


Sexual Integrity for Teens



Sexual Integrity for Teens

- 
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



[view more](#)

A silhouette of a man and a woman standing back-to-back in front of a window with sheer curtains. Both are looking down at their smartphones. The scene is dimly lit, with light coming from the window behind them, creating a soft glow on the curtains. The overall mood is contemplative and somewhat somber.

XXX

XXX



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



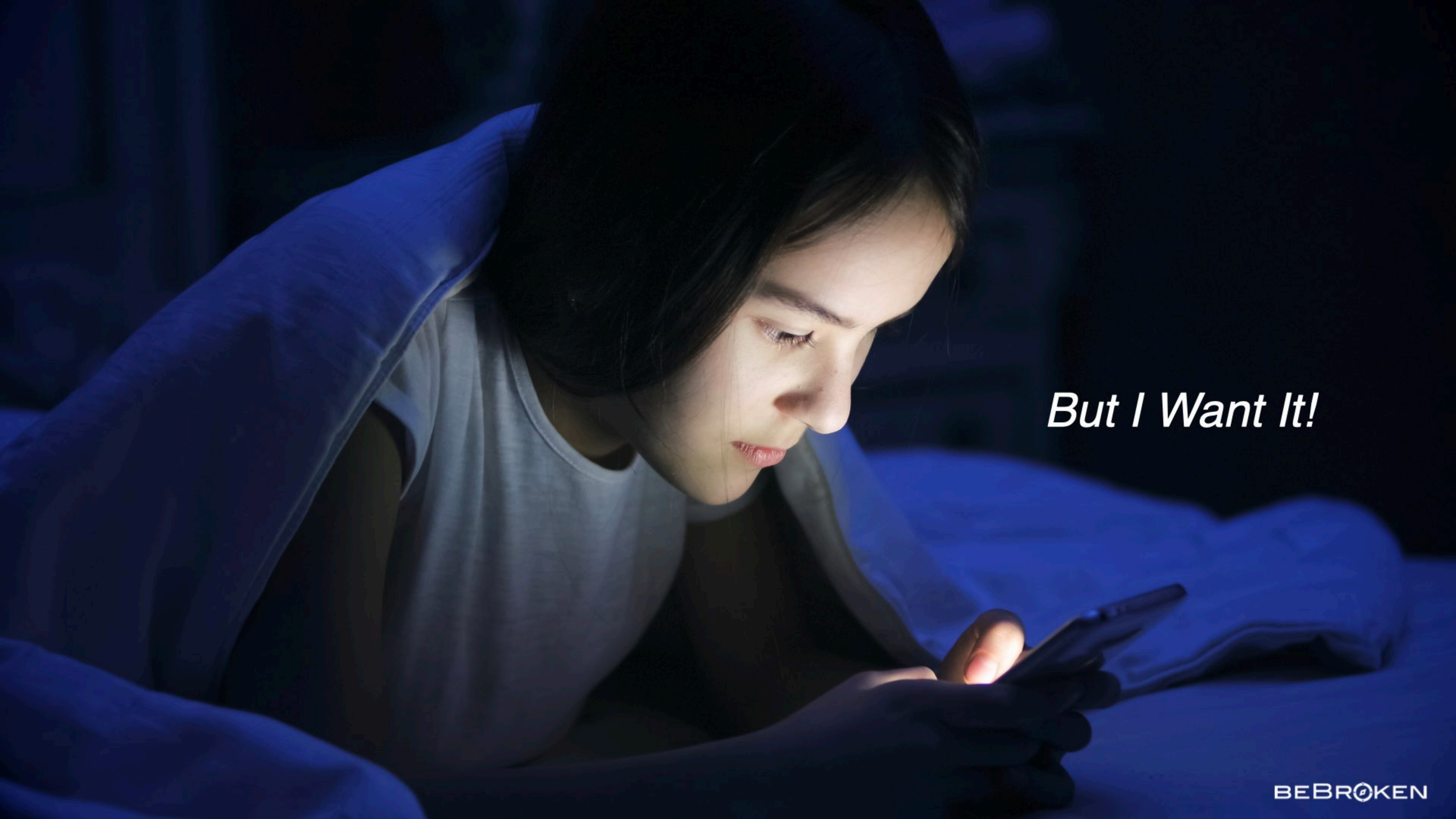
TABLE TALK

Pornographic Relating

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

What About Desires?

BEBROKEN



But I Want It!

Desires cannot be trusted...

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



*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.*

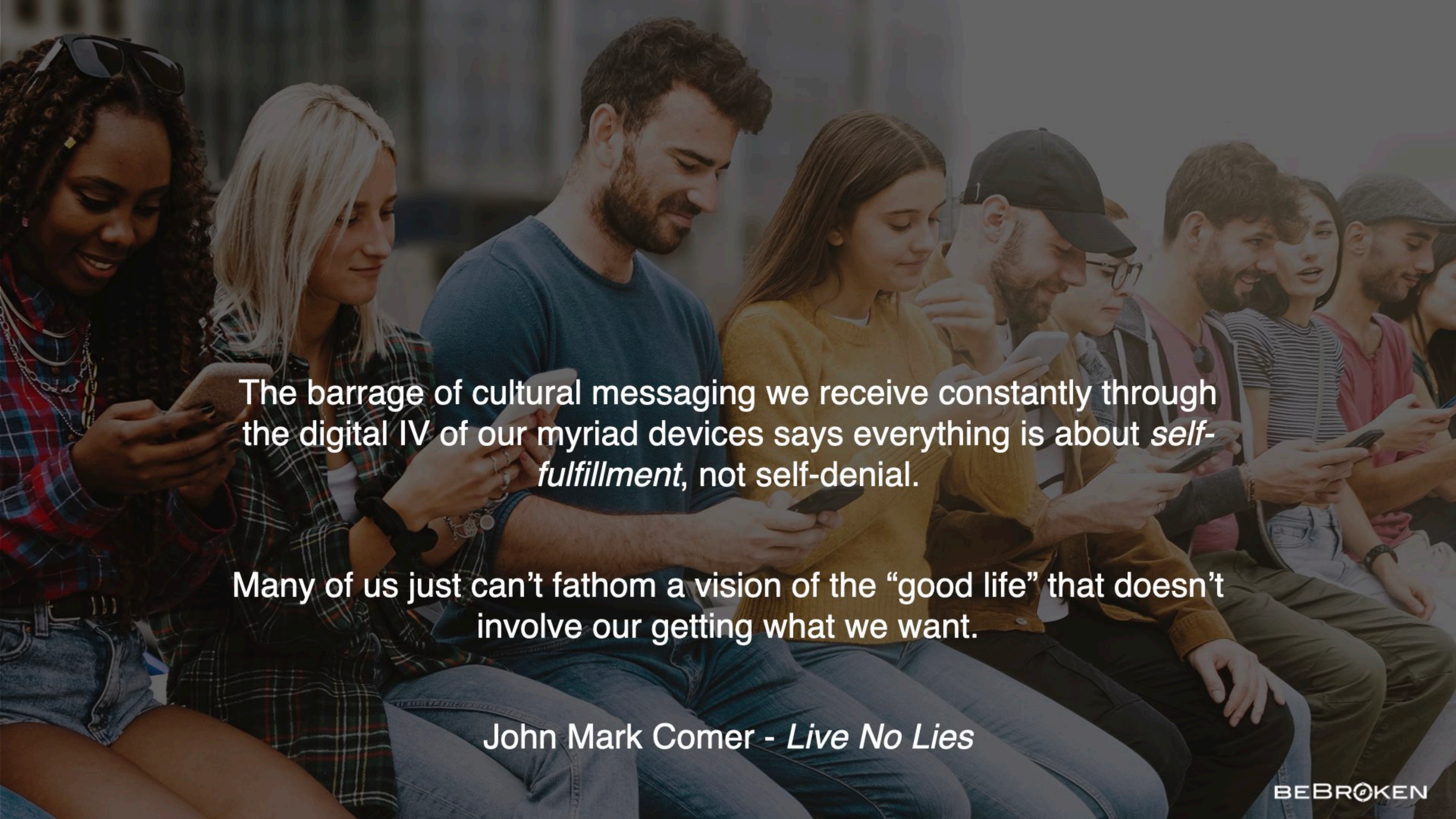
Galatians 5:16-17

*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





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*

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

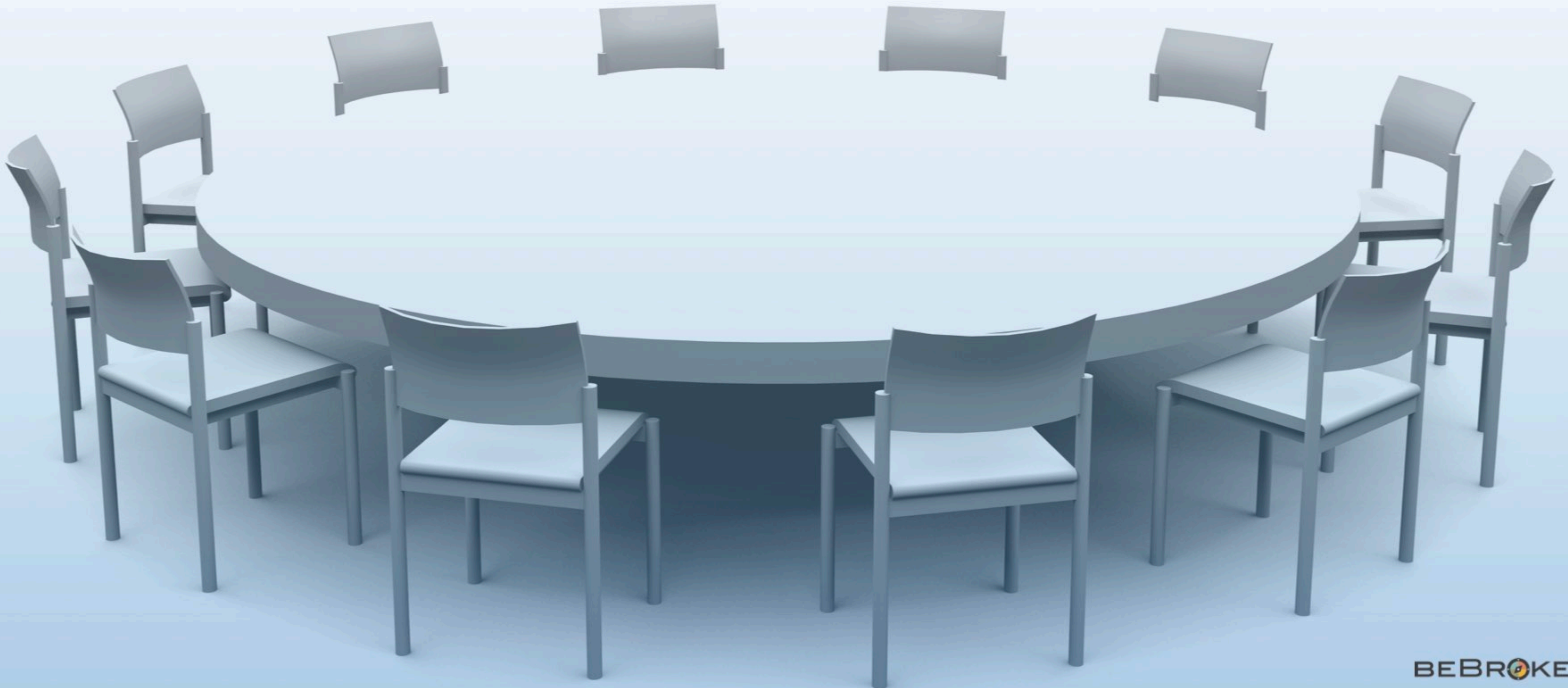
I can accept disappointment now since God is creating a new and better identity for me.



TABLE TALK

Desires cannot be trusted...

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



Tasks for the Teen Years



A photograph of a dirt path in a lush green forest. The path starts in the foreground and leads into the distance. On the right side of the path, a small dog is visible in the distance. The trees are dense and green, with sunlight filtering through the canopy. The overall scene 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



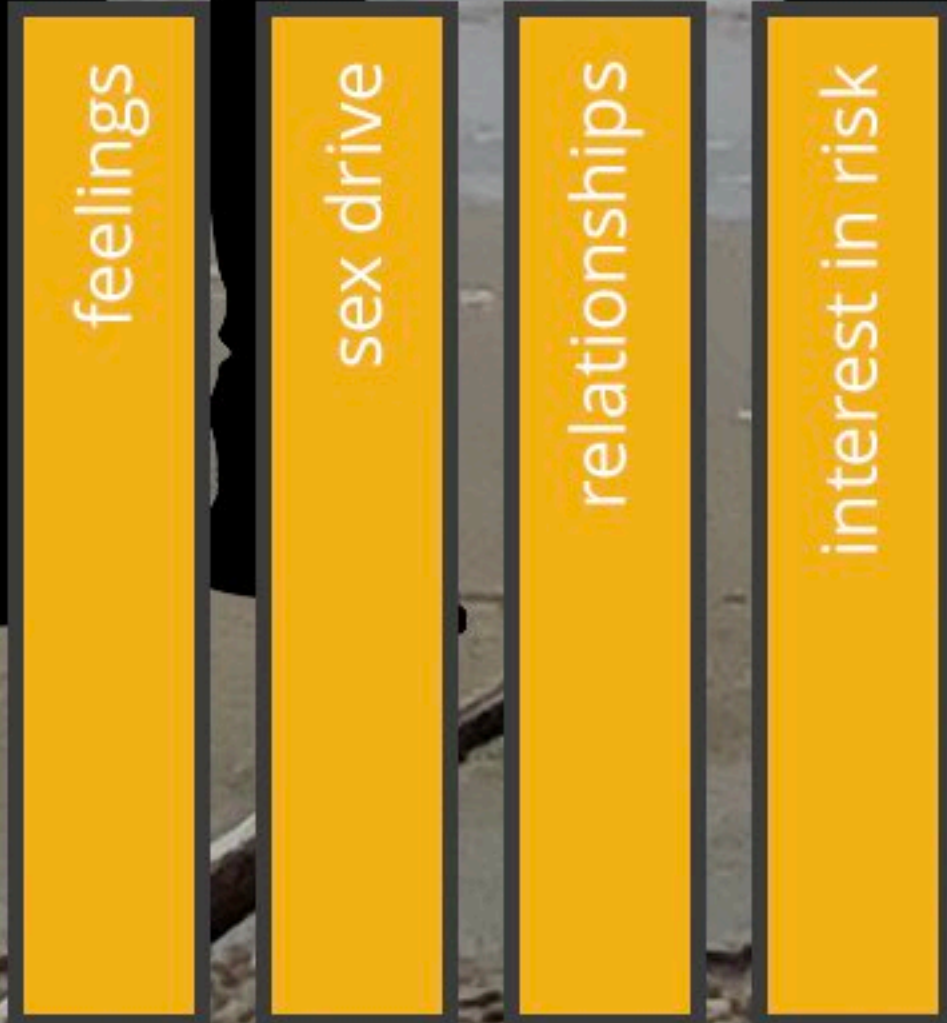
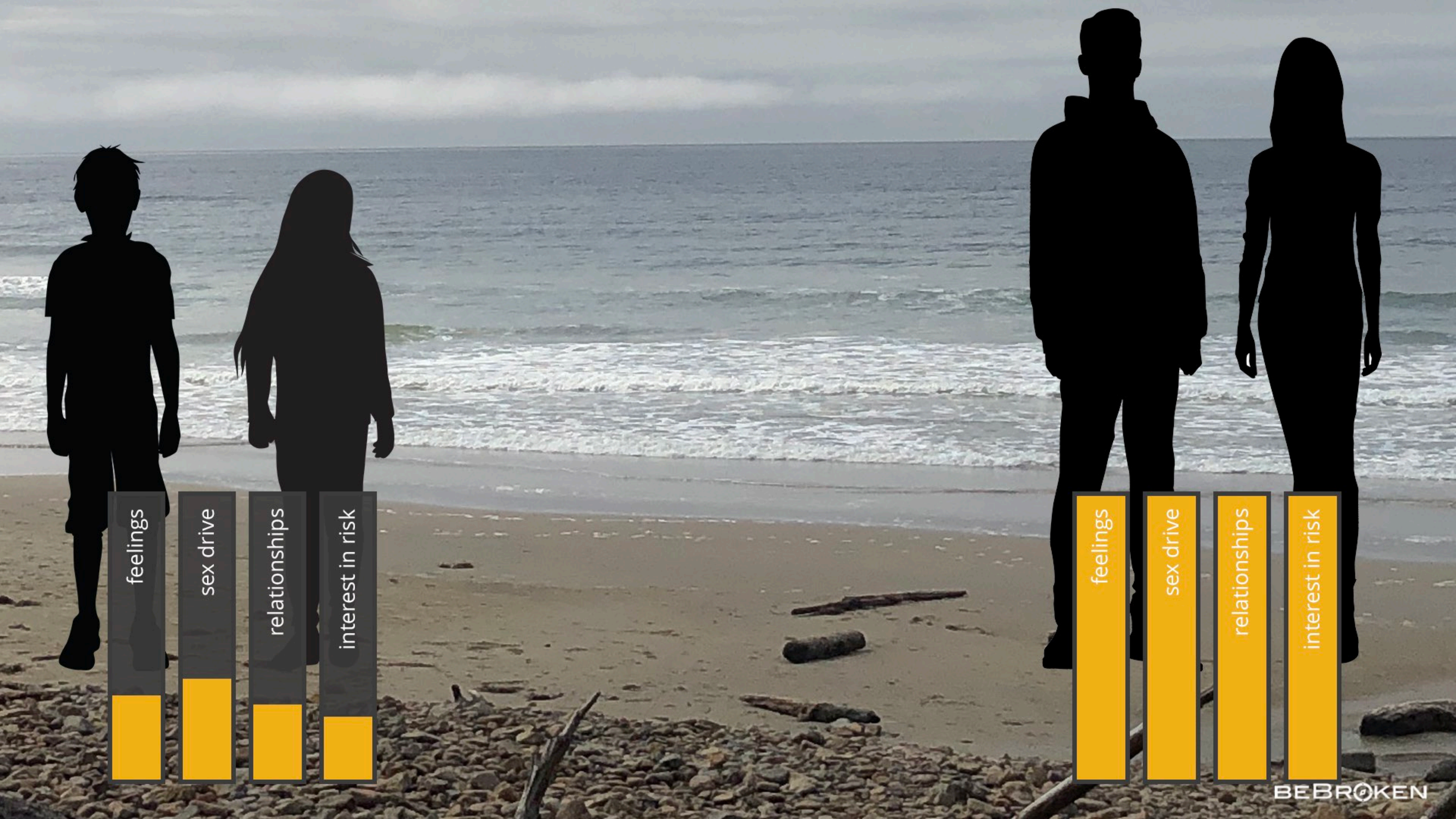
Puberty

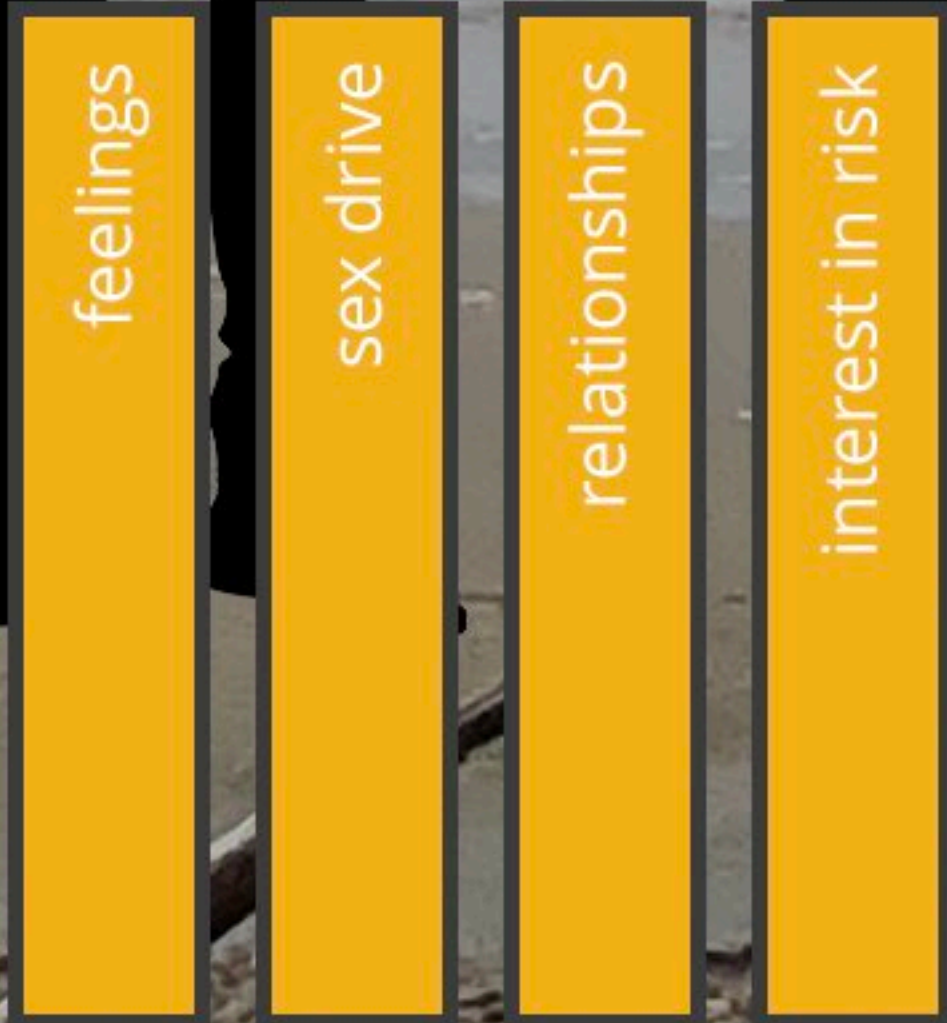
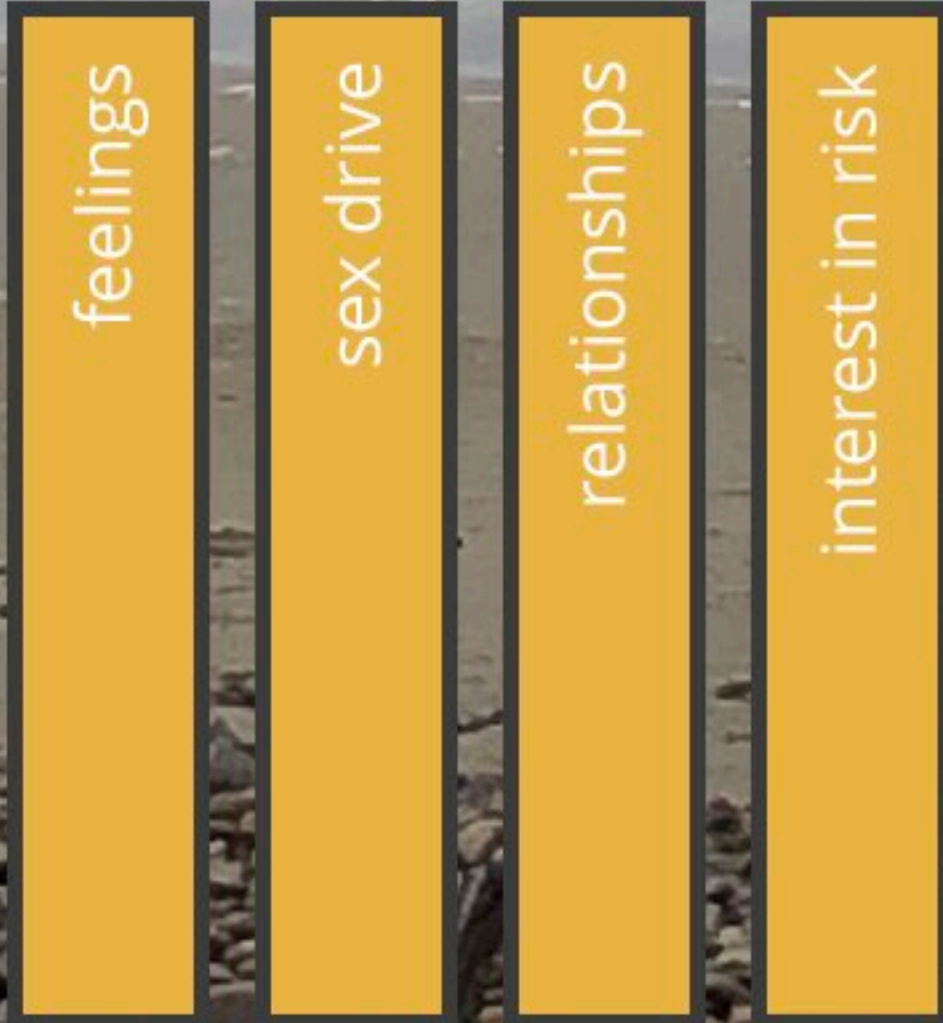
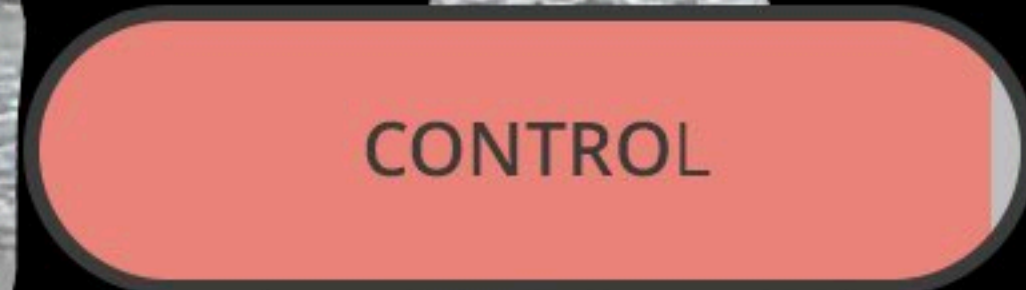
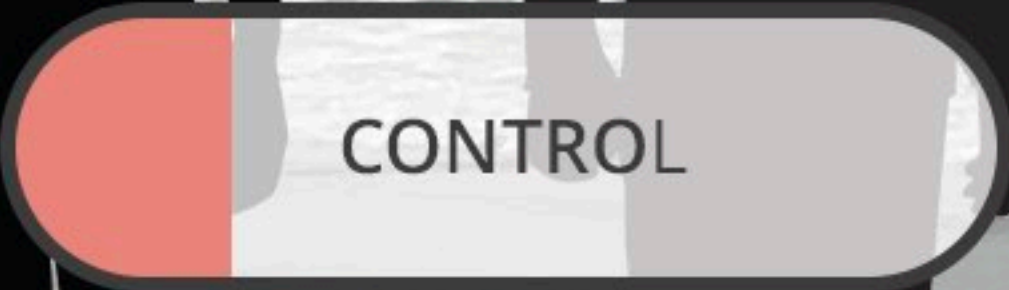
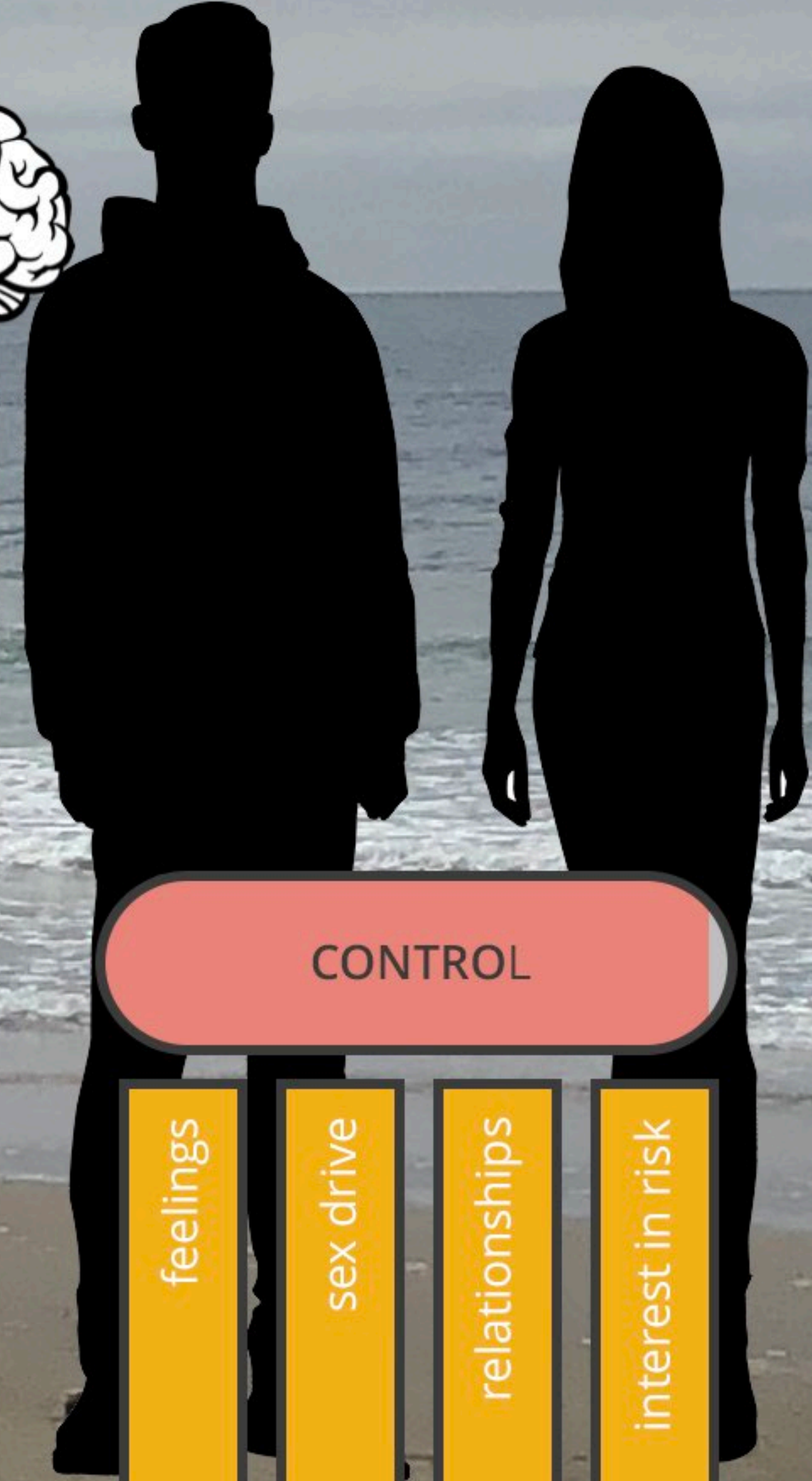
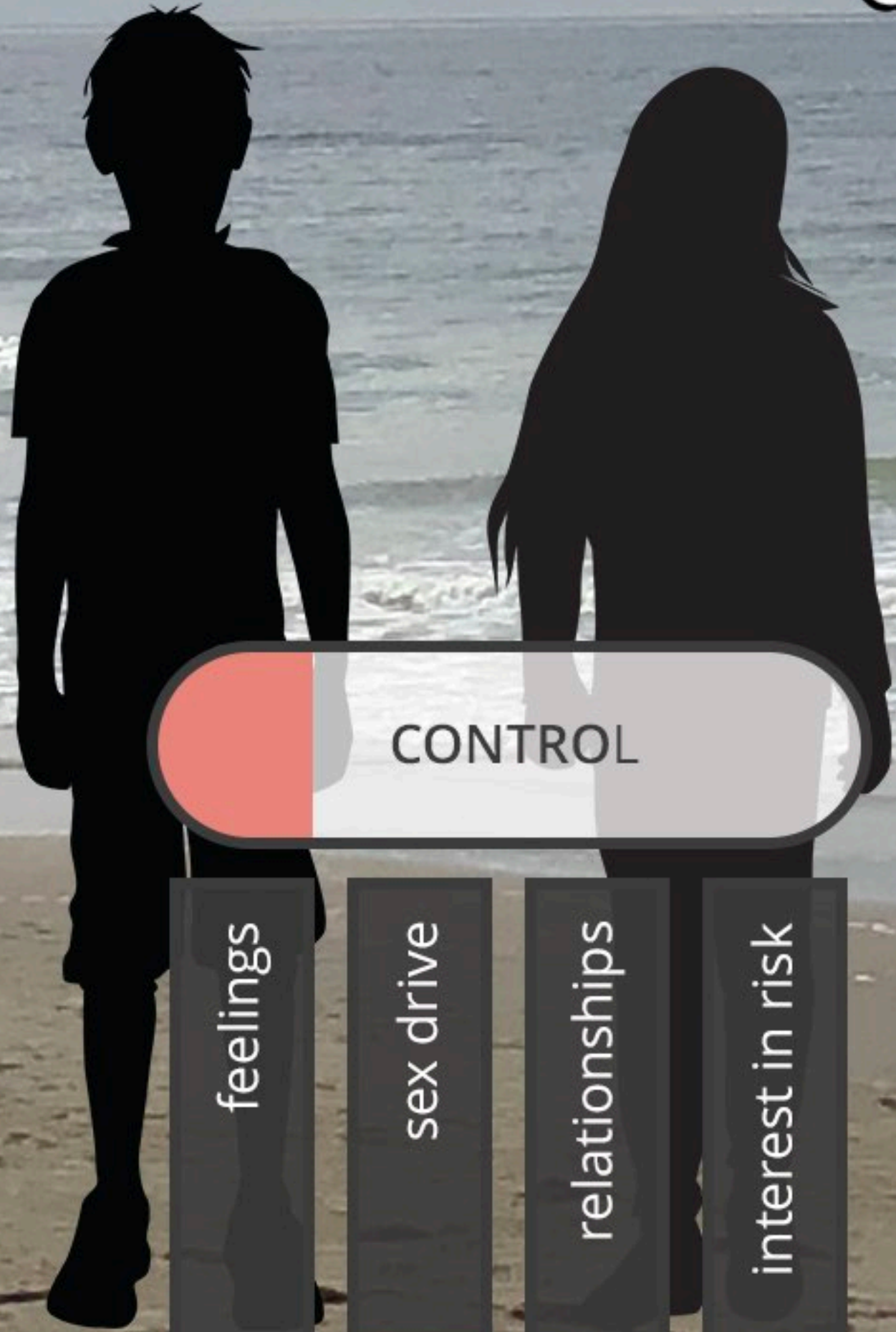
Stronger emotions
Increased desire for risk & adventure
Longing for deeper connection
Lowered inhibitions
Sexual & romantic feelings

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







PreFrontal Cortex Growth

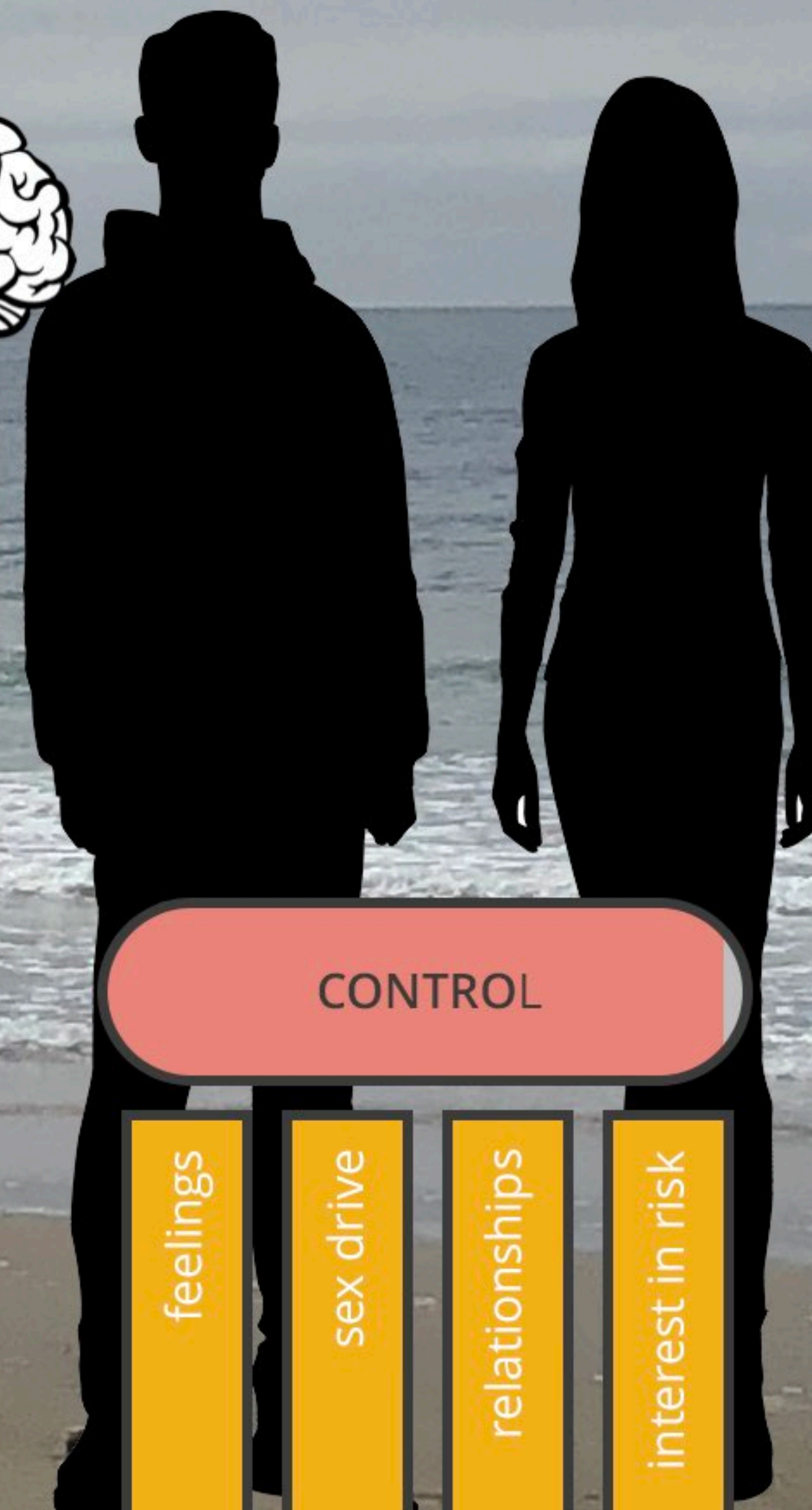


Practice Using New Gifts

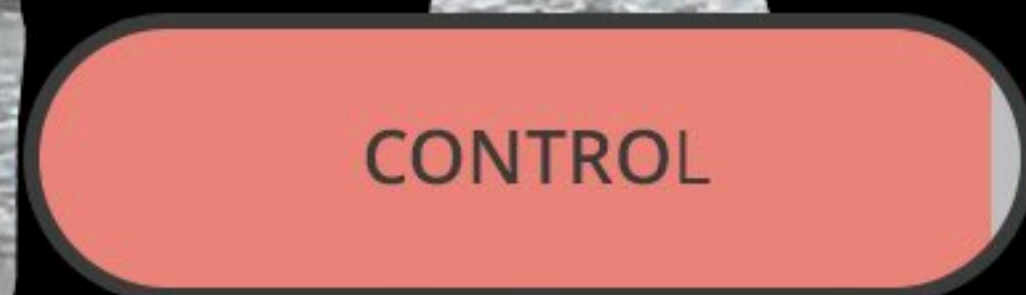
Age 10

Puberty

Age 25



- feelings
- sex drive
- relationships
- interest in risk



- feelings
- sex drive
- relationships
- interest in risk



THOMPSON
CHICAGO



DON'T DO

- 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



- 
- 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



TABLE TALK

- 
- 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

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

Sexual Integrity for Teens







sexual jokes

objectification

YouTube

friends


pornography

personal experiences

social media

erotic stories

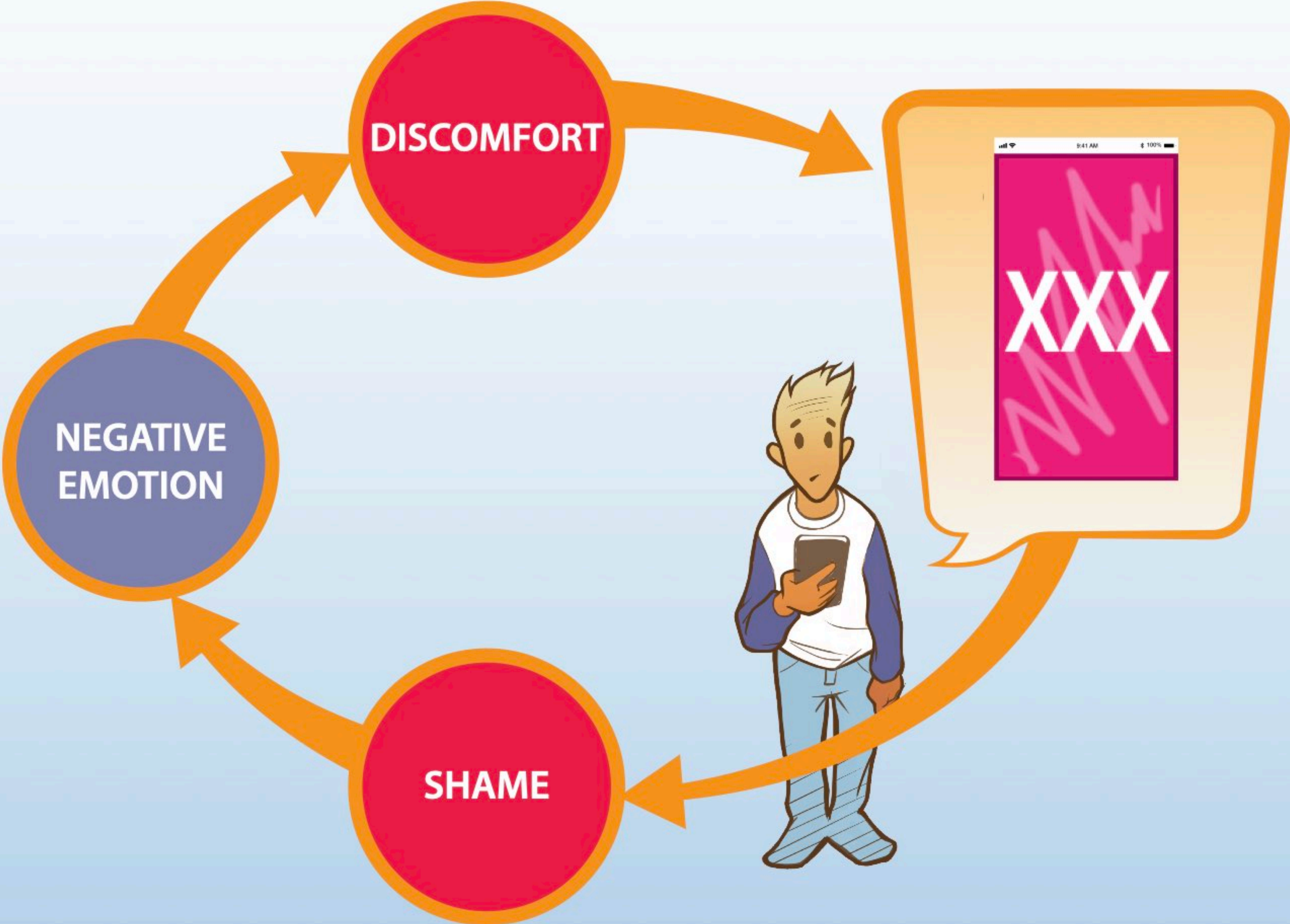


A photograph of two young men sitting on a grassy field. The man on the left is wearing a light blue t-shirt and has a serious expression, looking towards the man on the right. The man on the right is wearing a white t-shirt and is speaking, with his mouth open. The background is a blurred green field.

1. Share your story/secrets

2. Find sources of pain





2. Find sources of pain



3. Find healthy ways to address your pain.



A young woman with light brown hair and blue eyes is looking into a mirror. The mirror is cracked, and the reflection is distorted. The background is a textured, light-colored wall. The woman's expression is somber and contemplative.

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”

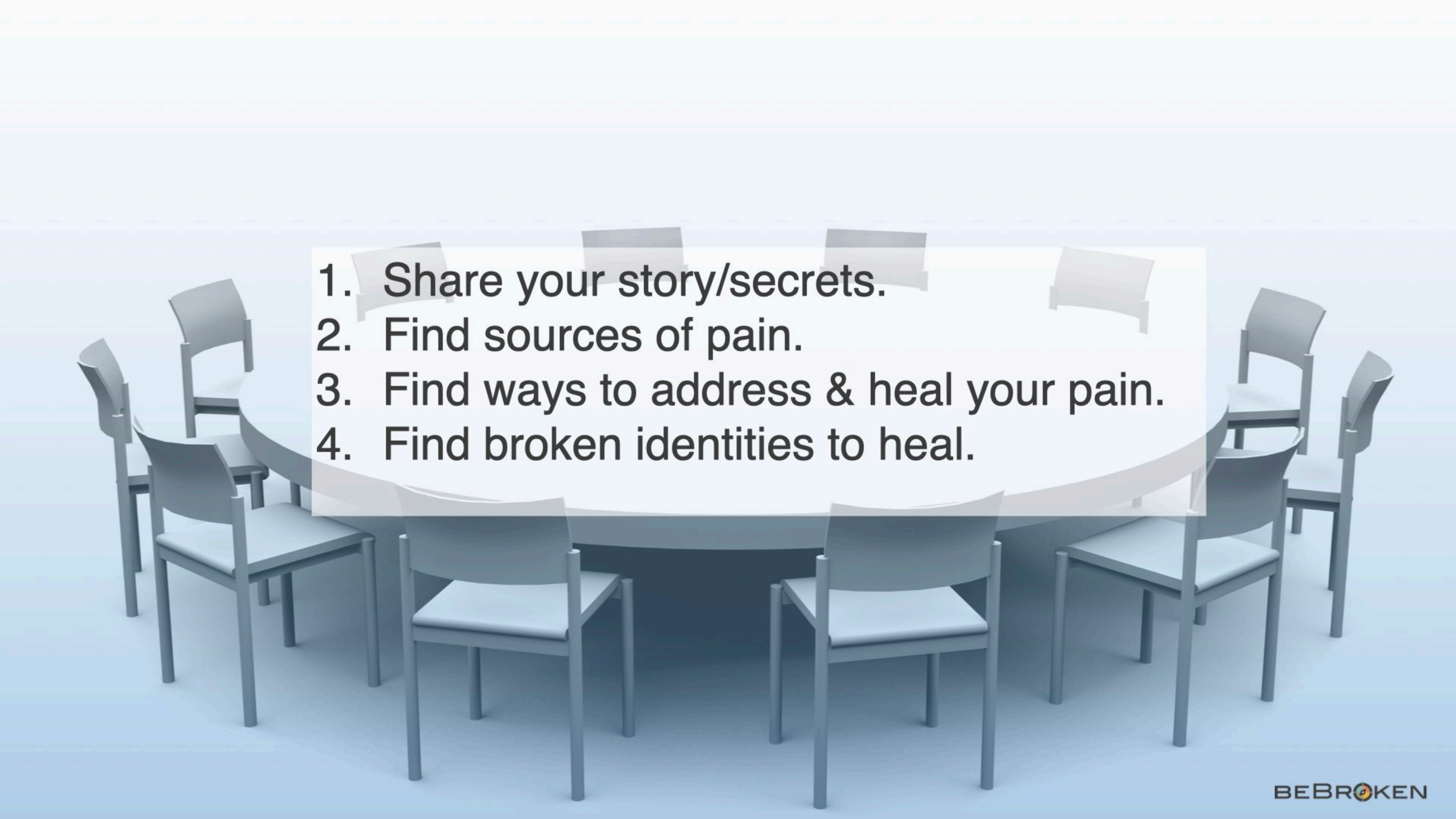
1. Share your story/secrets.
2. Find sources of pain.
3. Find ways to address & heal your pain.
4. Find broken identities to heal.

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

A young man with short brown hair, wearing a blue t-shirt, is lying in bed under a white blanket. He is looking down at a tablet computer on a surface in front of him. The scene is dimly lit, with the light from the tablet illuminating his face and the blanket. The background is dark and out of focus.

Sources of Sexual Temptation

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

curiosity





amil

excitement



peer pressure



validation



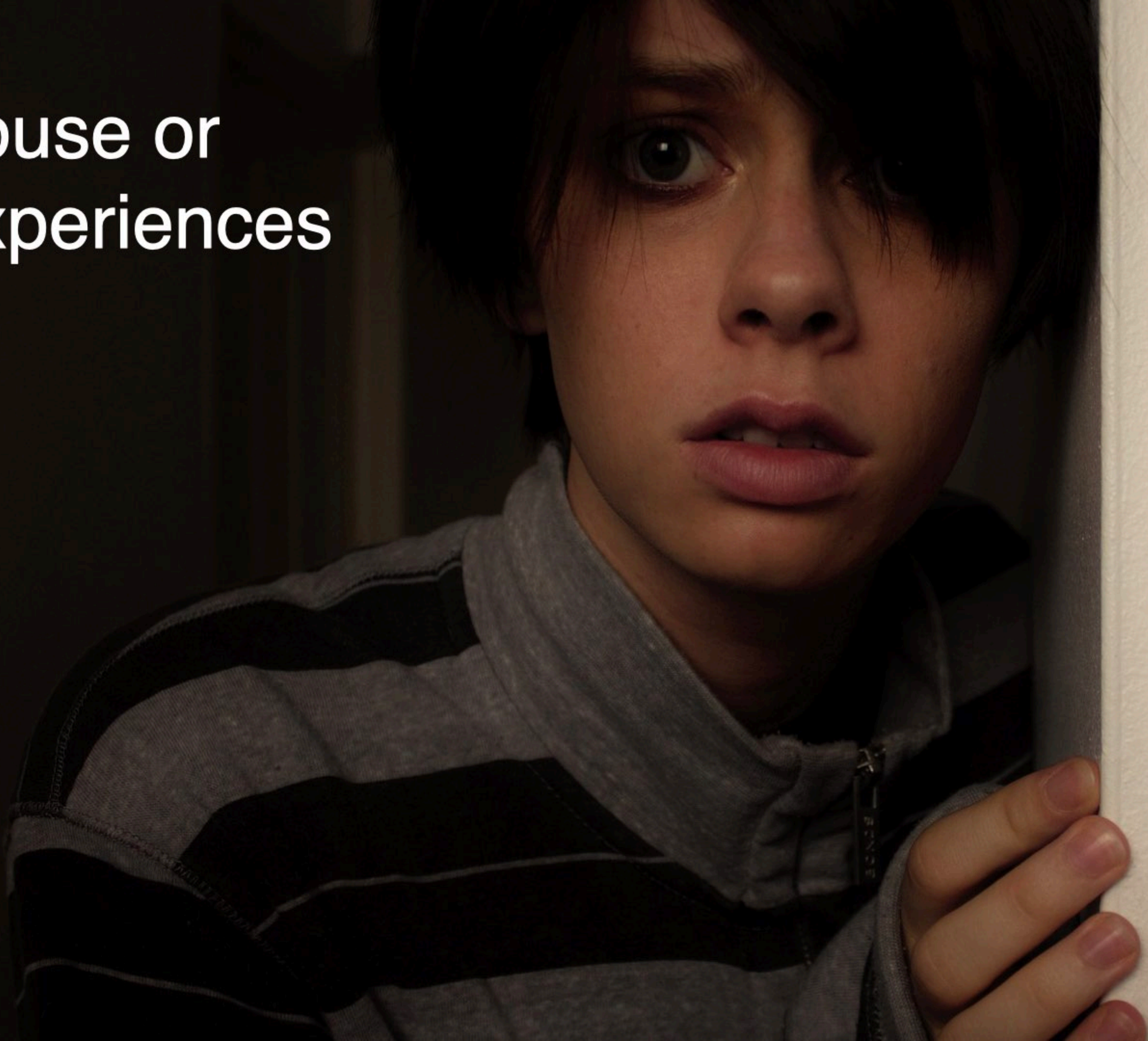


find comfort

A young boy in a red, white, and blue checkered shirt looks directly at the camera with a serious expression. In the background, a man in a similar checkered shirt is gesturing with his right hand, looking towards the boy. The word "freedom" is written in a simple, black, sans-serif font in the center of the image.

freedom

abuse or
experiences

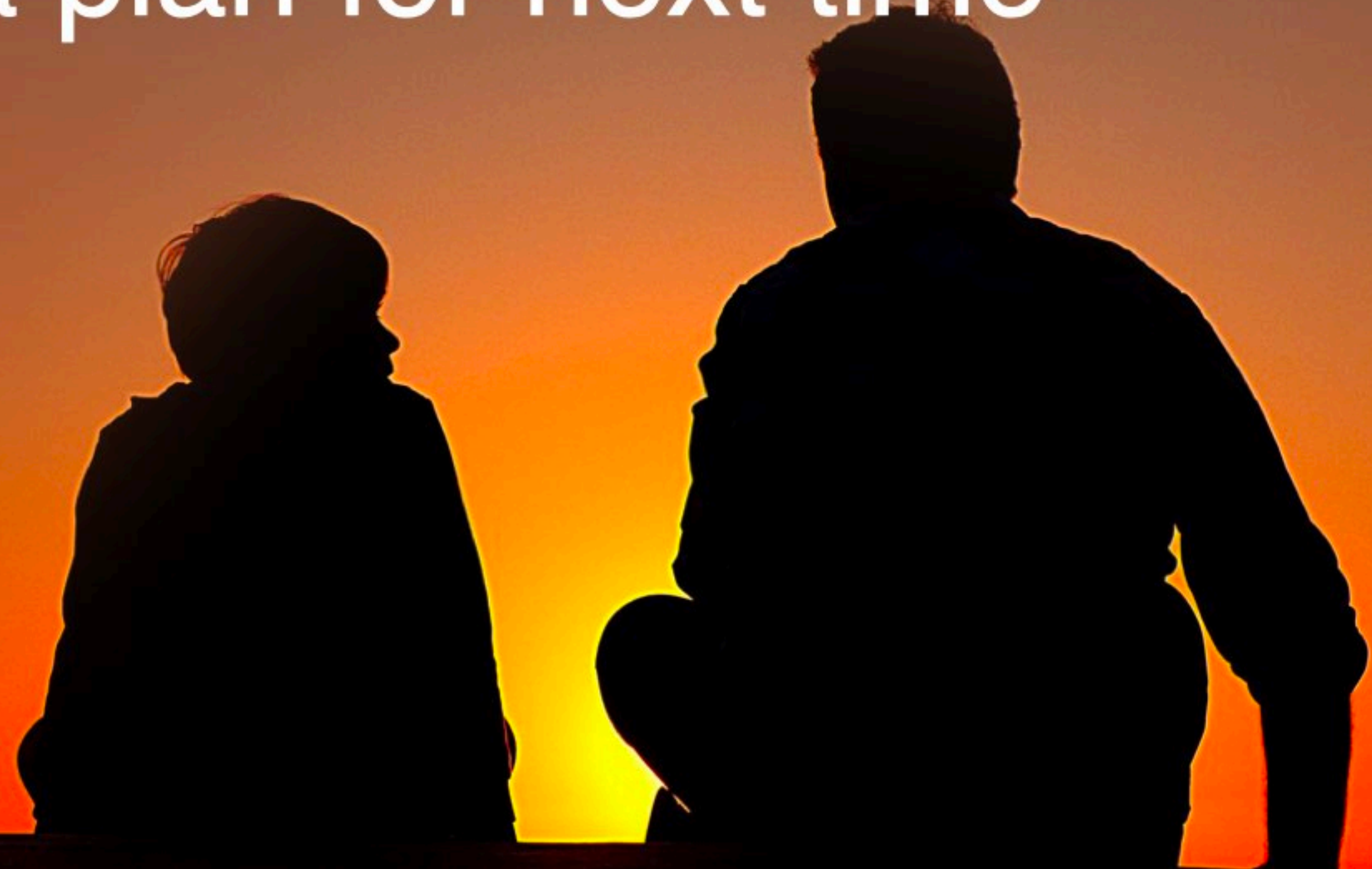


NEEDS

- 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



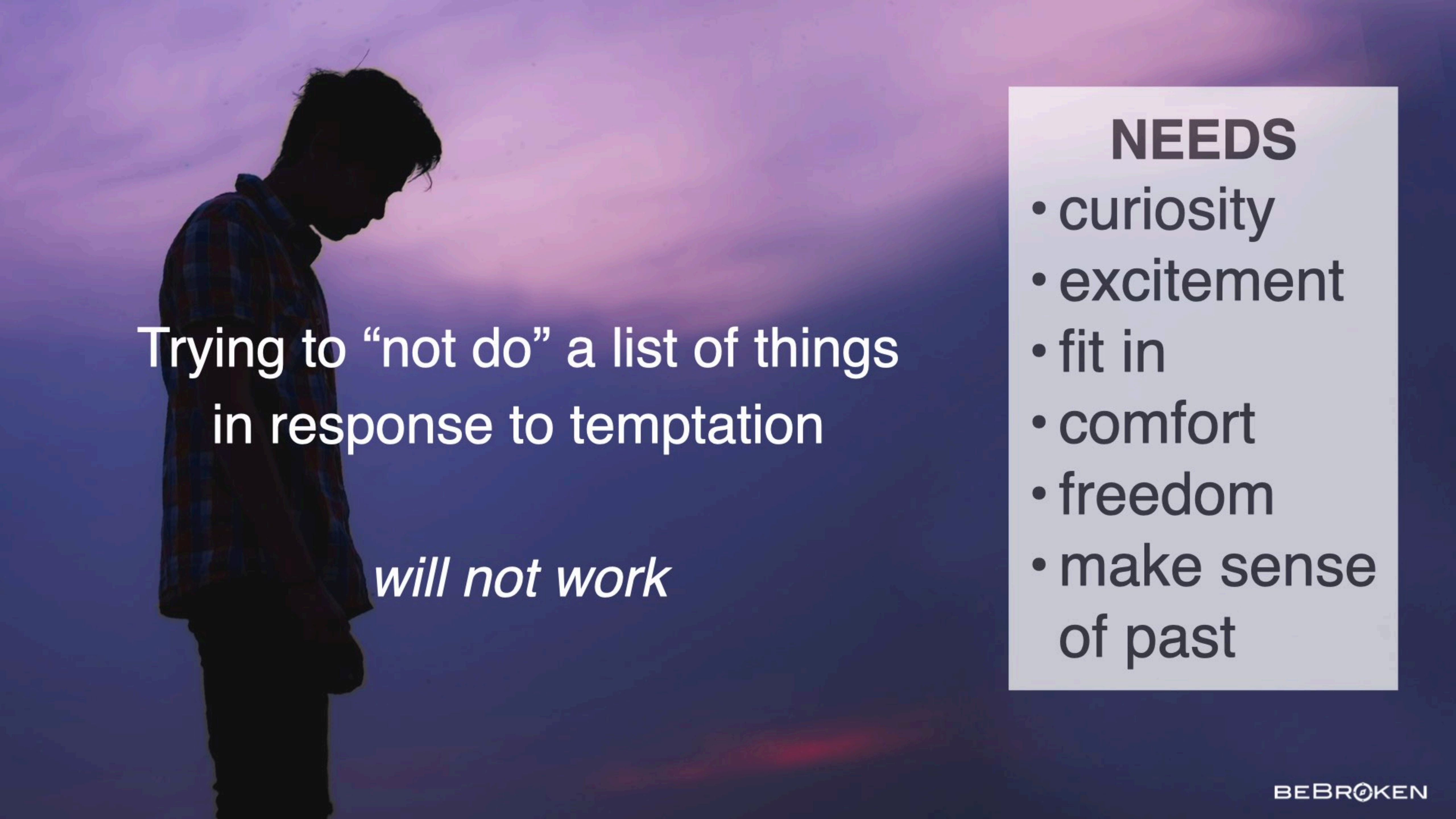
“FAILURE” a time of DISCOVERY

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

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

Don't Try This Alone



BEBROKEN

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

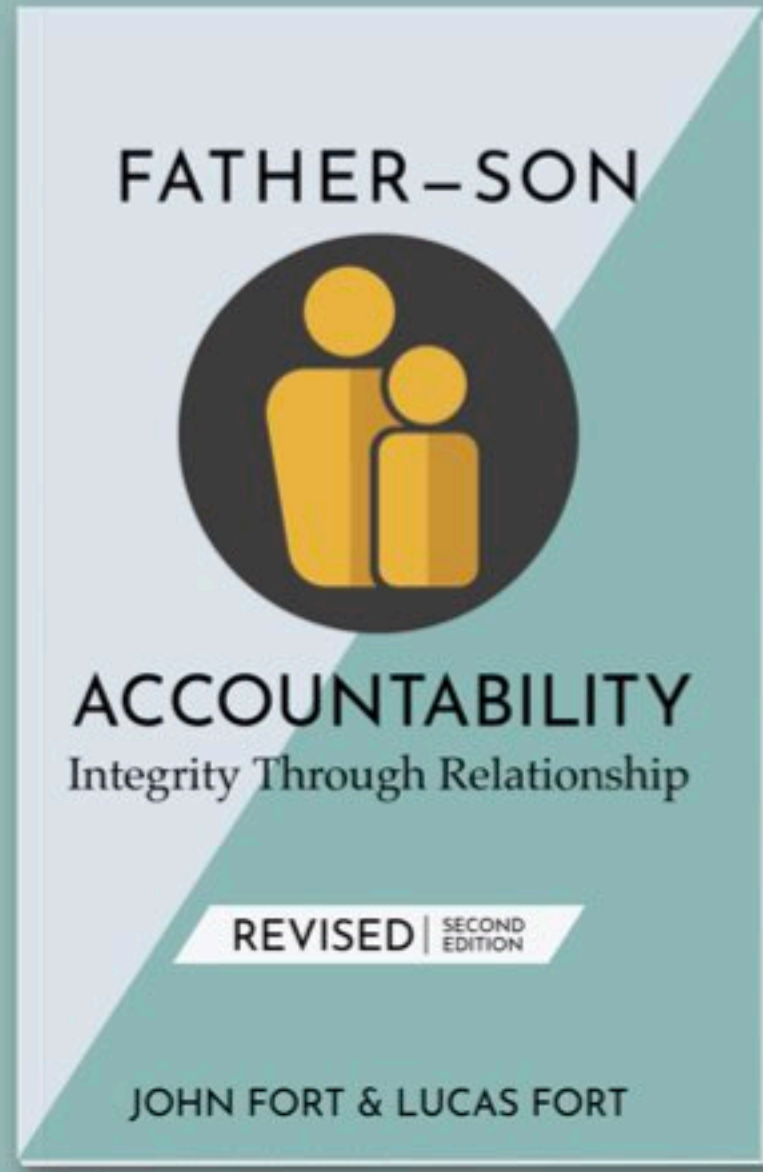
Student Study



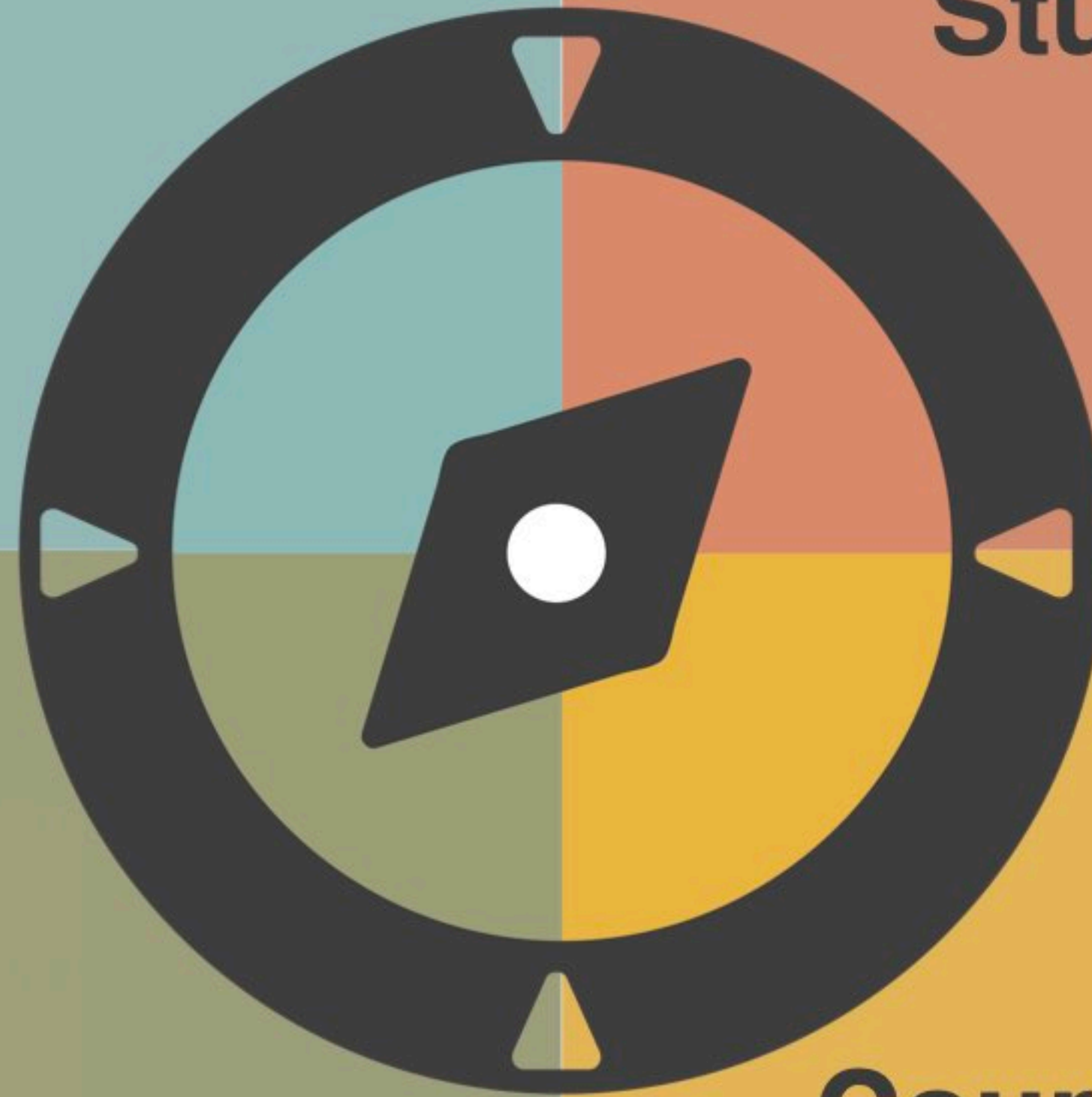
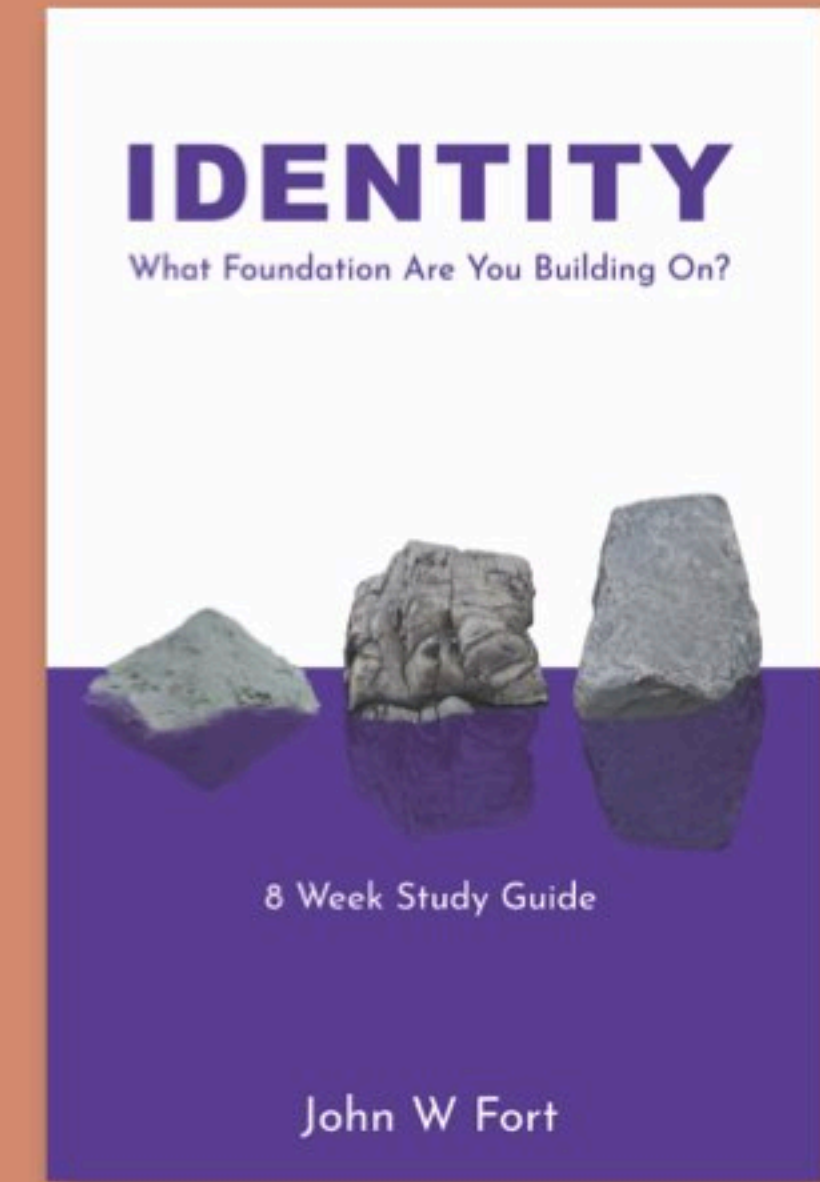
Online Group

Online Course

Mentor



Study



Group



Course

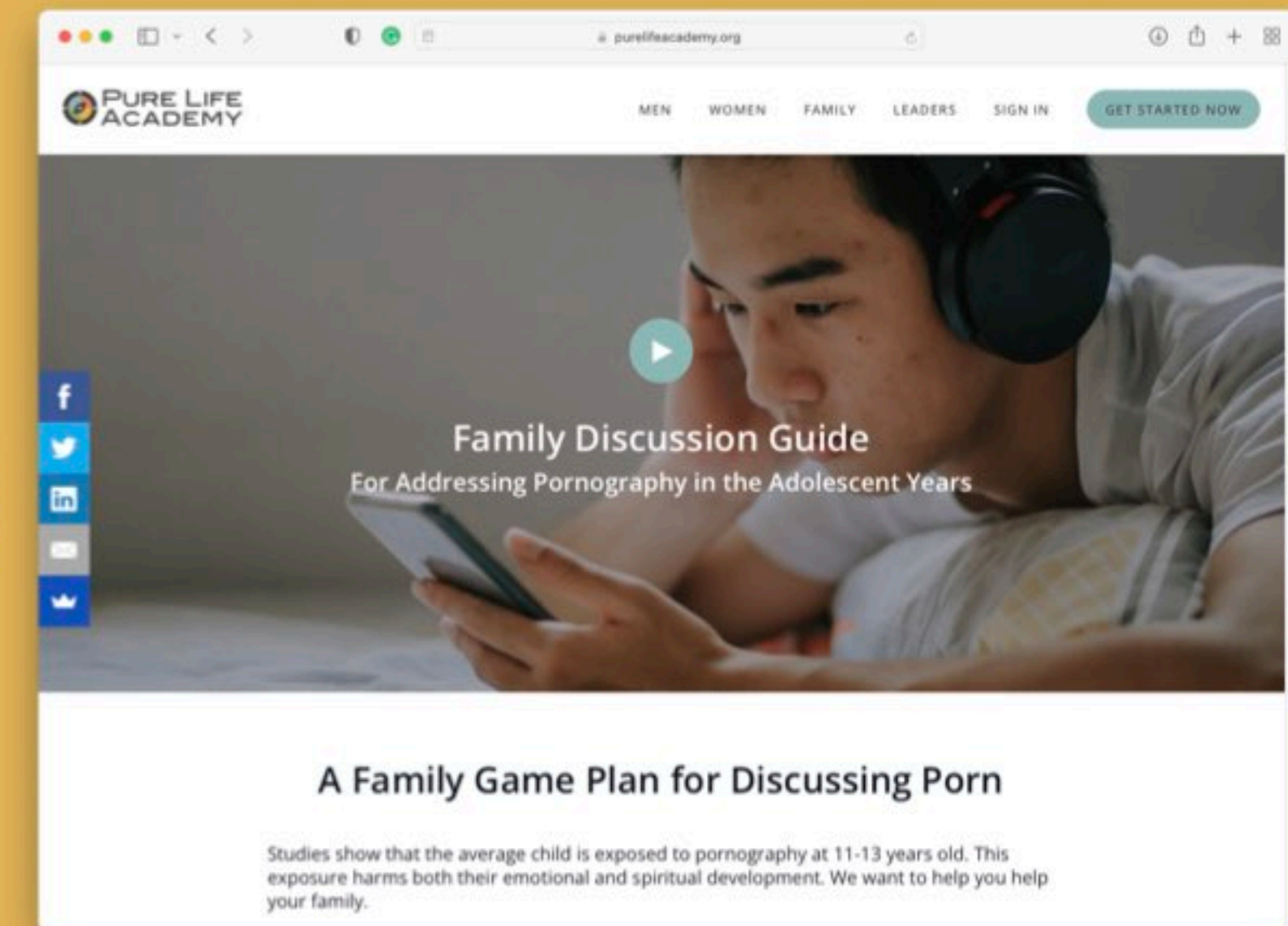
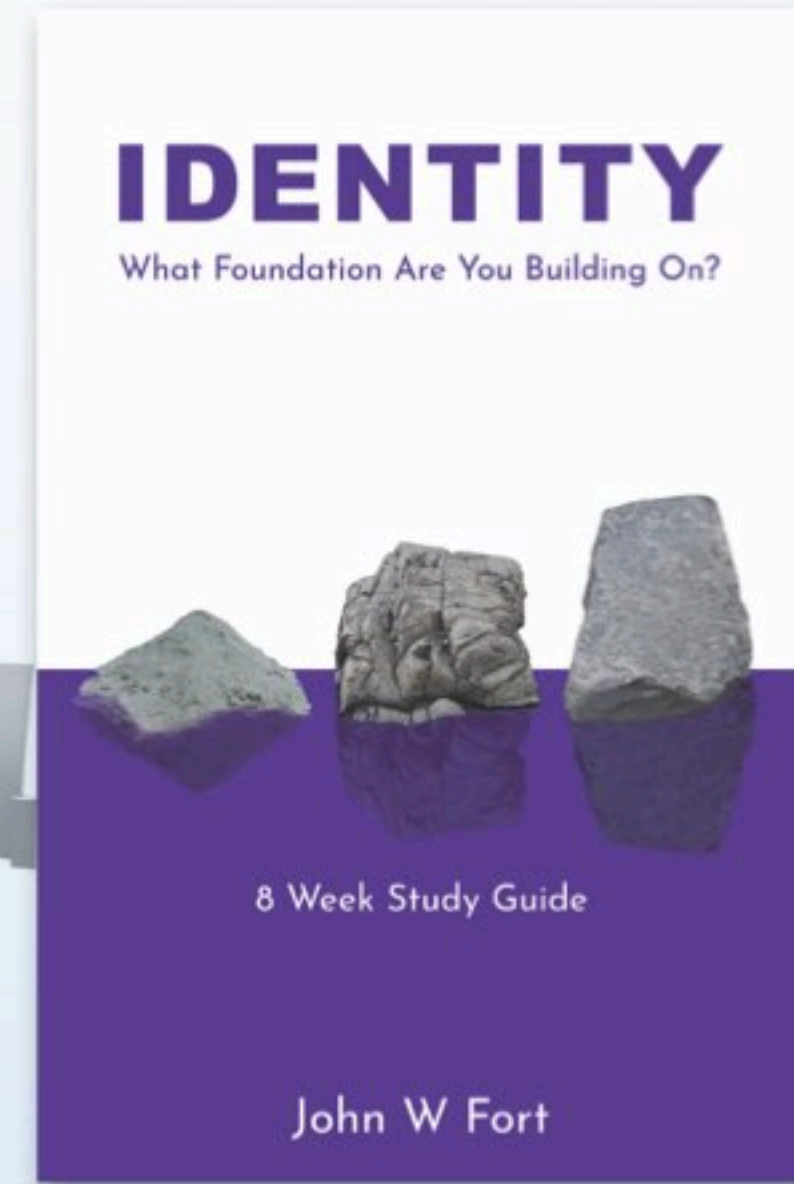
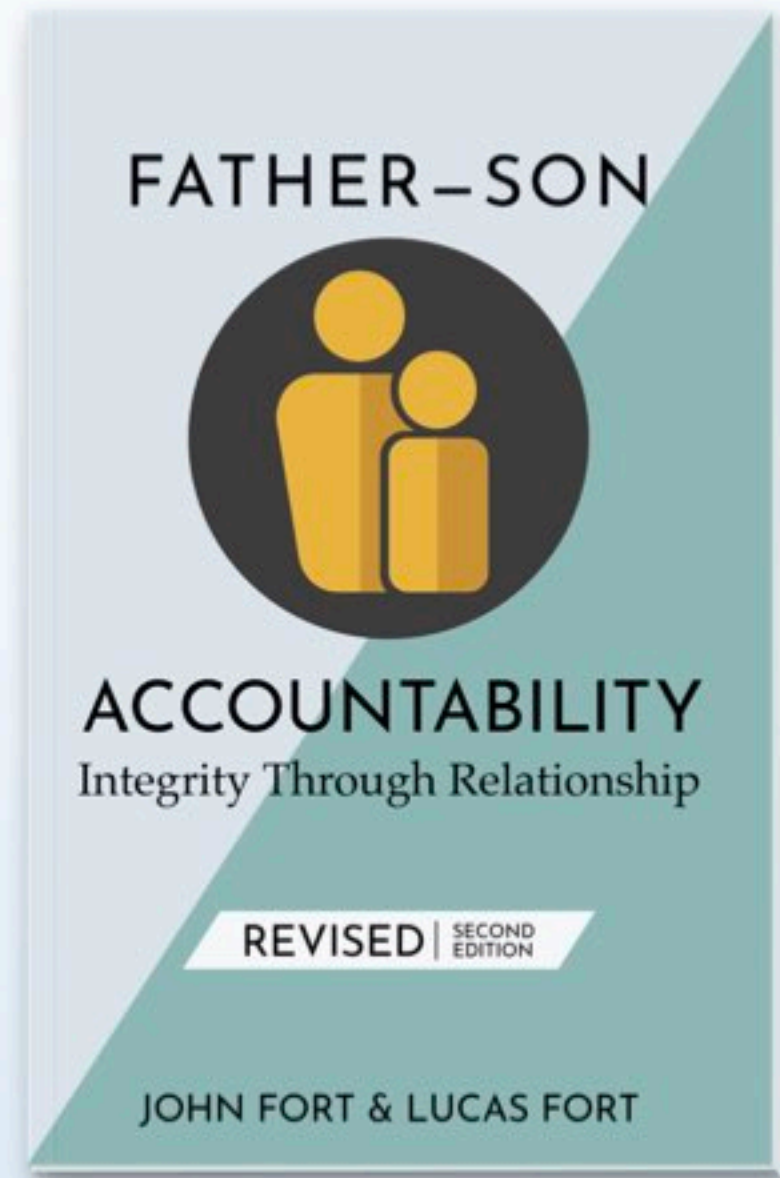
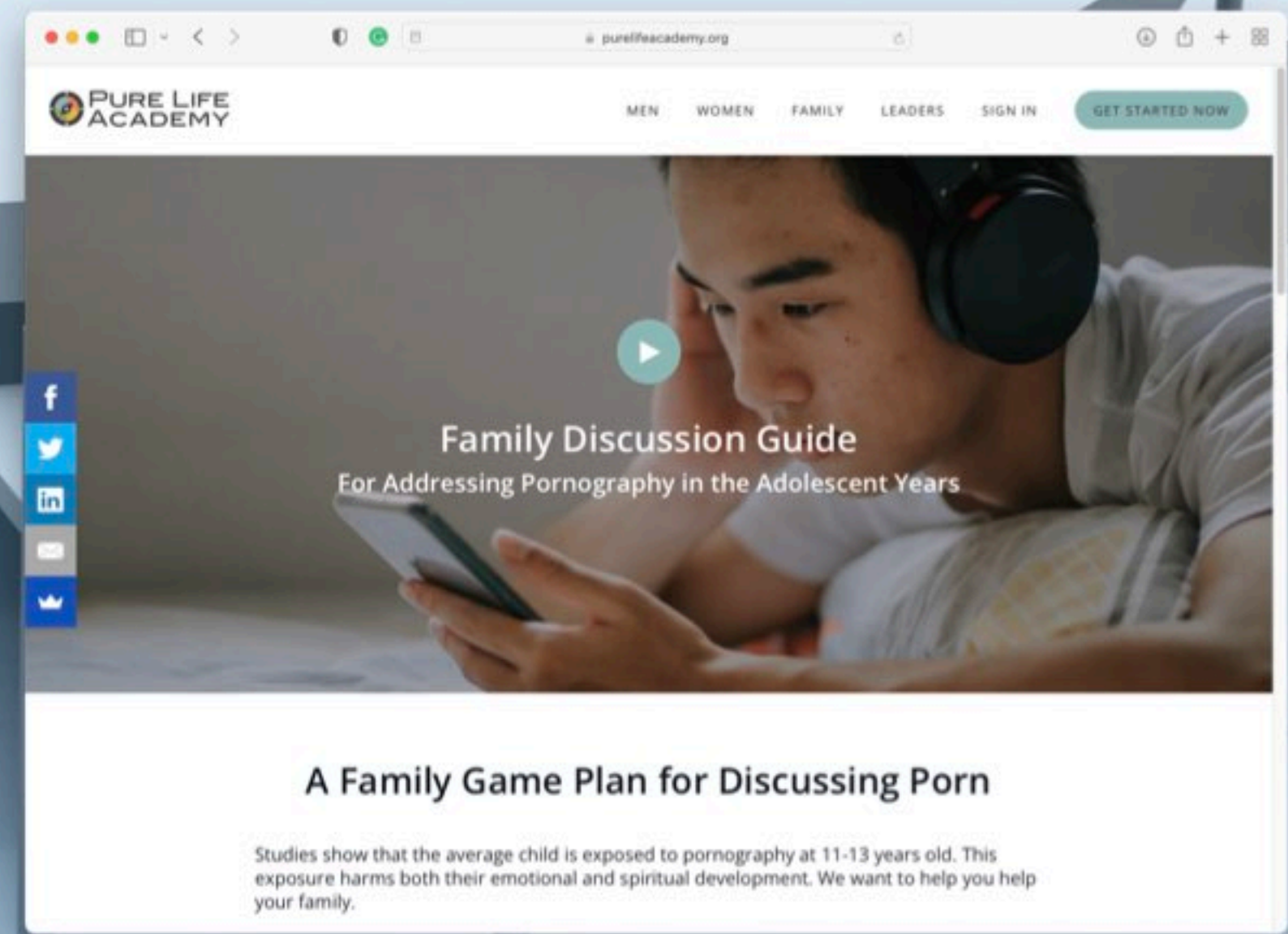




TABLE TALK



423 NEXT



Questions?

