

Marriage Sex & Living Wisely

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

Module 5
**Practical
steps to
help make a
relationship that
will last.**



lovewise.org.uk

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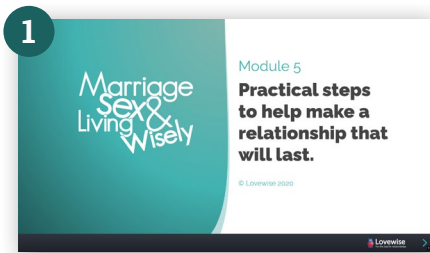
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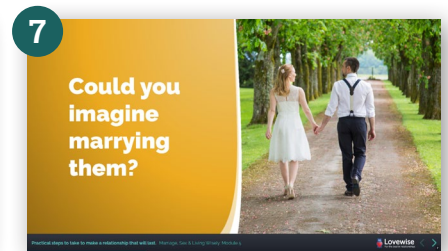
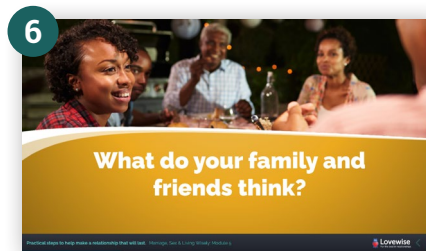
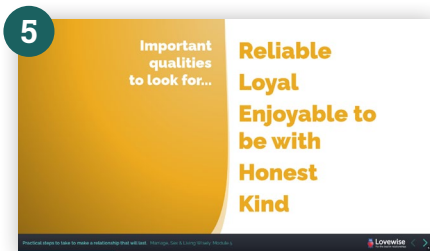
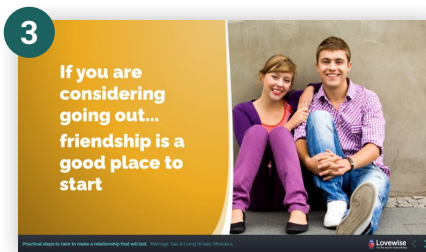
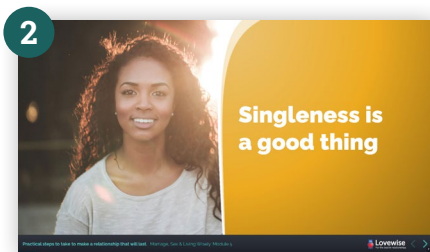


Overview

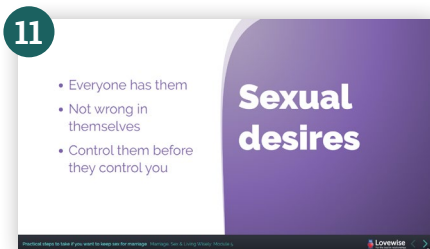
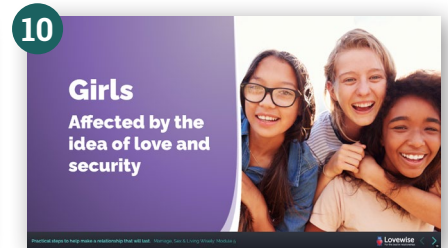
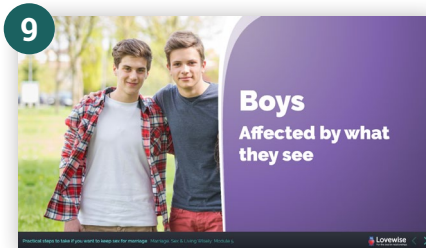
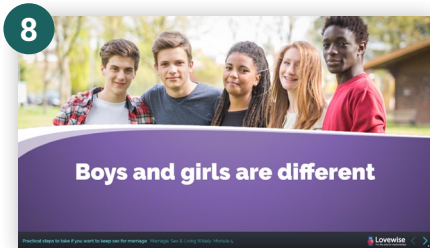
Title page



Going out



Boys and girls



Overview (continued)

Wise living

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Social media

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- Beware of dangerous people
- Do not request, send or receive sexual images or videos

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- Addictive

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- Possess sexual images of someone under 18
- Watch pornography with someone under 18


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You may feel like you are swimming against the tide... But it is worth it!

Other modules

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Marriage, Sex & Living Wisely

Module 5

Practical steps to help make a relationship that will last.

Other modules:

- What is marriage?
- What are the benefits of marriage?
- When to be sexually intimate.
- What happens if you don't keep sexual intimacy for marriage?
- 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.

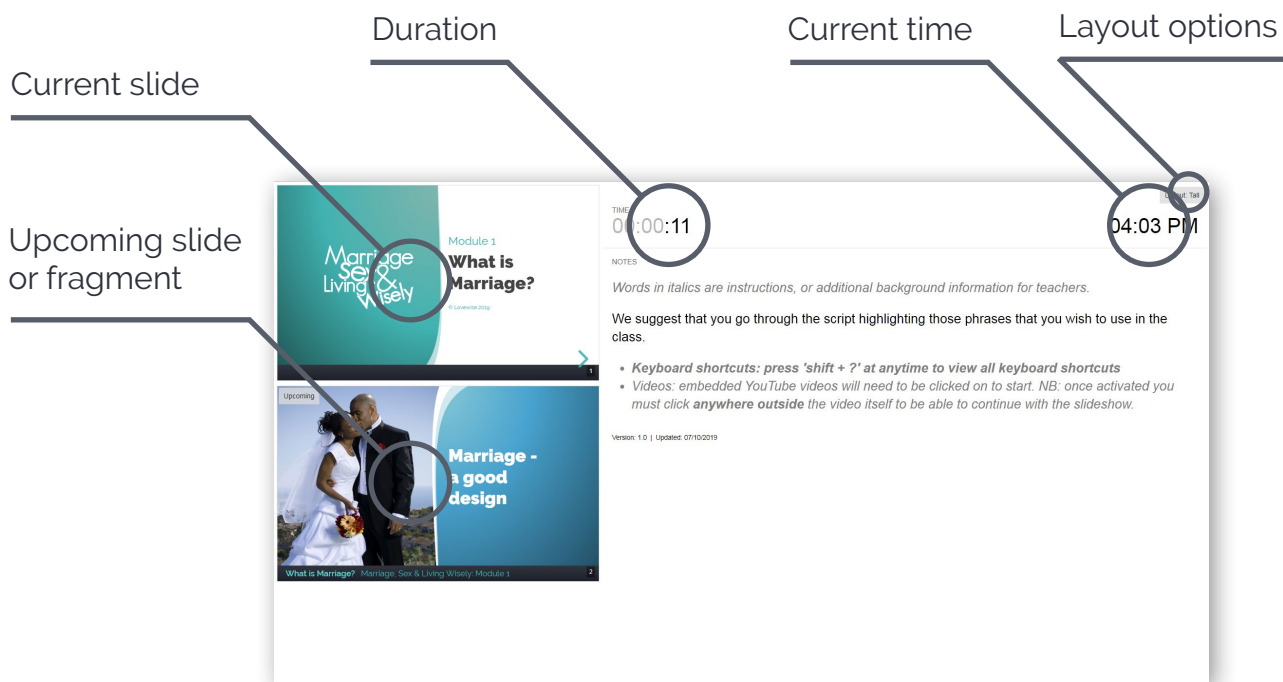
NON-LINEAR (OPTIONAL) SLIDES: Some parts of the presentation may feature optional slides. These sub-sections can be displayed by pressing “j”, “↓” or swipe up to navigate down the stack, or by pressing “k”, “↑” or swipe down to navigate up the stack.

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.

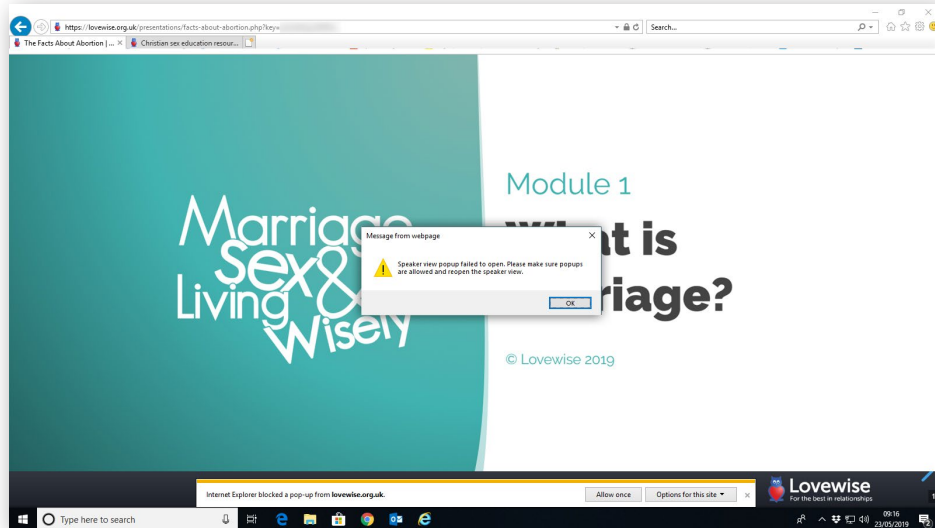
EMBEDDED VIDEOS: Some slides may contain video content that will NOT start automatically. Videos will need to be clicked on to start. NB: Once activated you must click anywhere outside the video itself to be able to continue to navigate the slideshow.

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 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.

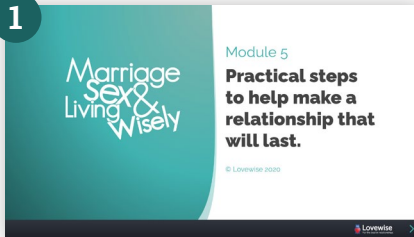
CHROME / SAFARI: Typically, these browsers will not block the speaker view. If issues arise, look to add “https://lovewise.org.uk” as an exception to the “pop-up blocker”, normally somewhere within the browsers “privacy” settings.

Slide notes

Each sub-section is marked on the left with a continuous blue 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"

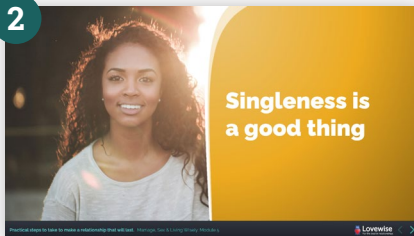
Words in italics are instructions, or additional background information for teachers.

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.*

Going out

2



SLIDE: Singleness is a good thing

First of all, you do not need to feel pressurised to be in a relationship. Singleness gives you the opportunity to do a lot of things you that will not be able to do later on in life if you then have the responsibility of a marriage and children.

3



SLIDE: If you are considering going out... friendship is a good place to start.

If you are considering a relationship, remember it is not just about fancying someone - though physical attraction is a consideration. It is even more important that you develop a real friendship with the person you are going out with.

A worksheet which explores relationships further is supplied for download: [Relationships Worksheet](#)

Going out (continued)

4



SLIDE: What qualities should you look for?

Ask the class to think of, or write down, qualities they would look for in a girlfriend or boyfriend.

Some possible answers are on the following slide.

5



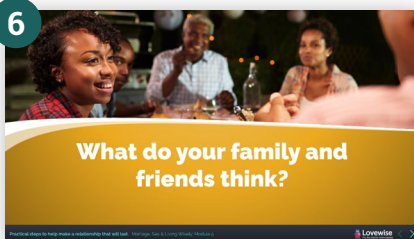
SLIDE: Important qualities to look for...

Subsequent clicks reveal a series of some of the important qualities you might look for in a boyfriend or girlfriend.

- Reliable
- Loyal
- Enjoyable to be with
- Honest
- Kind

The class are likely to think of other important qualities too.

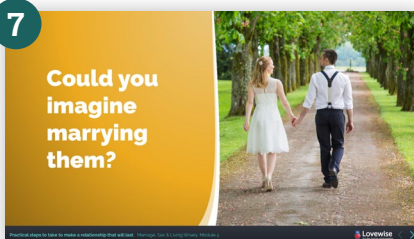
6



SLIDE: What do your family and friends think?

In addition you might want to find out what your friends and family think (though the final decision is yours).

7

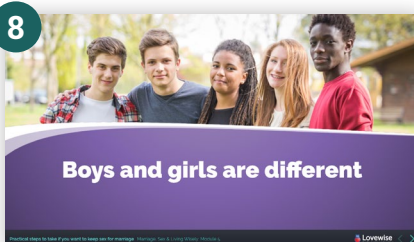


SLIDE: Could you imagine marrying them?

Could you ever imagine marrying this person - if not, you have to ask if it really is wise to start a relationship.

Boys and girls

8

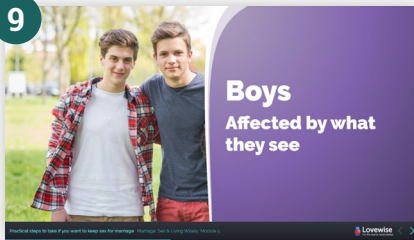


SLIDE: Boys and girls are different

Remember that boys and girls are different! Understanding this helps us to be thoughtful and caring towards those of the opposite sex.

Boys and girls (continued)

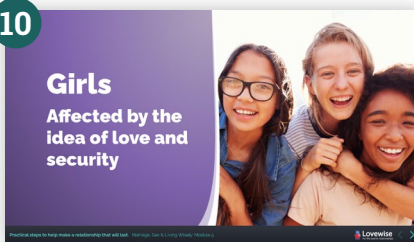
9



SLIDE: Boys - Affected by what they see

Boys can be very affected by what they see and may be sexually aroused by a girl's appearance, especially if she is wearing clothes that are sexually provocative or she is behaving in a provocative way. Girls may think that it is good to attract a boy's attention but they need to be careful that they are not attracting boys for the wrong reasons.

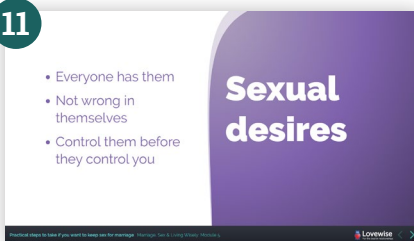
10



SLIDE: Girls - Affected by the idea of love and security

Girls can be attracted to a boy's looks as well, but they are more often affected by the idea of being loved. Girls have to be careful not to overestimate a boy's interest and be careful not to throw themselves into a physical relationship hoping it will guarantee long term commitment.

11



SLIDE: Sexual desires

- **Everyone has them.** During puberty most people start to have sexual desires.
- **Not wrong in themselves.** In the right context, it is natural to have these desires – this is the way we are made!
- **Control them before they control you.** However these desires can be very strong and it is important to learn to be able to control them or they might control you.

Wise living

12



SLIDE: Social media

It is important for young people to be careful about what information they share about themselves and what they follow and read on social media.

- **Beware of unhelpful ideas**
You need to think carefully about what you chose to read and watch on the internet, how you chose to use social media, and evaluate whether anything might be damaging to you.
- **Beware of dangerous people**
You may be asked by someone to share images of yourself online or even to meet up with them. However, on the internet it is difficult to know who you are talking

Wise living (continued)

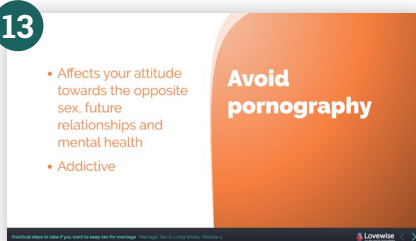
to. You may think that they are kind and interested in you, but you do not actually know who they are and whether or not they are trustworthy. They may be dangerous. Never share personal information or meet up with someone you have met online.

- **Do not request, send or receive sexual images or videos**
Sending a sexual image to someone else is wrong. It puts you in a vulnerable position – their phone might get lost or stolen, they might share the image with friends or they might post the image on the internet. You are no longer in control of your picture. Even if the person you are sending an image to is your girlfriend or boyfriend, can you be sure that they would continue to respect you if your relationship breaks up? Posting an image of a former girlfriend or boyfriend is sometimes known as revenge porn. Once an image or video goes online, it can be very hard to get it taken down.

If someone else possesses sexually provocative images of you, they could use them to bully and manipulate you. Keep safe and protect your privacy. Do not put yourself in a position where someone could make you feel under pressure or threaten you.

(It is illegal to take, possess or share an 'indecent' image or video of someone under 18, even if you are the one in the image or if your boyfriend/girlfriend sent it to you.)

13



SLIDE: Avoid pornography

- **Affects your attitude towards the opposite sex, future relationships and mental health.** Pornography is wrong and has serious consequences. It can have a negative effect on your attitudes to the opposite sex, future relationships including marriage and on your mental health.
- **Addictive.** Watching pornography is particularly dangerous because it can become addictive. Many people find themselves unable to stop watching it and end up watching more and more extreme material.

For more information about the dangers of pornography, see our resource '[Pornography – dangers & decisions](#)'.

Wise living (continued)

14



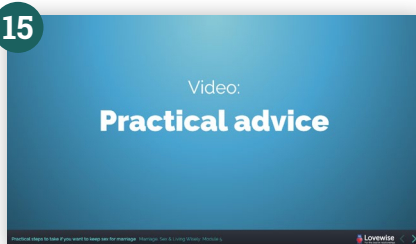
SLIDE: It is illegal to...

This slide lists some of the laws designed to protect young people from being sexually exploited.

- **Engage in sexual activity with someone under 16.** As we have already mentioned, the age of consent for sexual activity in the UK is 16.
- **Possess sexual images of someone under 18.** It is illegal to take, possess or share an 'indecent' image or video of someone under 18, even if you are the one in the image or if your boyfriend/girlfriend sent it to you.
- **Watch pornography with someone under 18.** It is illegal to watch pornography with someone under 18, even if you are both under 18.

Practical advice

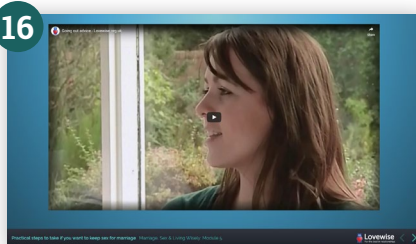
15



In this video young people give practical advice about being in a relationship and keeping sex for marriage.

It is important to realise that sexual involvement can dominate a relationship and actually stop a couple really getting to know each other and so developing a good foundation for their relationship.

16



Video duration: 4:10

Transcript for reference:

Young lady 1: "How lovely would it be to find a guy who will say 'let's start going out but I'm not going to have sex with you because I care about you, and because I want to wait for marriage, and I want our relationship to develop and grow in communication and not just physically'. You would know that that guy was worth being with - for that reason."

Young man 1: "I think it's good to set boundaries when you start going out with someone. Talk about what makes them struggle physically so that you can avoid going further than you'd like."

Husband (couple 1): "I think the boundaries that I would recommend are things like; not staying round at each other's house too late. Or like, not being in a room with the door closed on your own together for too long."

Practical advice (continued)

Wife (couple 1): "Not lying down together - that's really tempting."

Young man 2: "As soon as you're alone late at night, everything becomes more sentimental, you get really emotional, you get tired - and you just want to snuggle up and it's just a slippery slope from there."

Young lady 1: "Temptation is always there and no matter how long you're going out with someone it always remains just as difficult. But there are such helpful things like spending a lot of time with other people. So not excluding yourselves from a group of people. Keeping doors open, and also telling your friends about the ground rules you've set so that you can keep yourselves accountable to them."

Young lady 2: "In terms of practical things I would sort of advise avoiding things that sexually arouse the other person."

Young lady 1: "I think it's important to remember that sex is not all there is to keep for marriage, but there's so much more - like, and excessive amount of kissing which is unhelpful and it tempts you to do other stuff and it tempts you to go further."

17

Practical advice for healthy relationships

- Be careful what you watch, read and think about
- Don't be influenced by others
- Beware of alcohol and drugs

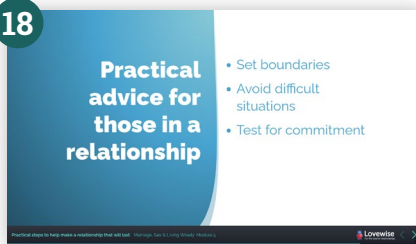
SLIDE: Practical advice for healthy relationships

Ask the class what practical advice they have just heard that is relevant even before you are in a relationship. (Subsequent clicks reveal each point):

- **Be careful what you watch, read and think about**
Be aware that what you read on social media, the computer games you play, and what you watch (TV and films) can shape the way you think and act.
- **Don't be influenced by others**
It is important to stick to what you know is right and not feel you have to do what others are doing, or say they are doing.
- **Beware of alcohol and drugs**
Alcohol lowers your inhibitions and can cause people to act in ways that they end up regretting.
Avoid parties or situations where alcohol/drugs are involved. Sadly, doctors see young people who have been sexually assaulted after having their drink spiked.

Practical advice (continued)

18

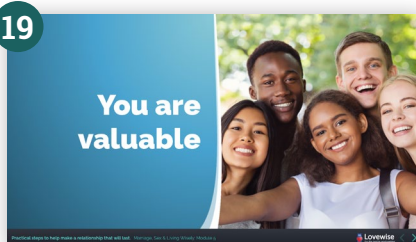


SLIDE: Practical advice for those in a relationship

Ask the class what practical advice they have just heard that is important when they are in a relationship. (Subsequent clicks reveal each point):

- **Set boundaries**
It is important to set physical boundaries in a relationship and to discuss them with your boyfriend/girlfriend to be sure you both agree with them.
- **Avoid difficult situations**
It is helpful to think about and avoid situations where you know it would be tempting to go further than you want to physically, for example, being alone late at night or lying down together.
- **Test for commitment**
Many people start going out for short-term reasons – they want to be seen to have a girl/boyfriend, or want to have a physical relationship but without any commitment. Encourage the young people to assess whether their girlfriend or boyfriend is serious. Taking a relationship seriously is not demonstrated by how physical they want to be. In fact the opposite is often true, because the most committed are willing to wait for marriage. At some stage, to avoid heartache and disappointment, it is important to have a definite discussion about how each views the relationship and whether each might consider the possibility of long-term commitment in marriage.

19



SLIDE: You are valuable

If we own something that is very valuable to us then we treasure it, guard it, put it in a safe place or with someone we can absolutely trust.

Remind the young people that they are valuable. When someone has sex, they are giving away the most valuable thing that they can – themselves.

We can treasure and guard ourselves by keeping sex for the long term commitment of marriage.

Practical advice (continued)

20

Avoid vulnerable situations

Be ready to say "no"
and walk away

SLIDE: Avoid vulnerable situations. Be ready to say "no" and walk away.

Sometimes people get into situations where they are being pressurised to do things they do not want to do. In this case it is necessary to say "no", walk away from the situation and in some cases seek outside help.

21

You may feel
like you are
swimming
against the
tide... But it is
worth it!

SLIDE: You may feel like you are swimming against the tide... But it is worth it!

The strong tide of our culture shouts, 'Sex is about the pleasure of the moment – have sex whenever and with whoever you want!' But you do not have to follow this.

Swimming against the tide of our society may be hard, but it is much better and wiser to follow God's design and to make your own decisions rather than simply following what others are saying and doing.

Other modules

22

Marriage
Sex &
Living
Wisely

Module 5
Practical steps to help
make a relationship
that will last.

Other modules:

- What is marriage?
- What are the benefits of marriage?
- When to be sexually intimate
- What happens if you don't keep sexual intimacy for marriage?
- Relationships: getting it right.

Other Modules available in the same series:

- What is marriage?
- What are the benefits of marriage?
- When to be sexually intimate.
- What happens if you don't keep sexual intimacy for marriage?
- Relationships: getting it right.