

# The Myth of Safe Sex

Dr. Meeker begins **The Rules Have Changed** with the statement "What I have to say to you might save your life." If this is the truth, what might be some of the reasons we are not hearing more about the risks of non-marital sex in our communities?



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In **Sex is Not a Game** the host asks, "If sex is a game, does that mean someone loses?" Look over the document "Will It Be Worth It Tomorrow?" (p. 3 of this document) On the surface, gals seem to have the most to lose and they are the ones we often focus on as a society, but both guys and gals lose. What are some things that were mentioned in these videos that can be fallout for guys having sex outside of marriage?

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At least 10,000,000 young people under 25 will contract an STD this year alone. Consider all your loved ones: friends and family that fit into this age category. If it were possible for you to sit down with each one of them and have a heart to heart about these issues, what single piece of information from these videos would you most like to impart? Why did that stand out to you?

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We often say to young people "God doesn't want you to have sex until you're married." As an organization we want to be known by what we are for, not what we are against. What is one way we can change our language to reflect this when discussing healthy sexuality and relationships?

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What are some of the messages our culture is feeding our young people about sex?

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Our Positive Choices program engages middle school, high school and college students, parents of teens and pre-teens, single adults, and clients in our centers. We discuss sex and its impact not just physically, but emotionally and socially as well. Select 2 audiences from this list. What could it look like to “speak the truth in love” to these groups about these intimate issues? How might the dialogue be different for each group?

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How might a sexually active single person view the idea of sexual abstinence (also called sexual risk avoidance)?

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How do you think that might impact the interactions we have with our clients? How do you think open ended questions and good listening skills might be valuable in such conversations?

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**“You can’t change what’s already happened, but you can decide what happens next.” *The Rules Have Changed***





# Will it be worth it... tomorrow?

Who is at greater risk when it comes to hooking up??

	<b>Guys</b>	<b>vs</b>	<b>Girls</b>
Unplanned pregnancy			X
Pregnancy complications			X
Unwanted abortion			X
Short & Long term consequences of abortion physical, emotional, mental, spiritual, relational, substance abuse			X
Early parenthood . Losing teenage years			X
Stress of single parenting . poverty . education and career goals on hold			X
Emotional bonding with partner, sense of rejection, broken heart, distrust...			X
Loss of self respect . depression . eating disorders			X
Abusive & violent relationships			X
More vulnerable biologically to acquire STIs			X
Pelvic inflammatory disease, cervical cancer, possible ectopic pregnancy, chronic pain			X
Future fertility problems (no babies?)			X

*Ladies, face it...sex is sexist...and it s not on your side.*

*Who do you want to give that much power to change your life...forever? Really, who?*