

# PARENT/STUDENT SEXUAL INTEGRITY GUIDE

## 10th Grade Conversation

### OBJECTIVE

Our youths are bombarded with sex from movies, TV, internet, friends, school talk and advertisements, to name a few. This is a good time to talk about sex and sexual integrity with them. One of the most important things we can do for our teens is to not shy away from talking about sex and sexual integrity for the next four years. The key will be a continuing conversation we have with them.

### THE 411

These conversations need to happen on a regular basis. The more you talk and have conversations about this issue of sexual integrity, the more your teen understands that you care about their sexual integrity. In many cases, this is a conversation that doesn't take place once, but needs to happen on a regular basis. Don't shy away from this. Here are three different areas on sexual integrity with talking points to help you have this discussion.

### SUGGESTION

The three different areas to discuss are: 1) God's plan for sex in marriage; 2) temptation; and 3) dating relationships. You can choose which area you would like to focus on with your teen, or you can talk about all of them at different times. For these types of talks, it is a good idea to have the discussion in the car while driving somewhere. Take them to Starbucks, and over a hot drink share your heart on the issue of sexual integrity and how you care for them and that you understand the struggles of temptation. The more you fight through the awkwardness, the easier it will be to have open communication on this topic with your teen through high school.

Remember: Teens will tell you that they don't like talking about this with you, but statistics show that they strongly want to hear from their parents on this subject. So please don't shy away from these conversations.

### DISCUSSION

#### GOD'S PLAN FOR SEX IN MARRIAGE:

READ: **Genesis 2:24 (NIV)**

"That is why a man leaves his father and mother and is united to his wife, and they become one flesh."

SAY SOMETHING LIKE:

From the beginning, God declared that man and woman would come together in marriage. They would be united. Then it says the two will become one flesh. That is a description of sex. So first is marriage then sex. That is how God designed it. God designed sex to be great.

TALK ABOUT:

Talk about how God is for us and against pain – He knows that there is hurt, pain and guilt associated with sex outside of God's plan. He put a guideline around it. Sex happens in marriage, because He is against pain and hurt for your life. There are consequences of sex outside of marriage, such as STDs, emotional baggage, pregnancy, guilt, etc.

READ: Hebrews 13:4 (NIV)

“Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.”

SAY SOMETHING LIKE: You are honoring your future spouse by the choices you make now.

## TEMPTATION

SHARE: Share how you relate, know and understand temptation.

READ: I Peter 5:8-9 (NIV)

“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.”

SAY SOMETHING LIKE: Satan wants to destroy your sexual integrity and knows your weaknesses.

Temptation begins in the mind. What are we feeding our minds? *Share the dangers about pornography – especially for guys. (However, one out of four girls now is viewing porn, so it would be good to share about the dangers of pornography with girls as well.) Remember, your teen can view porn from any mobile device with internet access.*

*See the resources sheet with ideas on how to implement accountability computer software, books and website ideas.*

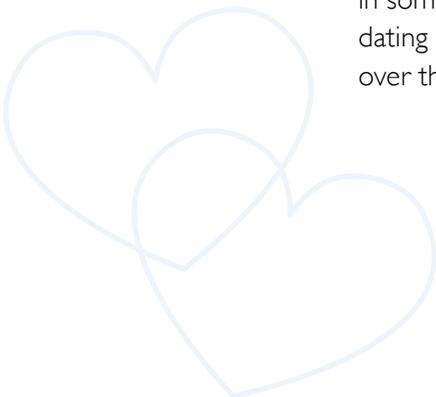
## DATING RELATIONSHIPS

Whether your teen is in a dating relationship or not, this is a good conversation to have.

ASK: Ask them what they are looking for in someone to date. Explain that dating another Christian is important.

Ask them what a dating relationship looks like. Ask what physical boundaries they should set in their dating relationship so they can honor God. (You will be answering how far is too far here. Remember, teens always desire to go to the line and cross it. So how can you encourage them and challenge them to stay behind the line so there is not a chance to cross it?)

TALK ABOUT: Talk about why boundaries are important. Have them write down what they are looking for in someone to date and write down what boundaries they set for themselves to honor in a dating relationship. Meet with them again in a few days after they have written it, and pray over that together.



## RESOURCES

### X3Watch – Accountability

X3Watch is an accountability software program helping with online integrity. When browsing the Internet and accessing a site that may contain questionable material, the program will record the website name and the time and date the site was visited. A person of your choice — an accountability partner — will receive an e-mail containing all possible questionable sites visited within the month. This information is meant to encourage open and honest conversation between friends and help us all be more accountable.

Get X3Watch on PC, Mac, iPhone/iPad/iTouch and androids.

To research further, visit [www.xxxchurch.com](http://www.xxxchurch.com) and click on X3Watch at the top of website.

### Covenant Eyes

With Covenant Eyes Internet Accountability and Filtering, you can:

- Decide when the Internet may be used by each of your kids.
- Define how long the Web may be used by each family member.
- Select how strict filtering should be for each member of your family.
- Find out which websites your kids are visiting, and which ones have mature content.
- Create your own list of sites to block.
- Best of all, the reports help you start meaningful conversations at your child's age level.

As a member, you can also view continuing educational articles on the blog, Breaking Free, and the e-magazine, Pure Minds Online.

Visit: [www.covenanteyes.com](http://www.covenanteyes.com).

## BOOKS

### *Eyes of Integrity – The Porn Pandemic and How It Affects You*

By Craig Gross

As a young pastor, Craig Gross became overwhelmed with the sheer number of people he found himself counseling who were mired in the destructive world of online pornography. Their lives were broken, their hearts and minds corrupted. How, he wondered, could he minister to the many hundreds of thousands, perhaps millions, of people trapped by sexual addiction?

Through accountability software and an online hub called XXXchurch.com, Craig began to give hope. Now, with *Eyes of Integrity*, he offers a helping hand to pastors, counselors, concerned friends, and those personally struggling with sexual addiction. Through these pages, he and co-author Jason Harper cover how bad the problem is and what can be done about it. From porn-proofing your home and nurturing your marriage to what to do when someone you know is in trouble, the chapters in this book offer hope in what can seem like a hopeless situation.

## *Pure Eyes – A Man’s Guide to Sexual Integrity*

By Craig Gross

When it comes to sex and sexuality, men often find themselves in a losing battle against temptation. Whether it’s overt pornography or simply oversexualized images of women, media can be a man’s worst enemy. In this straightforward book, Craig Gross and Steven Luff help men understand and embrace the true purpose and role of sex in their lives. Whether single or married, all men must cope with sexual temptation – sometimes on a daily basis. This honest treatment of an uncomfortable issue will free men to experience forgiveness and renewal.

## *Every Young Man’s Battle & Every Man’s Battle – Strategies for Victory in the Real World of Sexual Temptation*

By Stephen Arterburn and Fred Stoeker

Visit [www.everymansbattle.com](http://www.everymansbattle.com).

## *Porn Nation, the Naked Truth– Student Edition*

By Michael Leahy

This is the true and shocking story of one man whose contrived fantasy world eventually brought him to a grim suicidal reality. But it is also the story of others who may or may not even see the danger coming. Michael Leahy spent the greater part of his life addicted to pornography and sex. He came to terms with the magnitude of his choices only after losing his fifteen-year marriage and his two boys. Now he’s committed to being part of the solution.

Visit [www.bravehearts.net](http://www.bravehearts.net).

