



## Resources for XOXO Series

### Resources from Dr Diane Foley:

#### Science, Faith, and Sex

*"Everyone who is seriously involved in the pursuit of science becomes convinced that a spirit is manifest in the laws of the Universe—a spirit vastly superior to that of man, and one in the face of which we with our modest powers must feel humble." Albert Einstein*

Science followed to its logical conclusion only serves to confirm what God has already declared

Life begins at conception and the destruction of conceived life, whether as an embryo, a fetus, or a viable developing baby, is a direct attack on the unique act of God. Every human life is created in His image.

Being created in His image brings incredible value to every person regardless of race, ethnicity, social status, financial worth, or address

God's laws were put in place to protect and to provide the best life - John 10:10

How does science confirm what God's law says about sex?

Genesis 2:24 - "That is why a man leaves his father and mother and is united with his wife and they become one flesh."

Most important body part for sex? Brain; chemicals promote monogamy

Oxytocin released during sexual arousal, onset of labor, breastfeeding; promotes feelings of trust and long-term connectedness; bonding hormone

Vasopressin bonds a male to his mate, creates attachment to offspring

Research tells us that interrupting the neurochemical process leads to dysfunction

Multiple studies report that married couples report greater satisfaction with sex than unmarried people who have sex with multiple partners

Rates of divorce are higher in women who were sexually active before marriage

Brain development

Brain remains moldable and is not fully developed until mid-20s; last part to develop is the prefrontal cortex responsible for decision making based on logic and not emotion

“What were you thinking?” Not an excuse for bad behavior

Most active part of the brain during adolescence is the emotion center – highest levels of dopamine (feel good, excitement) during adolescence; repeat activities that feel good, high addiction potential

Memory bank very active – stores memories especially in highly emotional situations

God's plan was for sex to be in marriage – His promise to the Israelites in Exodus...

*"If you listen carefully to the voice of the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you." Exodus 15:26*

Are there any diseases that are here as a result of not following God's command?

Scientific fact: 20 million new cases of sexually transmitted infections diagnosed every year – ~60,000 every day; 50% of them are diagnosed in young adults, ages 15-24 years; some are treatable but others are not and result in lifelong infections with a variety of other consequences

Scientists from the Center for Disease Control in Atlanta – condoms offer some protection against some of the infections but the only 100% way to not get a STD is to not have sex or to be in a long-term, mutually monogamous relationship with an uninfected partner. (Marriage)

What are some practical strategies for parents?

Pray daily for wisdom to know how to best teach your children to follow Jesus

Rely on the power of the Holy Spirit to protect your children and to give you the words to say to encourage them and pursue a passionate relationship with God. Make God's word your "go-to" manual

*"And you must love the Lord your God with all your heart, all your soul, and all your strength. And you must commit yourselves wholeheartedly to these commands that I am giving you today. Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. Tie them to your hands and wear them on your forehead as reminders. Write them on the doorposts of your house and on your gates". Deuteronomy 6:5-9*

Invest the time necessary to keep your marriage healthy

*“Wives, submit yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her...However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.” Ephesians 5:22-25, 33*

Choose to make family attendance at church a priority – provide opportunities for them to hear God's truth from others, they won't hear it from the media and most likely not in their schools

Communicate clearly your family values and expectations that they follow God's plan to wait until marriage for sex - even if you didn't follow that plan; Resources to share with your teen – Strategies for Teens

Spend time with other families who share your values – times when your opinions are the last ones your children want to hear, make sure there are others in their life who share your values

Start talking early and often about how to avoid sexual risks and the benefits of waiting for sex – answer the questions they have when they have them, educate yourself if you don't know. Resources on the website – rewards of waiting for sex (story about definition of sex)

Teach your children to analyze media and recognize dangerous messages – many “teachable” moments

Teach and practice refusal skills with your children – tactics to give them a minute to think through the situation rather than answer immediately; can always blame you (my mom would kill me...)

Set appropriate boundaries for dating, including talking about the 12 steps of intimacy – \*talk through the steps now; a common question is how far is too far? 1 Cor 6:18 NLT *“Flee from sexual sin”* Sex is a process that once set in motion is difficult to stop. Many Christian couples never meant for it to go that far...boundaries are meant to protect you; scientific research has now defined “sex” to be any intimate contact or activity between two individuals that involves arousal, stimulation, and/or a response by at least one of the two partners

Monitor your child's activities and have a plan for rescue should they find themselves in a dangerous situation – have a code phrase they can say

\*Be available when they need you and make sure they know there is nothing they could ever do that would cause you to stop loving them – love is not based on their performance, avoid responding out of fear; remember God loves them even more than you do and He will pursue them

## Strategies for adolescents

- Make THE decision that you are going to avoid all sexual activity until marriage
- Choose friends who share your values and have made the same choice
- Make church and youth group attendance a priority
- Get involved in extracurricular activities or community service projects
- Plan dates to include fun activities and avoid a lot of time alone
- Set boundaries on physical intimacy and practice ways to refuse unwanted sexual advances
- Choose to avoid alcohol and drugs
- Have a plan with your parents or another trusted adult for rescue should you find yourself in a dangerous situation
- Always tell your parents or another trusted adult if anyone's sexual conduct makes you feel uncomfortable
- Realize that choosing to avoid all sexual activity until marriage is the healthiest choice for you
- Realize that the only "Safe Sex" is "Saved Sex." Condoms and birth control do NOT prevent pregnancy and/or disease 100% of the time, and provide ZERO protection from emotional pain
- Remember that even if you have already made unhealthy sexual choices, it is NEVER too late to make a healthier choice

## Strategies for parents

- Pray daily for wisdom to know how to best teach your children to follow Jesus
- Invest the time necessary to keep your marriage healthy
- Choose to make family attendance at church a priority
- Communicate clearly your family values and expectations that they follow G's plan to wait until marriage for sex
- Spend time with other families who share your values
- Start talking early and often about how to avoid sexual risks and the benefits of waiting for sex
- Teach your children to analyze media and recognize dangerous messages
- Teach and practice refusal skills with your children
- Set appropriate boundaries for dating, including talking about the 12 steps of intimacy
- Monitor your child's activities and have a plan for rescue should they find themselves in a dangerous situation
- Be available when they need you and make sure they know there is nothing they could ever do that would cause you to stop loving them

## ***Rewards of Waiting for Sex***

1. Your relationships are stronger because they are not built on sex; you spend more time getting to know each other
2. You build self-esteem and self-respect because you have the courage to follow your personal convictions.
3. You learn to respect others' values and beliefs by not pressuring them to do something they do not want to do
4. You do not need to worry about an unintended pregnancy or getting a sexually transmitted infection.
5. You can live life with a clear conscience (no guilt) and peace of mind (no regrets) without damage to your reputation.
6. You can build a relationship with someone who values you for the person you are, not what you are willing to do sexually.
7. You are preparing for better sex in your marriage—free of comparisons and based on trust. By waiting, you are being faithful to your future spouse.
8. You develop the kind of character that will make you a good marriage partner by practicing the virtues involved in waiting; such as good judgment, self-control, discipline, and genuine respect for self and others
9. You are more likely to reach your goals in life.
10. Waiting is God's plan for you to have the very best sex.

## ***12 Steps of Physical Intimacy***

- Eye to Body
  - Eye to Eye
  - Voice to Voice
  - Hand to Hand
  - Hand to Shoulder
- 
- Hand to Waist
  - Face to Face
  - Hand to Head
- 
- Hand to Body Above the Waist
  - Hand to Body Below the Waist
  - Mouth to Body
  - Intercourse

## Books/Articles:

Undefined – Harry Schaumburg

False Intimacy – Harry Schaumburg

Hope After Betrayal – Meg Wilson

Boundaries in Marriage- Henry Cloud

Codependent No More- Melody Beattie

“A Parent's Guide to the Transgender Movement in Education”: <https://www.frc.org/gender>

Living In A Gray World- A Christian Teens Guide To Understanding Homosexuality by Preston Sprinkle

*God's Design for Sex Series* by Stan and Brenna Jones

Book 1 - *The Story of Me* (3-5 years)

Book 2 - *Before I Was Born* (5-8 years)

Book 3 - *What's the Big Deal?* (8-11 years)

Book 4 - *Facing the Facts: The Truth About Sex* (11-14 years)

*Learning About Sex Series*

*Why Boys and Girls are Different: for Girls Ages 3-5* by Carol Green

*Why Boys and Girls are Different: for Boys Ages 3-5* by Carol Green

*Where Do Babies Come From: for Girls Ages 6-8* by Ruth Hummel

*Where Do Babies Come From: for Boys Ages 6-8* by Ruth Hummel

*How You are Changing: for Girls Ages 9-11* by Jane Graver

*How You are Changing: for Boys Ages 9-11* by Jane Graver

*Sex and the New You: for Girls Ages 12-14* by Rich Bilmer

*Sex and the New You: for Boys Ages 12-14* by Rich Bilmer

*Love, Sex & God: For Young Women Ages 14 and Up* by Bill Ameiss

*Love, Sex & God: For Young Men Ages 14 and Up* by Bill Ameiss

Ages 8-12

*A Girl's Guide to Making Really Good Choices* by Elizabeth George

*A Boy's Guide to Making Really Good Choices* by Jim George

Teens

*A Young Woman's Guide to Making Right Choices* by Elizabeth George

*A Young Man's Guide to Making Right Choices* by Jim George

## **Video Resources:**

Therapy & Theology (Topics Include: Forgiveness and Restoration, Healing from Brokenness, Setting Healthy Boundaries, Narcissism)  
<https://www.youtube.com/playlist?list=PLsn2J3MawJw3Nb2SeClyCzbgI5firG1MP>

## **Other Resources:**

Focus On The Family Website: <https://www.focusonthefamily.com/>

Covenant Eyes (website blocker with accountability partner)

Cohabitation: <https://www.frc.org/get.cfm?i=Pv19L01>

Tech Solutions (Many Resources about Safety, Filtering, Parental Controls, etc)

<https://endsexualexploitation.org/filtering-software/>

How to Talk About Pornography: <https://www.frcblog.com/2019/07/how-talk-kids-about-pornography-3-painless-steps/>

## **Recovery:**

X3Pure – Pornography Recovery

Celebrate Recovery – Men's and Women's groups