

Marriage Sex & Living Wisely

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

Module 4

**What happens
if you don't keep
sexual intimacy
for marriage?**



lovewise.org.uk

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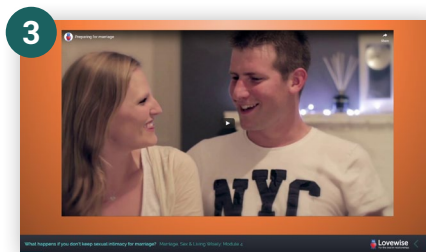
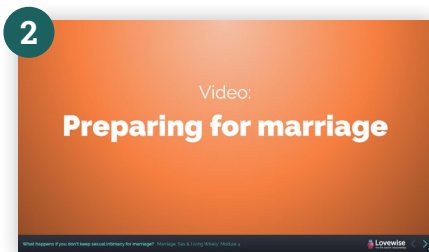


Overview

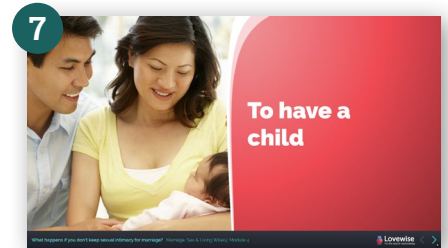
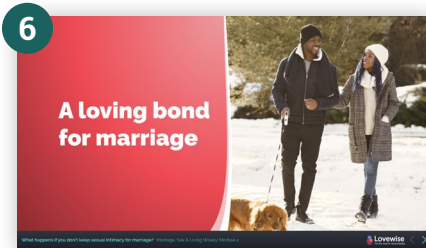
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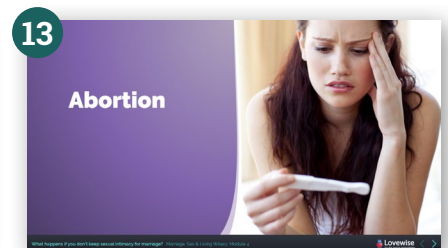
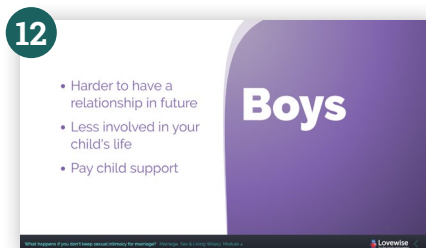
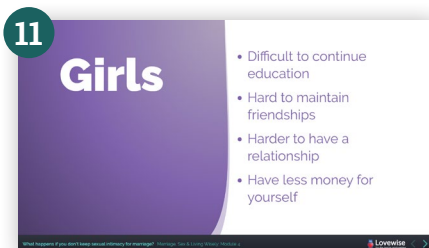
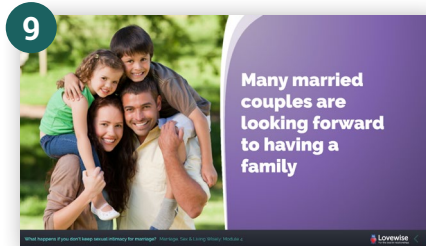
Preparing for marriage



The purpose of sex



Pregnancy at the wrong time



Overview (continued)

Pregnancy at the wrong time (continued)

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Abortion

In 2018, in England and Wales, over **200,000** unborn babies were aborted.



Fetus alive in the uterus

© The Center for Bio-Ethical Reform

Getting a sexually transmitted infection (STI)


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3 Things that might happen if you don't keep sex for marriage

1. Pregnancy at the wrong time
2. Getting a sexually transmitted infection (STI)
3. Emotional pain


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An infection caught from intimate physical contact



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An ulcer on the tongue



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Bacterial

- Chlamydia
- Gonorrhoea
- Syphilis

Viral

- Herpes
- HIV (AIDS)
- HPV (Genital Warts)

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Facts

- Most STIs are easy to catch
- Girls are more at risk than boys
- Teenage girls are most at risk

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Myths

- The Pill gives you protection against STIs
- Condoms always protect you from STIs
- All STIs are curable
- You always know that you have an STI

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Chlamydia

- Very easy to catch
- Can give an unpleasant discharge
- 'Silent' in 70% of women and 50% of men
- The first thing you may know is that you cannot have children

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Human Papilloma Virus (HPV)
(Causes genital warts)

- Causes over 90% of cervical cancer
- Spread by sexual transmission, including oral sex
- Cervical cancer can be reduced by vaccination

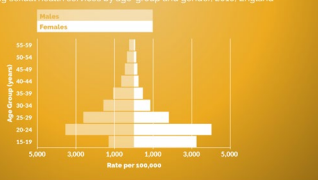
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Fact: Never before have there been more condoms available and more teaching about sexual health

Why are levels of sexually transmitted infections so high?

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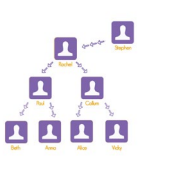
Rates of new sexually transmitted infection diagnoses among people attending sexual health services by age-group and gender, 2018, England



Rate per 100,000

25

STIs spread when people have multiple sexual partners



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Condoms

- Do not give 100% protection
- May be forgotten in the heat of the moment
- Do not always work properly

Overview (continued)

Getting a sexually transmitted infection (STI) (continued)

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There is no such thing as completely safe sex except in faithful marriage

What happens if you don't keep sexual intimacy for marriage? Marriage, Sex & Living Wisely: Module 4

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Emotional pain

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3 Things that might happen if you don't keep sex for marriage

1. Pregnancy at the wrong time
2. Getting a sexually transmitted infection (STI)
3. Emotional pain

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Video:

Pressure to have sex

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Sex is designed to strengthen the relationship of two people who are married



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The sexual bond is not designed to be broken - when it is, we hurt ourselves and others




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Sex is unforgettable & permanent




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It becomes harder to make a strong bond in the future




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If you have made mistakes, don't despair

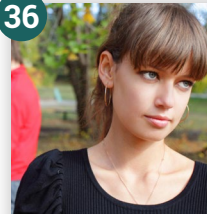


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If you are truly sorry, you can ask God to forgive you and help you make different choices in the future



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Video:

Starting again

What happens if you don't keep sexual intimacy for marriage? Marriage, Sex & Living Wisely: Module 4

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What happens if you don't keep sexual intimacy for marriage? Marriage, Sex & Living Wisely: Module 4

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Overview (continued)

Other modules

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Marriage
Sex &
Living
Wisely

Module 4

What happens if you don't keep sexual intimacy for marriage?

Other modules:

- What is marriage?
- What are the benefits of marriage?
- When to be sexually intimate.
- Practical steps to help make a relationship that will last.
- Relationships: getting it right.

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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.

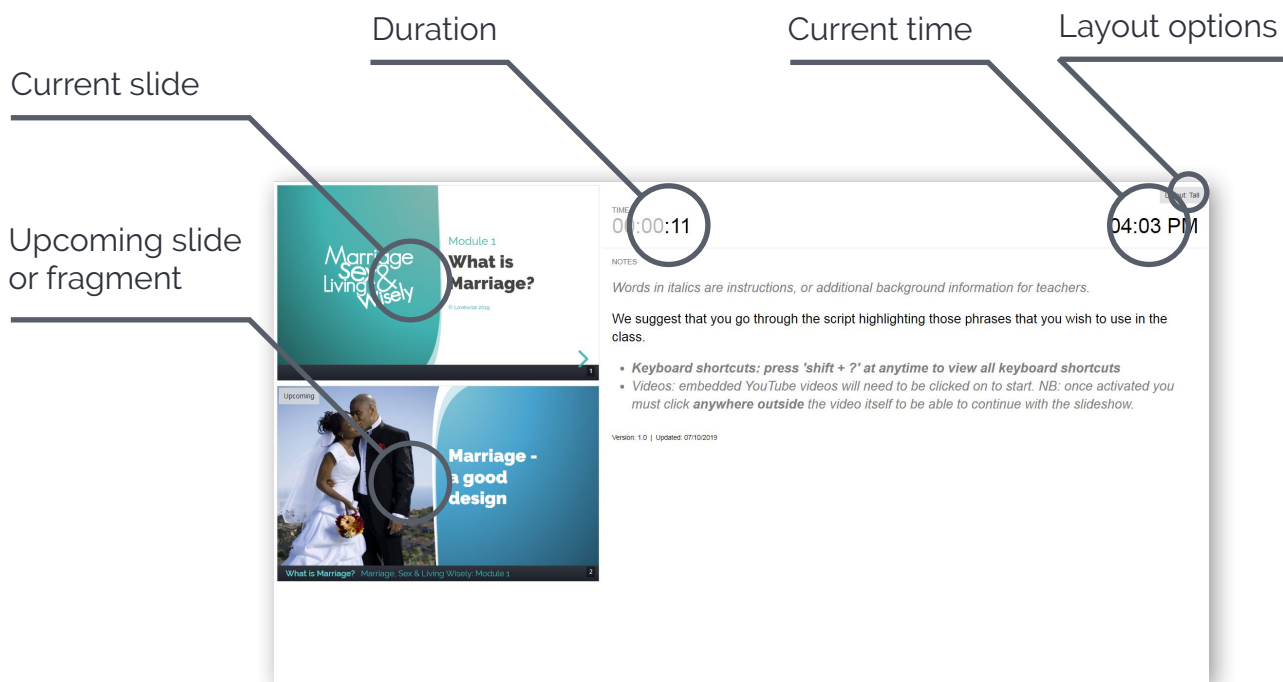
NON-LINEAR (OPTIONAL) SLIDES: Some parts of the presentation may feature optional slides. These sub-sections can be displayed by pressing “j”, “↓” or swipe up to navigate down the stack, or by pressing “k”, “↑” or swipe down to navigate up the stack.

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.

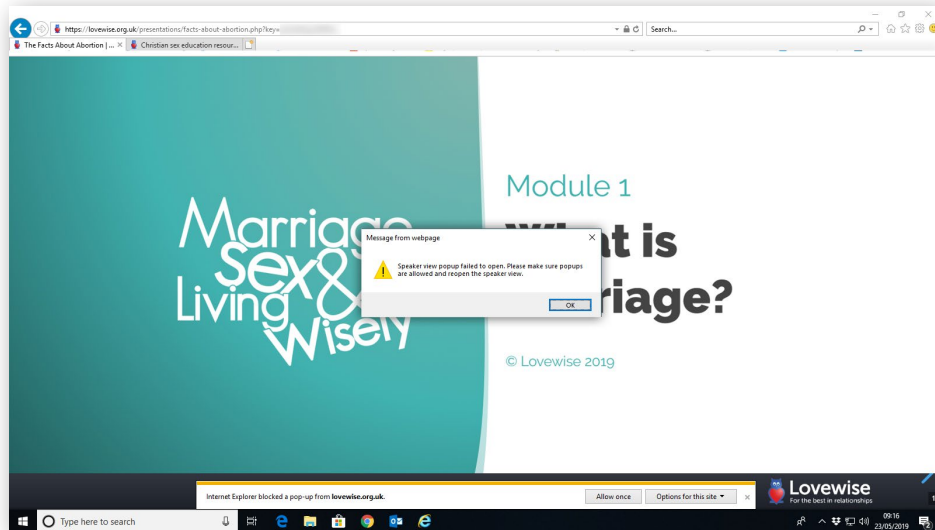
EMBEDDED VIDEOS: Some slides may contain video content that will NOT start automatically. Videos will need to be clicked on to start. NB: Once activated you must click anywhere outside the video itself to be able to continue to navigate the slideshow.

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 Lovewise.org.uk by adding it as an exception.

Alternatively, select: SETTINGS > INTERNET OPTIONS > PRIVACY > POP-UP BLOCKER SETTINGS > enter “https://lovewise.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 lovewise.org.uk”.

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

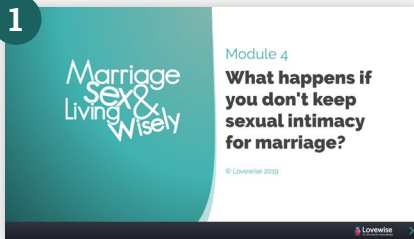
CHROME / SAFARI: Typically, these browsers will not block the speaker view. If issues arise, look to add “https://lovewise.org.uk” as an exception to the “pop-up blocker”, normally somewhere within the browsers “privacy” settings.

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.*

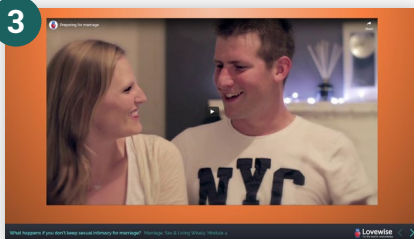
Preparing for marriage

2



A couple talk about the importance to them of saving sex for marriage.

3



Video duration: 2:14

Transcript for reference:

Adam: "My name is Adam and this is my fiancée Lukie - Lucinda. And we're getting married on Saturday - that's in three days' time."

Lucinda: "Woooo!"

Adam: "Quite excited to be honest!"

TITLE: Why did you decide to get married?

Adam: "We've been friends like seven years, and started going out about five years ago. We share a lot of fun jokes. We've always got each other's back. Like, if one of us makes a mistake or makes a fool out of ourselves - then the other

Preparing for marriage (continued)

one is there to make it right. But it also means that we get to do everything together.”

Lucinda: “I like it because I can be myself in front of Adam. And it takes a real best friend to be like that.”

TITLE: Does it seem scary to spend the rest of your life with one person?

Adam: “Marriage is about a commitment thing. And I think, in the world, people are afraid of commitment and commitment isn’t really pushed at you through the media and through society. It’s all ‘you can get this quickly and if you don’t like it you can throw it away again’. Whereas I want to show you, and I want to show all our friends that I just want to be with you - that I just want to be committed to you.”

Lucinda: “When I think of the rest of my life and all the big things that you do in it (or even the small things)... there isn’t anyone else (I don’t want to sound too cheesy), there isn’t anyone else that I’d want to do them with. And even now when I do little things, or think little things, you’re the first person that I want to share them with.”

TITLE: Why have you kept sex for marriage?

Adam: “The whole sex before marriage thing - I wanted... In a way, in a sense I’m a wedding gift to you. I’m my wedding gift to you (I’ll get you something else as well!). But your main present is me, and I want that to be really good. I don’t want it to be some other person’s secondhand something. And I don’t want it to have any terrible faults in it - that’s why I work out!”

Lucinda: (laughs)

4

In the video, why did Adam think it would be good to keep sex for marriage?

SLIDE: In the video, why did Adam think it would be good to keep sex for marriage?

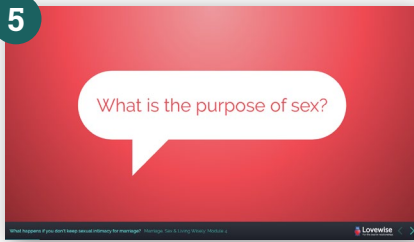
Answers should include:

- Sex would not be secondhand
- He wanted to be a good gift to his wife, without any faults.

This module explains some of the problems which might result from not keeping sex for marriage.

The purpose of sex

5



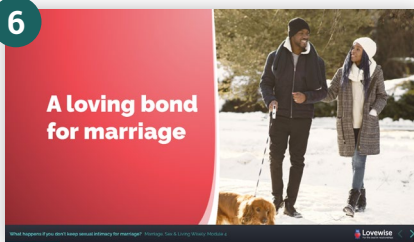
SLIDE: What is the purpose of sex?

In order to understand why God designed sex for marriage and only for marriage, it is helpful to think about the purpose of sex.

Ask the class the question on the slide. The next two slides outline the two main purposes of sex.

This slide and the next two slides may have been covered already in Module 3: When to be sexually intimate.

6

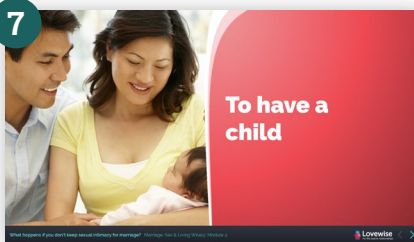


SLIDE: A loving bond for marriage

Sex is a loving physical bond for marriage so a husband and wife can enjoy their physical relationship together and communicate their love for each other in this special way.

This slide may have been covered already in Module 3: When to be sexually intimate.

7



SLIDE: To have a child

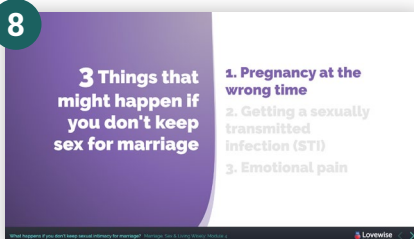
Sexual intimacy can result in a pregnancy and most married couples want to have children. Nowadays we hear so much about contraception, it is easy to forget that sex was designed to produce babies.

Marriage offers a secure and loving environment for bringing up children (*this is covered in greater depth in 'Module 2: What are the benefits of marriage?'*).

This slide may have been covered already in Module 3: When to be sexually intimate.

Pregnancy at the wrong time

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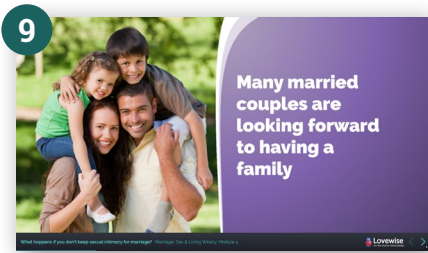
SLIDE: 3 Things that might happen if you don't keep sex for marriage

1. Pregnancy at the wrong time

A click reveals the first of three points.

Keeping sex for marriage is the good, healthy and right choice. This presentation now looks at three possible unwanted consequences of sex outside marriage.

Pregnancy at the wrong time (continued)



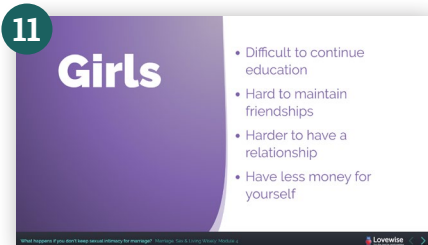
SLIDE: Many married couples are looking forward to having a family

Many married couples are looking forward to having a family and becoming pregnant is a very exciting and joyful time.



SLIDE: But how would pregnancy at the wrong time affect your life?

This gives the opportunity to discuss with the class how becoming pregnant or fathering a child would affect their life now.

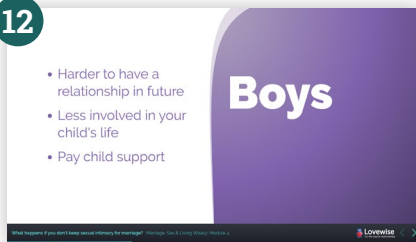


SLIDE: Girls

- **Difficult to continue education.** If you become pregnant while you are still in education, you may have to change school and take longer to finish your education
- **Hard to maintain friendships.** Looking after a child takes time and effort. This means that you may find it more difficult to join in with all the social things that your friends are doing.
- **Harder to have a relationship in future.** Once a single girl has had a baby she is less likely to get married. *You may want to ask the class why this is so. Below are some reasons:*
 - she finds it less easy to get out to meet a suitable husband
 - a potential husband may be put off by the knowledge that she has been involved in a previous sexual relationship
 - a potential husband may be put off by the prospect of parenting a child who is not his own
- **Have less money for yourself.** Looking after a child is expensive. It will leave you with little money to spend on things for yourself.

Pregnancy at the wrong time (continued)

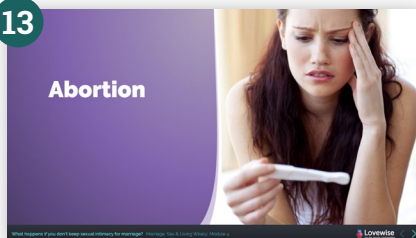
12



SLIDE: Boys

- **Harder to have a relationship in future.** If the child is involved in your life, a potential girlfriend may be put off by the prospect of parenting a child who is not her own. If you are not involved in the child's life, a potential girlfriend may be put off by your lack of commitment to the child you fathered.
- **Less involved in your child's life.** Sadly many fathers miss the joy and responsibility of experiencing their child growing up and of having a close relationship with them.
- **Pay child support.** It would be helpful to mention that the biological father has a duty by law to provide financially for the child until the child is eighteen years of age.

13



SLIDE: Abortion

If a girl becomes pregnant when she is not in a position to look after and bring up her child, it is often suggested that she should consider ending the life of her unborn baby by abortion. This is a very difficult situation for a girl to face and girls often feel pressure from their partner or family members when making this decision.

It is important to remember that having an abortion can lead to physical problems and often causes emotional difficulties. Many girls feel a sense of guilt and loss after having an abortion.

14



SLIDE: In 2018, in England and Wales, over 200,000 unborn babies were aborted

In the year 2018, 205,295 unborn babies had their lives terminated in England and Wales in this way.

The slide shows a picture of an unborn baby at 9 weeks of development (11 weeks after the last menstrual period). The little baby is about 4-5cm long and you can see the eyes, nose, hands, fingers, knees and at this stage all the internal organs are formed and the heart is beating.

*Image used under license: Centre for Bio-Ethical Reform UK.
Notes: Using minimally invasive endoscopes, CBR's embryo and foetus pictures are derived from many smaller images 'stitched' together in much the same manner NASA uses to combine satellite photo 'tiles' to form a large, high resolution 'mosaic'.*

Getting a sexually transmitted infection (STI)

15



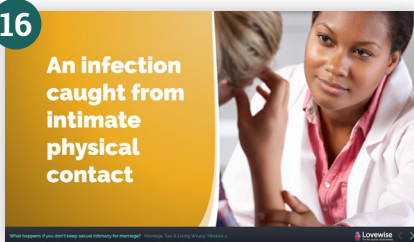
SLIDE: 2. Getting a sexually transmitted infection (STI)

A click reveals the second of three points.

2. Getting a sexually transmitted infection (STI). The second possible unwanted consequence of sex outside marriage is getting a sexually transmitted infection.

A worksheet which explores the issue of STIs further is supplied for download: [STIs Worksheet](#)

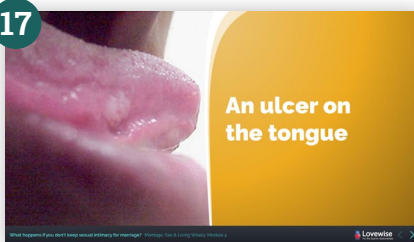
16



SLIDE: An infection caught from intimate physical contact.

STI is short for sexually transmitted infection and if you read the definition on the slide carefully you will realise that you do not have to have full sexual intercourse to get a sexually transmitted infection.

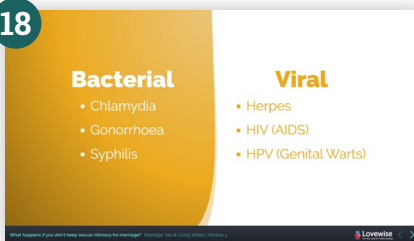
17



SLIDE: An ulcer on the tongue

For example, here is a picture of an ulcer in the mouth caused by the human papilloma virus (HPV) caught through oral sex. Syphilis can also cause ulcers in the mouth.

18



SLIDE: Bacterial, Viral

Some STIs are caused by bacteria and some by viruses. Here are some of the most common STIs – there are actually several others.

- Bacterial: Chlamydia, Gonorrhoea, Syphilis
- Viral: Herpes, HIV (AIDS), HPV (which causes genital warts)

STIs caused by bacteria can be treated with antibiotics and usually cured. The antibiotics are normally taken by mouth but sometimes need to be given by injection.

Herpes, HPV and HIV are viruses and, though they may be controlled in various ways, they will not necessarily be cured.

Getting a sexually transmitted infection (STI) (continued)

19



SLIDE: Facts

Here are some important facts about STIs.

- **Most STIs are easy to catch.** For example, it has been estimated that there is a 50% possibility of catching gonorrhoea through a single sexual act with an infected partner.
- **Girls are more at risk than boys.** Probably because of the greater surface area of their genital tract and because male secretions remain within them after intercourse, girls are more at risk than boys of catching STIs.
- **Teenage girls are most at risk.** Probably due to the immaturity of the lining of their genital tract teenage girls are the group most at risk of catching STIs.

20



SLIDE: Myths

The statements on the slide are **NOT** true.

- **The Pill gives you protection against STIs.** The Pill is a contraceptive that, if taken correctly, will prevent conception (pregnancy). It does not provide a mechanical barrier and its hormones do not stop a woman catching an STI.
- **Condoms always protect you from STIs.** Condoms reduce the likelihood of catching an STI but they do not protect 100% against all STIs. We shall discuss this further in slide 26.
- **All STIs are curable.** We have already explained that not all STIs can be cured. Those caused by viruses may be controlled and sometimes resolve naturally but cannot be cured by medicine.
- **You always know that you have an STI.** As we shall discuss later, you do not always know if you have an STI.

Getting a sexually transmitted infection (STI) (continued)

21

Chlamydia

- Very easy to catch
- Can give an unpleasant discharge
- 'Silent' in 70% of women and 50% of men
- The first thing you may know is that you cannot have children

SLIDE: Chlamydia

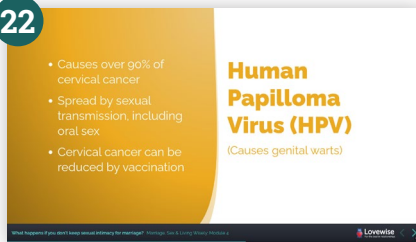
We do not have time to talk about all the different STIs but we are going to take an example and talk about Chlamydia – which is one of the most common STIs caused by bacteria.

- **Very easy to catch**
Chlamydia can be caught very easily.
- **Can give an unpleasant discharge**
Chlamydia infection can cause a whitish/yellow liquid from the genitals called a discharge. (Not all discharges are due to Chlamydia.)
- **'Silent' in 70% of women and 50% of men**
The problem with Chlamydia is that it does not *always* cause a discharge or make you feel ill. It is possible to have the infection without knowing that you have it. This happens in about 70% of women who have chlamydia and 50% of men. If this happens, the Chlamydia organisms may cause damage inside your body without you knowing about it.
- **The first thing you may know is that you cannot have children**
If a girl has the infection for some months or years, it may damage the tubes connecting her womb to her ovaries (the fallopian tubes). Later in life when she wants to have children, this damage may make it difficult or impossible for her to conceive. This is because the sperm are prevented from reaching her egg because the fallopian tubes are blocked. Untreated Chlamydia infection may also reduce male fertility.

It is because of the possibility of infection without symptoms that people may be given testing kits to check whether they have Chlamydia.

Getting a sexually transmitted infection (STI) (continued)

22



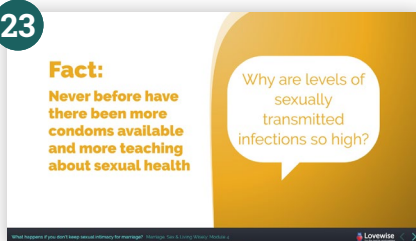
SLIDE: Human Papilloma Virus (HPV)

One of the commonest viruses causing a sexually transmitted infection is Human Papilloma Virus (HPV)^[1].

- **Causes over 90% of cervical cancer**
There are many types of HPV. The virus can cause changes in the cell lining the cervix, which then lead to cancer.
- **Spread by sexual transmission, including oral sex**
HPV is spread by skin to skin contact.
- **Cervical cancer can be reduced by vaccination**
HPV vaccine protects against only 75% of cervical cancers.

1. *Cancer Research UK*

23



SLIDE: FACT: Never before have there been more condoms available and more teaching about sexual health.

It is strange that when young people learn so much about staying sexually healthy that the number of people getting STIs is still so high.

SLIDE: Why are levels of sexually transmitted infections so high?

A click reveals the above question. Ask the class why they think this is the situation. Possible answers may include:

- many people are having sex outside faithful marriage and with more partners
- condoms do not give 100% protection against STIs. Though condoms, correctly used, can be effective at protecting against some STIs, condoms do not protect well against STIs such as herpes, genital warts and syphilis that can be spread by skin to skin contact.
- people think that having an STI is not a big issue because it can be cured
- not all STIs can be cured
- sometimes people do not tell the truth about whether they have symptoms or have been tested and treated
- sometimes people do not realise they have an STI and so do not think they need to use a condom

Getting a sexually transmitted infection (STI) (continued)

24

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



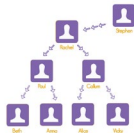
SLIDE: Rates of new sexually transmitted infection diagnoses among people attending sexual health services by age-group and gender, 2016, England

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](#).

25

STIs spread when people have multiple sexual partners



SLIDE: STIs spread when people have multiple sexual partners

Click through the sequence to illustrate the spread of an STI from one person to many, through individual sexual encounters.

STIs spread when people have multiple sexual partners.

It is obvious from what we have said that if someone has sex with many different people, it is very easy for STIs to spread and to affect a lot of people.

Also, notice that all the people in the diagram had only had ONE previous sexual partner at the time they contracted an STI.

Getting a sexually transmitted infection (STI) (continued)

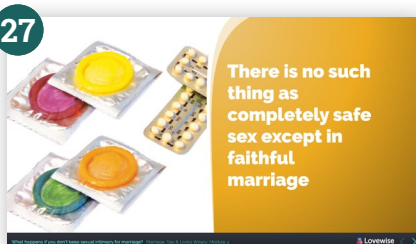
26



SLIDE: Condoms

- **Do not give 100% protection.** Pupils may be surprised to learn that condoms do not protect 100% against all sexually transmitted infections.^[1,2]
 - **May be forgotten in the heat of the moment.** Many young people do not anticipate having sex when they do – sometimes because they are being pressurised or are under the influence of alcohol. Under these circumstances, the condom is rarely used.
 - **Do not always work properly.** Studies have shown a failure rate of approximately 2% when a condom is used perfectly. With typical use the failure rate can be considerably higher.^[3]
1. See, *US Centers for Disease Control and Prevention 'Condom Fact Sheet'* on <http://www.cdc.gov/condomeffectiveness/brief.html>. Studies show condom protection rates for some of the commonest STIs such as genital warts and herpes are very poor. Some STIs can be caught from outside the area covered by the condom, e.g. from the genital area (warts), from oral sex (herpes), or from a discharge (chlamydia and gonorrhoea).
 2. Condoms offer good protection (up to 95%) against HIV. See, for example, *'Condom effectiveness: where are we now?'* Crosby RA and Bounse S, *Sexual Health*, 2012, 9,10-17
 3. *Contraceptive failure in the United States, 2013.*

27

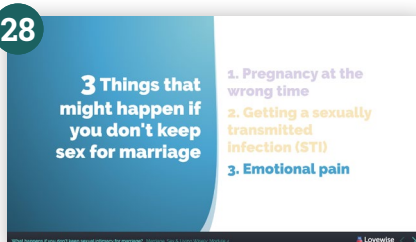


SLIDE: There is no such thing as completely safe sex except in faithful marriage.

Since STIs can only spread through sexual intimacy, there is no opportunity in faithful marriage (if the couple marry as virgins) for STIs to be introduced from outside.

Emotional pain

28



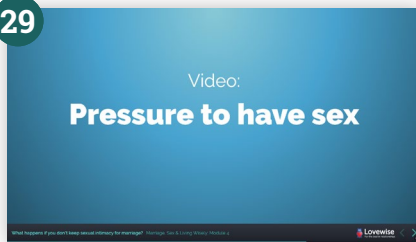
SLIDE: 3. Emotional pain

A click reveals the last of three points.

Another possible unwanted consequence of sex outside marriage is that it may also cause emotional pain.

Emotional pain (continued)

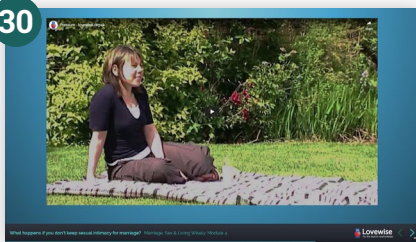
29



The following video is an example of the emotional pain experienced by a girl who felt pressured to have sex with her boyfriend, even though she did not really want to and was below the age of consent. (The age of consent for sexual activity in the UK is 16.)

A worksheet which explores the issue of emotional pain covered in this following video is supplied for download (this may be best used at the end of the presentation): [Emotional Consequences Worksheet](#)

30



This video is also used in the Girls' version of Module 6: Relationships: getting it right.

Video duration: 2:14

Transcript for reference:

"I was fourteen when I started going out with my first serious boyfriend. He was older than me and he went to a different school. And just seemed more mature. He was quite charming - he was nice to me.

After two weeks of going out with him it became obvious that he wanted us to start having sex, and although there was just something that told me that I didn't want to do it - but I didn't have any kind of opinion really clearly formed. My parents hadn't really told me anything about sex - or when to have it or why to have it. I wasn't a Christian at the time, so I didn't have any kind of faith that helped me make those kinds of decisions.

And so, although I didn't really want to do it, I allowed myself to do it. Just because he obviously wanted to, and I thought that would secure our relationship - that that would make him happy, so I did.

I don't think that having sex with him did make him love me more at all. Our relationship lasted two months and it just fizzled out in the end really. So, there wasn't any kind of commitment or love behind that physical relationship at all really.

I think the pain of us breaking up was worse because we had that physical relationship - and had had sex. I think if you imagine two bits of paper that are glued together and then try to tear them apart, that's not a smooth tear; bits of paper stick to either side. And so, it's hard to explain but I think with that physical relationship breaking it does hurt inside more deeply."

Emotional pain (continued)

31

Sex is designed to strengthen the relationship of two people who are married



SLIDE: Sex is designed to strengthen the relationship of two people who are married

As we said at the beginning of this presentation, sex is designed to strengthen the relationship of two people who are married.

In marriage a couple give themselves to each other sexually, knowing that they have made a commitment to be together for life.

32

The sexual bond is not designed to be broken - when it is, we hurt ourselves and others



SLIDE: The sexual bond is not designed to be broken - when it is, we hurt ourselves and others

Because sexual intimacy was actually designed to strengthen the relationship of marriage, if you have been sexually intimate with a boyfriend or girlfriend and your relationship breaks up, it is particularly painful.

Sex makes you very vulnerable to another person who experiences a oneness with you. This may feel exciting at the time. However, if that person is not interested in a long term loving relationship, this may leave you feeling hurt and used.

You may want to use this illustration to demonstrate the pain of a sexual relationship breaking up (the illustration is continued on slide 34: 'It becomes harder to make a strong bond in the future').

Apply a strip of strong tape to your arm and then try to pull it off. Tearing a bond like this is painful. This pain represents the trauma of breaking up after sex. It was not intended that we should be sexually intimate and then walk away. In so doing we would be breaking apart a God-given bond that is intended to help keep a couple together for life.

33

Sex is unforgettable & permanent

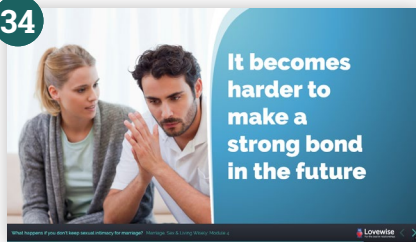


SLIDE: Sex is unforgettable and permanent.

It can be very hard to come to terms with the feelings of rejection and disappointment if you have given yourself to someone who then leaves you. If you give your virginity away, you cannot get it back - make sure you do not give yourself away in a careless or trivial way.

Emotional pain (continued)

34



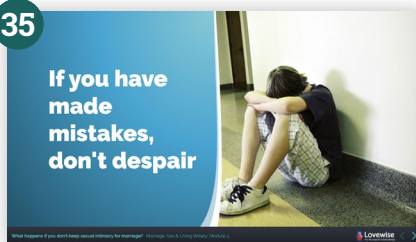
SLIDE: It becomes harder to make a strong bond in the future.

After having sex with several different partners, breaking up may be less painful but it may also become harder to make a lasting relationship.

You may want to use the illustration below to show how it becomes harder to make a lasting bond. (Illustration continued from the slide 32: 'The sexual bond is not designed to be broken - when it is, we hurt ourselves and others'.)

Now try to stick the tape back on your arm. The tape is less adhesive, and every time you do this, the tape becomes less and less so. This illustrates how it may become harder to make a strong and life-long emotional bond following sexual relationships with a series of different partners.

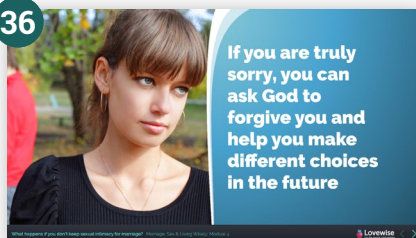
35



SLIDE: If you have made mistakes, don't despair.

Just because a person makes one mistake, it does not mean that the person has to carry on in the same way and make the same mistake again.

36

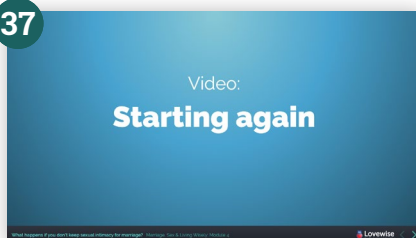


SLIDE: If you are truly sorry, you can ask God to forgive you and help you make different choices in the future.

If you have done something you now regret, you can ask God to forgive you and give you strength to make different choices in the future. If we tell God we are truly sorry, He offers us forgiveness and a new start.

If you have hurt another person, if possible, say you are sorry to them as well.

37



The young lady, whose video we saw a little earlier, felt like this and found forgiveness and a new way of looking at relationships. She is now married with two children.

Emotional pain (continued)

38



Video duration: 0:52

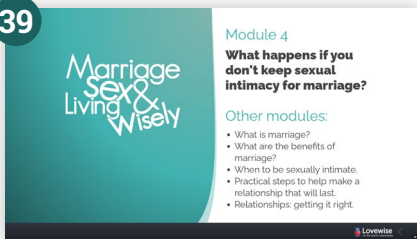
Transcript for reference:

"I was guilty before God, but I can be forgiven because of Jesus and His death on the cross - for everything that I have done wrong. And that is a great joy to start anew, in a new direction with Him.

Now in relationships I've got an ultimate authority that I would refer to before I would do anything. The Bible talks about sex within marriage only. And that's the best place for it and the only place for it. And so that is what I strive to do. To avoid sexual relationships completely until a time that I might be married."

Other modules

39



Other Modules available in the same series:

- What is marriage?
- What are the benefits of marriage?
- When to be sexually intimate.
- Practical steps to help make a relationship that will last.
- Relationships: getting it right.