

# Marriage Sex & Living Wisely

A resource  
for Years 8 - 11  
on the subjects of  
relationships, marriage  
and sex, written  
from a Christian  
perspective

Module 2

**What are  
the benefits of  
Marriage?**



lovewise.org.uk

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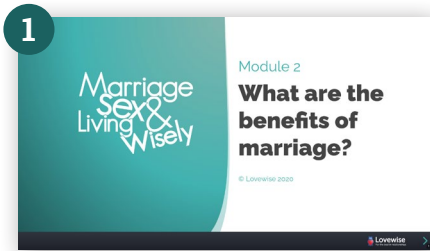
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## PAGE

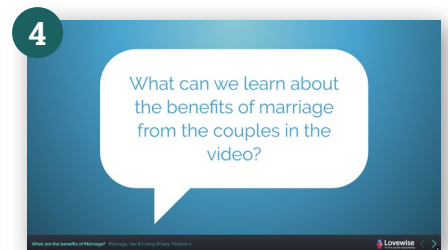
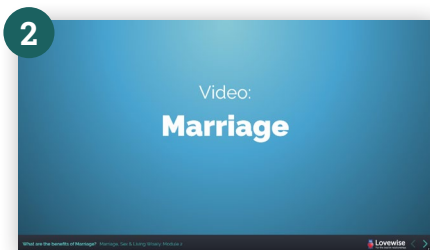
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# Overview

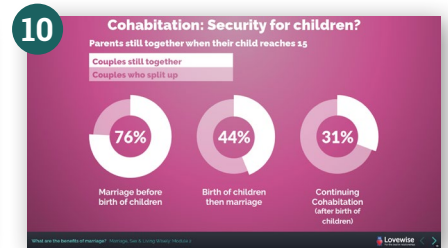
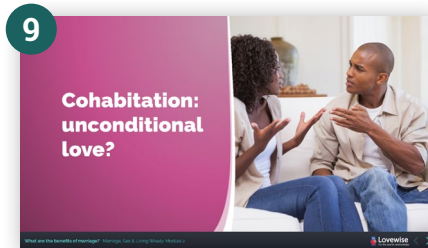
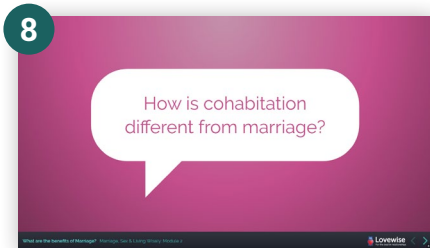
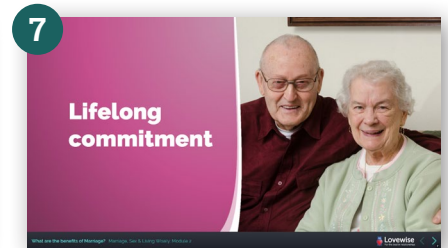
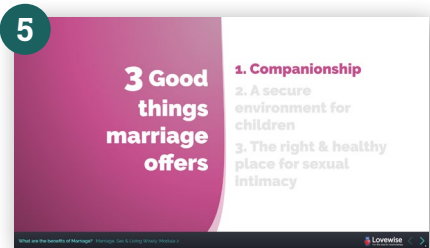
## Title page



## The benefits of marriage



## Companionship



# Overview (continued)

## A secure environment for children

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**3 Good things marriage offers**

1. **Companionship**
2. **A secure environment for children**
3. **The right & healthy place for sexual intimacy**

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**Many strong families make a strong society**

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“For the thousands of teens I’ve treated and counseled, one of the major causes of depression is sex. I consider it an ‘STD’ with effects as devastating as, if not more than, HPV, chlymadia or any other.

*Dr. Meg Meeker MD*

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Rates of new sexually transmitted infection (STI) diagnoses among people attending sexual health services by age-group and gender, 2016, England

Age Group	Gender	Rate per 100,000
15-19	Male	~1000
15-19	Female	~1000
20-24	Male	~2000
20-24	Female	~2000
25-29	Male	~3000
25-29	Female	~3000
30-34	Male	~4000
30-34	Female	~4000
35-39	Male	~3000
35-39	Female	~3000
40-44	Male	~2000
40-44	Female	~2000
45-49	Male	~1000
45-49	Female	~1000
50-54	Male	~500
50-54	Female	~500
55-59	Male	~200
55-59	Female	~200

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**God designed sex for marriage**

# Overview (continued)

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**3 Good things marriage offers**

1. **Companionship**
2. **A secure environment for children**
3. **The right & healthy place for sexual intimacy**

## Other modules

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Marriage  
Sex &  
Living  
Wisely

Module 2

**What are the benefits of marriage?**

Other modules:

- What is marriage?
- When to be sexually intimate.
- What happens if you don't keep sexual intimacy for marriage?
- Practical steps to help make a relationship that will last.
- Relationships: getting it right.



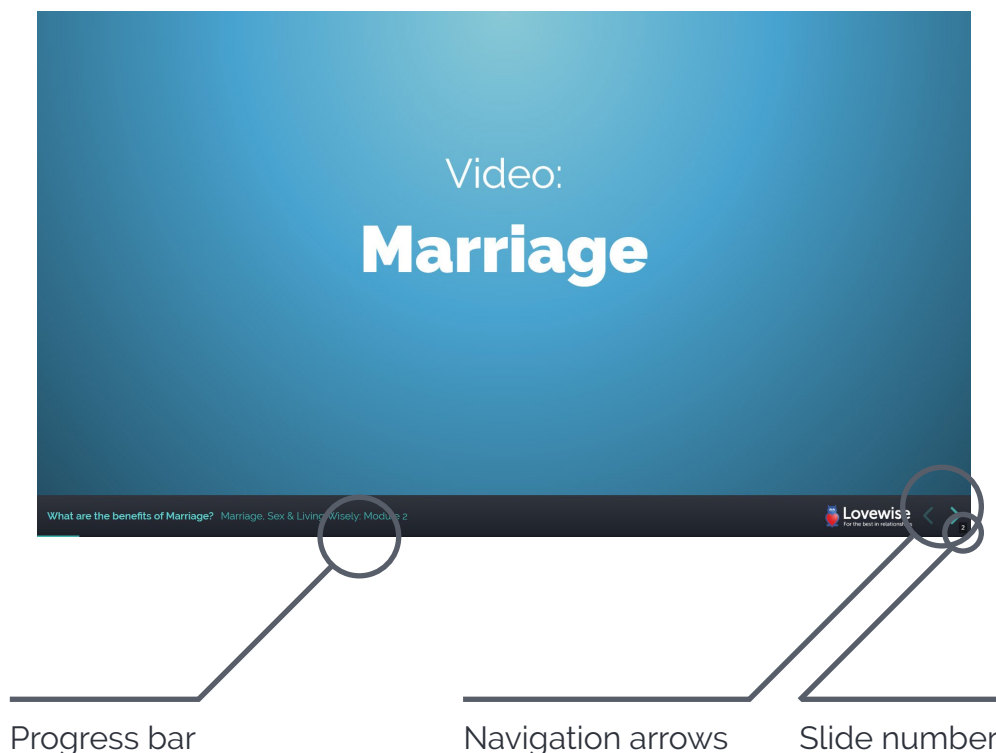
# Using this presentation

## Navigating

**NEXT:** Press “n”, or “space” or “→”, click the navigation arrows on the slide or swipe left (if using a touch device), to advance to the next slide (or display the next slide fragment)

**PREVIOUS:** Press “p”, or “←”, click the navigation arrows on the slide or swipe right (if using a touch device), to return to the previous slide (or return to the previous slide fragment)

## Presentation Screen



**BLANKING:** Press “b”, or “.” to blank the presentation screen. Press again to continue with the presentation.

**OVERVIEW:** Press “esc”, “o” or pinch-zoom to display an overview of the presentation. This view can be navigated as normal. Press “enter/return” to select the slide displayed in the centre of the overview or click or tap on a specific slide to resume at that slide.

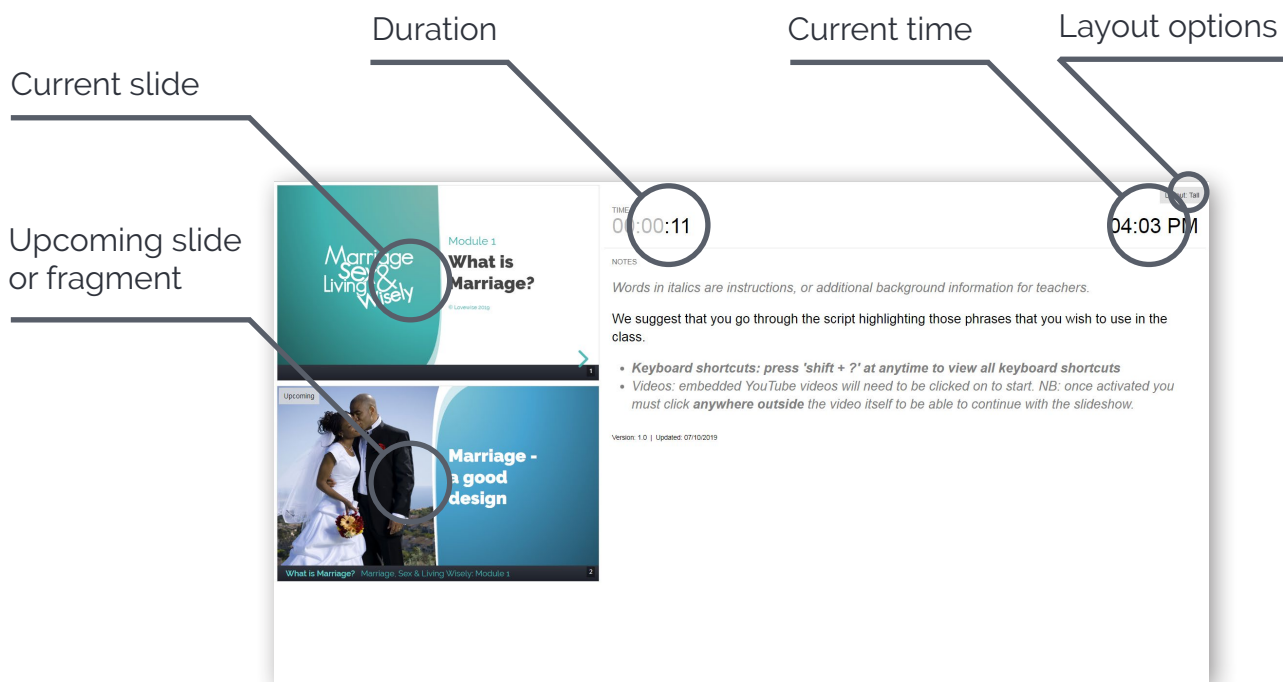
**NON-LINEAR (OPTIONAL) SLIDES:** Some parts of the presentation may feature optional slides. These sub-sections can be displayed by pressing “j”, “↓” or swipe up to navigate down the stack, or by pressing “k”, “↑” or swipe down to navigate up the stack.

These optional slides are shown on the overview screen or prompted by the Navigation Arrows displaying down and up arrows where relevant.

**FRAGMENTS:** Some slides have sections that are displayed in sequence on each subsequent ‘click’ or advance.

# Using the speaker view

## 'Speaker View' / Notes Screen



**LAUNCH SPEAKER VIEW:** Press "s" to launch the speaker view window. Move this (or the presentation screen) to the appropriate display - if using a projector or dual screen. On a mobile / touch device, buttons for launching the "speaker view" and "full screen mode" will be displayed to the bottom of the first slide only.

**CHANGING THE LAYOUT:** Click or tap on the grey "Layout" tab (top-right of the speaker view window). Select from the alternative layouts displayed: Tall / Wide / Large / Notes only / Mobile. NB: 'Mobile' layout has been optimised for devices held in portrait orientation.

**MOBILE CONTROL:** When using the speaker view on a mobile device to control the presentation - use swipe gestures on the "current slide" window ONLY.

**RESETTING THE COUNTER:** Click or tap anywhere on the timer or clock (above the speaker notes) to reset the Duration counter.

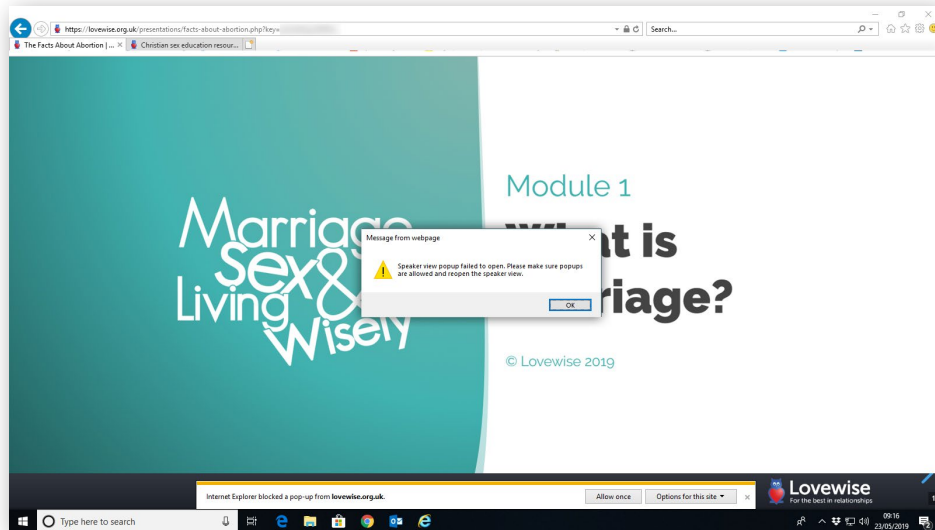
**EMBEDDED VIDEOS:** Some slides may contain video content that will NOT start automatically. Videos will need to be clicked on to start. NB: Once activated you must click anywhere outside the video itself to be able to continue to navigate the slideshow.

**SLIDE SCRIPT CONVENTIONS:** Directions or considerations for the speaker are shown in grey. Main speaker script is shown in black. Hyper-linked citations etc will launch in a separate browser window for further reading / research.

**REQUIREMENTS :** An internet connection and any standard browser are needed to view the presentation. If you are intending to give this presentation where there is no internet connection - please contact the Lovewise office for a downloadable, offline version. Alternatively, you can save the presentation webpage for offline use via your browser.

# Using the speaker view (continued)

## Troubleshooting



**UNABLE TO LAUNCH SPEAKER VIEW:** Since the speaker view launches in a “pop-up” window, it may be blocked depending upon your browser settings or ad-blocking software (if installed). You may be greeted with the following message:

“Speaker view pop-up failed to open. Please make sure pop-ups are allowed and reopen the speaker view”

**EDGE / Internet Explorer:** Options to allow the pop-up once (for that particular browser session) should be displayed. Alternatively, a drop-down menu with “options for this site” will be shown where you can elect to allow pop-ups in future for Lovewisegroup.org.uk by adding it as an exception.

Alternatively, select: SETTINGS > INTERNET OPTIONS > PRIVACY > POP-UP BLOCKER SETTINGS > enter “https://lovewisegroup.org.uk/” in the “Address of website to allow” input field > CLICK “ADD”. Then relaunch the speaker view.

**FIREFOX:** Options to allow pop-ups should be available under the “OPTIONS” tab (top-right) > CLICK “Allow pop-ups for lovewisegroup.org.uk”.

Alternatively, select: MENU > CONTENT BLOCKING > MANAGE EXCEPTIONS > add “https://lovewisegroup.org.uk/” > CLICK “Save Changes”. Then relaunch the speaker view.

**CHROME / SAFARI:** Typically, these browsers will not block the speaker view. If issues arise, look to add “https://lovewisegroup.org.uk” as an exception to the “pop-up blocker”, normally somewhere within the browsers “privacy” settings.

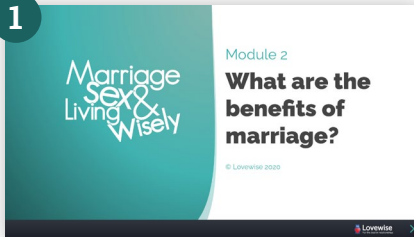


# Slide notes

Each sub-section is marked on the left with a continuous coloured line. Fragments of each slide are marked with a secondary line.

## Introduction

1



**Slide content is shown in the notes for reference with the prefix "SLIDE: slide content example"**

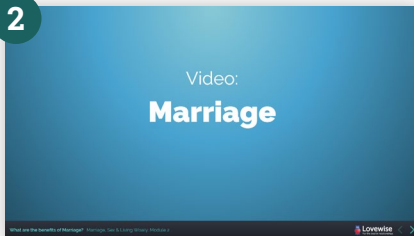
*Words in italics are instructions, or additional background information for teachers.*

*We suggest that you go through the script highlighting those phrases that you wish to use in the class.*

- *Keyboard shortcuts: press 'shift + ?' at any time to view all keyboard shortcuts*
- *Videos: embedded YouTube videos will need to be clicked on to start. NB: once activated you must click anywhere outside the video itself to be able to continue with the slideshow.*

## The benefits of marriage

2



Two couples talk about why they got married and why the commitment of marriage is so special.

3



*Video duration: 0:56*

**Transcript for reference:**

Martin: "I think the best thing about marriage is having someone there all the time. You've always got your best friend with you to talk to about things and to do things together."

Jenny: "Living together, having a future together. We're going to have a baby in five months' time, and knowing that Martin's going to be there and we're going to bring the baby up together is an amazing thing."

Richard: "Raising children - you really can't explain it until you actually do it. Watching you're children grow up is one of the best gifts of life, I think."

## The benefits of marriage (continued)

Andrea: "Although we've been married thirty three years, I would say that being married now is even better than it was (then). And we had a great honeymoon - but I think it's great now. I love the fact that I'm married - to Richard!" (laughs)

4

What can we learn about the benefits of marriage from the couples in the video?

**SLIDE: What can we learn about the benefits of marriage from the couples in the video?**

Answers might include:

- Companionship at all stages of life
- Sharing life together
- Knowing the other person is committed to the relationship
- Having children / bringing up their children together
- Having fun together

## Companionship

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3 Good things marriage offers

1. Companionship
2. A secure environment for children
3. The right & healthy place for sexual intimacy

**SLIDE: 3 Good things marriage offers**  
**1. Companionship**

*A click reveals the first of three points.*

In the following slides we think about three good things that marriage offers.

Marriage offers lifelong companionship in which a husband and wife are able to share every aspect of their lives together and support each other in all the stages of life. Companionship involves friendship and commitment.

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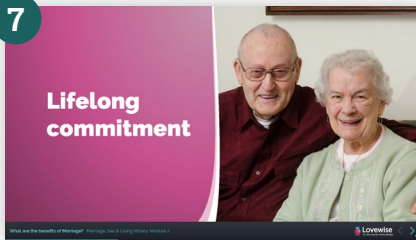
Lifelong friendship

**SLIDE: Lifelong friendship**

It is good to make sure that you can be best friends with the person that you marry. Many pupils will experience friendships that come and go as they pass through different phases of school life. But the friendship of marriage is intended to be permanent and you have your whole life to allow that friendship to grow. That means the person you are married to is your best friend.

## Companionship (continued)

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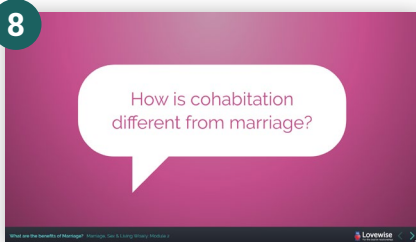


### SLIDE: Lifelong commitment

Commitment to one another in marriage means that you will stick by your husband or wife whether the circumstances are easy or difficult.

Here is a picture of an elderly married couple. Outwardly they may not look as attractive now as they did on the day they got married but there is a beauty in the care and commitment they show each other over many years. This is especially true during the possible weakness and ill health in old age.

8



### SLIDE: How is cohabitation different from marriage?

Nowadays it has become increasingly common for couples to live together (co-habit) – before or instead of getting married.

Cohabiting here means a couple sharing a home and being sexually intimate when they are not married.

*Ask the class the question on the slide. Answers might include:*

- they have not made public promises
- they have not signed any legal documents
- they may not have rings
- they do not share a surname
- they would not have to get a divorce if they split up
- they do not know how long the relationship will last
- they may feel less secure
- they are free to walk away from the relationship
- they have not made a definite long-term decision about the future

*A worksheet to help explore the differences between cohabitation and marriage is supplied for download: [Saving Sex for Marriage worksheet \(part 2\)](#)*

## Companionship (continued)

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### Cohabitation: unconditional love?



### SLIDE: unconditional love?

Marriage is different from cohabitation. Many cohabiting couples have not made a decision about their long term future. Getting married is a decision to make unconditional promises which will affect the way the couple view the relationship and how they behave.

You could share the following true account: Someone visited two students who were living together. The visitor asked them, "How long are you planning to be together?". Simultaneously, the girl said, "For good", and the guy said, "For the rest of term".

*Ask the class what these students had failed to do.* They had failed to discuss what their personal expectations were, when they moved in together. This account illustrates the lack of clarity about commitment in the state of cohabitation, in contrast to marriage. This often leads to disappointment and hurt, especially among young people.

*For more information on this subject visit:*

- [marriagefoundation.org.uk](http://marriagefoundation.org.uk)
- 'Marriage and cohabitation (General Lifestyle Survey Overview - a report on the 2011 General Lifestyle Survey)', March 2013, [ons.gov.uk](http://ons.gov.uk) (section 5)

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### Cohabitation: Security for children?

Parents still together when their child reaches 15

Couples still together

Couples who split up



Marriage before birth of children

Birth of children then marriage

Continuing Cohabitation (after birth of children)

This study showed that 76% of parents who married before having children were still together by the time their children were 14 - 15 years old, compared to 31% of cohabiting parents. Marriage after the birth of children still increased the percentage of the couples remaining together to 44%.

Source: <https://marriagefoundation.org.uk/wp-content/uploads/2016/06/pdf-09.pdf>

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### 3 Good things marriage offers

1. Companionship
2. A secure environment for children
3. The right & healthy place for sexual intimacy

### SLIDE: 2. A secure environment for children

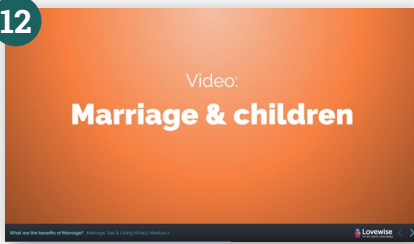
*A click reveals the second of three points.*

In the following slides we think about another of the good things that marriage offers.

Marriage offers a stable environment for bringing up children. The attitudes, actions and words of parents show children how valuable they are, and teach them purpose and rules for living that will affect the rest of their lives.

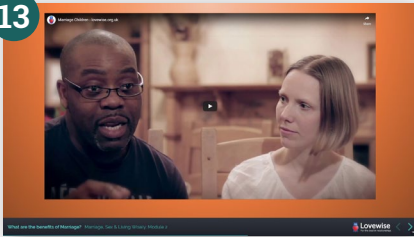
## A secure environment for children

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A couple talk about the roles of parents in bringing up children.

13



*Video duration: 2:45*

### **Transcript for reference:**

Wife: "I suppose one of the main things that children need to feel and to know - is security. Wouldn't you say?"

Husband: "Yes."

Wife: "So - to know that their parents are one hundred percent committed to each other, regardless of what happens, regardless of circumstances, or whatever else is going on. That their parents are both there. And the richness that both parents can put into their children and building them up. There's only so much that I can give, and it's like you're the missing part of the puzzle. Yes, there's a huge amount that we do together and it requires both of us. But, that commitment thing is fundamental, isn't it? I mean our kids - they've seen our wedding videos. It was a bit cringe-worthy. A bit dated."

Husband: "I had big hair as well! A big 'high top'."

Wife: "But they really enjoyed hearing us saying our vows. I hope that they do see evidence of those vows in day to day life."

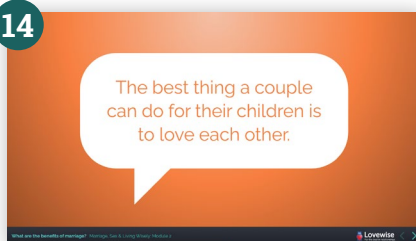
Husband: "Bringing up children is hard work. But then also you have to balance that with work. We've also got to look after our marriage as well. So, we've got to put time into that as well as putting time into the kids. There are particular roles that we'll take. So, cleaning the kids' shoes, polishing the kids' shoes - I'll just kind of take that on and get it done. The kind of day to day nurturing, because I work during the day, that falls down to Lucy. But there's the kind of 'having fun' element - for big stuff like building Lego and all that good stuff! Because I'm a big fan of Lego - I'll sit down with our eldest and I'll build Lego with him."

My own earthly father - I never kind of had him around - so I never kind of had a role model of how I should interact

## A secure environment for children (continued)

with my wife. And what that was like as a kind of 'father, son' relationship. So certainly, for me, I've been on a real steep learning curve - just to try and understand that. But then also I need to reflect that for my children as well. And if they have a decent role model to work with (OK, they'll take that and improve it, hopefully). If they see what a father is like and what a father should be like, that will hopefully lead them too, (if they were to get married and have kids); they've got a good start for ten, in how they should raise children, and how, more importantly, interact with their wife."

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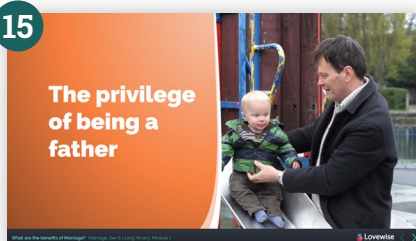
**SLIDE: The best thing a married couple can do for their children is to love each other.**

The wife in the video comments that children need "to know that their parents are one hundred per cent committed to each other, regardless of what happens, regardless of circumstances, or whatever else is going on".

*Discuss the statement on the slide.*

*The next few slides highlight some of the ways that marriage provides a secure environment for children.*

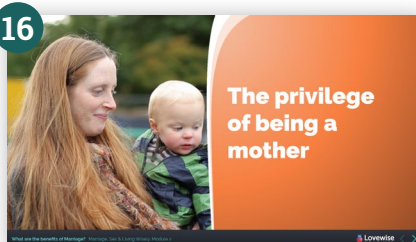
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**SLIDE: The privilege of being a father**

A father has a special role and a big responsibility. He protects and leads the family and sees that children are loved, guided and when necessary disciplined. Having a dad to look up to and have fun with is great for children. Sadly, many men in our society miss out on this opportunity if they father a child outside marriage.

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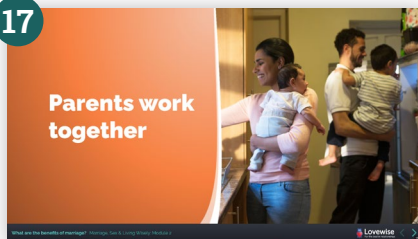


**SLIDE: The privilege of being a mother**

There is nothing quite like the love and closeness that a mother experiences for her baby and the fulfilment of seeing her child grow and develop. She has a special role in looking after the family. Having a mum to depend on is great for children.

## A secure environment for children (continued)

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### SLIDE: Parents work together

In marriage parents work together as a team. They support each other and can use their different skills to help bring up their children.

We know that not all of you here will come from a situation where your mother and father are both at home. It is hard for one parent to fulfil the roles of both a mother and a father.

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### SLIDE: Many strong families make a strong society

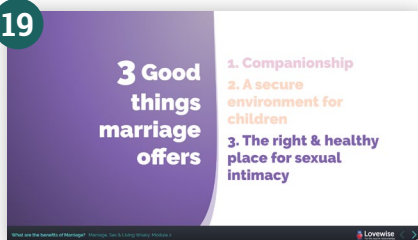
Marriage offers a good basis for society. Committed relationships are essential for strong families and a stable society. Because marriage is based on life-long commitment, it offers the most stable and long-lasting framework for family members, the extended family and society as a whole. Strong families make a strong society.

Studies show that married couples are more likely to prosper economically and report healthier lifestyles and relationship satisfaction.

Source: 'Family Structure Still Matters', August 2020, [www.centreforsocialjustice.org.uk](http://www.centreforsocialjustice.org.uk) (page 8 - 17)

## The right & healthy place for sexual intimacy

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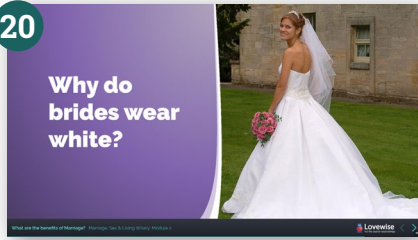
### SLIDE: 3. The right & healthy place for sexual intimacy

*A click reveals the third of three points.*

In the following slides we think about another of the good things that marriage offers.

Marriage offers the right and healthy place for sexual intimacy.

20



### SLIDE: Why do brides wear white?

Historically, most girls were virgins until they got married. White in this context was seen as a symbol of purity.

But can sexual intimacy before marriage adversely affect your health?

## The right & healthy place for sexual intimacy (continued)

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“  
For the thousands of teens I've treated and counseled, one of the major causes of depression is sex. I consider it an 'STD' with effects as devastating as, if not more than, HPV, chlamydia or any other.

Dr Meg Meeker MD

**SLIDE: For the thousands of teens I've treated and counseled, one of the major causes of depression is sex. I consider it an 'STD' with effects as devastating as, if not more than, HPV, chlamydia or any other.**

*Discuss Dr Meeker's comment<sup>1</sup> comparing depression to an STD (Sexually Transmitted Disease).*

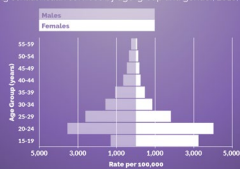
This study<sup>2</sup> also demonstrates a correlation between depression and early sexual activity. This is greater the younger the individual and also greater in girls than in boys.

Sex outside marriage can damage your mental health.

1. <https://www.meekerparenting.com/blog/depression-the-emotional-std>
2. <https://www.tandfonline.com/doi/full/10.1080/21642850.2015.1101696>

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Rates of new sexually transmitted infection (STI) diagnoses among people attending sexual health services by age-group and gender, 2016, England



**SLIDE: Rates of new sexually transmitted infection (STI) diagnoses among people attending sexual health services by age-group and gender, 2016, England**

Notice that STIs affect those in their early 20s most of all, and young women are affected more than young men.

*Source: [Public Health England](#).*

Sex outside marriage can damage your physical health.

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**SLIDE: God designed sex for marriage**

Sexual intimacy is God's gift for those who are married. It is a strong physical bond that strengthens a marriage. Outside marriage there is physical unity but without a publicly promised commitment for life.

*A worksheet which explores saving sex for marriage further (part 1) is supplied for download: [Saving Sex for Marriage Worksheet](#)*

*This worksheet can also be used in conjunction with Module 3: When to be sexually intimate.*



## Summary & other modules

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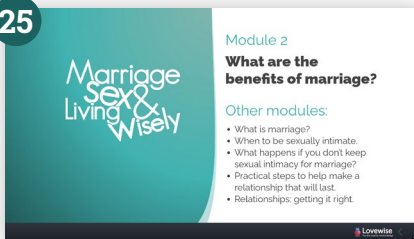


**SLIDE: 3 Good things marriage offers**

1. **Companionship**
2. **A secure environment for children**
3. **The right & healthy place for sexual intimacy**

## Other modules

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*Other Modules available in the same series:*

- What is marriage?
- When to be sexually intimate.
- What happens if you don't keep sexual intimacy for marriage?
- Practical steps to help make a relationship that will last.
- Relationships: getting it right.