

## TEACHER PREPARATION

### KEY CONCEPTS

1. There are potentially serious emotional consequences to engaging in premarital sex.
2. There are good emotional reasons for waiting until marriage to begin sexual intimacy.

### OBJECTIVES

By the end of this lesson, students should be able to:

1. Evaluate the emotional risks of premarital sex.
2. Explain some more reasons for waiting until marriage for sex.

### BACKGROUND INFORMATION

We all long for intimacy. We all need love and affection. We find happiness in being with others. But many people make the mistake of equating physical sexual activity with love and intimacy. The pleasure of sexual experience is mistaken for love and genuine emotional intimacy.

Happiness is not found in using others for our selfish pleasure. Other people do not exist to gratify our drives and desires. People are to be treasured, not used. People are to be loved and respected, rather than exploited as sex objects. Love and sexual intimacy can be expressed with the least risk of serious emotional consequences within the stability of a marriage relationship.

### MATERIALS / PREPARATION

**In the Box:** The Grandmothers' Letter.

## LESSON

### BEGINNING THE LESSON

#### EXPERIENCE COMPARISON

ABOUT 3 MINUTES

In our last lesson, we learned that there can be serious physical consequences to sexual intimacy before marriage. But there is also a risk of emotional consequences for men and women.

Movies, television, romance novels, and advertising often present a picture of unmarried sex as exciting, fun, beautiful, and enticing.

What you probably will not learn from the media is that a first sexual experience outside of marriage can be quite disappointing, embarrassing, frustrating, or even emotionally painful, especially for women. It is an experience that, in the right circumstances, should and could be wonderful, but too often leaves the man and the woman feeling guilt, shame, loneliness, and even betrayal.

However, if the first experience of sexual intimacy is within the security of marriage, the husband and the wife have the luxury of time together to develop an intimate relationship until it can become mutually satisfying and thrilling.

Have you ever wondered why there are so many divorces and so much emotional hurt between men and women?

One of the primary reasons marriages fail is that couples begin to focus on their physical relationship too early. When physical sexual attraction is the primary basis for marriage, it establishes a weak foundation on which to build a healthy lifetime relationship.

One of the grandmothers had a chance meeting with an old friend that will help us learn more about the possible emotional consequences of premarital sex. It will also give us some clues about what does – and does not – make a strong foundation for a happy and healthy marriage.



#### STORY

5 MINUTES

[Read the following story:

*“Chance Meeting on a Plane”*]

“Do you know that there are large airlines in the world?” asked Tatyana Aleksandrovna as her students entered the classroom.

“Uh, probably there are many, I guess,” said Sasha.

“Yes, and Natasha, did you know your Grandmother Yelena used to fly all over the country attending medical conferences?” asked the teacher.

“Not really. I knew she’d been to some places pretty far away, but I always thought she took the train,” replied Natasha.

“Oh, I suspect she logged plenty of miles on the train as well!”

“Why all the talk about Natasha’s grandmother riding planes? Did she crash, or get hijacked?” asked Sasha.

“No, nothing like that. It’s just that today’s letter is about a conversation she had on a plane. I think it was a long time ago, but it was one of those times you don’t forget,” said Tatyana Alexandrovna.

The three quickly settled into their seats and wondered why a conversation would be so memorable.

*Dear Ones,*

*You never met Yuri. He was one of the boys we went to school with. Life came easy for him. He was athletic and popular with the girls. He was usually at the center of whatever was going on. He was always trying to sneak a kiss from one of us, and at first we enjoyed his attention. But he always wanted more than just a kiss. Yuri and Olga got pretty serious their last year in school – but that story is for another time.*

*A few years later, we compared notes on Yuri and wondered what happened to him. We lost track of him after he joined the navy. Said he wanted to see the world, and we guessed that’s just what he did.*

*Funny thing. Yelena ran into him years later on a plane. She was flying from Moscow to Kiev, and who should sit down beside her but Yuri!*

*Yelena and Yuri caught up on old times, and then the conversation took an unexpected turn when Yelena asked Yuri whether he ever found that “perfect woman” he was looking for. In the privacy afforded by the sound of the jet engines, Yuri began to open up about his regrets in his past relationships.*

*Yelena thought, ‘I wonder whether this is how a priest feels when he is listening to his church members’ confessions.’ Yuri’s words carried just over the noise of the plane. He didn’t make eye contact but spoke with his head down, staring into a place not on the airplane. . . .*

*“I’ve always known exactly what I wanted in a wife. Someone attractive, for sure – no doubt about that. Brunette, blonde, redhead . . . it didn’t really matter, just so she was pretty, shapely and sexy. She also had to be sweet and kind, good with children, a really good friend, and intelligent – but not too intelligent.” He smiled and caught Yelena’s eye. “Perhaps even with nice parents. But all those other things were negotiable in the early stages. The physical was what attracted me – what really attracted me. You were lucky not to get involved with me.”*

*“I’d think, ‘This is the girl for me.’ But once I had had sex with her, I knew she wasn’t the one I was looking for. Oh, don’t get me wrong. It was fun, at least until I broke off contact. After a while, those kinds of relationships got shorter and shorter. I’d pick up some woman just for the night. But that just proved they weren’t worth marrying. They were – used – and sort of hard. You know what I mean? Where were all the soft, gentle, pure, unspoiled, lovely girls like I used to hang out with back in the old days?*

*“I told myself that I was living every young man’s fantasy. I just had to keep looking and I’d eventually find the one for me – but no sense depriving myself while I looked, right?”*

Yuri began to recount various women he'd known: married women, divorced women, women with children, those who'd stolen from him and disappeared. He went on: the women he'd gotten drunk, and the woman who kept saying, "No" but who he felt sure did not really mean it.

Yelena listened in silence.

"It is getting really hard to find the right kind of girl, you know?" Yuri continued, "It seemed easy in my 20s. Did you know I was married for a couple of years? Yeah, I even have a kid – not that I see that much of her these days.

"I look pretty good for my age, don't you think? Bet I could pass for a much younger man. Thing is, I'm not getting any younger. By now, I thought I'd have a family to come home to. It's not fair, you know. I'm a nice guy. I'd make a good catch, don't you think?"

"Say, Yelena! What are you doing after we land? Want to share a drink? I really need a drink – don't you?"

All Yelena wanted to do was get off the plane and end this conversation. She felt – what's the word – ugly, dirty. Yes, that was it. And, yes, she also felt very fortunate she had avoided the charms of a younger Yuri. Fortunately, the plane was landing.

As everyone stood up to exit the plane, Yuri turned to Yelena again and said, "I've told you about my life; tell me about yours."

"Not a whole lot to tell you," she said. "I'm married and have a family. We have struggled like everyone else, worked hard, and persevered. But the dreams of my youth are slowly coming true. My life is more fulfilled than I ever thought it would be."

Yuri and Yelena walked together through the terminal gate. A lively boy, about seven, and a beautiful little girl, who looked just like Yelena, ran up and hugged their mother. Their father joined them, and Yelena introduced him to Yuri. "I'd like you to meet the most wonderful man in the world – my husband, Grigor." They shook hands, and then Grigor turned, put his arm around Yelena and led his family away.

When we heard Yelena's story, we could see that Yuri had not really changed very much from when we had known him in school. He had not changed, but, we were grateful to realize, we had.

*Your Grandmothers*

"What a contrast," offered Dima.

"Men like Yuri make me sick," responded Natasha. "The guy not only messed up his own life, but a lot of others' as well."

"Come on! It's not like the women didn't go along," said Sasha. "Well, maybe not the one who said "No" when she was drunk. But . . ."

Sasha fell silent as he realized what he had been about to say. Something had changed in the room, but none of the three was quite sure what it was.



**= 8 minutes**

## EXPLORING THE LESSON



### CONTRAST ACTIVITY

ABOUT 12 MINUTES

Students working in groups of four.

Write two columns on the board:

YURI and YELENA

The young Yuri might be what a lot of the boys in your class aspire to be – macho, attractive, suave, sophisticated, etc. So don't be surprised if some identify with Yuri. Go ahead and add their descriptions to the board. You may need to re-read paragraphs 11 and 12 from the bottom of the letter where Yuri describes being married for two years and looking good for his age.

After a few minutes, draw a horizontal line and then ask:

Give them a few minutes this time to think of early choices they might have made.

*[Ask your students to form groups of four (of the same gender) and in each group to select a leader.*

*While they are forming groups, write the names Yuri (and leaving space) Yelena at the top of the board.*

*Ask your students to contrast Yuri's and Yelena's lives based on the story. Give them two minutes to discuss the contrasts and then ask the group leaders to report their contrasting descriptions below Yuri's and Yelena's names. If they have trouble coming up with descriptions, you could suggest the following:]*

Yuri	Yelena
<ul style="list-style-type: none"> <li>• Superficial</li> <li>• Conceited</li> <li>• Frustrated</li> <li>• Disconnected-lonely-isolated</li> <li>• Ugly</li> <li>• Boastful</li> <li>• Dirty</li> <li>• Hurting</li> <li>• Not enjoying relationships</li> <li>• Despondent about relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Fulfilled</li> <li>• Grateful</li> <li>• Peaceful</li> <li>• Connected to family and friends</li> <li>• Loved</li> <li>• Modest</li> <li>• Sense of wholesomeness</li> <li>• Loving</li> <li>• Blessed</li> <li>• Looking forward to being with family</li> </ul>

**What choices do you think Yuri and Yelena made while they were young that affected their lives as adults several years later?**

List of Yuri's Choices	List of Yelena's Choices

*[After four minutes, ask the group leaders again to report the choices they thought of in their groups. As they give their responses, write the choices in the appropriate column.*

*When reports are complete and listed on the board, ask your students to copy them into their notebooks.*

*Make the point to your students that sexual intimacy, like anything that has a potential for fulfillment and blessing, also carries with*

*it an opposite and equal potential for frustration, loneliness, and emotional hurt. We need to be careful how we use the wonderful potential of our sexuality, not because it is something bad, but precisely because it has such a great potential to bring us and our mate joy, closeness, commitment, and lifetime love.]*

 = 20 minutes



## SHORT ESSAYS

ABOUT 10 MINUTES

Take the next 10 minutes to write a short essay, about two paragraphs in length, based on today's story, about Yelena's meeting with Yuri.

You may write on one of three topics:

1. The kind of person I want to marry someday is . . . .
2. My personal beliefs about sexual involvement with boyfriends or girlfriends are . . . .
3. *[Teacher-inserted topic.]*

I will collect your essays in 10 minutes.

 = 30 minutes



## CONSEQUENCES LIST ACTIVITY

ABOUT 10 MINUTES

Accept answers and summarize them on the board. If no one mentions those listed here, add the following:

In the last lesson, we looked at some of the physical consequences of premarital sex. Now we are ready to list some of the emotional consequences. Based on today's story and the activity we've just done, what might be some of the emotional consequences, either to men or to women, if they do not wait until marriage?

- Difficulty bonding emotionally.
- Difficulty trusting someone who has had many partners.
- Comparing a future wife or husband with previous partners (leading to dissatisfaction in marriage).
- Insecurity and need to perform.
- Increased lust and mental fantasy (especially for men).

Some of you may be wondering why physical intimacy before marriage can cause so many problems.

The sexual drive you have been given is a wonderful part of your life. But if you allow those impulses to get out of your control, they can cause you a lot of trouble. The risks are physical (sexually transmitted diseases) and emotional (problems with true intimacy later in marriage).

Write the key, underlined words on the board as you explain them to the class.

Sexual intimacy is healthiest and most fulfilling when a strong foundation is already present in the relationship.

When a couple commits themselves to a lifetime relationship (becomes engaged), then spends significant time getting to know each other better as a committed couple (the engagement period), and finally, before family and friends as witnesses, vows a lifelong, exclusive commitment (marriage)--all this lays down a number of strong emotional foundations.

These foundations include learning to:

talk and listen to each other

consider each other

support each other

defend each other

gently confront each other

help each other

submit to each other

build each other up

respect each other

cherish each other

(and most importantly)

love each other.

Couples with successful marriages continue to strengthen these foundations throughout their life together. If these critical foundations are present and growing, the negative emotional consequences we've listed are greatly reduced – or even eliminated.

However, when people get physically involved before marriage, then the physical contact becomes the focus of the relationship, especially for men. That means that the foundation blocks for a healthy marriage, such as the ones we listed, are not developed. It has been said that men “give love to get sex” and women “give sex to get love”.

Though it is more complex than that, there is a lot of truth in the saying. In too many relationships, the man and the woman are trying to manipulate the partner to get what they want for themselves. This is not the way to build a solid foundation for a healthy marriage.

 = 40 minutes

## ENDING THE LESSON



### PERSONAL JOURNAL WRITING ACTIVITY

5 MINUTES

Before dismissing your students, remember to dictate the Parent-Teacher questions to them.



= 45 minutes

In your Personal Journal, please write down one to three of the eleven foundations listed on the board that would be especially important to you in marriage.

As you write them down, ask yourself this question: "Are these foundations important enough for my future marriage for me to wait until they are in place before I begin sexual intimacy?"



## RESOURCES

### GOING DEEPER

	<p>Even a pet cat knows how to communicate “get lost” when it doesn’t want to be petted, but many adolescents can’t seem to say “no” to premarital sex.</p> <p>One ancient proverb (Proverbs 25:28, NLT) puts it this way: “A person without self-control is like a city with broken-down walls.” Anybody can just walk in!</p> <p>One of the ways we can put healthy walls of protection around ourselves is to learn ways to say “no” when we need to protect ourselves. Fortunately, saying “no” gets easier with practice.</p> <p>Now, we will create a list of 100 ways to say “no” to sexual pressure.</p>
<p><b>FIND “SOMEONE WHO” MIXER</b></p>	<p><i>[Using the concepts covered in the last two lessons about the physical and emotional consequences of premarital sex, brainstorm with the class to create a list of 100 ways to say “no” to sexual pressure. Responses will range from the crude and obvious (“Get lost, loser”) to the delicate and sensitive (“No, thank you, that’s not for me.”) You could even use that image from Proverbs 6:27-29: “Sure, I’d love to sleep with you, right after I pour fire into my lap and walk barefoot on hot coals.”</i></p> <p><i>If time allows, when you have compiled your list of “100 Ways to Say No,” choose several of your favorites and perform a fast-paced skit with performers acting out their favorite turn-down lines, in a rapid-paced sequence, parading before the class.</i></p> <p><i>If you think you’re ready for the “Big Time”, take your show on the road and perform your skit for another class: “These are our favorite turn-down lines from our list of 100 Ways to Say No.”]</i></p>
<p><b>FOCUS POINT</b></p> <p>Be sure to leave time for discussion at the end of the learning activity so your students can discuss the connection between the learning activity and the lesson. Listen to see whether they seemed to understand the key points listed. If you sense that one or more of these points may have been lost, be sure to guide the discussion to make sure they get these main ideas.</p>	<ol style="list-style-type: none"> <li><b>1. Sex outside marriage is self-destructive.</b></li> <li><b>2. The best way to avoid STDs is to avoid sex until marriage and marry someone who has likewise avoided sex.</b></li> <li><b>3. Saying “no” is an appropriate protection when faced with sexual temptation.</b></li> </ol>

## PARENT-TEACHER CONNECTION

### For Family Discussion:

1. Please share with your adolescent some of the things you have learned to do to make your mate happy and your marriage stronger.
2. What is one thing you hope your adolescent will do as he or she develops friendships with people of the opposite sex?