

# SAVE SEX

Learn how to  
live a life of  
sexual purity

## True Love Waits...

If you want to have the greatest chance of reaching your goals, you must choose to save sex for marriage.

## Learn to control your emotions

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## Relationship Warning Signs

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# DOING LIFE GOD'S WAY

## 9 STEPS

you should take  
to stay pure

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## WHAT MAKES GUYS AND GIRLS SO DIFFERENT

We've got a few tips to help you understand the opposite sex.

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LEADERSHIP  
SUMMIT  
Empowering Youth

# What is SAVE SEX?

“Save Sex” is about learning the consequences of sex outside of marriage and the importance of living lives of purity. God’s perfect plan is that we would save sex until we are married and then remain faithful to our spouse. Purity is possible even if we have made mistakes in the past.

You’ll discover through this course that it’s definitely worth the wait!

## Welcome to a new chapter in your life

We know that you are going through tough situations. We want to give you the tools you need to make wise decisions. We believe that you can reach your highest potential when you embrace the life God has for you.

In this course, we will equip you with the knowledge and skills that will allow you to have a better understanding of God’s plan for your life, especially as it relates to sexual purity.

## Doing life God’s way

God has a plan and purpose for your life. We want to help you achieve all that He has for you. That starts with making wise choices. The greatest way to learn to make wise decisions is to know how God wants us to live. His way is always best!

We are going to take a close look at what God tells us in the Bible. That way we can discover how to live God’s way. If you have any questions about God or what you are learning in this course, please speak with your coach. We are here to help you!

## How can you do it?

Anything is possible with God, including saying “No” to sex until you are married. This is a hard choice to make, but you don’t have to do it in your own strength. God will empower you to make – and keep – the decision to save sex.



# Topics we'll cover

**ATTENDANCE**

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The choices you make in life will guide what kind of life you will have.

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Just like oil and water don't mix, sex, drugs, and alcohol don't go together.

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We've told you how you can stay pure, but now it's time to put it into practice.

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The Bible gives us many reasons why it's worth waiting for sex until we are married.

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Lesson

1

# The Decision Factor

The choices you make in life will guide what kind of life you will have.

Every day you are forced to make choices. Today you will decide what you eat, if you will pay attention in class, how you will get home, and when you will go to bed.

Some of the choices you make will have an immediate impact on your life. Other choices you make will not have an impact for days, weeks, or months to come.

To be successful in life, you have to make wise decisions.

Every choice you make is important because it will always influence your life in some way.

The choices that you make determine if you will reach your goals or not.

## Goals

First, you must set goals for yourself. Your goals are what will motivate you to press on and not give up in life, no matter what stands in your way.

**Your goals can be ANYTHING.**

## EXAMPLES OF GOALS

- Eating healthy and exercising every day
- Going to bed at a certain time each night
- Improving the way that you treat others
- Achieving a high mark in your hardest class

Once you have set goals for yourself, you can achieve them if they are linked with good decision-making.

1

LESSON 1 - The Decision Factor

# HOW DO YOU MAKE GOOD DECISIONS



## What God says

“Then they said, ‘Ask God whether or not our journey will be successful.’ ‘Go in peace,’ the priest replied. ‘For the Lord is watching over your journey.’”  
-Judges 18:5-6 (NLT)

### What it means

If you seek God for guidance in all the decisions that you make, He will tell you which choice is best. With His directions, you can go in peace because you can be assured that He is watching over you every step of the way!

By asking yourself...  
Will this decision bring me peace?

- Life is an adventure, and you must make many decisions along the way.
- Every decision you make should bring you peace, even in the middle of the unknown.
- God provides you with guidelines for how you should live your life. Only when your choices line up with His guidelines, will a choice you make bring you peace.
- You should feel the peace. It will be YOUR peace. What brings others peace, may not bring you peace. Decide if the choice is right for you.

No one wants to live a life of constant conflict. Conflict doesn't only happen between people. Conflict can happen in your heart and mind, as you battle over what decisions to make in life. The choices others make may not be the best choice for you. So it is important that you seek God for guidance. The choices that He tells you to make will give you the most peace!

AND...

Will this choice help my purpose?

- Knowing your purpose in life will help you make the best decisions.
- Your “purpose in life” does not have to mean that you are striving to be famous, a celebrity, or popular.
- Your purpose in life is to bring glory and honour to God. You bring God glory and honour when you use your skills and abilities to their greatest potential. Make the most out of the life that God has given you to live!

“You were told that your foolish desires will destroy you and that you must give up your old way of life with all its bad habits. Let the Spirit change your way of thinking and make you into a new person. You were created to be like God, and so you must please Him and be truly holy.”  
-Ephesians 4:22-24 (CEV)

### What it means

Chances are, you have made poor choices in the past, but from this day forward you can choose to make good decisions that will allow you to honour and glorify God in all that you do.



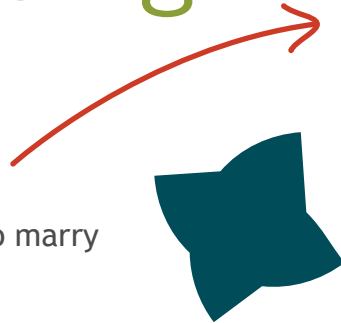
## A GOOD FRIEND IS A GREAT DECISION

Everyone needs friends! Friends are there to help you in times of need and to share laughter with. Choosing your friends wisely is one of the most important decisions you can make.

# Every decision that you make today will have an impact on your future.

Today, whether you realise it or not, **you are deciding:**

- What kind of friendships you have
- The places you will go
- The family you are going to have
- The type of person you are going to marry
- The job you are going to have



## YOUR FAMILY BEGINS TODAY

Did you know that the choices for how you live your life today, will influence your future family? The standards and morals that you choose to live up to now, will determine the kind of spouse and parent you will be.

**SOME DECISIONS ARE BIGGER THAN OTHERS**

## Decisions have long-term effects

Unfortunately, there is one thing in particular that often stands in the way of young people reaching their goals...

## THEIR SEXUAL BEHAVIOUR!

Whether you believe it or not, how you live out your sexual life now, will have a lasting influence on your life in the future. There are many risks of sex before marriage. The consequences of your actions can ruin your life! **Teen pregnancy, STDs, and HIV/AIDS are some of the possible, damaging results of having sex before marriage.** Premarital sex will keep you from reaching your goals!

## TRUE LOVE WAITS

Show your future spouse true love... wait for him or her!

If you want to have the greatest chance of reaching your goals, you must choose to save sex for marriage. Develop and maintain self-discipline, and you will be able to succeed in committing to abstinence. The results will give you and your future husband or wife the most satisfying life together!



# LET'S REVIEW

## WHAT WILL YOU CHOOSE?

### DIRECTIONS

For every response to a situation, circle YES if that is the decision you would make or NO if you would have a different response.

- |            |           |   |
|------------|-----------|---|
| <b>Yes</b> | <b>No</b> | You are always tired, so you choose to go to bed earlier every night.       |
| <b>Yes</b> | <b>No</b> | Your friends offer you an alcoholic drink, and you decide to try it.        |
| <b>Yes</b> | <b>No</b> | You have a maths exam tomorrow, so you are going to study a lot tonight.    |
| <b>Yes</b> | <b>No</b> | Someone offers you money in exchange for sex; you refuse the offer.         |
| <b>Yes</b> | <b>No</b> | Your friends start up a football match; you choose not to join in.          |
| <b>Yes</b> | <b>No</b> | An adult that you trust offers you some dagga; you say "No".                |
| <b>Yes</b> | <b>No</b> | You have dated someone for six months, so you decide that sex is ok.        |
| <b>Yes</b> | <b>No</b> | A cashier gives you too much change at the till; you decide to keep it.     |
| <b>Yes</b> | <b>No</b> | A friend is trying to copy your answers on an exam; you share your answers. |
| <b>Yes</b> | <b>No</b> | Someone at home is hurting you, so you tell an adult that you trust.        |

## TALK ABOUT IT

- 1 What do you do when you have to make decisions? How do you follow through with them?
- 2 What decisions have you made in the past that had lasting consequences? What did you expect to happen when you made each of these decisions?
- 3 Have you ever been unhappy about a decision that you made? What did you do about it?
- 4 Do you have someone that you can seek Godly counsel and wisdom from? Who can you go to for this? How can they help you make decisions?
- 5 What are the things that you consider before making decisions?
- 6 Has a decision you made ever hurt someone else? How has it hurt them? How did it make you feel?
- 7 What are some possible consequences you will face after having premarital sex?
- 8 Have you ever thought about your future? What does it look like in your mind?
- 9 How will you accomplish the goals you have set for your future?

## Lesson 2

# He Said, She Said

The opposite sex is opposite in nature,  
but both can work together to save sex for marriage.

## What makes guys and girls so different?

Every romantic or dating relationship should start with friendship. It is a hard thing for teens to do because of chemicals in the brain called hormones. Hormones have the ability to influence how you make sexual decisions. During the teen years, your brain makes more hormones than it used to.

**Guys and girls are affected differently by hormones.**

As a result, guys and girls view sex differently. Learn to control your hormones. Don't let your hormones control your love life, because TRUE LOVE WAITS!



# CONTROL YOUR HORMONES

You must choose to control yourself. It might mean sacrificing the things you love to do, but it will be worth it! The greatest feeling of success will come when you have removed those sources of temptation from your life that could keep you from saving sex for marriage. Resisting temptation brings rewards.



# UNDERSTANDING THE OPPOSITE SEX

## Breaking the code

Guys and girls are different physically, emotionally, and mentally. These differences affect friendships and romantic relationships. Here are a few tips to help you understand the opposite sex.

### PROBLEM-SOLVING

When there is a problem in a relationship, girls often want to talk about the problem and share their feelings. Her greatest desire is for the guy to listen and understand her feelings. Guys are different. Guys see a problem and immediately begin to look for solutions. Guys do not get emotionally involved; they see a problem and want to fix it.

#### TIPS

**Girls:** Be understanding and patient. You must realise that it goes against the nature of guys to want to listen to your feelings about the problem. It is hard for guys to be understanding of your feelings. Learn to solve your problems and not just talk about them.

**Guys:** Offer a listening ear. It takes a lot of courage and self-control to sit back and listen before attacking the problem and trying to fix it. Learn to offer a little bit of emotion, concern, and support to the girls in your life.

### RELATIONSHIPS

Many guys find it difficult to have a non-romantic, close relationship with a girl. Guys want to date girls. Girls get upset because guys don't seem interested in just friendship. Girls value being friends with guys, and value friendship before a romantic relationship. Guys value the romantic relationship.

#### TIPS

**Girls:** Continue to reach out to the guys in your life and offer your friendship. A true friend is available to talk or help in a time of need. A friend cares about others and expresses a true interest in knowing how they are doing. Don't give up on being friends with the guys in your life.

**Guys:** If you can't be "just" friends with girls, you are missing out on some of the most valuable relationships. Building friendships with the opposite sex is a healthy way to prepare for romantic relationships. Be available, have some good conversations, and show interest in the lives of the girls you know.

### APPEARANCE

Most girls believe that how they look on the outside is important, but think that what is on the inside matters most. Most guys care more about the girl's outward appearance. Many guys do care about what is on the inside, but they first notice the outward appearance.

#### TIPS

**Girls:** Watch what you wear. Guys are visual, so dress respectfully. Don't wear tight clothing, short skirts, low-cut tops, or tops that show your stomach. Do not show a lot of skin. The more skin a guy sees, the more he wants your body. Guys' eyes are drawn to your body. Dress presentably.

**Guys:** Watch what you wear. Girls don't struggle as much as you do, but your looks are the first thing that they notice. Be reasonable and dress respectfully. Also, develop the person you are on the inside. That is really what a girl is looking for in a guy!

# The greatest difference of all is how guys and girls view sex!

**Guys**  
use  
**ROMANCE**  
to get  
**SEX**



**Girls**  
use  
**SEX**  
to get  
**ROMANCE**

Guys get the greatest satisfaction from a romantic relationship through sex. Girls, on the other hand, get the greatest satisfaction from the romance side of a relationship. Sex is not her top priority.

## COMMITMENT PROVIDES PROTECTION

Commitment protects you emotionally. It gives you full assurance that you are not going to be cheated. If you are both truly committed to one another, you are both promising to remain faithful, by not having sex with anyone else.

## In marriage you both win

Only in marriage do both guys and girls receive the greatest amount of satisfaction from their spouse.

## Why is commitment important? Because...

Without commitment, the romance that the girls desire most and the sex that the guys desire most, happen out of passion. In passion, you can say or do whatever you want, but the satisfaction will never last.

“Be devoted to one another in brotherly love. Honour one another above yourselves.”  
-Romans 12:10

## RESPECT each other...

...by waiting for commitment! If you don't wait for commitment, you are only teasing the opposite sex. It is like you are telling the other person, through your actions, “I want to give you a box of chocolates. BUT... I can't give it to you yet because you will not get the greatest amount of enjoyment and satisfaction from it. You can open it up and have a taste, but I won't give you any more than that.”

# LET'S REVIEW

## FIND THESE WORDS

A S G T M A E L O P C P H Y S I C A L L Y S O L U R N I D S  
 P L E D F B G J R I S C W G J K T C O S A X P A F T S P N A  
 P E D S D N O S R Y D I T S A R Y G L U T D Z I V E C T D N  
 E H R O I C B S A T I S C L S R I G L T C H R I S B E R I D  
 R D F L R H O B T D G Y A H Y E D E I P I H S D N E I R F I  
 A F E U R C D I F F R L E J N T X A L I H U D S R G I O F N  
 N E S T R E M S T A P L I T O F O U S T A B T H R G U D E N  
 F C G I M D S A P P E A R A N C E W V L O G R O N U L T R E  
 S R I O R N L A F R I N E F G N O E Y S D R B N T Y S F E Y  
 P F R N D O S S C O T O N L E R J M D R I R G E J S Y D N P  
 R R Y S I S E G Y B J I F T G Y S A M K N A R G H U L A T N  
 O H U R I T U B I L S T E S E A D R Y I C A R F D I G F E S  
 M A R O C S F T H E F O R R C F R R H U T F R J I O K C R J  
 A H N E A G T H R M E M R J E O H I A N F M N A G Y N O G T  
 N S C F R I B F H S C E H E R S I A E T D Y E H A N P M F Y  
 C Q D E Y N M T R O H N G O P E P G G F R D J N F O J M K L  
 E U S I T F G S D L E R F T G N J E S R Y J T G T I D I B L  
 I B D T S N Y F R V I R E N H S D E C J U G F T A T P K Y A  
 F G T J E I T S H I B E V Y C S F C A T R H F K R C I S T T  
 S A C R N A S T H N S I E L A P R B F Y I L S W C A V S O N  
 A M T Y O G D A S G H L E L Y H T R U E L O V E L F A U R E  
 S S A F H O R M O N E S H A A N G F T H N A H T J S M E S M  
 G H A N E T G D G D J O S U F R H U A F H Y J E T I E N N I  
 F E R D G S P I H S N O I T A L E R E S T D T H E T R G H Y  
 S A M A F R G N D A H T G I B R I H R F T I T S N A Y F R H  
 R E B D F Y E C C D F S A R K E C L L F S Y D R G S C H A F  
 D R L E F G N E F H Y B D I N I F R E O L F E F J O L D S H  
 A G N I T A D L R E C E S P F R G H P A D A V Y H I D R S B  
 L D E W S D C O R D S F E S E N A P G T J K I G R D C E I S  
 G D R F B H F R D G B F Y A I F O U N D A T I O N M D E E G

Appearance  
 Commitment  
 Dating  
 Different  
 Emotionally  
 Feeling  
 Foundation  
 Friendship  
 Girls  
 Guys  
 Honesty  
 Hormones  
 Marriage  
 Mentally  
 Opposite  
 Passion  
 Physically  
 Problem Solving  
 Relationships  
 Respect  
 Romance  
 Satisfaction  
 Sex  
 Solutions  
 Spiritually  
 Strength  
 True Love  
 Visual



## TALK ABOUT IT

- 1 What did respect mean to you before this lesson? What does it mean to you now?
- 2 How do love and respect relate to one another? Does one come before the other, or do they both happen at the same time?
- 3 How can you have a relationship with someone without having sex?
- 4 Have you ever given a piece of your heart away? How did it affect you spiritually, mentally, and physically?
- 5 Do you think it is important to have commitment in a relationship? Why or why not?
- 6 How can you show respect and love in a relationship?
- 7 How can you respect someone physically, spiritually, and mentally?
- 8 How can you better respect yourself and others?
- 9 What does the word "love" mean to you?



## Lesson

# 3



# Don't Get Burned

True love is based on much more than  
just your feelings

You were  
created for  
closeness.

We all want to love and be loved by somebody. As a result, when it comes to relationships with the opposite sex, it is easy to allow your emotions to lead you into desiring and chasing a romantic relationship. Friendships with the opposite sex can quickly become romantic if you are not careful.

“So think clearly and exercise self-control. Look forward to the special blessings that will come to you at the return of Jesus Christ.”

-1 Peter 1:13 (NLT)

## Does LIKE = LOVE?

How do you know if you have found true love? Maybe you just really like somebody, but you are not in love with them. The only way you know if you have found true love is to find out what love is. Just because you like someone does not mean that you have found true love and the one you should spend the rest of your life with in marriage.

## Emotions are easily fuelled

Unfortunately, our emotions are more easily fuelled by WHAT someone is rather than WHO someone is. Someone's physical looks, the things that they do for you, or even the sweet words they say, can easily mask who someone really is. That is why we cannot base our relationships on things that feed our emotions. We should look beyond the outside and look on the inside! Someone's character, personality, standards, and values define who they are.

# STAGES OF ROMANTIC LOVE

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”

-1 John 4:18

## STAGE 1 OBSESSION

This stage of love is based on your emotions. It is during this stage when you “fall in love” and don’t see the other person’s weaknesses and mistakes. He or she is the centre of your universe. You think of him/her all of the time, and you give freely of yourself to that other person. You will do anything for him or her! Your emotions are so involved, that it takes no effort to keep the love going.

Many couples get married during this stage of love because they can’t imagine themselves living with anyone else for the rest of their life. They have found the “perfect one”. Unfortunately, this obsession stage of love does not last very long...only a couple of years, at most.

### Healthy Relationships

In a healthy relationship, you and your special friend feel good about each other and yourselves. You do activities together and hang out with other friends. You talk to one another about how you are feeling. Healthy relationships are fun for both people!

**In healthy relationships, there is respect and honesty between both people.**

This means that you listen to each other’s thoughts and opinions. Communication is very important in healthy relationships. You should be able to let the other person know how you are feeling. You might disagree or argue sometimes, but in healthy relationships you will be able to talk things out together. You will be able to reach a compromise that works for both of you.

**! DANGER  
WATCH OUT**

You should be very careful during this obsession stage of love. Your emotional needs might lead you to unhealthy relationships. Your “special friend” may hold your hand, give you a hug and/or kiss, wrap his/her arm around you, and spend a lot of time with you. These all make you feel good, and they meet your emotional needs. However, the feelings that you have may blind you to some of the “bad” behaviours that he/she also has.

### Signs that you are in an unhealthy or abusive relationship:

#### Your friend or the person you are dating...

- is jealous or controlling of you—he or she gets angry when you talk or hang out with other friends or people of the opposite sex
- gives orders, makes all the decisions, tells you what to do
- tells you what to wear, who to talk to, where you can go
- swears at you or uses mean language
- physically hurts you
- makes you feel scared of how they might react to things
- lies to you and breaks promises
- insults you or tries to embarrass you in front of other people
- is violent to other people, gets in fights, loses his/her temper
- pressures you to have sex or do something sexual that you don’t want to do
- uses drugs and alcohol and tries to force you to do the same thing

# STAGE 2 TRUE LOVE

The second stage can be described as true love. The obsessive love a couple has for each other fades away. They begin to recognise the imperfections of each other. The fantasy of perfection fades. The couple realises there is more to life than just chasing each other. Passion must be cared for and taken care of. Couples begin to feel like they are falling out of love if their partner does not take care of the passion. The couple must work together to continue to stay committed and have true love.

## What does TRUE LOVE look like

- There is physical attraction, but you are more interested in personality.
- It starts slowly—you are not sure how you feel, but inside you know something is happening.
- The passion grows and the interest becomes a constant relationship.
- Long-term love develops and endures.
- Your world revolves around this person, but you have time for others too.
- Absence makes the heart grow with more love; love grows during times of separation.
- Love works through arguments and disagreements; lessons are learned; there is always respect.
- Love is concerned for the other person; it gives and does not expect anything in return; it gives unconditionally.

## TRUE LOVE IS COMMITMENT

It is a commitment to love no matter what. It is not based on nice emotions or a “feeling.” True love looks out for the interests of each other. True love is committed to the other person’s well-being.

### DEDICATED

“This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers.”  
-1 John 3:16

### SHOWN

“Dear children, let’s not merely say that we love each other; let us show the truth by our actions.”  
-1 John 3:18 (NLT)

## DON'T GET BURNED

These two stages of romantic love can be compared to a fire.

Stage 1: Obsession, is like a flame. It is hot and sometimes can't be controlled, but eventually the flame goes out. What is left? The coals! Stage 2: True Love, is like the leftover coals. They are hotter than the flame, but they must be cared for in order to keep them burning.

A few minutes of being warmed by the fire of sex are not worth years of being burned by it! The price is too expensive!



“You should be faithful to your wife, just as you take water from your own well. And don't be like a stream from which just any woman may take a drink. Save yourself for your wife and don't have sex with other women. Be happy with the wife you married when you were young.” -Proverbs 5:15-18 (CEV)

This verse describes “perfect sex”. It is sexual love expressed within the borders of marriage, so you don't get burned!

“Don't let yourself be attracted by the charm and lovely eyes of someone like that. A woman who sells her love can be bought for as little as the price of a meal. But making love to another man's wife will cost you everything. If you carry burning coals, you burn your clothes; if you step on hot coals, you burn your feet. And if you go to bed with another man's wife, you pay the price...” -Proverbs 6:25-29 (CEV)

This verse makes it very clear that sex out of marriage burns you and burns you bad! You may get burned physically by getting a disease like HIV/AIDS or an STD. Sexual love outside of marriage burns your sense of right and wrong and your self-respect. It will even rob you and your future spouse of one of the greatest gifts that you can offer: your sexual purity, untouched and spotless.



# LET'S REVIEW

## FEAR AND LOVE

### DIRECTIONS

To solve the puzzle, you must figure out which number goes with each letter. Then put that letter wherever that number is found on the puzzle. When you have finished, you should have a complete verse.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
24	7	10	19	8	4	13	3	15	2	9	5	16	14	18	25	17	21	11	22	1	12	6	20	23	26

T 22 3 8 21 22 I 15 11 14 18 4 8 24 21 I 15 14 5 18 12 8 . 7 1 22  
 T 25 8 21 4 8 10 22 I 14 18 12 8 19 21 15 12 8 11 T 18 1 22 4 8 24 21 .  
 7 8 10 24 1 11 8 4 8 24 21 3 24 11 T 22 18 19 18 I 6 15 22 3 T  
 25 1 14 15 11 3 16 8 14 22 . T 22 3 8 18 14 8 6 3 18 4 8 24 21 11  
 3 24 11 T 14 18 22 7 8 8 14 M 16 24 19 8 25 8 21 4 8 10 22 T  
 I 15 14 5 18 12 8 . 1 2 18 3 14 4:18

## TALK ABOUT IT

- 1 What are the dangers of your emotions? How do you control them?
- 2 How will you know if a person loves you or just really likes you?
- 3 Have you ever experienced Stage 1, Obsessive Love, or Stage 2, True Love? What was it like?
- 4 Do you know somebody who is in a healthy relationship? If so, what makes it so healthy?
- 5 Have you ever been in a healthy relationship? How did it make you feel?
- 6 What kind of relationship do you want to have?
- 7 What are the positive benefits of having emotions?
- 8 What can you do to have a healthy relationship?
- 9 Describe a couple in your life who is an example of committed love.
- 10 Is there a Mr. or Mrs. Perfect?

Lesson

4



# Oil and Water Don't Mix

Just like oil and water don't mix,  
sex, drugs, and alcohol don't go together.

Even one drink is enough for teens to say or do things that they regret.

## PROBLEMS OCCUR WHEN YOU MIX SEX, DRUGS, AND ALCOHOL

### Violence

They can change a normal situation suddenly and create violence.

### Bad Decisions

They can lower your ability to make good decisions and change your view of what is really going on.

### Excuses

They are often used as excuses for abuse, but being drunk or high is never an excuse for hurting someone.

### Not yourself

They can also cause people to get the wrong idea – friendliness can be seen as a desire to have sex, which could lead to rape or other violence.

# WHAT DO DRUGS AND ALCOHOL DO TO YOU?

## They affect your decisions about sex

Many teens do not realise the effects of drugs and alcohol on their decisions about sex.

Teens using drugs and/or alcohol are more likely to practice risky sexual behaviours. In fact, they are more likely to have multiple sex partners and typically do not use contraception. As a result, they are more likely to develop STDs, get HIV/AIDS, and be sexually attacked.

There is clearly a connection between drugs and alcohol and premarital sex! Staying away from drugs and alcohol is the smart choice to make if you wish to remain healthy, not get HIV/AIDS, and stay sexually pure until marriage!

Many teens admit that they did something sexual that they would not have done if they had not been drinking alcohol or taking drugs.

## Impairs your judgment

Alcohol and drugs keep you from making wise choices. They weaken your ability to make choices that will advance your purpose and give you peace.

Some bad choices teens make because of drugs or alcohol:

- Putting yourself in a bad position where you might get raped
- Hanging out with the wrong people
- Disrespecting and disobeying your parents
- Being easily convinced to make bad decisions
- Saying “yes” to sex without thinking about the consequences
- Accepting drinks that may have been drugged

## MORE AT RISK TO CONTRACTING STDs AND HIV/AIDS

If you use drugs and alcohol before you have sex, you are more at risk of contracting STDs and HIV/AIDS. Drugs and alcohol weaken your immune system and make it easier for you to get diseases.

It only takes choosing to do drugs or drink alcohol ONCE before you find yourself having to suffer the consequences. Even if you don't think that anything will happen to you or that drugs or alcohol will not affect you, you will only know when it is too late! It doesn't matter if you did drugs or drank alcohol in the past and nothing happened to you. It only takes saying “yes” to drugs once, to make a bad decision that will affect you for the rest of your life!



# DATE RAPE

Date Rape  
is all about  
**fear, control,**  
and **power.**

## The HARD Facts about DATE RAPE

Date rape is when someone takes advantage of another person by having sex with them against their will.

Someone who is date raped can be beaten, injured, or even killed. Date rape can happen after someone has passed out from having too much alcohol. Date rape can also happen when a drug is put in someone's drink when they are not looking. You could die from an overdose when drugs are mixed with alcohol.

Sexual assault can emotionally scar you, and you may not feel safe for a long time. That is why it is very important that you avoid drugs and alcohol at all costs. Don't go to places where you may find yourself in these situations.

Hang out with the **RIGHT** people!

## BE SAFE, BE SMART

Even if you are not drinking alcohol, your drink can be drugged! Be safe! If you notice that your drink smells, looks, or tastes funny, don't drink it. If you notice that you are feeling sleepy, dizzy, or light-headed, your drink may have drugs in it. You should leave the situation as soon as possible, so that you are not taken advantage of. Tell someone and get help. **Never take a drink from a stranger!**

## NOT ALWAYS A STRANGER

Most sexual attacks that happen because of drugs and alcohol do not come from strangers—they come from people they know or trust.

Most of the time, the crime of date rape is not planned in advance. Sometimes a guy will see a girl who has had too much to drink or is on drugs as an "easy target". He will take advantage of the situation and the girl. **He will break the trust and rape the girl.**

Women are almost always the victims of date rape. Teenage girls are most at risk.

Anyone can be a victim of sexual assault; it doesn't matter whether you're a guy or a girl. But the vast majority of victims are girls. Women between the ages of 16 and 24 are four times more likely to be sexually assaulted than younger or older women.

Most sexual attacks are never reported to the police, never solved, and never proven.

**Why? Because...**



Alcohol and drugs erase or distort part of your memory of what happened—you may not even know for sure you were raped or assaulted.

People are afraid the police won't believe them.

People feel that it is their fault.

People want to forget that anything ever happened.

People are ashamed and are scared of what others may think of them, or that others will take advantage of them.

# LET'S REVIEW

## UNSCRAMBLE THE WORDS

### DIRECTIONS

Unscramble each word to complete a statement about what drugs and alcohol do to you.

hlocaol nda gsudr peke uyo ormf nkgima iesw cosihce.

---

yhte wkeena oruy tyibali ot akme

---

oicsche htta liwl acvdaen ruyo rpoensp dna vige ouy ecepa.

---

## TALK ABOUT IT

- 1 What role do you think peer pressure has in mixing drugs, alcohol, and sex?
- 2 What choice and commitment will you make about drugs and alcohol? What things are you going to do to make sure you keep your commitment?
- 3 Why do you think date rape is such a big problem?
- 4 If you find yourself in a situation where you think sexual assault or date rape is possible, what are some things you can do and say to get out of that situation?
- 5 Do you think drugs and alcohol are healthy for your body? Explain.
- 6 What are some other reasons not to mix drugs, alcohol, and sex that are not mentioned in this lesson?
- 7 Why do you think it is important to stay away from drugs and alcohol?
- 8 What are some practical steps that you can take to escape drugs and alcohol?
- 9 If you have been raped, what can you do to get help? If you know someone who has been raped, how can you help that person?



Lesson  
5

# Watch Your Step

STDs are out there, and if you're not careful, you might find yourself infected.

## What is a Sexually Transmitted Disease?

STDs are diseases that are spread from person-to-person, usually during sexual contact, but can also be spread by using an infected needle. The germs that cause STDs can be spread during oral (mouth), anal, or vaginal sex. Some STDs are spread from skin-to-skin contact with an infected partner's genital area, not just through intercourse.

If you are like most teens, you probably don't know as much about **Sexually Transmitted Diseases**, STDs, as you should. Odds are that you don't even think about STDs, your chances of getting one, or giving one to someone else. STDs are very real and happen to many teens...more often than you may think!

### STDs can also...

Make an individual more likely to get infected with HIV through sexual contact, or to transmit HIV if they are already infected.

Cause a women to experience problems in pregnancy, like miscarriage and premature birth.

Affect newborn children, causing serious problems, like blindness.

Prevent both men and women from being able to have children.

**4**  
Million

### infected each year

There are 4 million new STD infections each year in South Africa. People who have multiple sexual partners, and who do not use condoms regularly, have greater chances of becoming infected with STDs.



# STDs ARE NOT GIFTS YOU WANT TO GIVE OR RECEIVE

## The Hard TRUTH <sup>about</sup> STDs

Unfortunately, teens are at the greatest risk for STDs. Young adults, between the ages of 15 and 24, have the greatest chance of getting an STD. Approximately 2/3 of all people who have an STD are under 25.

### Why are young people at risk?

- They have less immunity—the reproductive organs of young adults are not as developed and are less able to fight off bacteria that can cause STDs
- They have multiple sex partners
- They have unprotected sex
- They select partners at higher risk of having an STD

## YOUNG GIRLS AT GREATER RISK

Our bodies have many ways they can protect us from different diseases and illnesses, including STDs. However, a young girl is still developing and her body doesn't have the same ability to protect against STDs as an adult does. You should decide to save sex for marriage from this day forward, so that you can prevent yourself from getting an STD.

## 3 most common STDs in South Africa

(not including HIV/AIDS)

	What is it?	Symptoms	How It's Spread	Treatment
<b>Gonorrhoea</b>	Bacterial infection of the penis, vagina, or anus	Pain or burning during urination, pus-like discharge  Sometimes there are no signs	Sexual contact (oral, anal, vaginal)	Antibiotics can be taken; sexual partners must also be tested and treated
<b>Chlamydia Trachomatis</b>	Bacterial infection that can scar the fallopian tubes affecting a woman's ability to have children	Discharge from penis or vagina, pain or burning during urination, pain in the abdominal area  Often there are no signs	Sexual contact (oral, anal, vaginal)	It will not go away unless treated with antibiotic medications; sexual partners must also be tested and treated
<b>Genital Herpes</b>	Skin condition that happens over and over again, and can cause skin irritations in the genital region (anus, vagina, and penis)	Pain or burning during urination, flu-like symptoms, small itchy red bumps which will then turn into fluid-filled blisters; blisters can dry and heal within 1-3 weeks, but can come back  Sometimes there are no symptoms	Sexual contact (oral, anal, vaginal) kissing or touching the body parts that are infected; herpes can still be spread after blisters are healed	There is NO CURE for herpes

# The Pregnancy PROBLEM

## What is the problem with teens getting pregnant?

- They suffer health problems
- They drop out of school
- They aren't able to support themselves
- They become dependent on the government's money
- They struggle with issues of self-esteem and depression
- Their partner may reject them and they will be all alone
- Their parents are disappointed
- They can no longer do the things they love, such as sports or other activities
- They may commit suicide because of shame or rejection by their parents or partner

## If you get pregnant...

- Your education will suffer
- Your career will be set back
- You'll be overloaded and stressed
- You won't have time for fun and recreation
- You might feel like you don't have a reason to live
- You will miss the enjoyment of your teen years

## WHAT ABOUT THE CHILD

It can be very stressful to care for a helpless baby. Such stress can get in the way of enjoyable activities, like dating, friends, going places, or relaxing at home. But the real question should not be "What will happen to me?" It should be... "What might happen to the child?"

- They could suffer health problems
- They could drop out of school
- They could continue the cycle of unwanted pregnancies in the family
- They could commit crimes
- They could become street kids
- They could be victims of crimes, especially child abuse

## The CONDOM CONCERNS

"Safe Sex" (protected sex) has been proven to NOT eliminate a teen's chance of getting HIV/AIDS or an STD.

### Even when wearing a condom during sex:

You have a 13 to 16% chance of getting pregnant. **If the condom is used VERY carefully, EVERY time, EXACTLY right, it works only 84-87% of the time.** This statistic sounds promising unless you are one of the 15% who ends up pregnant and forced to raise a child as a young, single parent.

**You can get HIV/AIDS.** 20 out of every 100 people who count on condoms to protect them, will die of AIDS.

**You can get STDs.**

## You're not a statistic

What the statistics and researchers DON'T say about teens like YOU...

You have the power and the choice to go against these statistics and break out of the pattern created by the past. You can choose abstinence, which is the only way to have 100% protection. You can help others to make the same choice as you. You can help change the statistics of South Africa. Choose to change your community and reverse these numbers!

# LET'S REVIEW

## TRUE OR FALSE

### DIRECTIONS

Read each statement; if you agree with the statement, circle "True"; if you disagree, circle "False."

- |             |              |   |
|-------------|--------------|---|
| <b>True</b> | <b>False</b> | Having multiple sexual partners increases your chances of getting an STD  |
| <b>True</b> | <b>False</b> | Genital Herpes can be cured using antibiotics                             |
| <b>True</b> | <b>False</b> | Most people with STDs are under the age of 25                             |
| <b>True</b> | <b>False</b> | STDs can prevent you from having children                                 |
| <b>True</b> | <b>False</b> | Condoms completely protect you from all STDs, including HIV               |
| <b>True</b> | <b>False</b> | You can have an STD without having any symptoms                           |
| <b>True</b> | <b>False</b> | An STD can only be spread through vaginal sex                             |
| <b>True</b> | <b>False</b> | Having an STD makes it more likely that you will become infected with HIV |
| <b>True</b> | <b>False</b> | Chlamydia will go away on its own   |
| <b>True</b> | <b>False</b> | Abstinence is the only way to prevent getting an STD                      |

## TALK ABOUT IT

- 1 Condoms are not 100% effective. Give evidence to show this is true.
- 2 Is sex before marriage only damaging to the guy and girl involved, or does it affect others? Who else does it affect? Why and how?
- 3 What are some of the problems with raising a child outside of marriage?
- 4 What choice and power do you have in order to change your future for the best? How can you influence others to make better choices for their lives?
- 5 Is it okay to have more than one sex partner? Why or why not?
- 6 Is sex created for teens or married couples? Explain.
- 7 Do you think abstinence is 100% protective? Why or why not?
- 8 What do you think is more important and has the greatest reward: Waiting until you are a certain age to have sex or waiting until you are married? Why?
- 9 Why do you think it is important to finish school and have a proper job?
- 10 Why do you think teens are most at risk for STDs?





Lesson  
**6**

# Focusing On The Positive

We can respond positively to the harsh reality of AIDS we face in the world today.

## Why is HIV/AIDS so bad in South Africa?

South Africa has been found to have the most severe HIV outbreak in the world, with an average of 1,500 new cases everyday. Why? Poverty, poor decisions, sex before marriage, lack of respect, high levels of STDs, low status of women, and sexual violence are all factors.

Even though it may seem that these factors cannot be changed, it is possible. We will not see change overnight, but all it takes is for one person to see the need for change, take the initiative to live differently, and promote change in those around them. Then things will begin to turn around. It all starts with you!

**WHO IS AT THE GREATEST RISK?**  
**TEEN GIRLS**

**3 to 1**

There are 3 teen girls infected with HIV/AIDS for every 1 teen boy!

That is why teenagers, just like you, have the greatest role in reversing this ever-increasing problem in South Africa. You are the leaders of the future who can turn these statistics around!

**It is going to take you and your friends to stop HIV/AIDS from spreading.**

# YOU CAN REVERSE IT

In South Africa, the HIV epidemic continues to be a growing problem with no signs of getting better. Everyday, more and more youth and adults get infected with this deadly disease.

## What can you do?

While there are many factors about HIV/AIDS that you cannot change, you can make a choice to save sex for marriage. By you making such an important decision, you are one less person in society who is spreading HIV/AIDS or adding to the statistic by getting it.

What is it going to take to **REVERSE** the statistics and finally **SEE A DROP** in the number of people infected with HIV/AIDS in South Africa?

## We need behaviour change

People need to be educated on the causes of HIV/AIDS and the importance of saving sex for marriage. Change can't happen unless you begin to practise what you are being taught.

## We need social change

The disease will continue to spread until people begin to take a stand on this issue and admit that it is a problem. Acknowledge that HIV/AIDS is real and that it has negative effects on individuals, families, and communities.

# FACT OR FICTION

## How is HIV transmitted?

Another issue that has made the problem of HIV/AIDS worse in South Africa is the mixed messages that are given by the government, doctors, scientists, and community leaders. Many people don't know what is **FACT** (true) or **FICTION** (not true). They don't know who or what to believe or not believe about how HIV is transmitted.

## Fact

- Through sexual contact or intercourse
- Oral sex with someone who is HIV-infected
- Sharing needles with someone who is HIV-infected
- Infection during pregnancy, childbirth, or breastfeeding (infected mothers can give it to their babies)

## Fiction

- Through casual or everyday contact, such as sharing eating utensils and bathroom toilets or through hugging or kissing
- Sweat, tears, vomit, human waste, and urine contain HIV, but have not been reported to transmit the disease
- Mosquitoes, fleas, and other insects
- Sitting on a chair where an HIV/AIDS infected person sat

# Show compassion

In the Bible, compassion means literally “to suffer with.” It also means to show understanding, pity, and mercy for another.

“So once again, I, the Lord All-Powerful, tell you, ‘See that justice is done and be kind and merciful to one another! Don’t mistreat widows or orphans or foreigners or anyone who is poor, and stop making plans to hurt each other.’”

-Zechariah 7:8-10 (CEV)

**“Summing up: Be agreeable, be sympathetic, be loving, be compassionate, be humble. That goes for all of you, no exceptions.”**  
-1 Peter 3:8 (MSG)

Have compassion on those who are infected with HIV/AIDS. Help them! Love them! Care for them! Make a difference in their lives by receiving them in love. You will be a light in your community, leading to a brighter future for all of those who are suffering from this devastating disease.

## STOP THE NEGATIVITY

Which of these responses do you think is most valuable for the individual who is sick with HIV/AIDS? Which of these responses do you think is most valuable for the family, the community, and the country of South Africa?

Will you continue to have negativity and a lack of compassion toward those infected? Or will you take a stand and increase the awareness and truth of HIV/AIDS? Will you love all people for who they are and look out for their best interests?

# Hardships you don't usually think about

Now that you know the truth about how HIV/AIDS is spread, let's take a look at the effects that it has. One of the main effects is hardship for the individual and their families. The hardship begins long before the individual with HIV/AIDS dies.

**What are some of the feelings, thoughts, and reactions that an individual and their family suffer in South Africa?**

- There is a terrible responsibility on the children if they have to care for a parent who has AIDS.
- There are negative reactions towards individuals who admit that they are HIV+. Individuals face fear, shame, and hopelessness following the news that they have AIDS.
- There is a loss of income when the person who works in the family is infected with the disease.
- The household resources often have to go towards taking care of the person who is sick. Those are resources that could have been used for the needs of the entire family.
- When a parent dies from AIDS, the children face the pain of being orphaned and the heartache that comes with the loss of any loved one.
- There is usually a shortage of food and poor nutrition in households where someone is sick or dying of HIV/AIDS.

## What can the RESPONSE be?

People living with HIV/AIDS find comfort and support.

OR

They suffer rejection and discrimination.

Awareness of the disease is spread.

OR

People refuse to face the unpleasant facts.

Kindness and unity is extended through people's daily communications with each other.

OR

A feeling of fear and neglect is created.



# LET'S REVIEW

## HOW MUCH DO YOU KNOW?

### DIRECTIONS

Answer each question below by circling the letter of the answer that you think is correct. See how well you have done by checking the answers at the bottom of the page.

- 1 Why does South Africa have such a big problem with HIV/AIDS?
  - a) poverty
  - b) poor decisions
  - c) high levels of STDs
  - d) lack of respect
  - e) all of the above
- 2 Who is at the greatest risk for HIV/AIDS?
  - a) a teenage boy
  - b) an elderly lady
  - c) a teenage girl
  - d) a baby boy
- 3 What major issues or problems are making HIV/AIDS worse in South Africa?
  - a) the mixed messages that are given by the doctors, scientists, and community leaders
  - b) lack of education
  - c) people do not acknowledge that HIV/AIDS is a problem
  - d) all of the above
  - e) none of these answers are true
- 4 Which of the following statements are not how HIV/AIDS can be transmitted?
  - a) sharing needles with someone
  - b) mosquitoes, fleas, and other insects
  - c) having sex
  - d) from mother to baby in pregnancy, birth or breastfeeding

How did you do?

The correct answers are | 1. e | 2. c | 3. d | 4. b

## TALK ABOUT IT

- 1 Do you believe that the infection rate of HIV/AIDS will ever decrease? Why or why not?
- 2 Why do you think so many people in our country do not believe HIV/AIDS is real?
- 3 What impact have you seen that HIV/AIDS has had on your community or our country as a whole?
- 4 How do you think life would be different if there were fewer people suffering from AIDS?
- 5 What are some changes that need to take place in the hearts and minds of South Africans in order for the spread of HIV/AIDS to go down?
- 6 What can you do to make a difference? What are some specific things that you can do to for people living with HIV/AIDS?
- 7 Do you know someone who has told others that they are HIV+? How did people respond or react?
- 8 What are the consequences of losing a family member who was infected with HIV/AIDS?
- 9 What does the Bible say about saving sex for marriage? Will this help with the problem of STDs and HIV/AIDS? How?



Lesson  
**7**

# Avoiding Relational Traps

You can ensure a successful relationship by looking out for warning signs.

## Why do relationships fail, especially among youth?

A lot of this is simply because they were never truly in love. They only had a crush on the other person. Their relationship was based only on feelings. Because youth do not have the maturity and wisdom that comes with age and life experiences, their relationships are often immature and handled irresponsibly!

**WARNING**  
**HIGH ACCIDENT ZONE**

There are many warning signs that indicate if your relationship will fail. If you learn those warning signs now, it can save you a lot of sadness and allow you to develop a healthy relationship with the opposite sex from the start. Learning the warning signs will lead to a strong and lasting marriage in the Lord's timing.

### Warning signs you need to learn to identify

**Founded on Fantasy**  
**Self-Seeking**  
**Forgets Friendship**  
**Stresses Sacrifice**

**Develops Defensiveness**  
**Filled with Fear**  
**Rests on Resentment**  
**Defined by Dishonesty**

# RELATIONSHIP WARNING

# SIGNS



## WARNING SIGN 1 Founded on Fantasy

If your relationship is based on hopes and dreams...**WARNING!** Fantasy rejects reality by allowing what both people think should or could be happening to replace what is really happening in the relationship. It becomes a habit to disagree that problems exist and what they are. Each person tries to hide or trick the other person about their own strengths and weaknesses.

In a healthy relationship, both of you are aware of the strengths and weaknesses that each of you have. Weaknesses are not hidden. Instead, weaknesses are worked on so that each of you can improve. You both face the reality of where you are personally and in your relationship.

## WARNING SIGN 2 Self-Seeking

If your relationship is focused on completing yourself...**WARNING!** You cannot expect that the person you are in a relationship with, is going to complete you. No one can live up to those expectations. It is only a matter of time before the person seeking fulfilment will look for something else to fulfil their needs. They look for a replacement which can be in the form of addictive behaviours or other relationships.

In a healthy relationship, you should find joy in sharing in each other's growth and helping each other become a better person. You should think of them before you think of yourself.

## WARNING SIGN 3 Forgets Friendship

If your relationship forgets the role that friendship should play...**WARNING!** This kind of relationship does not think or feel deeply. You are likely to make the other person feel guilty for your problems. One or both people in the relationship may feel that they are not being treated fairly. They begin to point fingers at the other person as the reason for their failing relationship.

A healthy relationship should be two good friends becoming even better friends. The strongest and most successful relationships—even the most passionate and romantic marriages—have this kind of true friendship at their core.

## WARNING SIGN 4 Stresses Sacrifice

If your relationship demands sacrifice from the other person...**WARNING!** While sacrifice is important in every relationship, it is unhealthy when one or both people sacrifice themselves, demanding something in return.

In a healthy relationship, both people are willing to sacrifice themselves for the other, without expecting anything in return. They are willing to sacrifice their own preferences and privileges when needed. The greater the sacrifice, and the deeper the "death-to-self" is, the greater the strength of the relationship.



## WARNING SIGN 5

### Develops Defensiveness

If your relationship requires protectiveness because of fear and uncertainty...**WARNING!** In this kind of relationship, there is a need to build up a wall of defensiveness because one or both people feel that if they do not protect themselves, they could be violated, robbed of their identity, controlled, or suffocated. This usually results in the relationship's complete failure.

In a healthy relationship, the environment is secure. Both people feel like they are free to open up. You are able to say whatever you want about how you feel or what you are thinking, without being afraid of what your partner may do or say in response. This allows both people to discover more about who they are. It allows them to see more of what God has created them for. These things result in a deep and lasting relationship.

## WARNING SIGN 6

### Filled with Fear

If your relationship is focused on the other person making you feel safe...**WARNING!** That is usually the sign of an insecure childhood. Perhaps you lived in fear of whether anyone loved you or whether you were safe. So much of your life is lived on the edge of risk that you feel a need for at least one relationship to make you feel safe.

In a healthy relationship, there is no fear. Instead, perfect love drives out fear. Both partners begin to try to satisfy the security needs of others instead of using others to satisfy their own need for security and safety. They are focused on the needs of the other person, rather than their own needs. They are filling the other person's worries and fears with the comfort of their commitment and devotion.

## WARNING SIGN 7

### Rests on Resentment

If your relationship holds onto past hurts and pains...**WARNING!** In this kind of relationship, it is like one or both people carry around a dustbin. Every time someone makes a mistake, they toss it into the dustbin; they never empty it, but they carry it with them everywhere they go.

In a healthy relationship, there are no "dustbins". Out of love, each one is willing to take hurts, pains, and disappointments of the past, forgive them, and put the past behind them. A relationship grows when we are willing to forgive past hurts and disappointments. Forgiveness allows you to become all that you can become, and it opens the relationship to become all that it can become.

## WARNING SIGN 8

### Defined by Dishonesty

If your relationship is filled with lies and cheating...**WARNING!** In this kind of relationship, one or both people develop the habit of covering up the truth. They mislead the one that they love. They offer a reasonable explanation to themselves that keeping things secret is for their loved ones' own good. Dishonesty and deception are hard habits to break.

In a healthy relationship, both people are completely honest with one another and are able to share those unpleasant truths without fear. Honesty must be at the centre of every relationship.

**You should now be able to better identify warning signs in your current or future relationships.**

This will help you to know what areas you and your partner need to work on to keep your relationship from failing. If you and your partner cannot work things out, you should definitely consider leaving the relationship. As difficult as it may be to leave, you will not regret it. Why? Because it will cause less damage to get out before the problems become even bigger.

Never think that if you just get married or if you just have sex, things will get better. Marriage and sex will only cause the current problems to become even greater and will create new problems!

# LET'S REVIEW

## Complete the Statements

### DIRECTIONS

Fill in the blanks of each statement with the words from the word list. Each word will only be used once.

- 1 Fantasy rejects \_\_\_\_\_ by pretending that problems do not exist.
- 2 People that you are in a relationship with will never \_\_\_\_\_ you.
- 3 A healthy relationship is described as two good \_\_\_\_\_ becoming closer.
- 4 When both people are willing to \_\_\_\_\_ themselves, the relationship is good.
- 5 \_\_\_\_\_ allows you to become all you and your relationship can be.
- 6 True love drives out all \_\_\_\_\_ and provides real security.
- 7 Defensiveness usually results in the relationship's complete \_\_\_\_\_.
- 8 \_\_\_\_\_ must be at the centre of a healthy relationship.
- 9 Marriage and sex will never make \_\_\_\_\_ in a relationship better.
- 10 Knowing the warning signs can save you a lot of pain and \_\_\_\_\_.

## WORD LIST

Honesty  
Friends  
Sadness  
Complete  
Fear  
Problems  
Reality  
Sacrifice  
Failure  
Forgiveness

## TALK ABOUT IT

- 1 What do you think is the most common warning sign in teen relationships? Why?
- 2 Have you ever been in a relationship or known someone who was in a relationship that ended after only a short time? Why do you think that relationship did not last?
- 3 Describe a good, healthy relationship. What are the qualities of a lasting relationship?
- 4 If you notice that one of the warning signs is present in your relationship, does that mean that your relationship will not last? Why or why not? What can you do about it?
- 5 Have you ever lived in fear of someone you loved or were in a relationship with? How did/does it affect you?
- 6 Have you ever been in an unstable relationship? What did you do to get help?
- 7 Do you fear relationships? Why or why not? What can you do personally to not fear relationships?
- 8 What do you think will happen if you overlook or ignore any of these warning signs?

## Lesson

# 8

# Purity is Possible

You need to know where the line is between innocent intimacy and intercourse.

**WHAT IS SEX**  
Is it ONLY  
**INTERCOURSE** ?

or is there more  
to it than that?

## Guess What?

The Bible says that if a man even LOOKS on another man's wife with lust, he has committed adultery in his heart. Adultery is when someone has a sexual relationship with someone who is the husband or wife of someone else. The Bible is telling us that we commit adultery when we look with lust upon another person's spouse.

"But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart." -Matthew 5:28

Your body doesn't want to stop—  
you have to make it

It is important in any relationship with the opposite sex, that you create limitations for yourself and that you make your partner aware of those limits. There is not a set of rules that everyone should follow in order to prevent themselves from falling into the trap of premarital sex. **But there are some guidelines that should help you create your own rules and boundaries for your relationships.**



# RELATIONSHIP GUIDELINES

You need to decide for yourself where you should draw the line of physical intimacy in your romantic relationships. **How far is too far?**

- 1 Commit to your decision to stay pure.
- 2 Recognise that you have the power to control your body.
- 3 Only date people who share your same values and beliefs concerning sexuality.
- 4 Dress without drawing attention to your sexuality. Don't give false advertisement.
- 5 Avoid media that focuses on sex or causes you to think about sex.
- 6 Keep your clothes on! If you can't get to it, you can't get in trouble with it!
- 7 Don't lie down together.
- 8 Beware of touching! Hand-holding, hugging, and light kissing may be okay for some people, but if you find yourself tempted with any of these things, stop!
- 9 Keep control. Remember that you are holding out for something bigger and better, and that it is worth the wait.
- 10 Continually evaluate yourself to figure out what your weaknesses are and do something about them!
- 11 Keep reminding yourself that it is never too late to pursue purity. Each day is new!
- 12 Pray for the Lord's strength.
- 13 Be realistic about your future with somebody. Just because you think you will get married to that person does not give you a reason to have sex before marriage.
- 14 Never quit. If you find that you have given in and did not keep the standards you set for your relationship, keep moving forward and don't give up.
- 15 Pursue purity. Purity will not just happen; it is not easy! You must commit to remain pure. You have to WANT purity!

## The BIG Question

What does a life of purity look like?

### Purity in ACTIONS

God is a kind and loving God. He would not give us principles and commands to live by if they were impossible to follow.

He gave us the Holy Spirit to show us the right way to live and to give us the power to live God's way.

If we love God, we will not be satisfied unless we obey His commands.

God's principles for our lives are given for our protection because sin has painful consequences.

Living a Godly life causes us to have a more powerful and closer walk with Jesus. It also makes us a brighter witness to those who don't know Jesus.

"...do not forget My teaching, but keep My commands in your heart..."  
-Proverbs 3:1

### Purity in THOUGHTS

Purity in thought is important because what we think about, determines what we do and who we become.

You have to guard your heart and mind in order to have pure thoughts.

Lustful thoughts and images are often the first weapons that Satan uses against us.

Jesus is the One who can provide us with a renewed mind. We have the ability to control our thoughts through God's strength.

When we seek God through prayer, worship, and reading His Word, and then fill our minds with righteous thoughts, we will gain the strength and discipline we need in order to bring every thought into the obedience of Christ.

"...We take captive every thought to make it obedient to Christ."  
-2 Corinthians 10:5

# The BIG Question

## What does a life of purity look like?

### Purity in **MOTIVATIONS**

If you call yourself a Christian, then you have decided that you want to follow the ways of God and not the sinful ways of this world.

Someone who lives a life of purity does not do something because “everyone is doing it”.

The only person we should be influenced by is the Lord Jesus Christ.

Christians are to live a life of holiness and be a testimony to others. We need to represent God as the Saviour for all people.

Set an example by living the way God wants you to live.

Walking the path of righteousness and purity is not always easy. But it is the only way for anyone who seeks to obey God and receive His blessings and rewards.

“Some of you say, ‘We can do anything we want to.’ But I tell you that not everything is good for us. So I refuse to let anything have power over me.”  
-1 Corinthians 6:12 (CEV)

### Purity in **BELIEFS**

A person who leads a life of purity never thinks that they have gone too far to turn back. They see the value in pursuing a life of purity even if they have already made mistakes.

God is a God of grace. He is willing to forgive us of everything we have done that goes against what He commands.

Jesus died on the cross for you! His blood is powerful enough to cleanse you from all your sins...even sexual immorality!

As Christians, we always have the opportunity to face our sin, repent, and start over when we fall. It all starts by believing that purity is possible. Whether you have slipped up or not, purity is always a choice you can make.

“Give up your crooked ways and your evil thoughts. Return to the Lord our God. He will be merciful and forgive your sins. The Lord says: ‘My thoughts and My ways are not like yours.’”  
-Isaiah 55:7-8 (CEV)

## THE **BOTTOM** LINE

Sex is **MENTAL**, not just **PHYSICAL**! You must be careful to guard your heart and mind if you want to live a life of purity.

So, are you going to see how close you can get to the line? Are you going to see how much fun you can have as you dance on the line that separates a life of purity from a life of sexual sin? Or are you going to set boundaries for yourself that will guarantee that you will be able to marry your future spouse with 100% of your purity?

## **NEVER TOO LATE**

Remember: Even if you made a mistake in the past, you can set goals and limits for yourself and commit to live them out from this day forward. It is never too late to live a life of purity!

# LET'S REVIEW

## How Pure Are You?

### DIRECTIONS

Complete the situations by circling which option you would choose. Then add up your score using the chart below and find out what your score means.

- 1 You see an attractive person of the opposite sex walk by; you...

  - a) Think they are cute and then you forget about them
  - b) Wonder what they look like without clothes
  - c) Continue to think about them throughout the day
- 2 Your school has decided to start a new cricket team; you decide to try out because...

  - a) You are the best and everyone else needs to see that
  - b) It is a great way to meet new friends
  - c) You like cricket and it keeps you looking good
- 3 You see a fellow learner accidentally drop R5, so you...

  - a) Do nothing and walk away
  - b) Keep it and pretend you never saw them drop it
  - c) Go out of your way to give it back to them
- 4 Your friends are watching an inappropriate movie, so you...

  - a) Join them
  - b) Watch it with them, but close your eyes at the inappropriate scenes
  - c) Tell your friends that you refuse to watch those types of movies and leave

## Score Card

Question 1	Question 2	Question 3	Question 4
a = 3 points	a = 1 point	a = 2 points	a = 2 points
b = 1 point	b = 3 points	b = 1 point	b = 2 points
c = 2 points	c = 1 point	c = 3 points	c = 3 points

If you scored 10-12 points, you are living a pure life. Ask God to help you stay on this path.  
If you scored 7-9 points, you are on your way to a pure life. Ask God to help you to grow in purity.  
If you scored 4-6 points, you may want to make some big changes in your life. Ask God to help you.

## TALK ABOUT IT

- 1 What boundaries are you going to set for your romantic relationships?
- 2 How do you think keeping God's commandments in your heart will help you stay pure?
- 3 What are the benefits to staying pure? Is it easy to stay pure? Do you think guarding your thoughts is important to living a pure life?
- 4 Why did God create sex? Who are the people that are supposed to have sex?
- 5 Make a personal statement about why you are going to live a life of purity.
- 6 What are you going to do today to begin practicing a life of purity? How are you going to keep following your decision to live a life of purity?
- 7 Can you only work at purity in your sexuality? Or is there more to purity?
- 8 Have you ever asked God to purify your life, thoughts, and heart? Why or why not?
- 9 What do you think sex is? Is it only physical? Why or why not?
- 10 Can God ever forgive your sins? How?



# Lesson 9

## Overcoming the Pressure

We've told you how you can stay pure,  
but now it's time to put it into practice.

### It's a constant struggle to remain pure

Since you have been in this class, you have been told over and over again to not have sex before you are married and that you need to stay pure. But how can you really stay pure?

### Staying pure starts with a **COMMITMENT** to the **CHOICE!**

You must choose to want to live a life of sexual purity!  
You must commit to this choice. Be willing to do whatever it takes to keep your commitment to saving sex for marriage and keeping a pure heart and mind. The greater the desire and commitment you have, the greater the reward! You will have no regrets for making such an important choice!

**RENEW  
YOUR  
MIND**

A life of purity is not going to be easy. In fact, you are still going to be tempted and you may even make mistakes. However, every time you fail to keep your commitment to purity, God is there to renew your heart and mind. If you learn from your mistakes and continue to pursue purity, He will make you even stronger and better able to live a life of purity. You have to rely on the strength and grace of God!



# EVEN PEOPLE IN THE BIBLE STRUGGLED TO REMAIN PURE

Let's take a look at a story in the Bible that demonstrates the struggle of remaining pure. Even though this story took place a long time ago, it still applies to us today. It is for men and women, young people and adults.

## Proverbs 7:6-23 (CEV)

“From the window of my house, I once happened to see some foolish young men. It was late in the evening, sometime after dark. One of these young men turned the corner and was walking by the house of an unfaithful wife. She was dressed fancy like a woman of the street with only one thing in mind. She was one of those women who are loud and restless and never stay at home, who walk street after street, waiting to trap a man. She grabbed him and kissed him, and with no sense of shame, she said: ‘I had to offer a sacrifice, and there is enough meat left over for a feast. So I came looking for you, and here you are! The sheets on my bed are bright-coloured cloth from Egypt. And I have covered it with perfume made of myrrh, aloes, and cinnamon. Let’s go there and make love all night. My husband is travelling, and he’s far away. He took a lot of money along, and he won’t be back home before the middle of the month.’ And so, she tricked him with all of her sweet talk and her flattery. Right away he followed her like an ox on the way to be slaughtered, or like a fool on the way to be punished and killed with arrows. He was no more than a bird rushing into a trap, without knowing it would cost him his life.”



## 9 steps that you should take to stay pure

### 1 Be wise

“From the window of my house, I once happened to see some foolish young men...”

Set limits for yourself. Decide what you will and will not do. This also means that you must be able to recognise the desire for it BEFORE it gets too great and you can no longer handle it. When the temptation gets too difficult...RUN. RUN FAST!

“Run from sexual sin.”  
-1 Corinthians 6:18

- Don't be with your partner in a room all alone.
- Go places where you can enjoy time together, but be in public.
- Have someone hold you accountable.

### 2 Don't enter the darkness

“It was late in the evening, sometime after dark.”

Stay in the light. If something has to be done when no one is looking, it is wrong and will only cause you pain and sadness. If you are about to do something with your boyfriend or girlfriend and it doesn't feel right, it most likely isn't!

### 3 Don't go there

“One of these young men turned the corner and was walking by the house of an unfaithful wife.”

Don't go to parties that you know you shouldn't go to. Don't go where you may be tempted to do something that will cause you guilt and shame or make you feel dirty. Don't put yourself in a situation where you might get hurt physically or emotionally.

# steps continued...

## 4 Identify the many ways sin is disguised

“She was dressed fancy like a woman of the street with only one thing in mind.”

By knowing what is right, you will be able to recognise when something is wrong. Knowing the truth helps you see the lies. Temptation looks good on the outside, but once you are in it, you will realise it is not what you thought it would be.

## 6 Make a firm decision and stick to it

“She grabbed him and kissed him, and with no sense of shame, she said: ‘I had to offer a sacrifice, and there is enough meat left over for a feast. So I came looking for you, and here you are!’”

Decide how far you will go before you are ever put in that position. Talk to your partner about the limits that you have committed to follow. Then walk that path very carefully. Don’t put yourself in situations where you can’t follow through on what you already decided you would and wouldn’t do. Stick to the wise decisions you made. Don’t let anything get in the way.

## 8 Know a trap when you see one

“And so, she tricked him with all of her sweet talk and her flattery. Right away he followed her like an ox on the way to be slaughtered, or like a fool on the way to be punished and killed with arrows. He was no more than a bird rushing into a trap, without knowing it would cost him his life.”

Know all of the warning signs you learned about. Speak with Godly men and women who are older than you and have been in a relationship before. Ask them questions about the things they have experienced in relationships and what things you can look for. You can also ask them for advice about your relationship. But be sure that those people you talk to are going to give you wise answers—answers that God would give.

## 5 Hang with the right friends

“She was one of those women who are loud and restless and never stay at home, who walk street after street, waiting to trap a man.”

It is important that you choose Christian friends who challenge you to grow in your faith, and don’t pull you away from God or drag you down. Stay with friends who will pull you closer to God.

## 7 Don’t let yourself get weak

“The sheets on my bed are bright-coloured cloth from Egypt. And I have covered it with perfume made of myrrh, aloes, and cinnamon.”

You are most in danger to forget the standards that you have set for yourself when you are tired, depressed, lonely, or struggling in a relationship. Satan will use your weakest moments to tempt you. When you feel weak, run to God. Run to a friend who you know will pray with you and encourage you.

## 9 Don’t believe that everyone is doing it

“Let’s go there and make love all night.”

You already know that there are plenty of consequences to sex outside of God’s plan—STDs, unplanned pregnancies, destroyed reputations, emotional pain, HIV/AIDS, etc. Don’t believe that no one will know about what you and your boyfriend or girlfriend did. Your sin will always find you out.

“...You may be sure that your sin will find you out.”

-Numbers 32:23 (NLT)

“...But you will get caught, if you are dishonest.”

-Proverbs 10:9 (CEV)

But even if none of your friends or your family find out, God knows. Even if everyone were doing it, we are told in the Bible that when we follow a blind man (or the ways of the world), we will be led into a ditch (Matthew 15:14).

# LET'S REVIEW

## Complete the Statements

### DIRECTIONS

Fill in the blanks of each statement with the words from the word list. Each word will only be used once.

- 1 Identify the ways that sin is \_\_\_\_\_.
- 2 Don't \_\_\_\_\_ that everyone is doing it.
- 3 Don't let \_\_\_\_\_ get weak.
- 4 Know a \_\_\_\_\_ when you see one.
- 5 Be \_\_\_\_\_.
- 6 Hang with the \_\_\_\_\_ friends.
- 7 \_\_\_\_\_ go there.
- 8 Make a \_\_\_\_\_ and stick to it.
- 9 Don't enter the \_\_\_\_\_.

### WORD LIST

trap  
wise  
decision  
Don't  
believe  
disguised  
darkness  
yourself  
right

## TALK ABOUT IT

- 1 What are the 9 steps that you can follow to save sex for marriage? Do you think that these things can help you stay pure? How?
- 2 What are some specific things you can do that will help you maintain a commitment to save sex for marriage?
- 3 What do you think are the benefits of saving sex for marriage?
- 4 Can you stay pure without the help of others? Why or why not? Who or what can help you stay pure?
- 5 Do you think saving sex is God's plan for your life? Why or why not?
- 6 What are some of the consequences of having sex before marriage?
- 7 Do you think saving sex will help you have a healthy marriage in the future?
- 8 Have you ever been in a situation where you were forced to do something that you didn't like? How did you feel?
- 9 What do you think you need to do to overcome negative peer pressure?
- 10 How can you avoid a trap when you first see one?



Lesson  
**10**

# Why Wait?

The Bible gives us many reasons why it's worth waiting for sex until we are married.

## We all want intimacy

God created us with a desire for intimacy. Intimacy is a longing for a close, meaningful, understanding relationship. We all want to be loved by someone and to find acceptance.

## The Truth Is...

When we compare the messages of the media to God's message, they do not line up! What are the reasons the Bible gives us for waiting to have sex until we are in a committed, married relationship?

## Media Message

TV, magazines, movies, and other media teach us that sex brings intimacy no matter how long or short of a time you have known someone. The media tells us that if you want to get to know your boyfriend or girlfriend better, develop a deeper relationship with them by having sex.

Does sex outside of marriage really do everything that the media and society convinces us of? If so, why save sex for marriage?



# REASONS YOU SHOULD WAIT UNTIL MARRIAGE

## SEX is not the only way of intimacy.

True intimacy develops through the sharing of thoughts, feelings, and experiences. True intimacy is built on honesty, love, and freedom. Intimacy is more than just having sex. Think about prostitution. Prostitutes have sex, but his/her relationships are not intimate! In fact, premarital sex can actually prevent intimacy. Sexual intimacy before marriage can cause dissatisfaction and unhappiness once you do get married!

## SEX does not help you get to know one another or become better partners.

Testing out sex before you are married does not show you what sex is meant to be. It will give you pleasure at the moment, but it doesn't lead you to have happiness in your future marriage. Physical intimacy often causes other parts of the relationship to suffer, and stops you from having the best dating relationship that leads to the best marriage relationship. In fact, in the healthiest marriages, a couple spends a lot less time having sex than they do in conversation, solving problems, and sharing their emotions with one another.

## SEX without long-term commitment is not freeing or fun.

Sex outside of marriage does not provide freedom. It creates memories that will come back when you have sex with your future spouse. You will constantly be comparing your past experiences with the sexual experiences you have with your husband or wife. It might be fun at the moment, but it is not going to be fun when you can't even find sexual satisfaction with your future spouse because of all the memories from your past sexual encounters. Plus, factor in the risks of STDs, pregnancy, and HIV/AIDS. Does that sound fun? Or freeing? Having sex outside of marriage can ruin your whole life.

## IT WILL BE HARD, BUT WORTH IT

If you decide to wait to have sex until you are married, it will take great courage and strength. If you decide not to wait, you will never know what you missed.

## FAITH

It all comes down to an issue of faith. Are you willing to trust that the guidelines God gives us concerning saving sex for marriage are the best way? Are you going to embrace the truth of the messages in the Bible, or are you going to cling to the lies of the messages of the world?

## SEX is not a right; it is a privilege.

God did not tell us to save sex for marriage to ruin our lives and remove all of our fun and pleasure. He created us and loves us more than we could ever know. It is because of this that He created guidelines which will guarantee sex at its best! He tells us that it is within marriage that we are going to find the most sexual satisfaction! That is where and when sex will be fun!

# The BENEFITS of staying PURE

## BENEFIT #1

You reflect part of God's character.  
"...be holy because I am holy."  
-Leviticus 11:45 (NLT)

## BENEFIT #2

You have the greatest wedding gift to give your future spouse a gift that money could never buy.  
"A man...is joined to his wife, and the two are united into one."  
-Matthew 19:5 (NASB)

## BENEFIT #3

You will learn to develop healthy relationships with the opposite sex.  
"Respect everyone, and love your Christian brothers and sisters."  
-1 Peter 2:17 (NLT)

## BENEFIT #4

You have a living testimony of how God is working in you.  
"Be an example to all Believers...in the way you live, in your love, your faith, and your purity."  
-1 Timothy 4:12 (NLT)

## BENEFIT #5

You will be able to submit yourselves to one another because you will have full sexual satisfaction.  
"Wives, understand and support your husbands by submitting to them in ways that honour the Master. Husbands, go all out in love for your wives. Don't take advantage of them."  
-Colossians 3:18-19 (MSG)

## YOU WERE BOUGHT AT A HIGH PRICE

"...You do not belong to yourself, for God bought you with a high price. So you must honour God with your body."  
-1 Corinthians 6:19-20 (NLT)

Suppose your parents had enough money to buy a really expensive car, and they let you drive it. How would you treat the car? Would you drive around carelessly? NO! You would be very careful with their car. You would treat it nicer than if it were your own. Right?! It is the same with our bodies. Your body is not your own; the price was paid by someone else—Jesus Christ. Your body is on loan to you, so you should treat it as if it is not your own. In order to best treat your body, you must obey God's commands about sexual purity.

## SECOND CHANCES

Maybe you are feeling hopeless because you have already had sex before marriage. Well, guess what? Our God is so great that He is willing to give you a second chance. You may not be able to go back to how things once were, but God can give you a fresh start!

"Look, I am making everything new!"  
-Revelation 21:5 (NLT)



# MAKE THE COMMITMENT TO SAVE SEX UNTIL MARRIAGE

You now know all about saving sex for the right person. You know that there is no such thing as “safe sex”, and that saving your sex for your future spouse is more than a good idea—it is the best idea.

## Save Sex Commitment

Believing that God’s best way for my life is for me to save sex until marriage, I make a commitment to God, myself, my family, my friends, and my future spouse to remain sexually pure until the day I enter a lifelong, committed marriage, by the grace of God.

Yes! I commit to wait until I am  
married before I have sex.

Your signature: \_\_\_\_\_ Date: \_\_\_\_\_

## The choice is yours

What decision will  
you make about sex?

Will you stay safe and  
save sex for marriage?

There are lots of other youth making this big decision, just like you. We hope that you have chosen to save sex for your future spouse, and that you have decided to trust God’s plan for your life. God wants the best for you and has a plan and purpose for your life. He wants you to reach your highest potential by making wise choices.



# What is SAVE SEX?

“Save Sex” is about learning the consequences of sex outside of marriage and the importance of living lives of purity. God’s perfect plan is that we would save sex until we are married and then remain faithful to our spouse. Purity is possible even if we have made mistakes in the past.

You’ll discover through this course that it’s definitely worth the wait!

## Welcome to a new chapter in your life

We know that you are going through tough situations. We want to give you the tools you need to make wise decisions. We believe that you can reach your highest potential when you embrace the life God has for you.

In this course, we will equip you with the knowledge and skills that will allow you to have a better understanding of God’s plan for your life, especially as it relates to sexual purity.

## Doing life God’s way

God has a plan and purpose for your life. We want to help you achieve all that He has for you. That starts with making wise choices. The greatest way to learn to make wise decisions is to know how God wants us to live. His way is always best!

We are going to take a close look at what God tells us in the Bible. That way we can discover how to live God’s way. If you have any questions about God or what you are learning in this course, please speak with your coach. We are here to help you!

## How can you do it?

Anything is possible with God, including saying “No” to sex until you are married. This is a hard choice to make, but you don’t have to do it in your own strength. God will empower you to make – and keep – the decision to save sex.



## Empowering Youth

Leadership Summit is a program created by Thrive Africa to empower youth to reach their highest potential by equipping them with leadership and life skills.

Thrive Africa is a ministry based in Harrismith that is dedicated to developing youth into leaders who can change this generation. The vision of Thrive Africa is to equip and mobilize indigenous leaders to become strategic, Godly influences in their cultural communities.

If you would like to know more about Leadership Summit and Thrive Africa, visit our website or call our office. We want to stay involved in your life and help you on the road to success—the road God has for you. We'd love to hear from you; write us an email and tell us your story.

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