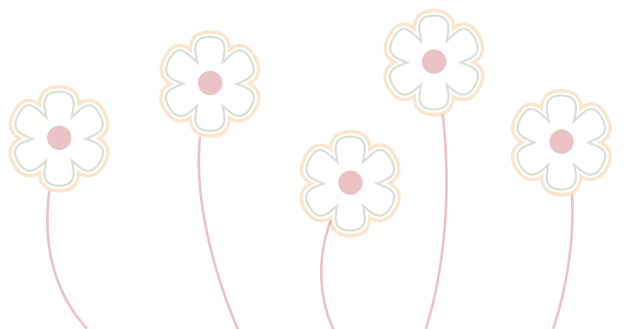
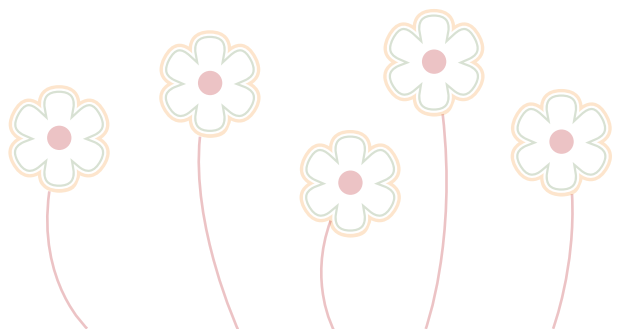


The Heart of the Matter

Lesson L1.2





Lesson Instructions

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Published by:

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www.hh76.com

Suitable For: Any high school client who is single and sexually active.

Time Frame: Any time the client's special circumstances apply.

Lesson Objective: To address the emotional damage sexual activity causes.

Instructions: Show Love Lessons, Purity Is Possible, Lesson 2 Will You Accept This Rose? The Bachelor Myth. Copy DVD worksheet and go over it with client. Give client the Intimacy Brochure to read.

*** Questions to discuss with your client are bolded and italicized.**

Homework: Copy homework pages and give to them.

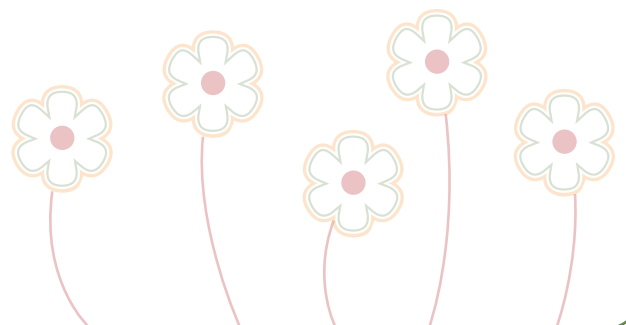
Supplies: DVD: Love Lessons, Purity Is Possible and Intimacy Brochure

Length of Lesson Video: 47 minutes

Note: You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.



Use this lesson to show your client the true cost of sex outside of marriage.



DVD Worksheet, Page 1

It Isn't Emotional!

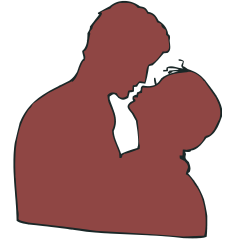
Some young women may say that sex does not have emotional consequences for them. If you find yourself there, stop and think about how you feel when someone you have been having sex with breaks up with you. Do you feel sad or depressed? Would it have been easier if you didn't have sex with him?



If a young man treats his mother well, that is a good sign he will treat you well.

Note: When a question has an * at the beginning of the question, your client advocate will discuss these questions with you. You can think about the answers for discussion but, don't need to write out the answer.

1. *Explain why you agree or disagree with Pam's statement, "Sex involves more than your body."
2. The bonding hormone released during nursing, pregnancy, and sexual orgasm is _____.
3. What is the purpose of this hormone? To _____.
4. *Pam says that sex has been disconnected from _____. Sex minus intimacy equals using, taking, and leaving. What do you think of this?
5. When it comes to sexuality, guys are very _____. Girls are _____.
6. Opposites attract in personality. That is not the same in the case of character. In other words you _____ what you _____. What do you think this means? Do you think it's true?
7. Every woman wants marriage to be a bond of trust between her and her husband. Every woman knows that it would hurt a great deal if her husband was unfaithful. According to Pam, when does a lasting, committed relationship in marriage begin?
8. The _____ upon which you build a marriage that lasts is being built during these years.
9. Pam made the statement, "Sex clouds the relationship." What do you think she meant by this statement?
10. If a relationship is moving into potential marriage, what does Pam say is necessary?
11. *The question was asked, "How do you know that a person is the right person to marry?" Pam answered, "Spend time with that person. Spend time with their family. Watch how he treats his mother. Watch how a girl treats her siblings and family members." Why do you think this tells you a lot about your future spouse?
12. When you date, you should communicate your boundaries _____.
13. When should you communicate your boundaries?



DVD Worksheet Key

It Isn't Emotional!

Some young women may say that sex does not have emotional consequences for them. If you find yourself there, stop and think about how you feel when someone you have been having sex with breaks up with you. Do you feel sad or depressed? Would it have been easier if you didn't have sex with him?



If a young man treats his mother well, that is a good sign he will treat you well.



1. *Explain why you agree or disagree with Pam's statement, "Sex involves more than your body."

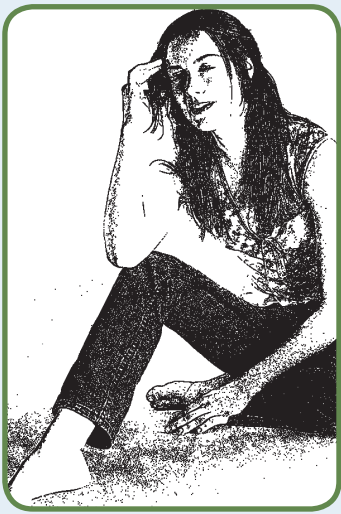
It affects a person's ability to bond. A person takes all of the "junk" from one relationship to the next.

2. The bonding hormone released during nursing, pregnancy, and sexual orgasm is oxytocin.
3. What is the purpose of this hormone? To bond.
4. *Pam says that sex has been disconnected from intimacy. Sex minus intimacy equals using, taking and leaving. What do you think of this? Answers will vary.
5. When it comes to sexuality, guys are very visual. Girls are emotional.
6. Opposites attract in personality. That is not the same in the case of character. In other words you get what you are. What do you think she means by this? Do you think it's true? Answers may vary.
7. Every woman wants marriage to be a bond of trust between her and her husband. Every woman knows that it would hurt a great deal if her husband was unfaithful. According to Pam, when does a lasting, committed relationship in marriage begin? ***From the time you start dating as a teenager, because your sexual history becomes a part of your marriage.***
8. The foundation upon which you build a marriage that lasts is being built during these years.
9. Pam made the statement, "Sex clouds the relationship." What do you think she meant by this statement? ***It takes over all other aspects of your relationship, and you don't get to know the person as a person.***
10. If a relationship is moving into potential marriage, what does Pam say is necessary? Each person must be honest about their past and whether or not they have a sexual disease.
11. *The question was asked, "How do you know that a person is the right person to marry?" Pam answered, "Spend time with that person. Spend time with their family. Watch how he treats his mother. Watch how a girl treats her siblings and family members." Why do you think this tells you a lot about your future spouse? ***Answers will vary.***
12. When you date, you should communicate your boundaries clearly.
13. When should you communicate your boundaries? On the first date.

Homework, Page 1

What Is the Truth?

The way sex is talked about on TV and among friends is normally how guys talk about sex - not what girls really think about sex! Think through your feelings on sex. Try not to feel like you need to be like people on TV or your friends. Find out what YOU think.



Most women do not like having to give sex to many partners. Most are looking for a committed man.



For Girls Only

My name is Dinah Monahan. I am a mother of five children - three girls and two boys. All are adults now and doing great. I have also worked with young women for over thirty years. For six years, my husband and I took pregnant and troubled girls into our homes and hearts. I am the founder and director of a pregnancy clinic and maternity home.



All of this means I have spent a lot of time talking to and caring for young women like you. During this time I have learned many things about young women from the millions of words they spoke and the oceans of tears they wept. I would like to share some truths about girls, sex, and relationships with you that have been told to me over and over, by teenage girls, for thirty years.

Truth #1 - Girls don't like sex! Sitting in the counseling room after a negative pregnancy test, I have asked hundreds of teenage girls, "Do you enjoy sex?" I have only had two answer "yes." All of the others have said "no." Most have responded very strongly that they really hate it but do it because it is expected of them or they want to feel "close" to their boyfriend. What is wrong here? We have a generation of girls doing something they hate to please guys! Girls feel like it is expected of them, so they expose themselves to diseases, give a part of their heart away, and allow themselves to be used because guys want it. True, many times they feel they are in love and sex is part of the package, but it isn't supposed to be this way outside of marriage.

Truth #2 - The way everyone talks about sex and the way they really feel about it is very different. Many of the girls I have spoken to had sex because all their friends made such a big deal about it at school. Add to that how it is portrayed on television and in music, and these girls expected something earth-shattering and amazing. The reality of their first sexual encounter is very different. Many felt used. Most felt unfulfilled and disillusioned. For all of them, it was nothing like they expected. Sex is not just a physical act. It is an expression of a committed relationship between a husband and wife. It is meant to be an act that happens because two people who are in love and are committed to each other for a lifetime. Sex is the expression of this love and commitment. This is why studies consistently show that the people most satisfied with their sex lives are married couples. When a young woman has sex before marriage, she gives a part of herself away that is very precious. It can't be taken back.

Truth #3 - What young women want from a guy is not sex. Consistently, when I asked girls what they wanted in a relationship with a guy, it was someone to talk to, someone whom they could be honest with, someone who would

Homework, Page 2

Guys and Sex

Guys are made differently than girls. They do think about sex all of the time. Many guys want girls to dress sexy, act sexy, and provide sex without emotions. Don't play into this. Be yourself, not a sex object for someone else.

value their ideas, someone who would accept them just the way they were. Never, not one time in twenty years, has a girl answered that she wanted sex. Females were created to have relationships. This is seen in school from kindergarten on, when girls naturally have best friends. As time goes on, their friendships become one of the most important things to them. Best friends accept each other just the way they are; they listen to and value each other's ideas. They share their thoughts, hopes, dreams, doubts - everything. These relationships are very important and rewarding to females. But guys are not made like this. They may have good buddies but they seldom talk about important heart issues. So, when girls get into relationships with guys, they want and expect an emotionally satisfying relationship.

Guys, on the other hand, think a great deal about sex. They are visually stimulated, which means that when they look at a girl whom they find attractive, they can be sexually aroused. Often times, guys will begin a relationship to get sex, and girls will give sex to get a relationship. The problem is, guys can stop talking and listening and feel they haven't lost anything. But girls feel they have given away a part of their heart and body that they cannot ever get back. They lose a great deal.

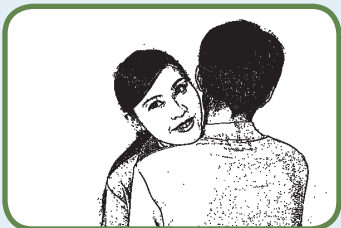
Another issue that plays into this is a girl's relationship with her father. If that relationship is good, if they talk about things and she is emotionally safe with him, a girl will not need to look for that relationship in another guy. But many girls look to guys to fill the emotional holes left by their emotionally or physically absent fathers.

After you have read these "truths," write your thoughts on each of them in the space below. Do you feel they are true? Are they something you have experienced or seen your friends go through? If you have really close girlfriends, talk to them about it. The important thing is that you are honest with yourself and get in touch with your real feelings when it comes to this matter. It's okay if you disagree. The idea here is that you are thinking about this instead of just "doing it."

Truth #1:

Truth #2:

Truth #3:



Girls think of relationships and guys think mostly of sex. Keep your eye on what is important.

