

Sexual Integrity for Teens



Sexual Integrity for Teens

- 
- A group of five teenagers (three girls and two boys) are sitting outdoors on a bench, smiling and laughing. They are dressed casually in jeans and t-shirts. A woman's arm is around one of the boys. The background shows trees and a bright sky.
1. Living in a Pornified World
 2. What About Desires?
 3. Sexual Integrity for Teens
 4. Dealing with Sexual Temptation
 5. Don't Try This Alone

Living in a Pornified World



XXX

XXX

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Pornographic



Relational



Purposes of Sex

1. Create new life
2. Bonding
3. Bring joy to marriage
4. To be selfless/giving
5. To tell God's story

Pornographic Relating

1. Cannot not create
2. Traumatizing & isolating
3. Pleasure for me
4. Selfish & taking
5. Story: “It’s all about me”

Pornography Teaches

- Sex is about taking pleasure
- My immediate desire is what matters
- Other people are objects for me to use
- When someone says “no” it means “try harder”



Porn's Effect on the Brain

- Changes structure of the prefrontal cortex
- Enlargement of the amygdala
- Decrease in neural connections to prefrontal cortex
- Decrease in gray matter in the caudate nucleus
- Dopamine overload to the mesolimbic system
- Significant decrease in working memory functionality

All more pronounced in people under age 22

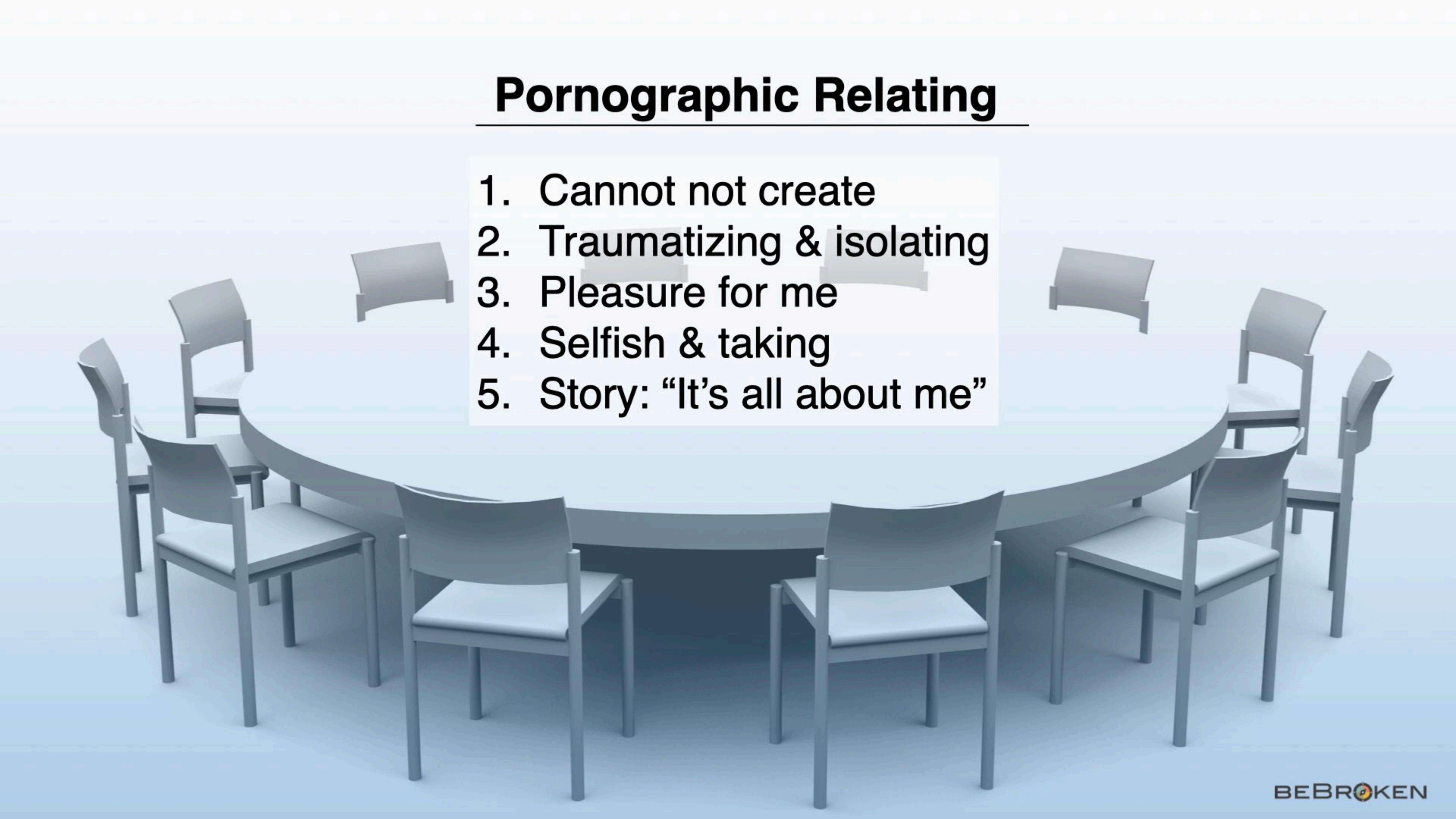
Results of Brain Changes

- Reduces emotional bond with parents
- Increases feeling of being distracted
- Loss of willpower in all areas of life
- Increased impulsivity in all areas of life
- Decreased satisfaction with friendships
- Anxiety in social settings
- Lower ability to feel pleasure
- Negative body image
- Loneliness
- Depression
- Lower feelings of self-worth
- Difficulty getting an erection without pornography



TABLE TALK

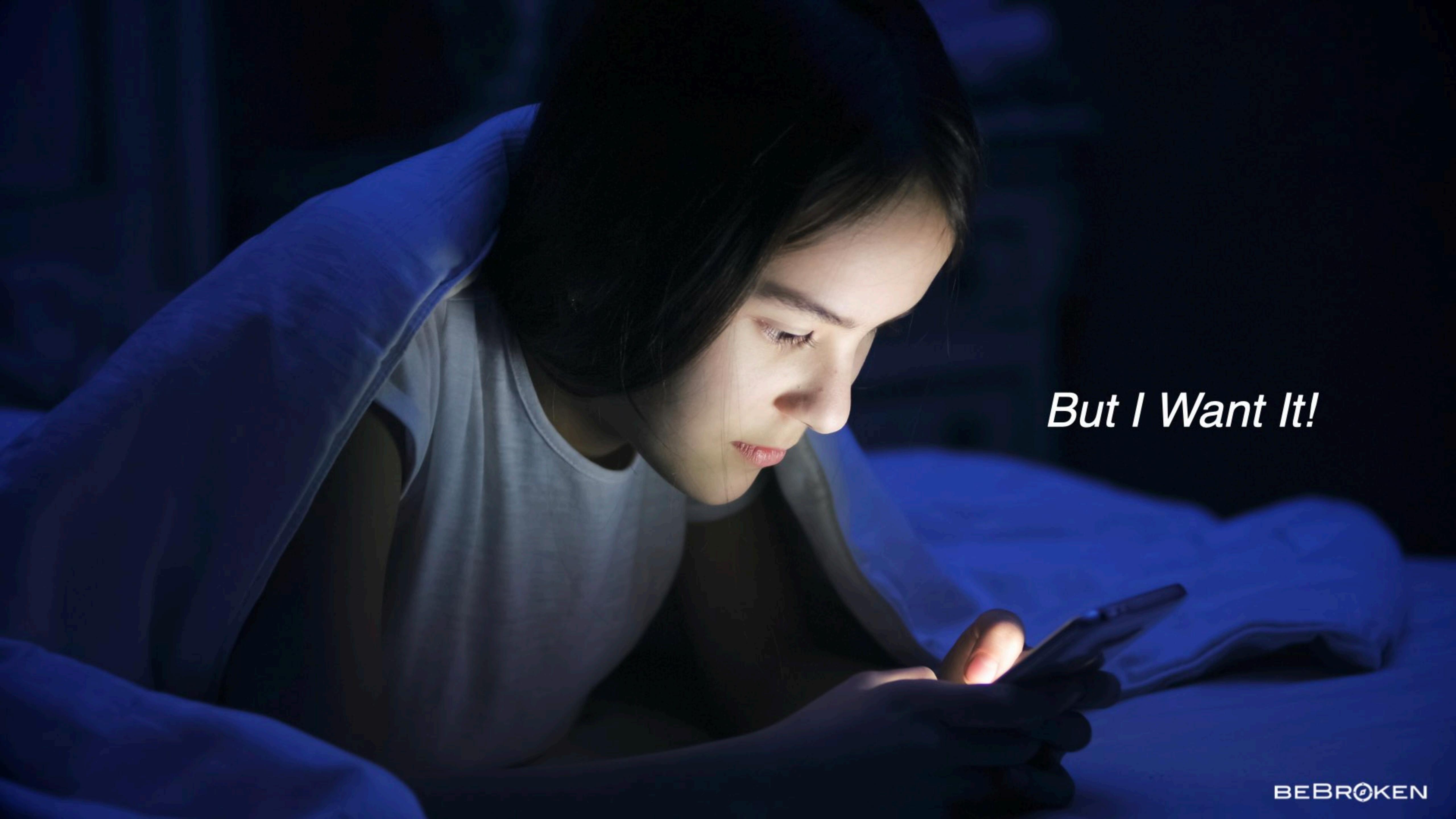
Pornographic Relating

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- 1. Cannot not create
 - 2. Traumatizing & isolating
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What About Desires?



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A woman with long dark hair is lying in bed under a blue duvet. She is wearing a light blue tank top and looking down at a smartphone held in her hands. Her expression is one of sadness or longing. The scene is dimly lit, with the primary light source being the screen of her phone.

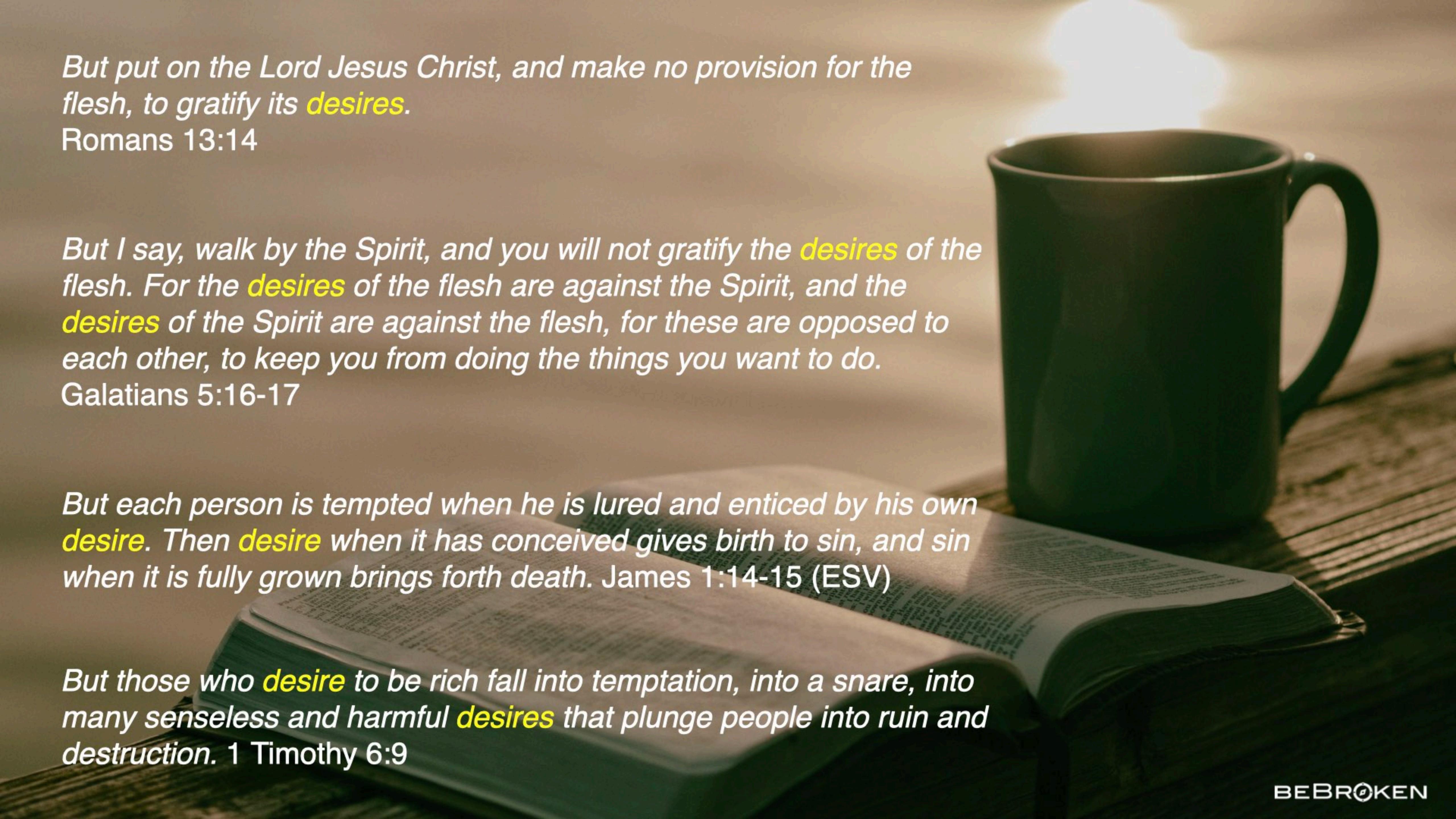
But I Want It!

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Desires cannot be trusted...

...they often lead to places you do not want to go



A close-up photograph of a dark wooden table. On the table, an open Bible is visible, showing two pages of text. To the right of the Bible, there is a dark green ceramic mug. The lighting is warm and focused on the objects.

*But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its **desires**.*

Romans 13:14

*But I say, walk by the Spirit, and you will not gratify the **desires** of the flesh. For the **desires** of the flesh are against the Spirit, and the **desires** of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.*

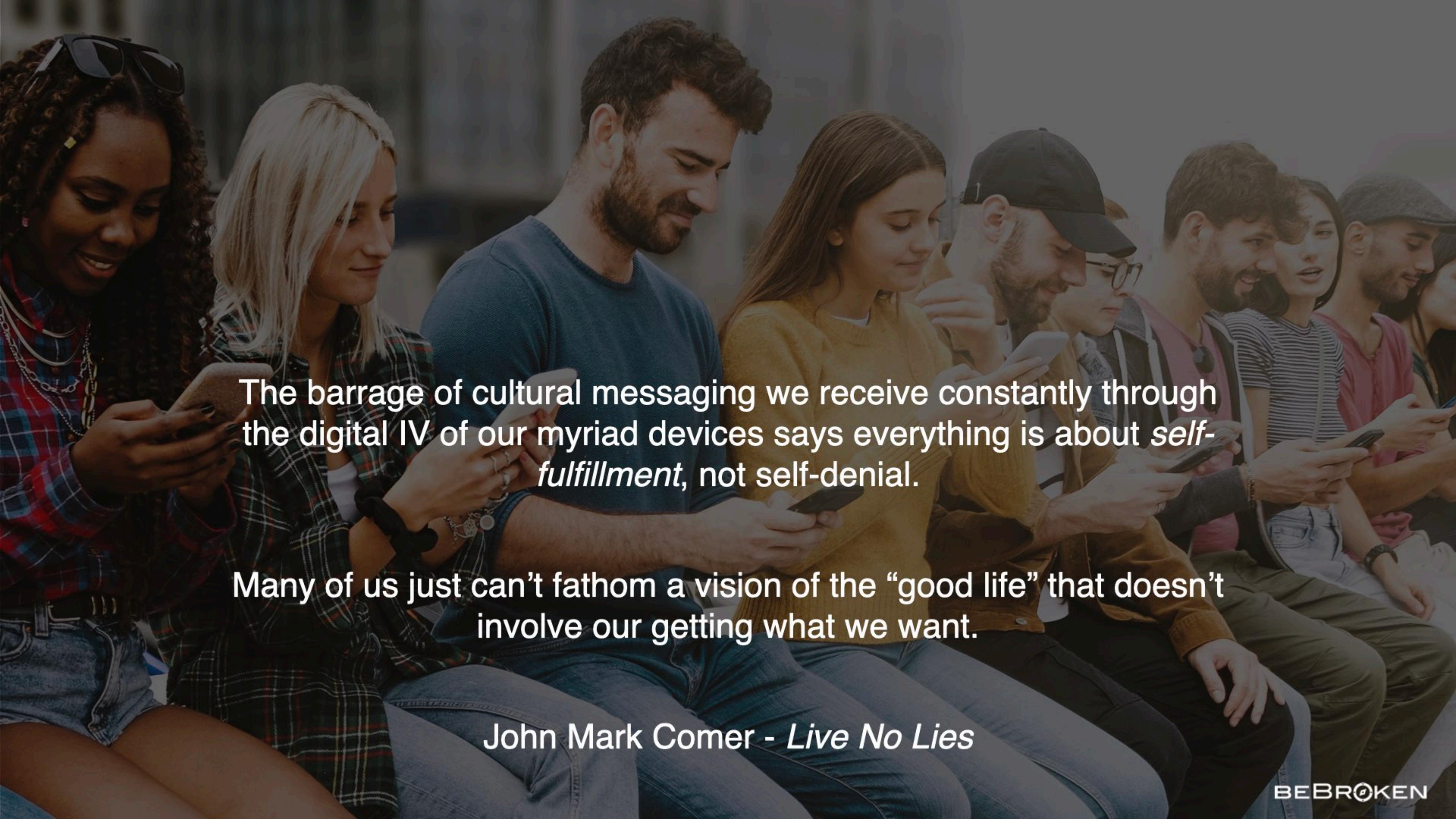
Galatians 5:16-17

*But each person is tempted when he is lured and enticed by his own **desire**. Then **desire** when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.* James 1:14-15 (ESV)

*But those who **desire** to be rich fall into temptation, into a snare, into many senseless and harmful **desires** that plunge people into ruin and destruction.* 1 Timothy 6:9

Desires cannot be trusted...look to God for guidance in what you do



A photograph of a diverse group of young adults sitting together in what appears to be a public space like a subway station or a park. They are all looking down at their smartphones, seemingly engrossed in their screens. The group includes people of various ethnicities and styles, from casual t-shirts to more dressed-up attire. The lighting is natural, suggesting an indoor-outdoor environment.

The barrage of cultural messaging we receive constantly through the digital IV of our myriad devices says everything is about *self-fulfillment*, not self-denial.

Many of us just can't fathom a vision of the "good life" that doesn't involve our getting what we want.

John Mark Comer - *Live No Lies*

A silhouette of a person's head and shoulders, facing away from the viewer towards the horizon. They are standing on a beach with waves crashing in the foreground. The sky is filled with warm, golden and orange hues of a sunset or sunrise.

Desires

Culture

My desires reveal
God's will for me.

God

Not all desires can be
trusted. I surrender my
desires to Him.

Discomfort



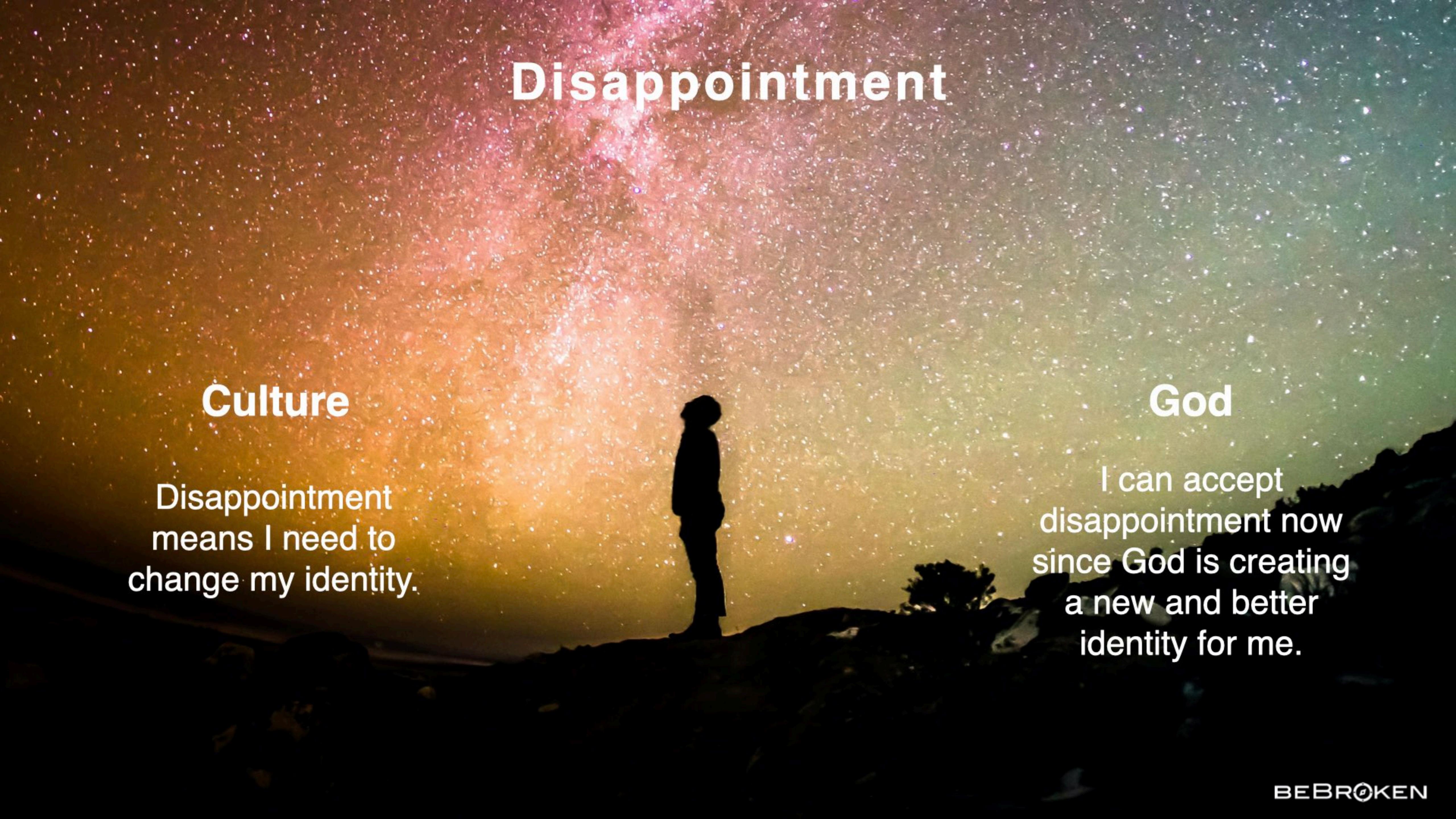
Culture

Discomfort is to be avoided at any cost.

God

Discomfort is inevitable and I can trust God to get me through it.

Disappointment



Culture

Disappointment
means I need to
change my identity.

God

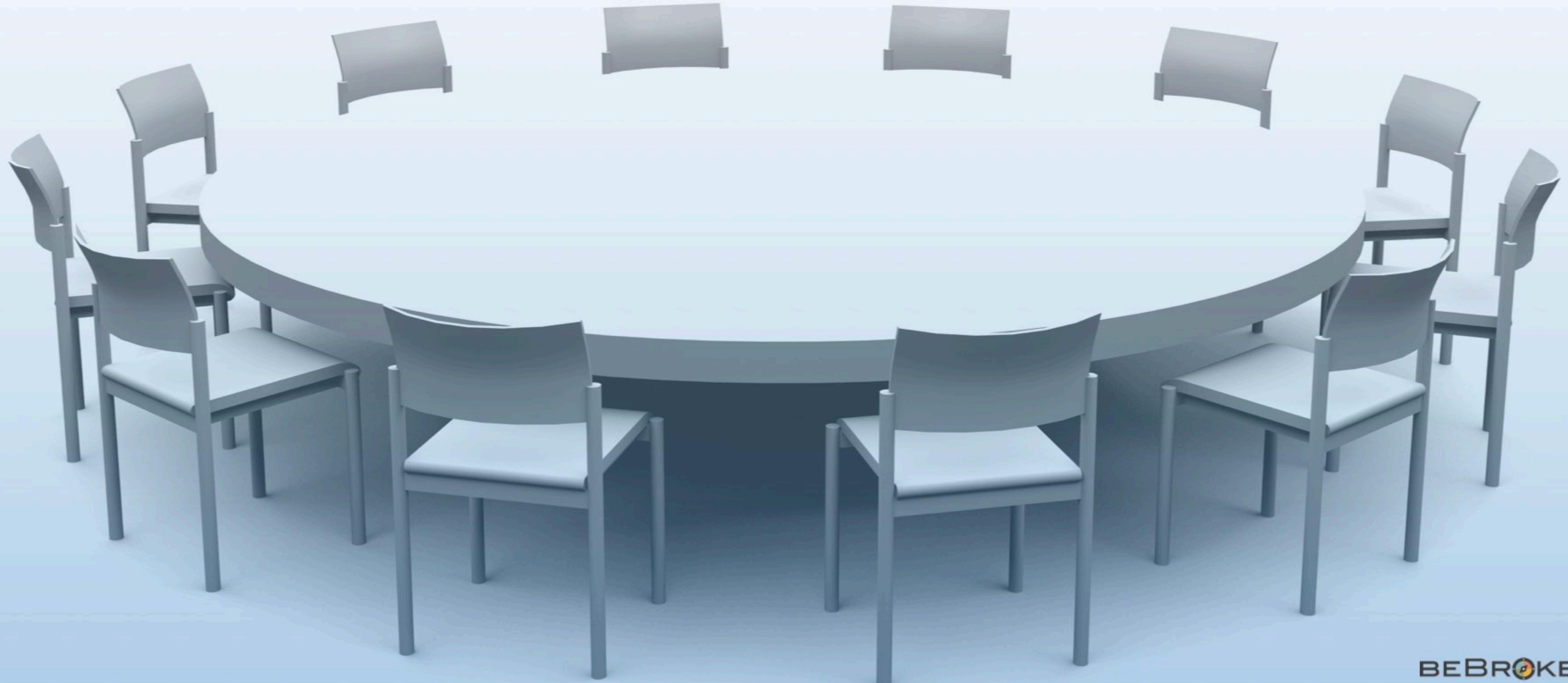
I can accept
disappointment now
since God is creating
a new and better
identity for me.



TABLE TALK

Desires cannot be trusted...

...they often lead to places you do not want to go



Tasks for the Teen Years



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A wide-angle photograph of a dirt path winding through a dense forest. The path is flanked by tall evergreen trees and lush green undergrowth. In the distance, a small squirrel is visible on the path. The overall atmosphere is peaceful and natural.

DON'T DO

DO THIS

Sexual Narratives

	Cultural Narrative	Purity Narrative	God's Narrative
God's Will	God wants what I want	Obey the rules	To create new life in me
Sex	To make me happy	Follow the rules about sex	A picture of what God wants for me
Purpose	Finding happiness	Doing right	Surrender & trust
Story & Identity	My feelings guide me as I form my own identity, build my own future, and create my own happiness	How well I have been able to follow God's rules determines my identity and the extent God will bless me	I surrender myself to God and He creates a new identity within me and gives me a future with him forever
Reliant On	My feelings	My Self-Control	God alone
Result	Anxiety	Shame	Gratitude



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Puberty

Stronger emotions

Increased desire for risk & adventure

Longing for deeper connection

Lowered inhibitions

Sexual & romantic feelings

WHY?



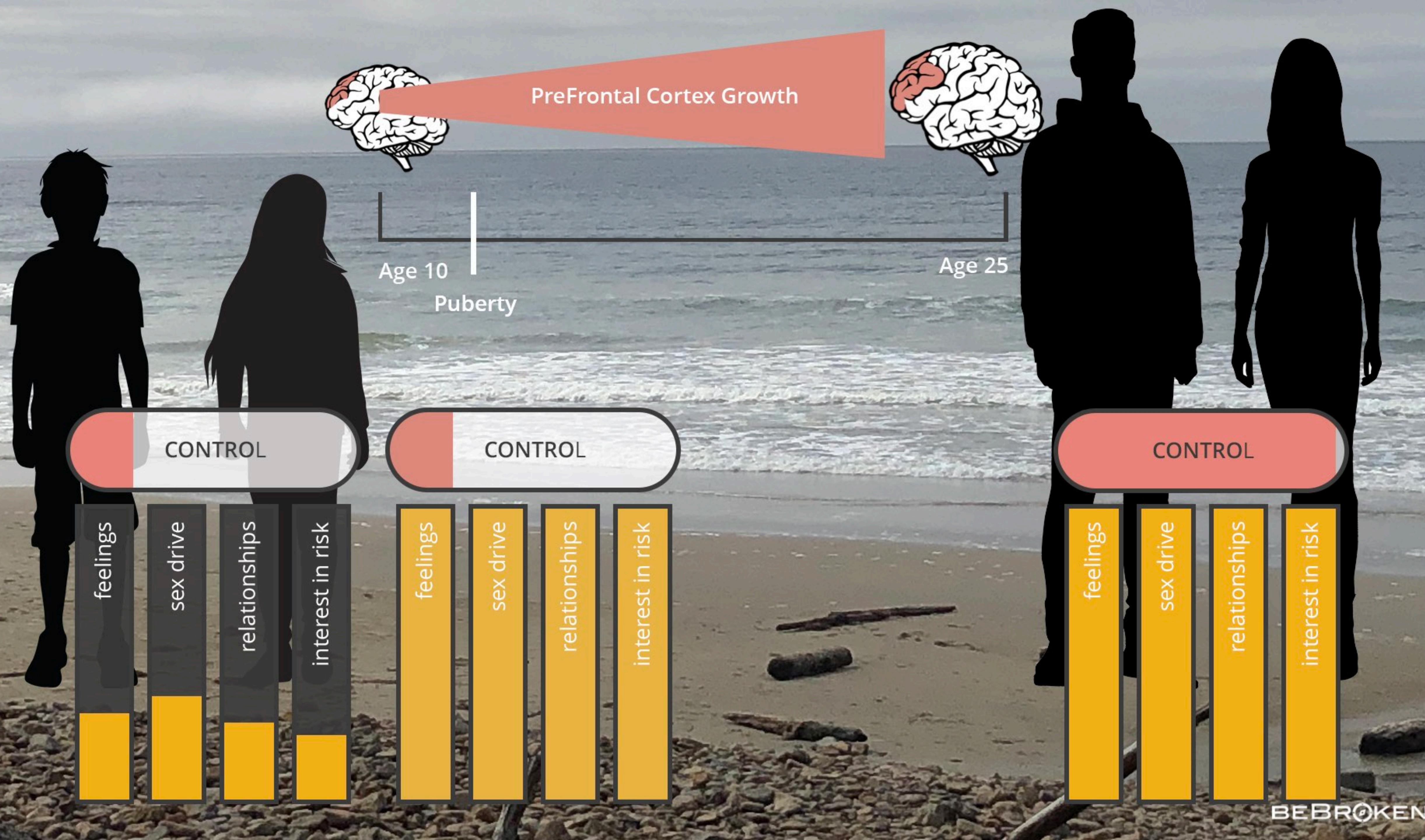
Tasks for the Teen years

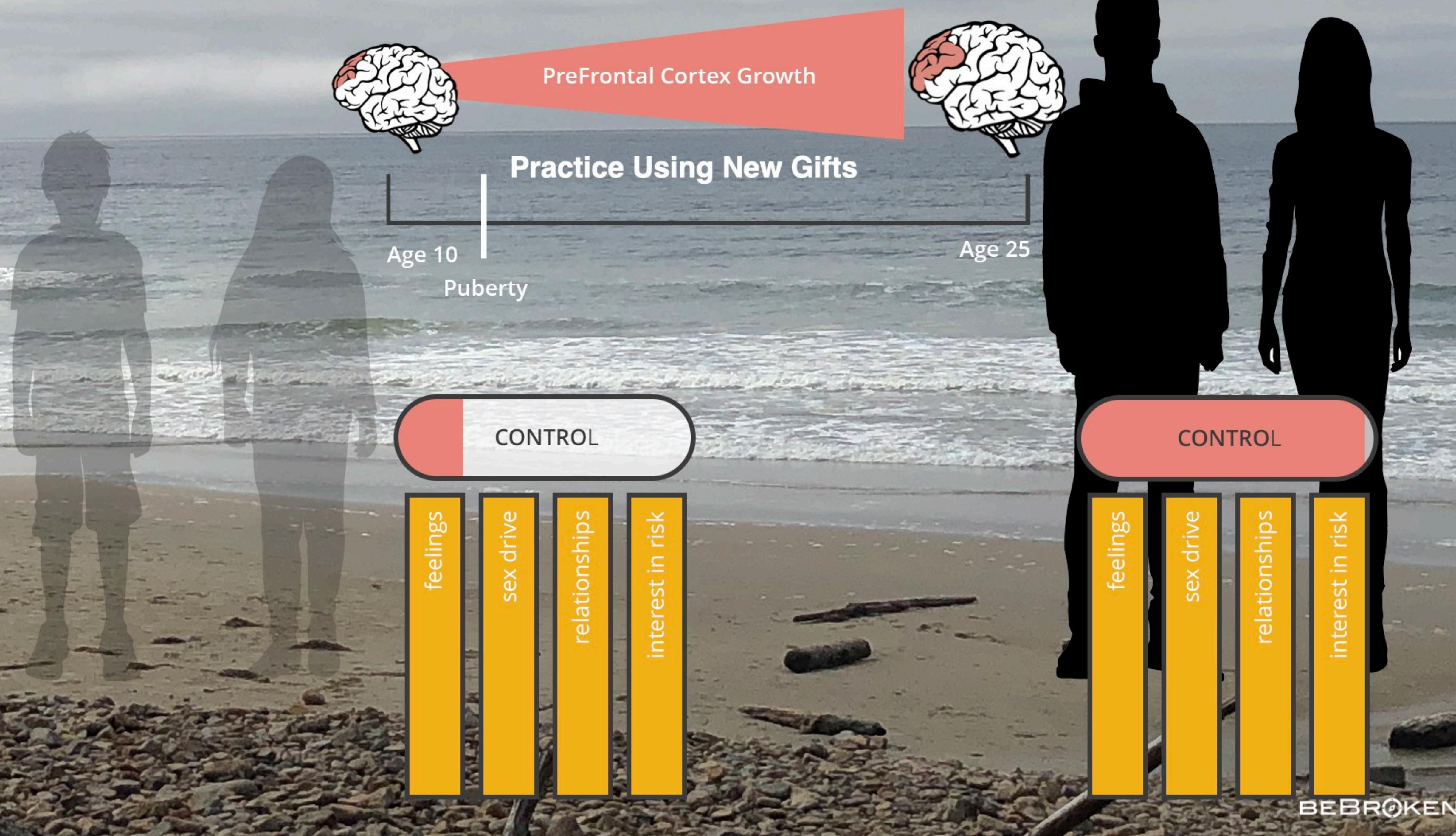
- Learn to manage stronger emotions
- Follow God's lead into adventure
- Dare to be known by others
- Connect more deeply with God
- Practice patience, honesty, & giving
- Learn to manage sexual feelings





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BE BROKEN



BE BROKEN

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DON'T DO



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TABLE TALK

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Sexual Integrity for Teens



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sexual jokes

objectification

YouTube

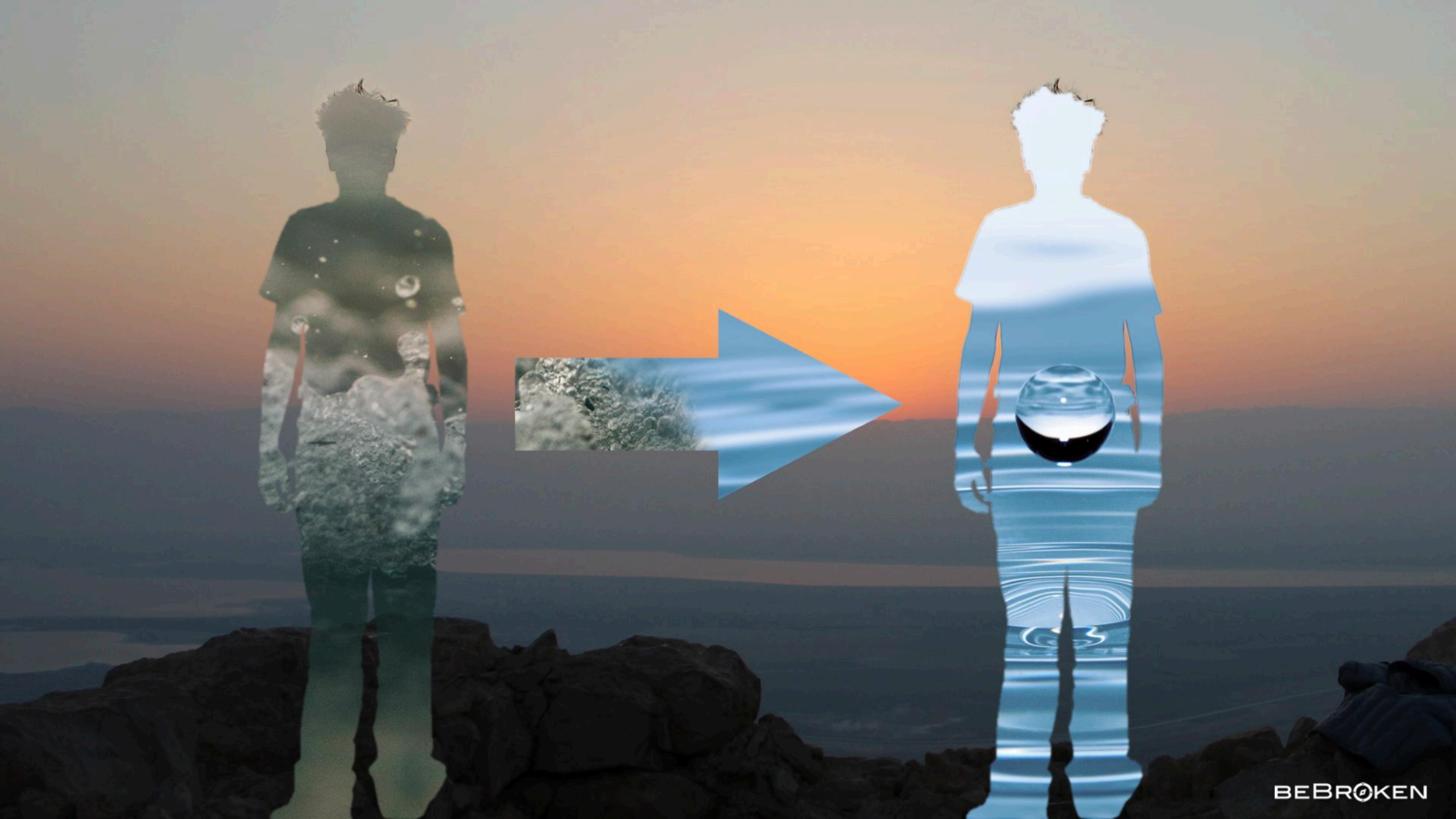
friends

pornography

personal experiences

social media

erotic stories



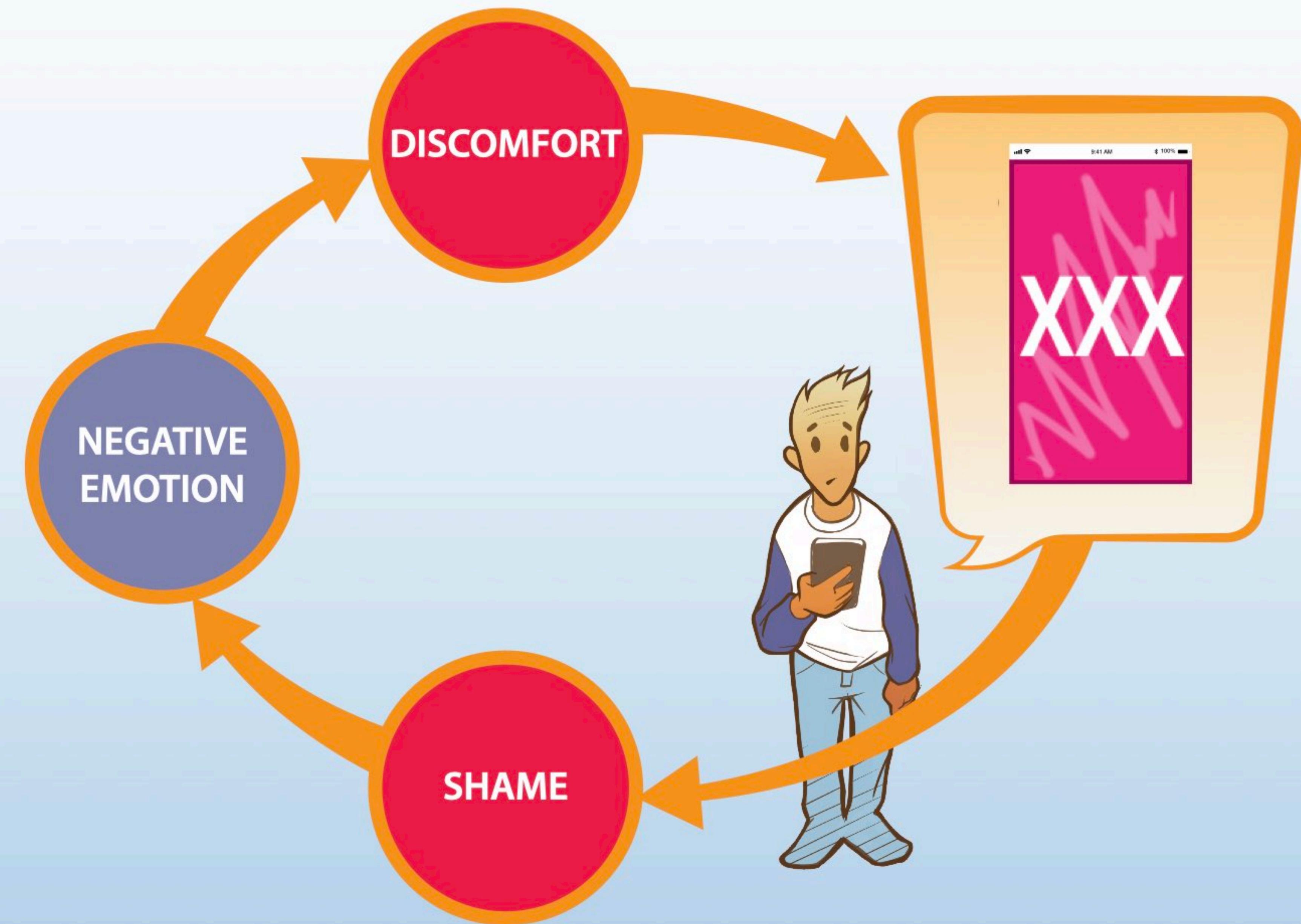
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A photograph of two young men sitting on a grassy field. The man on the left, wearing a light blue t-shirt, is gesturing with his hands while speaking. The man on the right, wearing a white t-shirt, is listening attentively. The background is a blurred green lawn.

1. Share your story/secrets

2. Find sources of pain



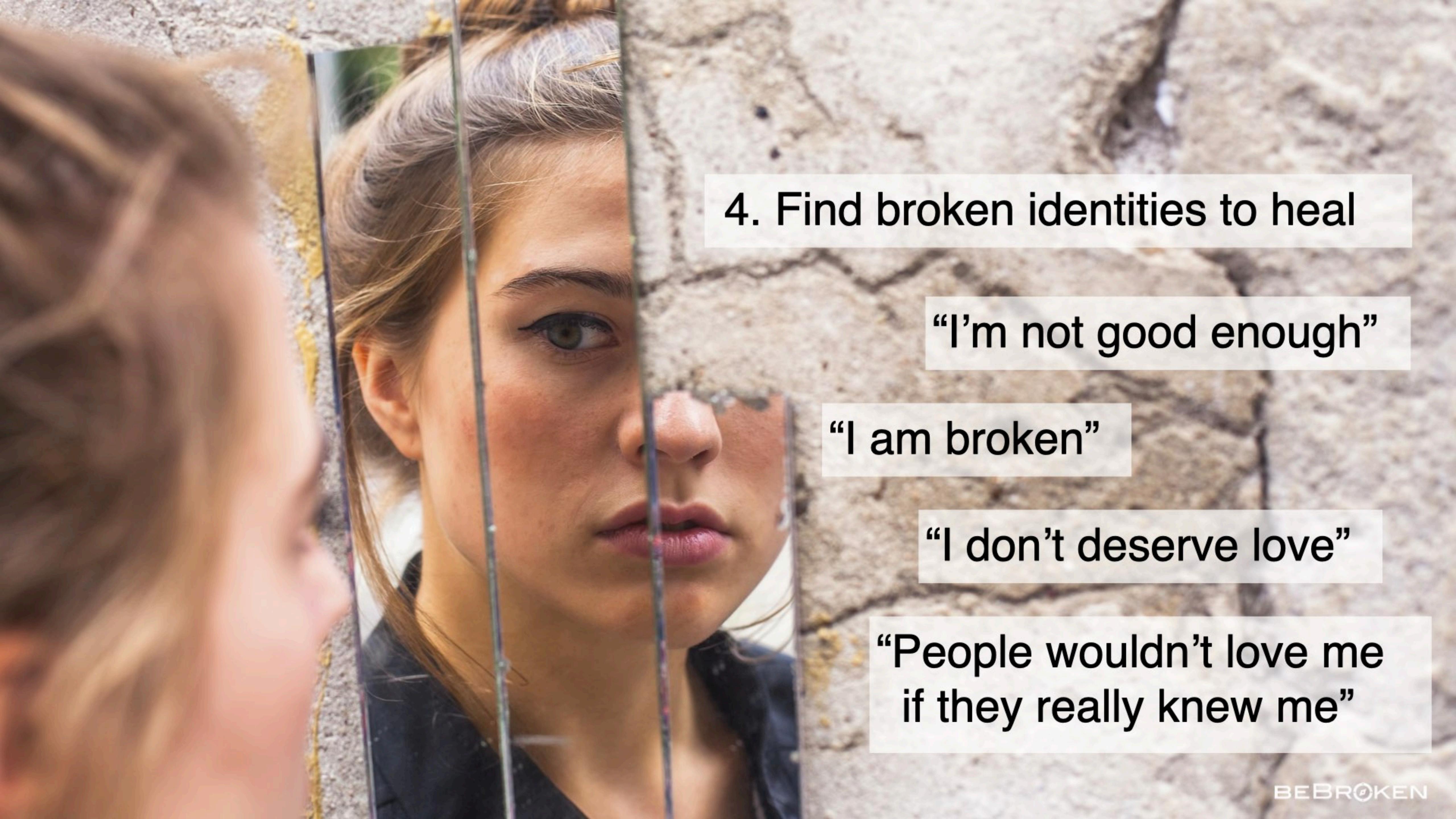


2. Find sources of pain



3. Find healthy ways to address your pain.





4. Find broken identities to heal

“I’m not good enough”

“I am broken”

“I don’t deserve love”

“People wouldn’t love me
if they really knew me”

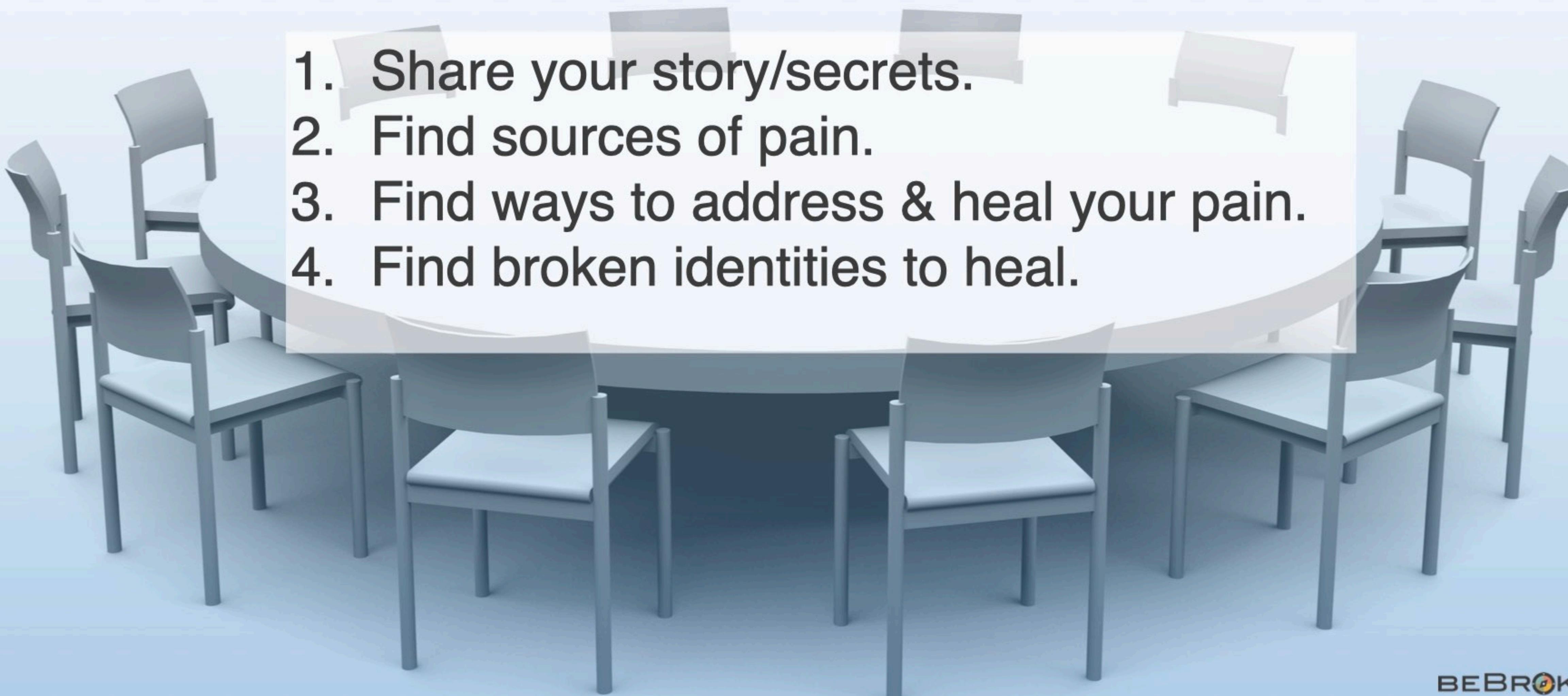
1. Share your story/secrets.
2. Find sources of pain.
3. Find ways to address & heal your pain.
4. Find broken identities to heal.

Judgement Free Zone





TABLE TALK

- 
1. Share your story/secrets.
 2. Find sources of pain.
 3. Find ways to address & heal your pain.
 4. Find broken identities to heal.

Dealing with Sexual Temptation



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A close-up photograph of a young man with light brown hair, wearing a blue t-shirt. He is lying in bed, propped up on his left elbow, looking down at a tablet device held in his hands. The scene is dimly lit, with the primary light source being the screen of the tablet, which illuminates his face. His expression is serious and focused.

Sources of Sexual Temptation

1. Curiosity
2. Excitement
3. Fit In
4. Escape Emotional Pain
5. Feel Freedom
6. Past Abuse or Experiences

A photograph of a young woman with long brown hair, seen from behind, sitting on a dark grey carpet. She is wearing blue jeans, a light pink long-sleeved shirt, and light grey sneakers. She is looking down at a white smartphone held in her hands. The background shows a white wall and a window with a black frame. The word "curiosity" is overlaid in large, white, sans-serif font.

curiosity



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A close-up photograph of a young boy with dark, curly hair. He is looking directly at a smartphone held in his hands. The phone's screen is visible, though its content is not clear. The boy has a serious expression. The background is blurred with blue and greenish tones.

excitement

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peer pressure

validation

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find comfort

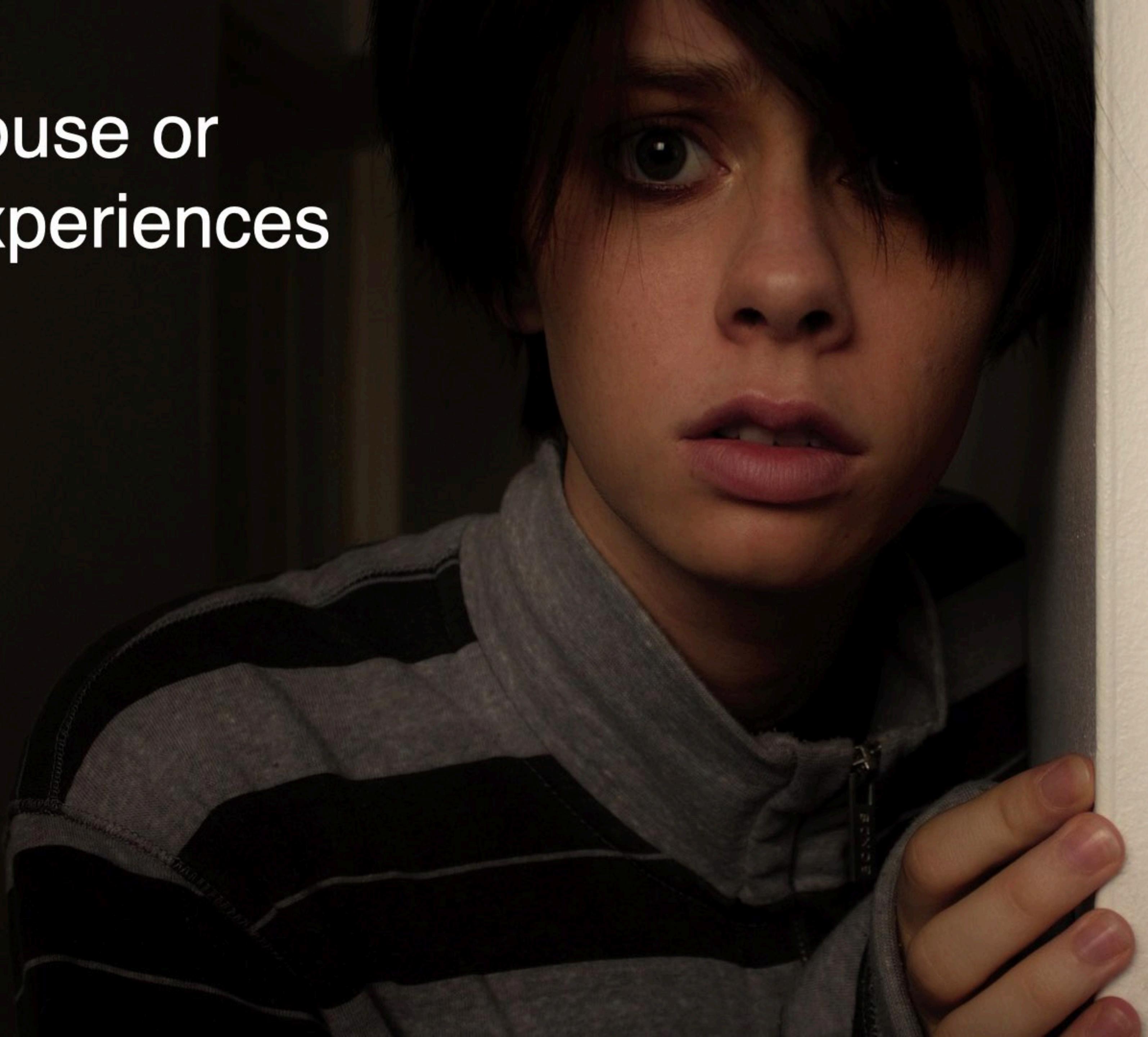
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A photograph of a young boy with short brown hair, wearing a red, white, and blue plaid long-sleeved shirt over a white t-shirt. He is looking directly at the camera with a neutral expression. In the background, a man with dark hair, also wearing a similar plaid shirt, is blurred and pointing his right index finger towards the boy.

freedom

abuse or
experiences



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NEEDS

- curiosity
- excitement
- fit in
- comfort
- freedom
- make sense of past

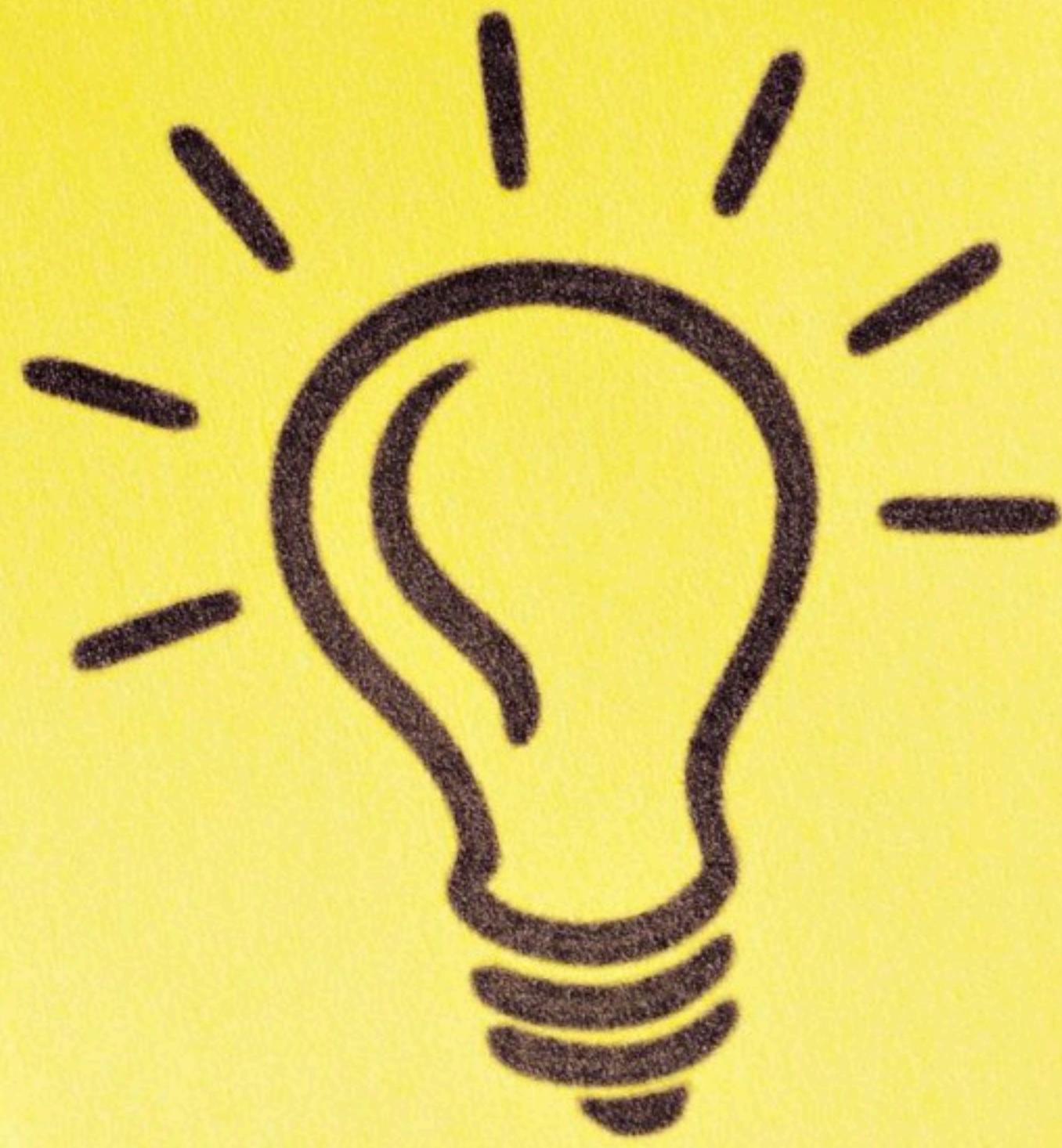
RESISTING TEMPTATION

1. Talk about your need
2. Find a way to meet need
3. Make a plan for next time



NEEDS

- curiosity
- excitement
- fit in
- comfort
- freedom
- make sense of past



“FAILURE” a time of DISCOVERY

NEEDS

- curiosity
- excitement
- fit in
- comfort
- freedom
- make sense of past

temptation

wanting to skip the harder, better way to meet a need



Trying to “not do” a list of things
in response to temptation

will not work

NEEDS

- curiosity
- excitement
- fit in
- comfort
- freedom
- make sense
of past



Resisting temptation
only works when you

do something different

to meet the need
temptation is trying to meet

NEEDS

- curiosity
- excitement
- fit in
- comfort
- freedom
- make sense
of past



TABLE TALK

NEEDS

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Don't Try This Alone



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1. Share your story/secrets.
2. Find sources of pain.
3. Find ways to address & heal your pain.
4. Find broken identities to heal.



Find a Mentor

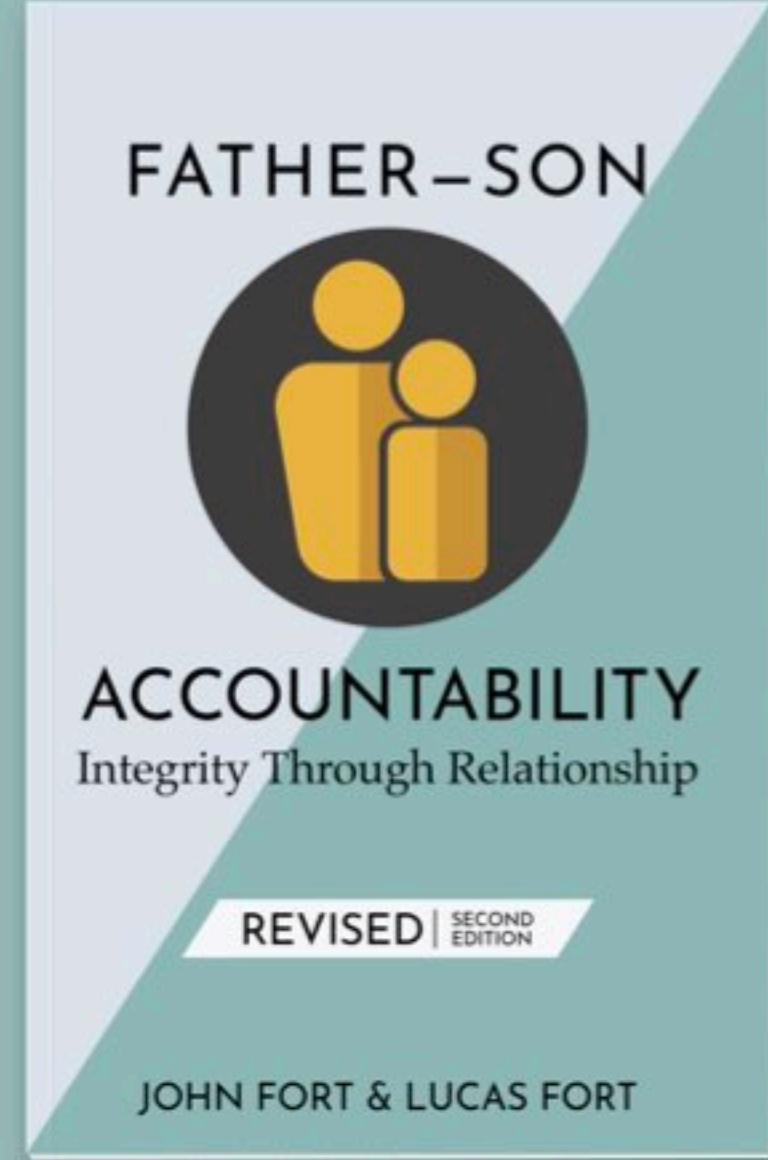
Student Study

Online Group

Online Course



Mentor

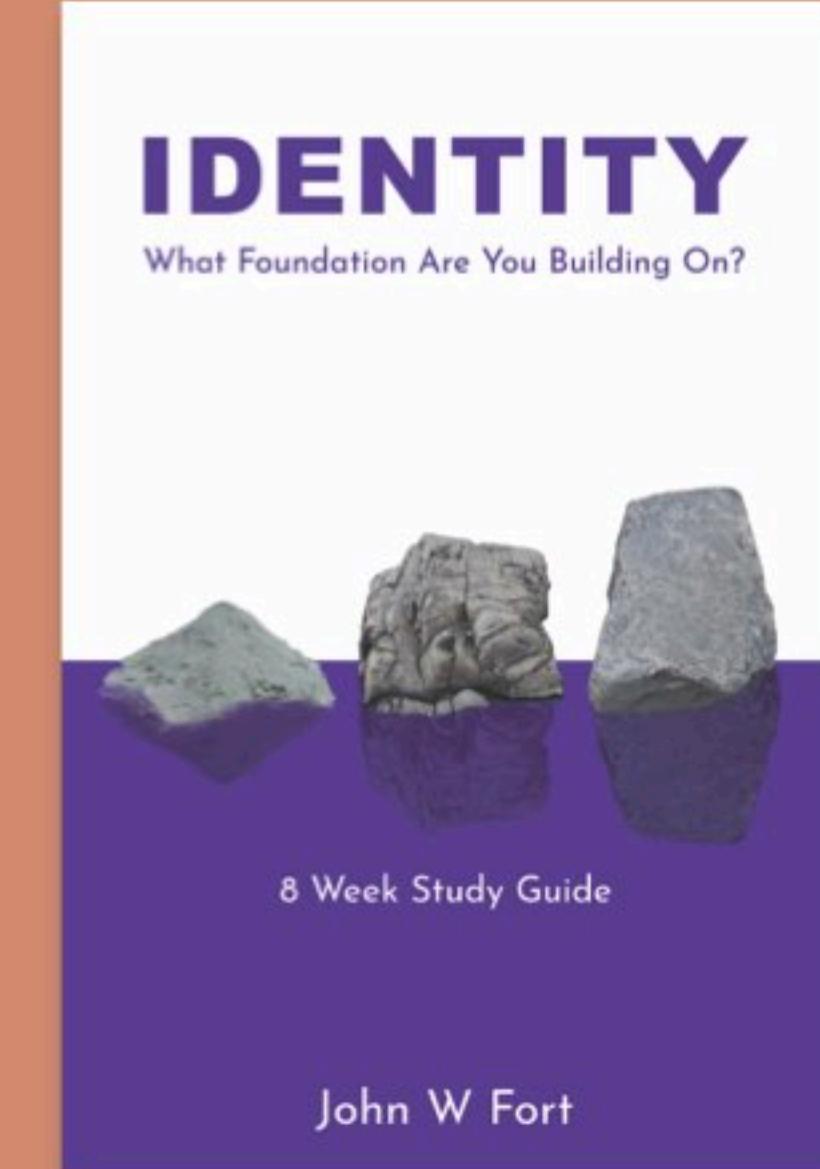


Group



423 NEXT

Study



Course

PURE LIFE ACADEMY

MEN WOMEN FAMILY LEADERS SIGN IN GET STARTED NOW

Family Discussion Guide
For Addressing Pornography in the Adolescent Years

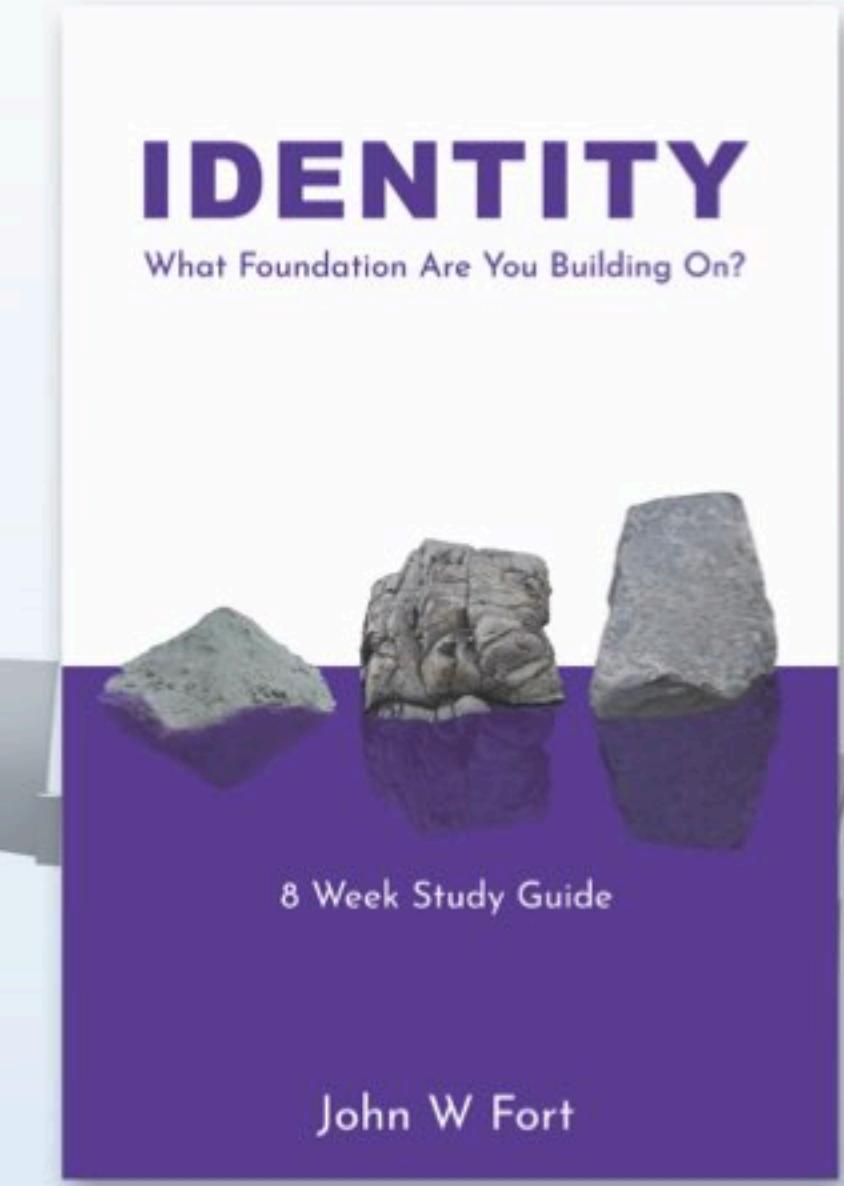
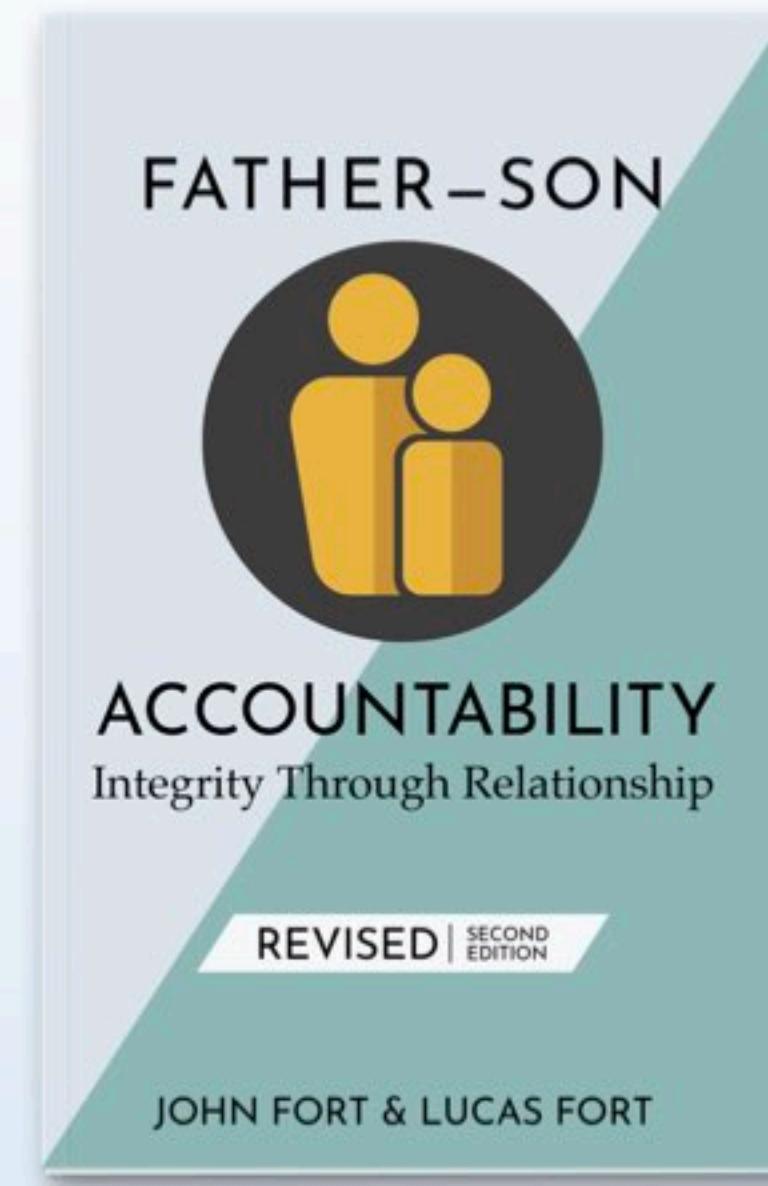
A Family Game Plan for Discussing Porn

Studies show that the average child is exposed to pornography at 11-13 years old. This exposure harms both their emotional and spiritual development. We want to help you help your family.

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TABLE TALK



A screenshot of the Pure Life Academy website. The header includes the logo, navigation links for MEN, WOMEN, FAMILY, LEADERS, SIGN IN, and GET STARTED NOW. The main content features a video player showing a man wearing headphones, a "Family Discussion Guide" section about addressing pornography in adolescence, and a "A Family Game Plan for Discussing Porn" section. A sidebar on the left shows social media icons for Facebook, Twitter, LinkedIn, Email, and YouTube. A footer note at the bottom right discusses child exposure to pornography.

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Questions?

