely cannot stand to be around the person who asked you out on a date.
       2. Some reasons for not going out on a date are:
          1. You do not trust that individual to behave properly
          2. The person is on drugs or has been known to have wild parties especially involving the drinking of Alcohol.
          3. The person has a real problem with hygiene. Yes boys, girls can smell you when you do not bath and use deodorant. And Yes girls, boys can small you also if you do not wash your hair, bath and use deodorant also.
          4. That person asked your best friend out and dumped them for someone else. And you are the rebound date.
    2. Some people want to know if it is all right to date more than one person:
       1. Yes and no.
          1. Under the NO column is:

Going out on a date means that you want to get to know a person better. You cannot really do this if you have five dates lined up in the next week with different people.

It is hard enough trying to keep one person and all of their needs and desires known to you, now multiply that by the number of people you might be dating.

You will not give the one person you are dating the attention they need to get to know them if you are thinking about others.

If you have been dating for a while a bond starts to build between you and whom you are dating. By going out with others you are saying to the person you have started to build that bond with that they are not what you desire and you want to move on. Cheating while dating is a good indicator that you most likely will do it after you become a steady or are engaged or even are married.

Know this also. You will always be looking at others especially those of the other sex, but it is how you act upon those looks and desires that say a lot about your ultimate character.

* + - * 1. Under the YES column is:

Group dates are a good way to get to know someone in a generally safe relationship. More people more fun, but watch out for the peer pressure to do things you would not normally do, such as make out parties and truth or dare parties.

By dating more than one individual you are stating that you are not ready to be tied down to a single person and that you are still looking for what you want in another person.

* + - 1. Be careful if you are dating someone and you decide to accept a date with someone else, Remember how you would feel it was done to you.
    1. When to date only one person:
       1. Again, there is not right or wrong answer here. You and your partner must make that decision.
          1. Do you both feel the same way about each other?
          2. Why do you want to just have this one person?
          3. Are you ready to take your relationship to the next level or are you comfortable where you are?
          4. Are you positive this is the one and only person you want to be with the rest of your life or are you still looking for Mr. or Miss right?
       2. If you are unsure about the answer to any of these questions or unsure of who you are with – error on the side of safety and don’t tie yourself down.
    2. People want to know how and why to breaking up:
       1. Break up with a date or partner any time you want – as long as you have not made a legal commitment (That is called a marriage vow) with them.
       2. There is no good time and no good way to break up.
          1. But please use some class - don’t paint it on their car or house, Don’t make a billboard or sign to say it.

Say it in private to the individual giving the reasons and rational, probably where other people are around.

* + - * 1. Accept a breakup with some dignity and walk away knowing that you have learned, more about what it means to be an adult in life, in that you have learned about disappointment.
        2. Breaking up hurts especially if you are the one who get told to hit the road, but you will live through it and please don’t become so needful that you beg to be a partner again, and that you are willing to do “anything” to make that happen. If the person wants to break up with you then there is a reason you should no longer need or want that individual in your life.
        3. It is alright to break up from going steady or even being engaged. If you feel that you are not ready for the commitments and needs of the next step of the relationship, and are not ready especially if you are engaged, to live with that person, solely for the rest of your life.
        4. Once you are married the only valid reasons to become separated are as far as I am concerned. Infidelity in the marriage, abuse of your partner either verbally or physically, and matters of legal nature, where you should never have been married in the first place.

You make a sworn commitment to be married and that is binding forever, don’t take it lightly.

* + 1. How far is far enough and how soon
       1. Intimacy – there are stages of intimacy you all should know about and should know what is acceptable behavior.
          1. One Night stands are never a good idea.
          2. Use the rule of thumb that if you open the present to early it is no longer a special gift for a special occasion.

Do you rip open your Christmas presents on Dec 1st or wait till Dec 25th or at least Christmas eve.

We all wonder about things but we show our maturity by learning to wait until the proper time and place to do things.

* + - 1. That said what is acceptable behavior while dating going steady and being engaged?
         1. Boys love to use baseball terminology here.

They say they have gotten up to bat if they can get you out on a date.

They will say they have gotten to first base if they can give you a kiss

They will say they have gotten to second base if they can feel your breasts

They will say they have gotten to third base if they can touch your pubic area or get you to touch theirs.

They will say they have scored a home run when they have had sexual intercourse with you.

* + - * 1. In reality here is how things should normally work

If you go on a date and hit it off it is ok to kiss gently.

If you have been dating a while and are ready then heavy kissing, French kissing and such is generally ok, if you both know and trust each other to end it at that point.

There are no set rules for number of dates and you having to do something, ever You might go out on ten dates and only kiss lightly or you might enjoy each other enough o get into heavy kissing on your second or third date, but please never on your first date, that is just stupidity and asking for trouble later on.

Once you are going steady things may increase somewhat as you begin to explore what gives each other pleasure, but please take things slow and it should really never go beyond what a boy would call second base.

And Girls “Blue Balls” are a myth and boys cannot be hurt just because you won’t go any farther and Boys just because a girl lets your hands roam does not mean that she is ready to go any farther than that. Period

Once you have decided to make a commitment to be engaged to be married things might progress to the level of heavy petting or third base, but if you really want to have a special marriage and honeymoon save the ultimate expression of your love till your wedding night and if you cannot then use protection for both disease and pregnancy.

* + 1. So how do you stop when you need to.
       1. By being in control of the situation and being willing to listen and respond to each other and what is said and done.
       2. NO MEANS NO – not maybe – not in a few minutes – not I really don’t mean it.
          1. If your partner will not or is not capable of stopping then one of you have lost control and it is best to walk home 5 miles or call mom or dad, than doing something you will regret at a later time.
       3. Watch out for the use of Alcohol and drugs.
          1. Alcohol and drugs do not make you a better lover.
          2. What they do is relax you to the point you are no longer in control of your judgment center and this allows you to do things you would not normally do if you were in control of your faculties.
          3. There is a saying men have Sugar is sweet but liquor is quicker. Don’t drink until you are of legal age, period. And never use drugs of any sort.
          4. And be especially leery of drinks laced with drugs. You can catch a disease or get pregnant even if you cannot remember what you did and with whom. ***Rohypnol*** *(roh-HIP-nol).* ***flunitrazepam*** *(FLOO-neye-TRAZ-uh-pam) sometimes called “roofies” and many other names,* ***GHB****, which is short for gamma hydroxybutyric (GAM-muh heye-DROX-ee-BYOO-tur-ihk) acid, and* ***Ketamine*** *(KEET-uh-meen).* All of which will make you lose consciousness and will allow anyone to do anything they want to your body without your permission and without your knowledge.
          5. And Boys Alcohol and Marijuana do not give you better sex abilities, in fact over use of these can cause erectile dysfunction, where you will not be able to perform when you want to.
    2. How to control yourself – Stay alert and stay in control of your environment.
    3. I am always asked also “will going farther change things?”
       1. The only thing “Going further” changes are the way you see yourself and what you no longer have to offer or give away. Once you have gone all the way two things are left, you will continue doing that until one or the other of you decide to investigate new partners or options, or He had gotten what he wanted - another notch on his belt so now he can move on to new challenges.
          1. Things will then change then if you are a girl, you will need to explain to your next love, how and why you did not save yourself for them, and how stupid you have behaved!
          2. Or you might have a disease, because he left you a present you never saw coming.
          3. Or you have been left with a little bundle of responsibilities that will change your entire life and make you very unlikely to finish school, or being happily married in the next few years.
    4. Is this Love real and Will it last?
       1. Love is real and it will last **if you work at it**. How many of you have become really good at something – Sports, musical instruments, cheerleading, studies, arts, crafts, anything. You can only become good at something if you work at it and practice it. If you stop working or practicing your skills become stale and you will need to build them back up again. Love is the same way, you must work and build it and practice it or it will become stale and lack lustered and shadows of what it could be in your life. It is as real as you make it and as important as what your put into it.
       2. Things in common – Real love comes from commonality and compatibility. If you have nothing in common with your partner, you will have nothing to fall back upon; if you are not compatible with your partner’s views and ideas you will be in conflict with each other more than willing to support each other’s ideas and actions. Shallow commonality and compatibility are the number one reason marriages do not last. When the Hot Lust of passion has passed then there is not much left to build a marriage on, and yes the Hot Lust of Passion will pass away at some point in your marriage.
    5. Will marriage change us? Yes but not always the way you want them to.
       1. Girls you cannot take a “Bad Boy” and change him into being a responsible supportive husband. And Boys you cannot take a “Slutty Girl” and turn them into a princess whom you can bring home to momma’s house. People are who they are, if they are not what you want you had better accept them for what they are and move on with your life, because you will never change them just because you are married.
       2. You will change in that you will have more responsibilities, debts; need more of everything including money, time, patients and sanity, and less about things being all about you and your wants and desires. If you are not ready for this then you are not ready for marriage and not ready to go any further in your relationship.
    6. What happens when we fight – You can do this one of three ways.
       1. You can put yourself in a “lose-lose” situation, a “win-lose” situation or a “win-win” situation, depending upon your desires and your maturity.
       2. If you end up in a “lose – lose” situation whatever the outcome of the fight you will both walk away losing something or everything. This is the worst that can happen.
       3. In a “win-lose” situation one of you is going to win the fight and the other is going to lose the fight and whoever wins really has won nothing but to continue on the way things have been going and the one who loses will be resentful and begrudging the loss that took place.
       4. You should always try for a “Win – Win” Situation where both of you come out winners and where there is not lose to either party, but this take maturity.
       5. A compromise or a concession by either party causes a “lose – lose” situation and “lose – win” situations. Someone has to give up something
       6. What should be strived for is an agreement worked out by both individual of what is to be decided.
    7. Honesty – in all relationships Honesty is essential. Relationships built upon anything but absolute honesty are destined to fail. You cannot build a relationship on a pile of lies because you will always be found out some time. You will never be able to keep all of the lies and half truths straight forever and when these are found out they build a non trust in all that you say and do, where everything you say and do is then questioned.
  1. One final thing I want to talk about in ethics – the term is Sexting. Taking picture of yourself in provocative and sexual nature and then sending those to your boyfriends. I first heard this term about three years ago and let me tell you this, it is a very bad idea for several reason.
     1. You do not know how long you will be going with an individual and what they may do with those pictures once you break up.
     2. You have no idea who they may share those pictures with nor when.
        1. Pictures on the internet never die, so if you want your body on the internet forever then go ahead and send it to someone and see what happens.
        2. Is this a picture you really want your dad, brother, mother, uncle to see some time?
     3. Making and sending pictures of children under the age of 18, in provocative and semi-nude or nude states are punishable as a “sex crime”. The publishing of child pornography is punishable with fines and prison terms. And if you don’t think it cannot happen just ask some of the kids who did this up in New England this last year.

### **I want you to now break down into your smaller groups. And your leaders will take you through some roll playing and reverse rollplaying exercises and some games about trust and ethics.**

# Second Day’s Class - Physiology

Girls ask:

Why am I developing slower than my girl friends?

How can a penis fit in a vagina?

Am I supposed to be menstruating at the same time each month?

Boys Ask:

Is it normal to have wet dreams?

How come I get an erection when I’m not thinking about sex?

Why penises aren’t all the same size?

Many young people know a lot about sex, but often their information has some half-truths and myths mixed in.

1. The male’s sexual system - First We are going to cover the Male Sexual system.

Show diagram from page 18

* 1. The Testicles are roundish glands that hang just behind the penis in a pouch that is called the Scrotum.
     1. Sometimes the left testicle is lower and larger than the right and that is ok because God created you that way to keep the testicles from getting hurt, as your legs come together.
     2. God also put them outside the body to be able to maintain a temperature of at least 4 degrees lower than your body which they need to produce your sperm.
     3. And yes in hot weather the scrotum extends farther down or sags and in winter it pulls up and is tighter to maintain that temperature.
     4. A boy’s testicles are inside his body until a few weeks before he is born. Then they descend into the scrotum. There are some who do not have this happen and they need to be surgically corrected.
     5. The Testicles produce sperm, tiny cells that are needed for reproduction. From the start of puberty till old age these glands produce millions of sperm a day. One drop of fluid can contain 120 million of them and it only takes one to get a female pregnant. Sperm in immature males and elderly males are not always as viable as those in healthy and young males from age 15 to 60. But boys as young as 8 and men as old at 95 can produce sperm that can cause fertility and a baby.
     6. Another important job of the testicles is to produce testosterone a hormone or chemical that controls the development of the male sex characteristics. Like a beard or lower voice. During puberty, boys notice the testicles and the penis growing and darkening in color; Hair grows in the pubic area and later on the body and face; the voice deepens; and muscles and bones grow very rapidly. And suddenly boys are interested in girls in a new and exciting way. Boys have been known to grow in height as much as 7” in a single year during this time frame.
  2. Once the sperm is produced it moves into a larger tube, where they mature, to the seminal vesicles, for temporary storage. Next to the seminal vesicles is an active gland called, the prostate, it constantly manufactures a fluid to make what is called semen which then become seminal fluid when it is ejaculated at the time of male orgasm. The seminal fluid is a white, sticky fluid in which sperm leave the penis.
     1. You might like to know that only 1 – 3 teaspoons of semen leave the body at any one time. And if the males do not have ejaculation the semen and sperm are absorbed back into the body with no harm done to them. So Girls don’t let that old line about if we don’t make love I will have some serious pain and damage done, make you fall for doing something you shouldn’t.
  3. The Penis is the other Male Sex organ we will talk about.
     1. The penis hangs in front of the testicles. Like the testicles the penis is very sensitive to contact. The end known as the glans or “head” and is especially sensitive. It is covered with a loose elastic skin, at birth, called the foreskin. This is sometimes removed because of religious and health reasons, in the operation called a circumcision. Now you know what the Greeks where having such a fit about when the early church was calling for all Christian to be circumcised to be a member of the church.
     2. If the male penis foreskin is not removed, extra care needs to be taken by those men to insure that this area is cleaned regularly to prevent infections from dirt and urine.
     3. When a man is sexually aroused, the soft, limp tissue of his penis becomes erect and larger. It is also Hard enough to stand away from the body. Even though there is a difference in size and shape of penises, there is little differences in sexual satisfaction for either man or women from size or shape.
        1. Penises can range from ½” in length to over 8” in length when it is flaccid or not erect and to between 5/8” to 11” in the extremes when erect if not enhanced. The size of a flaccid penis is also not any indication of the size it will be when erect either. And the Vagina of a female can generally accommodate all but the very largest sizes when it is aroused and if it cannot it is up to the man to insure he does not hurt his lover.
        2. The average size of an erect penis in the USA is about 5 ½”. Some races are larger and some are smaller.
        3. And girls - you cannot tell the size or length of a man’s penis by the size of his nose, fingers, or toes. There is no correlation. And Like I said there is no difference in the sexual satisfaction that can be had by either gender by the difference in sizes.
     4. The inside of the penis is like a sponge and during an erection extra blood rushes into the penis. And the valves of the compartments close to hold this blood under pressure to achieve the erection.
     5. An erection can happen at any age from babies to old age. As many of you babysitters know already. But they seem to happen more often during adolescence. They can be caused by sexual feelings, any daydreams, but also by tight clothing, pressure from full bladders and even for no apparent reason.
     6. And yes it is embarrassing when it happens in public, even though it is not normally that noticeable by other people.
  4. Finally let’s cover Ejaculation
     1. If the stimulation that causes an erection is continued, semen move into the urethra tube, and muscles move it along until it spurts or oozes from the penis. This squirting out of semen goes along with intense feeling of pleasure, called an orgasm. Although semen and urine both leave the body through the urethra, they cannot pass through the penis at the same time.
     2. Sometimes when the seminal vesicles are full, ejaculation may take place during sleep for males. This is called a nocturnal emission or a wet dream because of the sex dream that may happen during the ejaculation. Sometimes young men feel guilt or embarrassment about nocturnal emissions. Yet they are completely normal. They are part of God’s design for relieving sexual tensions and releasing surplus semen.
  5. One final word about Masturbation
     1. This is when someone stimulates themselves to ejaculation. Sometimes this is normal in younger boys who are fascinated with all of this process, but if it is taken to the extreme then it can become more important and desensitize the sexual organs enough that they will and sometimes do have, a hard time in normal sexual actions in later life.

Show film men’s anatomy

1. Female Sexual System

Show diagram on page 22

Now let’s talk about those things that are hidden and are truly a mystery to both women and most men. —The Female Sexual organs.

* 1. The internal organs:
     1. Deep inside the female body is a pair of glands called ovaries. They each contain thousands of undeveloped egg cells. When a girl is somewhere between the age of 9 and 16, her ovaries begin to produce the hormone estrogen, this is the female hormone that controls the changes in her body. The same as Testosterone is in males.
     2. During this time the girl’s body change — her breasts begin to develop and her hips broaden. Her height and weight increase rapidly. And her sex organs grow. Hair begins to appear under her arms and in her pubic area. And menstruation begins; she also notices a clear whitish discharge from her vagina.
     3. At puberty the egg cells in the ovaries begin to ripen. And about every 28 days, a ripe egg cell burst out of the follicle that nourished it and leaves the ovary. The ripe egg is swept into the nearby fallopian tube by fluids and by tiny hair like cilia on the inside of the tube.
     4. If Fertilization occurs – this is the uniting of the female’s egg and the male’s sperm it generally happens within this tube.
        1. The new cell moves slowly into the uterus where it implants to be nourished and grow into a child.
     5. In mature women, the uterus is about the size and shape of a large pear. The walls of the uterus are made of extremely elastic muscles, and are able to stretch to an enormous size during pregnancy. These same muscles contract downward during labor to make childbirth possible. They also contract during menstruation, sometimes causing cramps in some women.
     6. Menstruation happens in every woman from the time her eggs start maturing until about age 50 when she goes thru menopause. It happens because no egg was fertilized during her cycle of production and so the uterus is cleaning itself of the layer of blood that was put into place to nurture the embryo if it had been fertilized.
     7. The vagina or birth passage is a tube made of elastic muscles and is much like a collapsed balloon, during sexual excitement the vagina expands and produces a lubricating fluid that makes intercourse easier.
     8. The cervix or neck of the uterus, which opens into the vagina, is made of a muscle that closes tight during pregnancy, but stretch enormously during childbirth.
     9. At the top of the Vagina around the entrance to the cervix is an area that accumulated sperm during intercourse and the cervix allows this sperm in for several days so that there can be a flow of sperm into the uterus for up to 4 days after intercourse, when fertilization can occur.
  2. Pregnancy
     1. Contrary to popular belief - Pregnancy can happen
        1. The First time a person has intercourse
        2. After intercourse in any position
        3. On any day of a woman’s menstrual cycle
        4. Even though the women does not have an orgasm
     2. A women cannot prevent pregnancy by
        1. Taking a birth control pill that morning
        2. Jumping up and down after intercourse
        3. Putting a tampon in the vagina before or after intercourse
        4. You cannot douche the sperm out of the vagina area enough to stop fertilization.
        5. You cannot do anything at all to get all of the sperm out of a vagina and those little devils will move the 4” in about 1 minute after they are implanted into your vagina.
        6. After intercourse it is too late to apply any type of chemical foam or gel to stop fertilization.
        7. Putting any other liquid up the vagina be it Beer, Coke, Vinegar or anything else. Sperm are resilient “little things” designed to travel through a mine field of foreign fluids to serve their one purpose in life. And there are millions dispensed with each man’s ejaculation.
           1. Remember that it only takes one sperm cell to fertilize an egg. — Withdrawal before ejaculation by the man during intercourse does not work effectively because some sperm are released before ejaculation by all men.
     3. A man cannot prevent a pregnancy by
        1. Using plastic wrap or a plastic bag to catch the semen
        2. Withdrawing his penis just before ejaculation
     4. And finally there does not even have to be insertion into the vagina to get a girl pregnant – just having sperm left near the vagina opening is enough to send those little rascals swimming toward the egg to do their work. Sperm can swim up to 7” in one hour through the liquids in the vagina and the uterus.

Show picture of Female Anatomy

* 1. Now let’s talk about what you can see on a female’s body.
     1. First the Vulva area, which is the name for all of the external female Sexual Organs and that area:
        1. The opening to the vagina is partly covered by the hymen, a membrane that is broken the first time sexual intercourse occurs.

Show picture of Hyman

* + - * 1. At one time an unbroken hymen was an important proof of virginity.
        2. We now realize that it is often broken much earlier in life without the girl even realizing it.

This can be because of girls doing splits,

Insertion of tampons

Or many other reasons

* + - * 1. Because some are thicker than others, some women need to have this checked and possibly stretched or cut if necessary by a doctor before marriage.
        2. It used to be the practice when the sign of virginity was important that mother and daughters would schedule the wedding night to coincide with the last few days of a women’s menstruation to insure bleeding could be shown on the night linens the next morning.

Show diagram of Vulva

* + - 1. Surrounding the opening to the vagina are two fatty folds of skin, the labia majora or Major Lips, the outer sides are covered with hair and they serve to protect the genital area.
      2. Inside these are two more folds of skin, the labia minors or minor lips. These are sometimes hidden by the major lips; and sometimes they are even larger than the major lips and stick out between them. These all range in color from pink to brown and sometimes they may be wrinkled and sometimes they are smooth.
      3. NO TWO VULVA AREAS ARE EVER ALIKE – there are differences and nothing is wrong.
         1. Above the vaginal opening is the women’s urethra opening.
         2. Moving up from the urethra opening is the clitoris. This may be pea size or even smaller, or may be larger, even up to 1” in length. Generally it is hidden by the folds of the lips and has its own hood to protect it. This clitoris is as sensitive on females as the men’s glans is on his penis and care must be taken not to injure it by too rough of activities to early in love making.

Show film on Female Anatomy

Show diagram of a breast

* + 1. The final item on a woman’s body I want to talk about is the breast.
       1. Our society has fixated and fantasized about them to a point that there are a million misconceptions about them.
       2. They have two purposes.
          1. One to nurture one’s offspring your babies:

They are designed so that as the woman comes close to pregnancy term, hormones are released to the milk producing glands to start production.

In a few days after delivery with the stimulation of the baby suckling them they will start to produce milk for the baby’s nourishment.

This nourishment is not dependent upon size of the breast but more on the diet of the mother.

The baby will take in the nutrients and tastes of what you eat ladies. If you starve yourself to lose the weight you will gain during pregnancy you will also be starving your baby and supplemental feedings might be necessary.

* + - * 1. The second purpose of the breasts is for sexual stimulation. Since we no longer walk around on all fours, our gentiles do not readily stimulate your partner so breast grew and developed to do this.
      1. Breasts can be of all shapes and sizes from small dimples that only develop when they produce milk to gigantic breasts that cause more damage to the woman than because of the excess weight being carried around by them.
         1. The average breast is a C cup in mature females.
         2. And boys don’t get too excited about what you think you see. With implants and padding and all sorts of Bra’s engineering - Breasts can be made to look larger or smaller than they actually are.
         3. And Girls It does not matter if you are an A cup or a double H cup.

The same feelings and reactions are there for sexual stimulation.

Also know that 4 out of 5 girls and women are wearing the wrong size bra. Young ladies should be measured twice a year and adults once a year or any time extreme changes happen because of weight gain or loss or pregnancy.

* + - 1. The Areola, the colored area around the nipple, may be light pink to an almost black color depending upon your personal coloring.
         1. And it may be as large as 3 or 4 inches across or as small as a quarter.
         2. Your nipple may be small or even inverted, puffy and wide, they might be long and pointed or short and flat. There is no right one.
         3. The breasts are made up of 90% Fat and there is nothing magical about them.
         4. It is normal for the nipple to become erect during cold or during stimulation and it is and will be sensitive for the most part.
         5. And yes Men’s have exactly the same reaction as women’s when stimulated.
         6. After an orgasm there are generally a flushed appearance to the upper chest and breast areas of both males and females.

Show film on Breasts

1. That brings me to my final subject Intercourse and what is Sexual intercourse and what is an orgasm.
   1. Let’s define what Sexual intercourse is.
      1. Sexual intercourse is where man and women who have become stimulated through their activities unite for the purpose of sexual relief and pleasure.
         1. Contrary to what President Clinton said sex is. Sexual intercourse can involve and includes:
         2. The Insertion of the Penis into the vagina in any position you might be able to think of.
         3. The insertion of some other body part onto or into any orifice or sexual area of another person’s body which includes:
         4. The Penis into someone’s Mouth. – Which is call oral sex
         5. The use of the tongue on the vulva area which is also called oral sex
         6. The insertion of fingers and other body parts into the vagina area
         7. The insertion of a penis and/or fingers and other body parts into a partner’s anus and that is call anal sex.
         8. I even consider the insertion of any toy or object into the sexual areas of the body as a form of sexual intercourse.
         9. The sexual stimulation of a partner’s sexual parts with hands, feet, or any other body part - to orgasm or ejaculation is not technically sexual intercourse, but it still can transmit disease and can lead to the next level of sexual contact which is generally Sexual intercourse.
   2. As you learned last night there are many kinds of diseases and infestation that can be contracted through sexual intercourse. Let me say this — any time any bodily fluid can be transmitted from one partner to another a sexual disease can be transmitted also. Be it Spit, Sperm, vaginal fluid, blood, urine, or feces.
      1. So you might ask what an orgasm is.
         1. It is the release of built up feelings and tensions that happen when a man or a woman has been sexually stimulated to a point they no longer can control themselves or their actions and reactions.
         2. This manifests itself in a man’s ejaculation or a woman’s contractions of her virginal walls.
   3. Normal sexual intercourse happens between an unrelated man and a woman of legal age, who have fallen in love over a period of time, who have made a commitment to each other and who are married if at all possible. They come together to jointly stimulate and satisfy each other’s desires and needs, not for their own pleasure but for the joy of giving a precious gift to someone that means a lot to them. They stimulate each other to a point that they desire to be one with each other, and then join or have sexual intercourse in one of many different possible positions, depending upon their size, weight, flexibility and needs, and to continue to stimulation each other until both are satisfied. They then enjoy the holding and cuddling of each other as they relax and reflect upon what they have done.
      1. Intercourse can happen for many reasons but the first reason is
         1. The pleasure you wish to give a partner of your choosing who also desires to share that experience with you.
            1. Two words about this matter the first was

“Partners who are unrelated” The sexual contact of persons who are related is called Incest. And it is high on things that should not be happening. Incest is defined as having sex with a sibling, brother or Sister, a Step brother or sister, having sex with a parent or grandparent or aunt or uncle, or having sex with a cousin of one of your aunts or uncles or having sex with any children or grandchildren one has.

Incest happens because people become lonely or unable to relate properly with individuals outside of their family groups or family groups break down and because of a lack of morals or a need to control individuals within a family group they are forced to do things that should not happen between these groups of people in normal family situations.

If you have been or are having incestual relations ships or you are now or have been sexually abused or you are sexually abused or you are sexually active in incestual pairing — please I beg you to find help and get out of that relationship. It will hurt you for the rest of your life. I do not know how many women and men I have had to council about childhood sexual abuse by a loved one, who lost all of the respect and their rights, when they performed acts that were not wanted, called for or desired.

The second word is a committed pairing. Dating is not mating.

Just because you date someone does not mean that you are ready to mate with that person. I do marriage counseling before I perform a wedding. And most of the time couples come to be married because they are in Lust for each other, not in Love with each other. THOSE MARRIAGES DO NOT LAST. Contrary to what you might see on the “the Bachelor or Bachelorette” or “More to Love” Falling in Love take time and a commitment. It does not happen on first sight, nor does it happen in three dates.

Use your time of dating to find out what you want and what you do not want in a marriage partner. Make a list of those things that are non-negotiable about what you want in a partner. Things like having finished their education. Having a job that will pay for the life I wish to have or having the prospects of a job that will take care of us.

Forget about looks, size of breasts, size of muscles, how good they are at football, basketball, being the homecoming queen, or Miss Steamboat days. Or how great a cheer leader they are.

Look at the traits that really matter, how reliable are they, how honest and open and caring are they. What don’t you like about them – because believe me you are not going to change them just by marrying them. What do you like about them?

A doctor once gave my daughter this advice. “Look around and find the dorkiest boy you can stand. Make sure he has a good head on his shoulders and latch on to him for dear life. He will treat you good, and be able to support you in whatever you do.”

Look for someone with your same values, who does not expect you to change just because you are going out together. Look at each person you date as a possible mate for life. Is this the same person you want to be with the rest of your life? What will they be like at home, do they clean up after themselves? Can they cook and clean up, are they responsible or do they want to go out and have a good time only, drinking and doing drugs and not being responsible for anything in their lives.

You all may laugh about this but my wife and I have been married now for 40 years and we love each other as much today as the day we got married. That does not mean we are a perfect couple, but we are a couple who has grown together and worked together and can trust each other. If you cannot trust who you are with, then why would you want to trade bodily fluids with them and possibly get an illness or create a baby that they will not be around to care for in the end?

* + - 1. The second reason to have sexual intercourse is for the creation of a new life form - a baby. And you ask “When is the right time to have a baby?”
         1. Not just because it happened – buy a movie instead.
         2. Not just because you want someone or something to love you – Get a puppy or kitten
         3. Not just because you are going to be separated from your boyfriend girlfriend and you want to leave them a present. Buy each other bracelets.
         4. You must be ready for a 24 hour a day, 18 year commitment.
         5. Do not plan on your parents or anyone else taking responsibility for your child. You brought this child into this world – it is your responsibility.
         6. You should be able to take care of paying for child’s care and rearing. It costs upwards of $100,000 to raise one child till they are 18 years old. And by the way unless you finish your schooling first your earning power goes down drastically for each year of schooling you fail to complete.
         7. Children are delightful, loving, cuddly, charmers, who most of the time smell nice and love to love you back, but they also whine, have nightmares, fight with each other and you, test your patience, pull you and your partner apart, cost a lot of money, time and energy and will be a headache for the rest of their and your life.
         8. If you think you can have an abortion, you will always have the thought of what if on your mind and the guilt of having ended the life of someone special to you.
         9. If you think you can give the child up for adoption you will have the rest of your life wondering what if and wondering if that child could have been raised by you and wondering what might have happened to that child in it’s life.
         10. And Boy’s you have a responsibility also. A father is not someone who impregnates as many women as he can. A Father is someone who sticks around and acts like a man taking care of a responsibility that he helped to create, and who he is also responsible in raising and rearing.
         11. Having a child is a financial, emotional, and spiritual commitment necessary to be both a good marriage partner and a good parent.
  1. One final word RAPE – This is the forced sexual relationship onto another person. Men can and do rape women. Women can and sometimes do Rape men. Rape is not about sex or being sexual it is about exerting your will your power over another individual.
     1. Rape is
        1. Getting your boyfriend/girlfriend so drunk they do not know that you are having sexual intercourse with them.
        2. You to put some drug into your partner and then have a sexual relationship with them
        3. Not stop when asked or told to by your partner.
        4. To force someone to do something they would not normally do in every day situation concerning sexual matters.
        5. And yes it is Rape for a person over the age of 18 to have sexual relations with a minor.
           1. And it is a federal crime to take a minor across state lines for the purpose of sexual relationships.

In other words if you are over 18 and you take someone to Memphis and get a motel room and you are carrying a condom in your pocket hoping to get lucky. You have just broken a federal crime as a sexual predator.

Or you take your girlfriend on spring break or to Mardi Gras in New Orleans and you get a motel and have sex with her you have committed a federal crime.

Or a coach or teacher takes you on a field trip or meet and has improper relationship with you they have committed a crime.

* + - * 1. The penalty for Rape or Sexual predator activities is a prison term and a designation as a sexual predator for the rest of your life. You must then be registered with police and always be under suspicion of doing it again.

### **I want you to now to take a short 5 minute break**

### **while we set up for the Questions and answer session**

### **where we will try to answer the questions**

### **You might have on what we have covered today.**