

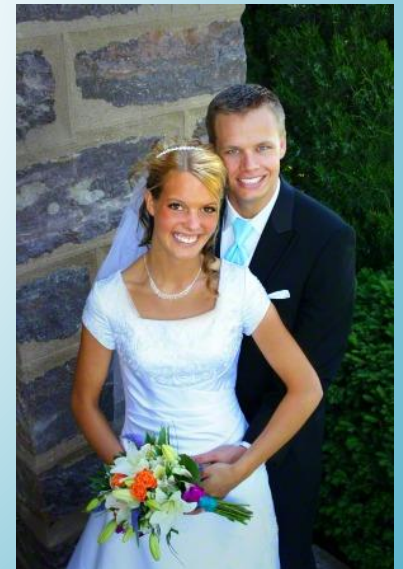


Learning How to Love and Healthy Sexuality

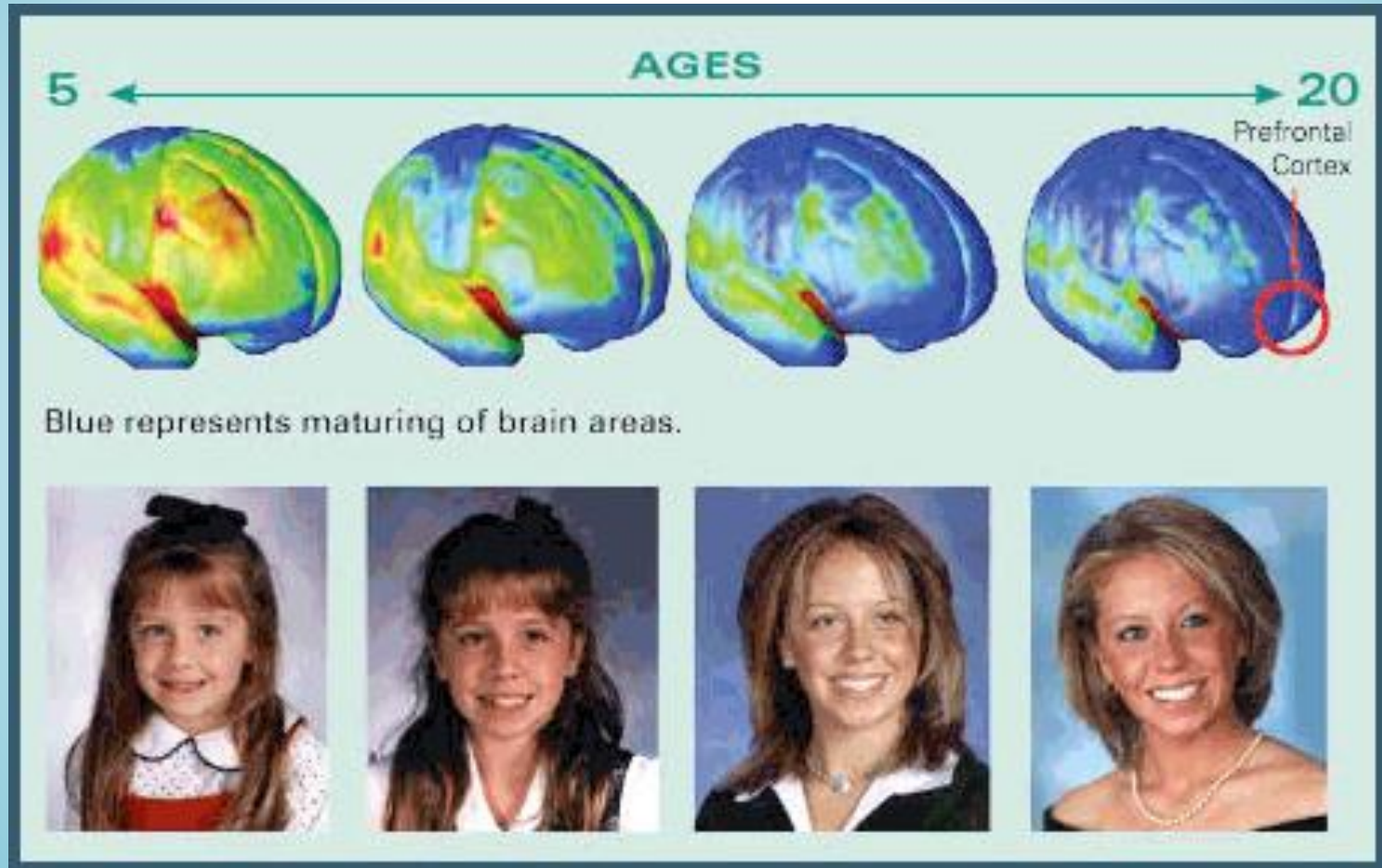
Our Objective today.....

Prepare you for positive close relationships
and a successful loving marriage

- Key success factors in successful development
- Learn “how to love”
- Protect yourself from crippling mistakes and attitudes
- Learn about positive sexual development



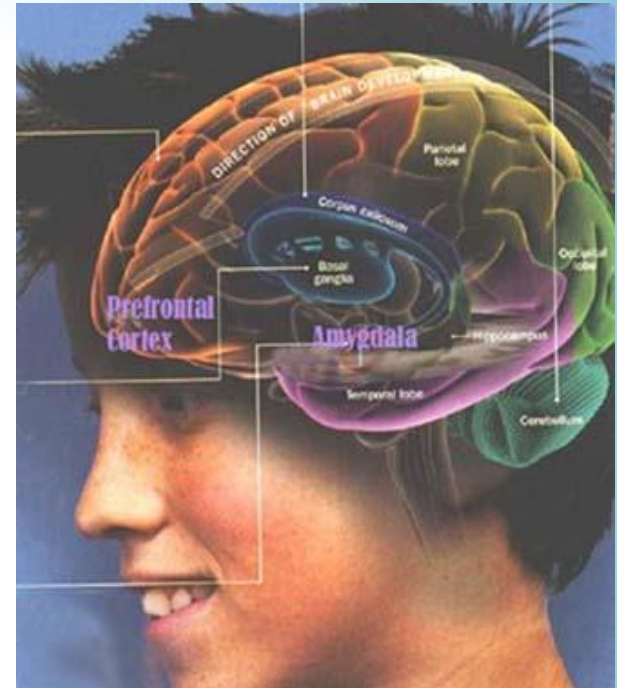
Your Brain - A Work in Progress



Prefrontal cortex develops slowly over many years

Your Prefrontal Cortex helps you

- Think before you speak
- Not over-react
- Problem solve
- Plan
- Understand consequences



Teen brains are turbo-charged but lack reliable brakes

Biggest Success and Happiness Factor in life

- ✘ Not beauty
- ✘ Not wealth
- ✘ Not intelligence
- ✘ Not popularity
- ✘ Not health



Best Happiness and Success Predictor:

**The strong connection you
make with good people
who love and support
you in good decisions-**

**You can weather any hardship
or mistake and still be
happy.**





Your success support group



HOW DOES LOVE WORK?

Our Life is About Learning to Love..



Start with yourself!

To truly love someone else,

learn to

Love Yourself



Everybody Makes Mistakes...

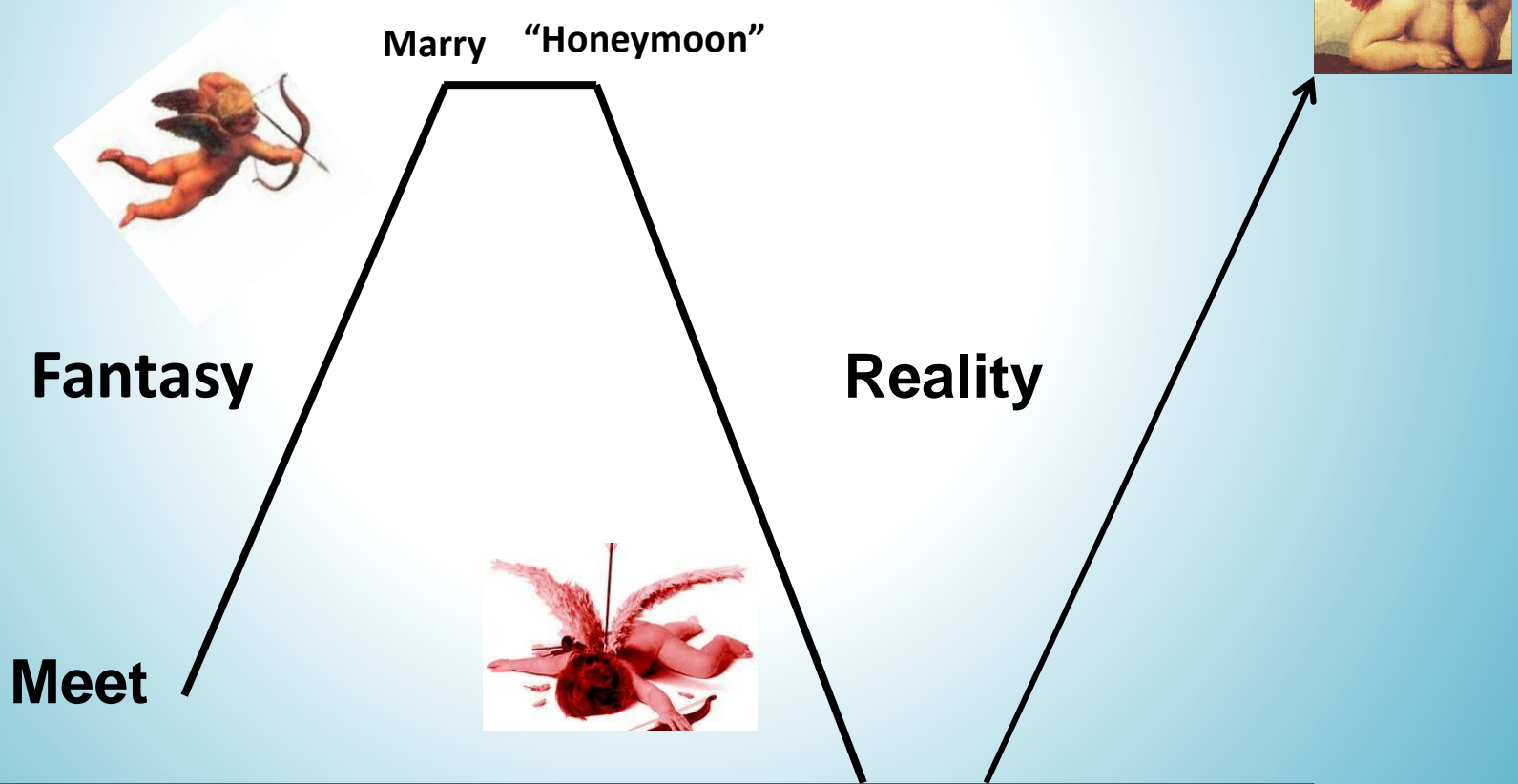


Learning from them is progress

The Journey of Love

Infatuation

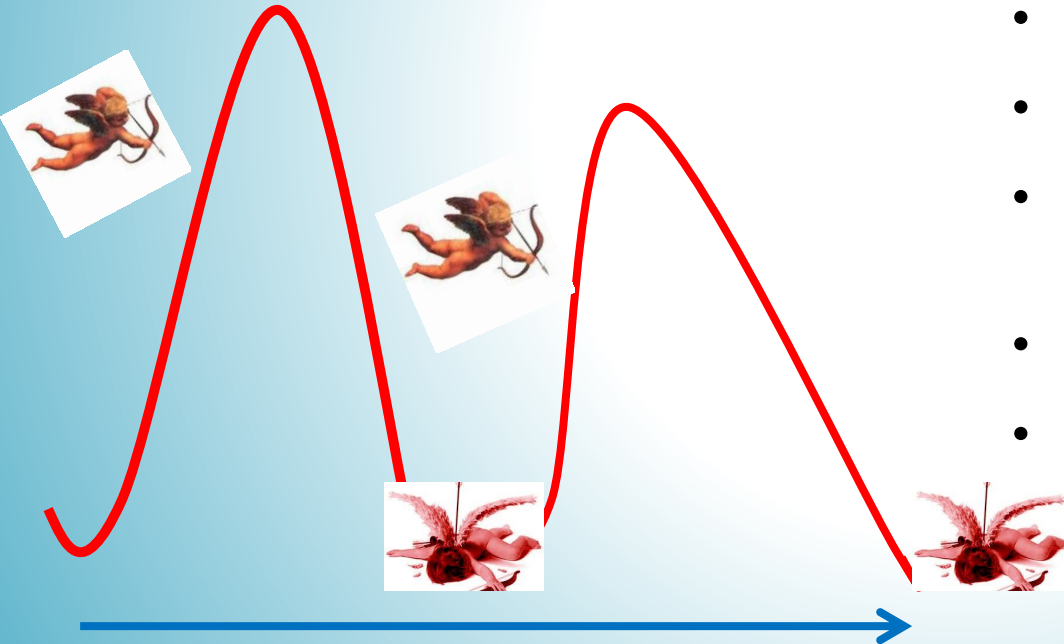
Real Love



Teens Need to Practice the First Stage of Love

Relationship 1

Relationship 2



- Know that you are dealing with an incomplete brain on drugs (hormones)
- Need to determine who you are
- Need to discover what you like
- Try out different flavors of relationships
- Avoid physical entanglements
- Realize that this is just practice

Summary

- Youth is for discovery
- Your brain is in a state of transition
- Preparing for an eternal marriage requires positive development and practice
- Dating is one of the ways we practice
- During this period stay connected to good people!





PART TWO: LOVE AND SEXUALITY

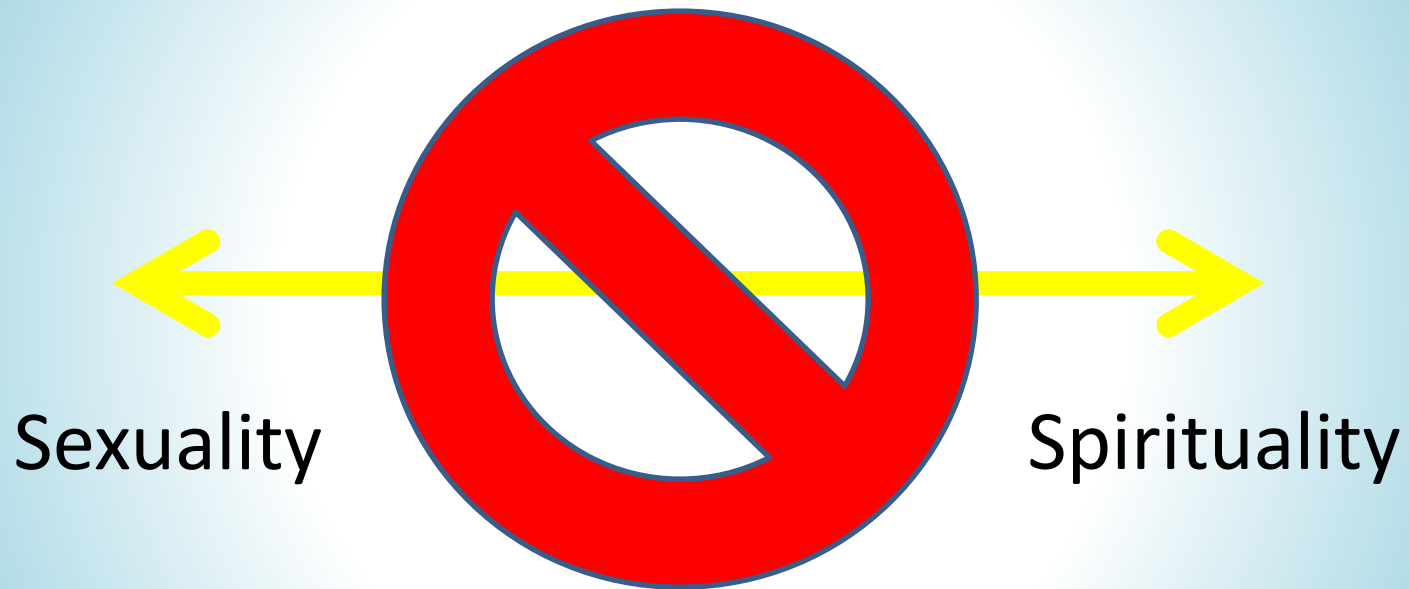
Where are You on this Spectrum?



Sexuality

Spirituality

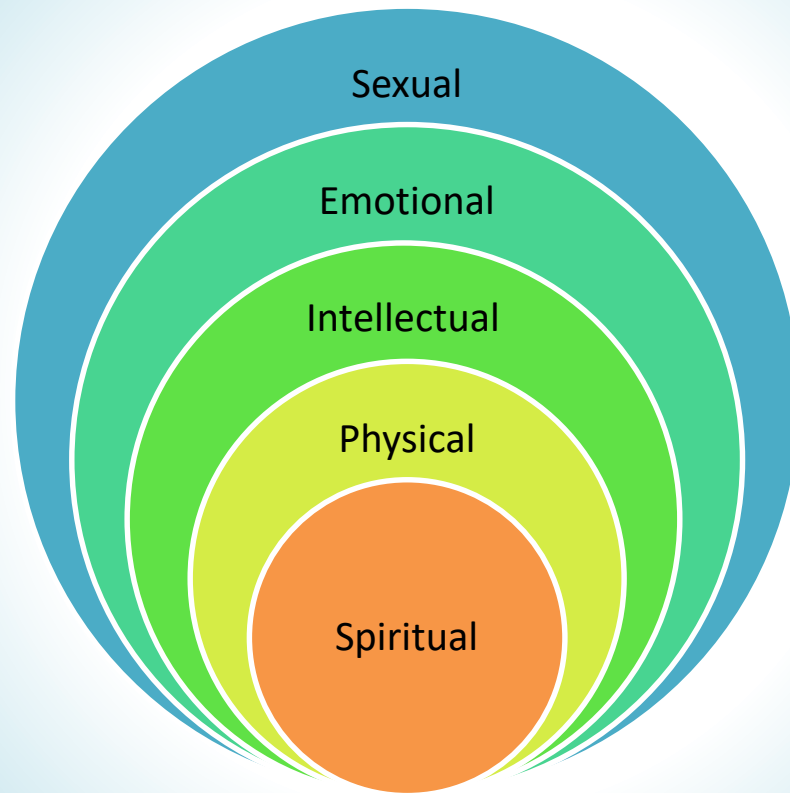
Sexuality and Spirituality are not opposites!



“The Bible celebrates sex and its proper use, presenting it as God-created, God-ordained, God-blessed.”

President Spencer W. Kimball

You are a complex being, and sexuality is one of your important traits



Sexuality and Spirituality are vital parts of your wholeness

Your body

- Has eternal significance
- Is good
- Is a big part of why you're here
- Is for joy
- Influences your spirit
- Is YOUR temple

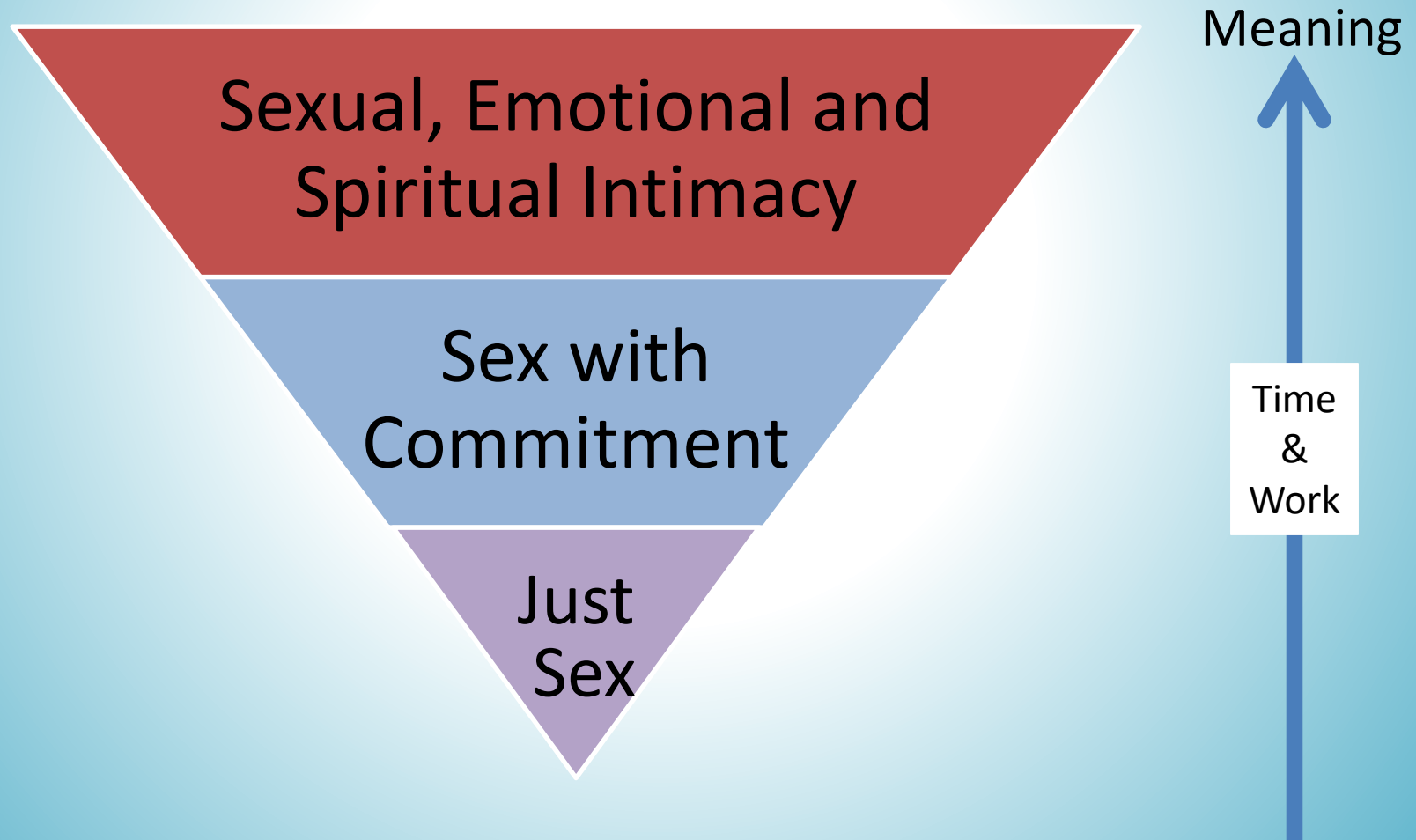


Purposes of Sex Drive

- To attract you to the opposite sex
- To bring children into the world
- To create a strong bond between husband and wife



God Wants You to Have a Full Sexual Experience in a Married Relationship



Treasure and Guard Your Sexuality

- ✓ Don't be ashamed
- ✓ Understand its purpose
- ✓ Recognize that sexuality is a powerful force
- ✓ Follow God's instruction manual
- ✓ Bring your best sexual self to your marriage



What Can Damage Your Sexuality?

- ✓ Developing a negative attitude
- ✓ Sexual abuse
- ✓ Being “used”
- ✓ Pornography
- ✓ Having sexual experiences without the emotional and spiritual maturity to give them a healthy meaning



Beware of negative sexual conditioning

People might tell you:

- “If you have sexual thoughts you are bad”
- “Girls are responsible for the thoughts of boys”
- “It is wrong to learn about sex”
- “Immorality primarily means sexuality”

Our culture impacts us:

- Media shows sexual aggression and deviation rather than long-term marital fulfillment
- Intimacy and sexuality are confused
- Talking about sex is often uncomfortable



Beware of negative sexual behavior

- Raunch Culture
- Playing the “Sexy” card
- Toying with someone’s emotions
- Sexual humor
- Too much or not enough non-sexual touch
- Sexting
- Watching explicit media



Positive Sexual Behavior



- Appropriate non-sexual touch
- Learn about sex from good sources
- Date a wide variety of people
- Observe married couples who demonstrate affection
- Recognize sexual feelings as positive and normal





HOW DOES THIS APPLY TO ME?

Key Issue: Modesty



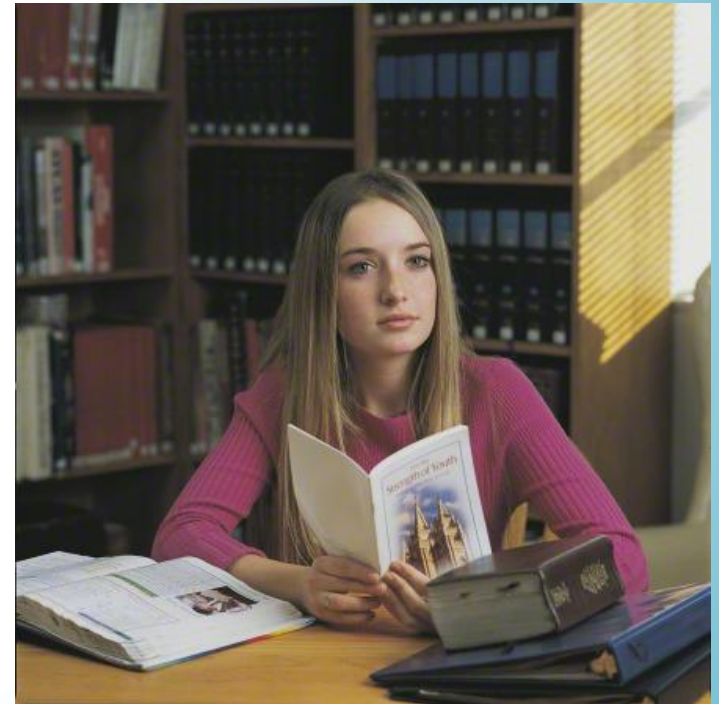
Modesty is mainly a cultural construct

Modesty is not the length or cut of your clothing. It is an attitude of respect for yourself and others that determines your speech, dress, and behavior.



The real test of modesty is asking yourself “Why?”

- Why do I want to dress this way?
- Why am I speaking this way?
- Why do I need to behave this way?
- Why do I need someone else’s recognition or approval?



Immodest Behavior and its Meaning

Loud raucous behavior	= Look at me! Notice me!
Swearing or lewd acts	= Shock, Acknowledge me!
Tight revealing clothing	= Please tell me I'm desirable
Cruel words and looks	= I need to feel superior
Ridicule and disrespect	= Fear of weakness or rejection
Aloof cynicism	= I can't trust that you will accept me

Immodest behavior is a sign of a wounded spirit and low self-esteem

Key Issue: Pornography



Why we're drawn to it:

curiosity

self exploration

sexual gratification

boredom

loneliness

mood regulation

One third of pornography usage is by females

Why pornography is so dangerous

“Highly potent sexual stimuli [and highly palatable foods] are the only stimuli capable of activating the brain’s dopamine system with anywhere near the potency of addictive drugs.”

Howard Shaffer Harvard Psychologist



Results:



Now

- Creates distorted idea of real sexual experience
- Can hijack free will
- Can lead to anxiety and depression

Future

- Causes couple dissatisfaction
- Can take over sex life

Recovery

- Total withdrawal takes 2- 4 months
- Recovery will renew normal sensitivities and desires

Recovery is difficult but possible

“The withdrawal, as it turns out, was harder than cocaine, opiates, booze, or nicotine. I spent a solid week weeping every night. I couldn't sleep, and I had almost zero appetite. The thought of ever dating made me want to curl up into a ball.

But here I am. I feel *free*.”



Key Issue: Masturbation

- What is it? *Stimulating one's own genitalia*
- Does masturbation cause medical problems? *Only in extreme cases*
- Does masturbation cause emotional problems? *Not generally, but it can become an obsessive behavior for some people*
- If this is an issue for you, consult with your parents or bishop

Key Issue: Pre-marital sex

What the “World” says:

- Fun, why not?
- Everyone does it
- Need to learn what you like in a partner
- Learn to understand your own sexuality
- Avoid making marriage “mistakes”



The reality of premarital sex:



- Often a disturbing experience
- Not everyone is sexually active
- Can result in STDs, STIs unwanted pregnancies, emotional distress, spiritual distance
- Does NOT increase marital success!
- Can affect your marriage options and self esteem

Of students who reported “hooking up”, 41 percent used words such as “regretful,” “empty,” “miserable,” “disgusted,” “ashamed,” “duped” and even “abused” to describe the experience. An additional 23 percent expressed ambivalence”.

Washington Post March 2013



Part Two: Summary

- Your sexuality can be a very positive force
- God intends us to achieve spiritual, emotional, and physical intimacy with our spouse
- Our sexuality can create issues we need to address
- Get accurate information
- Learn to understand yourself
- Ask your parents and bishop for help in dealing with problems related to sexuality



Link love and sexuality with your eternal goals.