

SEX: SMALL GROUP ACTIVITIES AND DISCUSSION

Large Group Activity (5 Minutes)

Ask for a show of hands to the following questions: "How many students would like to someday marry a virgin?" Write the number on the board. Then ask. "How many of you (who raised your hands) think it is important to date a virgin now?" Ask why the standard might be different for marriage.

SHOW THE VIDEO (16 Minutes)

Small Group Questions (10 Minutes - 5 per group, assign 3 or 4 questions)
It is recommended that the guys and girls are separated.

1. What do you think about Pam's comments that virginity is a precious gem?
2. Is there pressure for you to see how far you can get on a date? Do your friends ever ask you, "How far did you go?" type of questions?
3. Guys: What would happen if you were on a date and the girl wanted to have sex and you said no?
4. Do you know anyone who has regretted going "too far?"
5. Do you want to marry a virgin? Why?
6. Why do guys and girls like sex, and how are their reasons different?
7. How is sex any different than love?
8. What moral foundation in your life tells you what is right or wrong in terms of how far you can go? How do you determine your sexual morals?
9. What are ways to plan a date so that sex doesn't become a huge temptation? (Write out specific ideas and share them with the whole group if time allows.)
9. What are things you can realistically say to a date to let them know your feelings about not having sex?
11. How can you prevent your date from having unrealistic sexual expectations?

Group Activity (5 Minutes)

Talk about #6. Guys are into sex for physical thrills, while girls want to be loved. Discuss #9, and include: double dating, talking about your morals before you go out, choosing the right people to date, staying away from tempting situations, etc.

FAST FACTS

- 75% of couples who live together before marriage are divorced within one year.
- 90% of those who have sex before marriage don't marry their first sex partner.
- Having sex with someone (who you won't marry) may always be in your memory-- even on your wedding night and every night of your marriage.

SEX: WRAP-UP

THERE ARE SERIOUS CONSEQUENCES TO PREMARITAL SEX.

- Physical diseases, STD's, AIDS.
- Pregnancy, and feelings of guilt, especially if abortion occurs.
- Feelings of guilt that give you a low self-image.
- Ruined relationships. Going too far, too fast, often kills a relationship.
- Sexual memories follow us into marriage.
- Confused feelings. Guys usually have sex for pleasure; girls usually have sex for feelings of security and love.

SEX IS NOT LOVE

- Love is putting the other person first, ahead of you.
- Anyone who tells you, "If you love me, you'll have sex with me" is only after his or her own selfish desires. If they truly love you, then sex won't matter.

WAITING FOR MARRIAGE HAS IT'S REWARDS!

- You have your whole life in front of you to spend with your spouse, and you can have sex in that relationship without any guilt, hurt, or risk.

MAKE A PLAN TO ABSTAIN FROM SEXUAL IMMORALITY.

- Decide right now how you want to act regarding sex. Don't wait until you are in the heat of passion on your next date. Set your goal now.
- Make your morals clear to the person you are dating as soon as possible. Ask them what their feelings are about sex so you can see if you agree or not.
- Plan your dates to keep clear of tempting situations. Stay away from the house where parents are not home. Stay off the couch and the floor and away from bedrooms, hotels, or back seats! Date people who have the same convictions and beliefs as you.

IF YOU'VE ALREADY HAD SEX BUT WANT TO CHANGE, YOU CAN HAVE A NEW VIRGINITY!

- Write down your morals and goals and decide now to stick by them.
- Make your feelings be known to those who might date you for the wrong reasons.
- Have the courage and dignity to say "No!"

HOMEWORK: SEX

HOMEWORK Project: How Far Is Too Far?

Take a notepad to record responses and ask three friends and one counselor the following questions:

1. How are guys and girls different emotionally?
2. Why do guys and girls like sex, and how do those reasons differ?
3. What are your standards or limits, and how do they affect your dating relationships?
4. Why do you think dating relationships get so physical?
5. Do you know anyone who has had a bad break-up from a dating relationship that involved sex? What role did sex play in the break-up?
6. How does peer pressure, the media, and society affect your decisions about sex?
7. What is the relationship between sex and true love when dating in high school?

Write a two to four page paper about what you've learned. Analyze the different reasons why guys and girls want sex (or don't want it), as well as the emotional scars that are left after the big breakup when sex has already been shared. Discuss your findings about the rest of the questions and make a clear argument for or against waiting until marriage to have sex.

HOMEWORK Project: Long Term Outlook

Call or visit your local welfare office and ask to speak to a case worker. Tell them you are doing a paper on premarital sex and unwed mothers. Ask for 30 minutes of their time, and ask the following questions:

1. What consequences do you see with people who have sex before marriage?
2. How do unwed teenagers typically end up five years after high school?
3. Do some of these mothers end up trapped into a marriage they never wanted?
4. Give me some typical examples.
5. What advice can you give to teens who think sex before marriage is no big deal?

Collect your answers and write a two to four page paper on the results of premarital sex as you have seen through the welfare worker. How is the advice of the worker good or bad, and what have you learned from this? What is your advice?

Additionally, make a list of 10 activities you can do to develop friendships other than your dating relationship. Make a plan to set aside a block of time each day/week to do these activities and maintain these friendships. Also, write down your moral standards and sexual limits on a 3 x 5 card. On the back, list 10 sex-free dating ideas. Put the card in your wallet or purse.