

## **“Only if you Dare”** by Carol Duerksen

### **BACKGROUND INFORMATION:**

This session is for youth leaders and youth groups who are willing to be open and honest with each other on the topic of sex and dating. These questions and related articles are addressed in the Summer 2007 issue of *With Magazine* as well.

### **MATERIALS AND ADVANCE PREPARATION:**

- 1 Copies of these questions for small groups if you are going to divide the class into groups.
- 2 Adult leaders—male and female—to lead groups of guys and girls. These should be people that the youth trust and with whom they will be willing to share.

### **FOCUS:**

Introduce the topic, inviting students to share openly and honestly, but also giving them permission not to talk if they are not comfortable in sharing. Divide into separate groups of guys and girls, with same-sex adult leaders that the youth trust with each group.

### **CONNECT TO THE CONTENT:**

Lead discussion on the following questions.

- 1 On what do you base your standards, values, and boundaries as far as sex and dating? How much influence do the following have? Parents, peers, church, media? Other influences?
- 2 How common is “friends with benefits”? What is your perspective on this aspect of relationships?
- 3 Is virginity valued by you and your peers? How do you define virginity? How does oral sex relate to virginity?
- 4 How much difference do you see in the dating standards of those who call themselves Christians and those who don’t?
- 5 Should parents help their daughter get on birth control? Should parents talk to their son about using condoms? Why or why not?
- 6 Is masturbation a good way to relieve sexual tension, or is it something to be avoided?

- 7 What do you want to hear from adults about sex and dating?
- 8 What has impacted you the most as you make decisions on these areas in your life?
- 9 Do you share personal aspects of your life on a blog, MySpace or FaceBook?

### **REFLECT:**

Bring the group together and share the results of the discussions. Then talk about what next steps might be. Would the youth like to have more opportunities to talk about sex and dating? Would they like some sessions where they look at a Biblical perspective on their sexuality? Would they like to hear true stories from adults and what they have learned through the years?

### **RESPOND:**

Close with this prayer:

Lord, we are both excited and yes, at times frustrated, with the way you have created us. We are full of passion and attraction, confusion and questions. Walk with us. Sit with us. Be with us as we relate to each other.

Help us to make the kinds of choices that honor you and the body and mind that you have given us. Amen.