



Whole  
Sex  
**The Talk**<sup>™</sup>

**Dangerous. Beautiful. Gift.**

# Let's Talk

**Study Guide**

## MISSION STATEMENT

The *Whole Sex Talk*™ is a Biblically-based, six-session multimedia program that empowers parents to have healthy, ongoing conversations with their kids about love, sex, and relationships.

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## SESSION 5

### DATING AND RELATIONSHIPS

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My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends.

John 15:12-13

## BEFORE STARTING

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The strength of any study is applying the lessons learned to our lives. Before beginning session five, spend some time going over last session's action steps.



### WHAT TO DO

1. Be open to the Holy Spirit's voice.
2. Share an attribute that you like about your child or children.
3. Be sensitive to each other's stories and experiences.



### WHAT NOT TO DO

1. Forget that all things are possible through Christ's strength.
2. Stay quiet when the group needs to hear from you.
3. Talk over others.

## MICROWAVES & CROCKPOTS

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It's been said that boys are visually oriented and arousal comes on like a microwave, whereas girls are conversationally oriented and more like a crockpot. But put them together during a time of hormones gone wild, and trouble crouches at the door.

Dating and developing relationships with the opposite sex should be a part of the best years of youth. You're coming into your own, you see someone you're attracted to, and the conquest begins. You're either going to be the competition or the prize.

But relationships, not done right, can have bitter, damaging, and lasting consequences. So how young people handle dating today determines the quality of their relationships (and self-esteem) tomorrow.

For starters, our kids need to know that having a sex drive is very normal. Temptation is not wrong. For something to tempt us, we must have a natural desire for it. It's when we give in and act upon it that we cross a line.

Abstinence isn't easy. Nothing worthwhile is. The culture thinks it knows what feels good and that it's boring or old-fashioned to wait. They've settled for a cheap and easy substitute that doesn't last and only causes relational carnage and emotional wounds. Waiting, however, is a deliberate choice to stand up to the culture, avoid the risk and baggage, exercise self-control, and save the best for last: marriage. So when the time comes, they will be able to dive into and embrace physical and emotional intimacy.

Sex is AWESOME ... in its proper context, as God intended.

# DATING AND RELATIONSHIPS

## HE SAID SHE SAID

This is a short film that finds a group of guys around a campfire while their girlfriends are at a coffee shop. Each couple represents a different type of relationship. Can you tell who is demonstrating sexual desire? Which couple sounds like they are infatuated with each other? Finally, who is expressing true unconditional love for each other?



## LET'S LOOK AT LOVE

In this lighthearted 2D animation called *Let's Look At Love*, we explore the definition and differences between desire, infatuation, and love.

LET'S LOOK AT LOVE

LUST	LOVE
Focus on self	Focus on another's needs
Fulfills own desires	Seeks another's desires
Inconsiderate	Considerate
Seeks to please self	Seeks to please another
Demanding	No strings attached
Seeks to be served	Seeks to serve
Uncommitted	Devoted no matter what
Relationship comes and goes	Faithful
Jealous	Trusting
Looks matter	Looks are superficial

## WHEN IS SEX OKAY?

We took to the streets and asked people about how far is too far and what they thought about waiting until marriage to have sex.



## 8 STAGES OF A PHYSICAL RELATIONSHIP

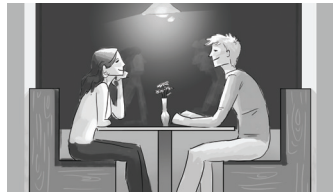
This comic book-style animation explains eight stages found in a physical relationship.

Of course, not every relationship includes all eight stages. But for sexual relationships, this is the typical progression. A couple can go through the stages in a matter of hours or years.

Our children should know the difference between physical affection and arousal even at a young age. The first four stages express affection and are normally appropriate for those we care about. Children of all ages should be taught that they can always say no to unwanted displays of affection. Parents can teach their teens about the laws pertaining to sexual misconduct in their state.

The final four stages describe the process of arousal. This is the process God designed to prepare a couple for sexual intimacy. It would not be appropriate for most of the people we care about. Even your favorite aunt isn't getting a lingering kiss at Thanksgiving!

If the purpose of sexual arousal is to prepare for sex, then it's appropriate to reserve the arousal stages for the person we marry.



### 8 STAGES OF A RELATIONSHIP

#### AFFECTION

1. TALK / FLIRT
2. HOLD HANDS
3. HUG
4. CASUAL KISS

#### AROUSAL

5. LINGERING KISS
6. INTIMATE TOUCH WITH CLOTHES ON
7. INTIMATE TOUCH WITH CLOTHES OFF
8. SEXUAL INTERCOURSE

Did you know that oxytocin, vasopressin, and dopamine are part of the arousal process? Dr. Smithee will explain how. Stay tuned.

# Let's Chat

## DISCUSSION QUESTIONS

Our culture thinks that waiting to have sex until marriage is unrealistic. Is it?

What kind of advice can you give your kids to make waiting realistic and desirable?

How would you describe sexual desire, infatuation, and unconditional love to your kids? (Reference chart on page 36.)

## NOTES

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## SAME-SEX ATTRACTION



**LAURIE KRIEG**  
Co-Founder of Hole In My  
Heart Ministries

"Jesus didn't come to make us heterosexuals, he came to make us disciples."

### KEY MESSAGES

- **CONFLICT** - Being Christian and being attracted to same sex
- **LGBT** - What does it mean to be LGBT (Lesbian, Gay, Bisexual, Transgender)? What's the answer to the hole in our hearts?

## SOCIAL MEDIA & IDENTITY



**DON PEARSON**  
Pastor to parents of adolescents  
and Author.

"We're dealing with two things: technology and the heart."

### KEY MESSAGES

- **IDENTITY** - How social media affects the way we present ourselves to others
- **BALANCING ACT** - Managing technology issues with heart issues

# Let's Chat

## DISCUSSION QUESTIONS

Is there a difference between struggling with same-sex attraction and acting on it?

To see a target conversation about same-sex attraction and resources for those who are struggling, visit [thewholesextalk.com/resources](http://thewholesextalk.com/resources).

How do we guide kids to find their identity in Christ, not in others on social media?

## NOTES

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## THE ADOLESCENT BRAIN



**DR. JULIE SMITHEE**  
Licensed Clinical Psychologist

“Life is complicated. Especially for teens whose brains are still developing.”

### KEY MESSAGES

- **ILLUSION** - Teens may look like adults, but they are not
- **CHEMS** - Neurochemicals and arousal influence behavior and form bonds

According to Dr. Julie Smithee, “Prefrontal cortex is the source of judgment, seeing into the future/planning, understanding behaviors and its effects, abstract thinking and decision making. Dopamine is secreted in the prefrontal cortex in response to excitement, pleasure, new things, adventure, and risk taking.”

Many chemicals are released in the body to bond people together, including, oxytocin in women and vasopressin in men. This is why there is pain in breakups.

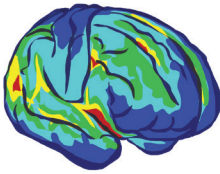
## THE GRAY MATTER MATTERS

This whiteboard animation depicts what's happening and not happening in the adolescent brain.

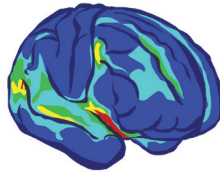




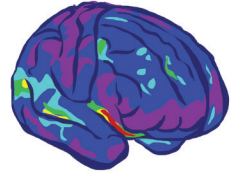
Blue area represents the development of a person's reasoning ability.



Child Brain



Teen Brain



Adult Brain

## WHAT IS HAPPENING IN A TEEN BRAIN?

- Needs rules and boundaries because teens are on hyperdrive and take risks. They need a safety net.
- Needs affection, acceptance, and a lot of attention even when the door is shut.
- Fear of failure because of focus on self. Blames others when they do fail. Has selective hearing.
- Feels the need to please those important to them.
- Doesn't understand the why of "don't do this or that."
- Can't read social cues, body language, or sarcasm to stop them from doing something bad.
- Low self-control so can't stop in the heat of the moment to evaluate long-term consequences.
- Needs help when it comes to focus and good judgment calls.

## Let's Chat

### DISCUSSION QUESTIONS

How have you observed the difference in adolescents and their decision making compared to adults?

How does knowing the neurological background of what's going on in your teen's brain help you parent? Set boundaries? Encourage abstinence?

### NOTES

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# SESSION WRAP-UP

Read 1 Thessalonians 4:3-8 before reading the following:

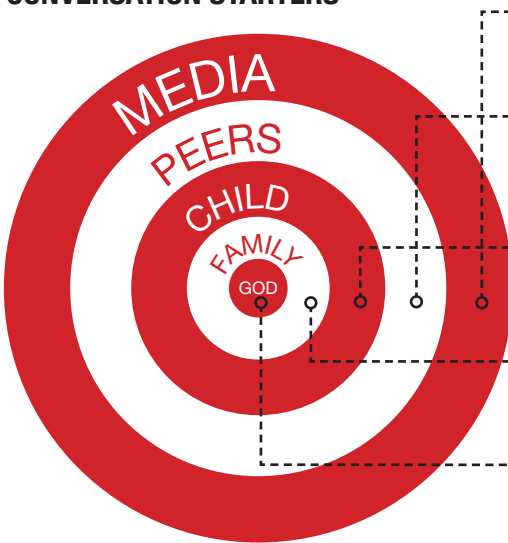
1 Thessalonians 4:3-8 begins with, “It is God’s will that you should be sanctified.” Sanctified means set apart for a holy purpose. God desires your child be set apart so that they can be an example to others.

These verses go on to talk about avoiding sexual immorality. Sexual immorality is any sexual activity that goes against God’s plan for sex. These verses also talk about self-control and treating our brothers and sisters with utmost respect. Verse 8 sums it up this way, “Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you His Holy Spirit.” Our children are not going against us, our family, our church, or their friends; they are going against the God who created them and their sexuality. Let us help them see that our sexuality is a gift from God.

## SET UP

1. Write numbers 1-8 on a sheet of paper. Write the word sex next to 8.
2. Ask your child what physical steps they think most couples take to get to stage 8. Fill in the numbers with their answers. Refer to page 37. Use the list you just created to begin the conversation starter below:

## CONVERSATION STARTERS



- MEDIA:** How do movies usually depict physical relationships moving through stages 1-8?
- PEERS:** At what number do your friends think they’ve gone too far? At what number would a couple risk pregnancy? STDs?
- CHILD:** At what number do you think you’d feel pressure to go further? Why or why not?
- FAMILY:** Explain to your child the difference between affection and arousal using pages 37 and 39.
- GOD:** How can a couple honor God in their relationship? Are there scripture passages that support it? (1Thess 4:3-6, Prov 5:15-20)

## ACTION STEP

Make two pairs of hearts. Glue one set together. The glued pair of hearts represents a sexually active couple. The other is not. Ask your child to help both couples break up by pulling the hearts apart. Discuss the role the bonding chemicals oxytocin and vasopressin play within a marriage relationship.









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What To Do. What Not To Do...

The Noun Project. Icon by Milky - Digital innovation. Web. 3 August 2016. <<https://thenounproject.com/>>



Whole  
Sex

# The Talk™

**Dangerous. Beautiful. Gift.**

“The Whole Sex Talk program is indeed a beautiful gift to parents seeking Biblically-based, culturally relevant guidance on talking to their kids about sex. ... I can’t recommend it enough.”

Roland C. Warren, President & CEO, Care Net

“This is must-have information for parents.”

Jor-El Godsey, President, Heartbeat International

“The time has come to step up to the plate, and this curriculum will equip you to do just that.”

Dr. Julie Parton, Former Director, Pregnancy Resource Ministry, Focus on the Family

“This program helps parents overcome their fears of talking with their kids about sex by offering great resources.”

Mike G. Williams, Comedian, Speaker, Author



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