

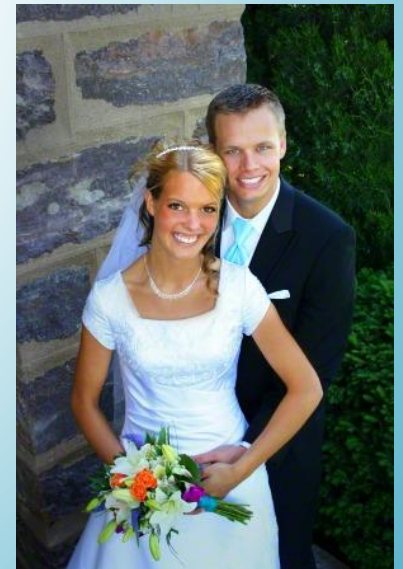


# Learning How to Love and Healthy Sexuality

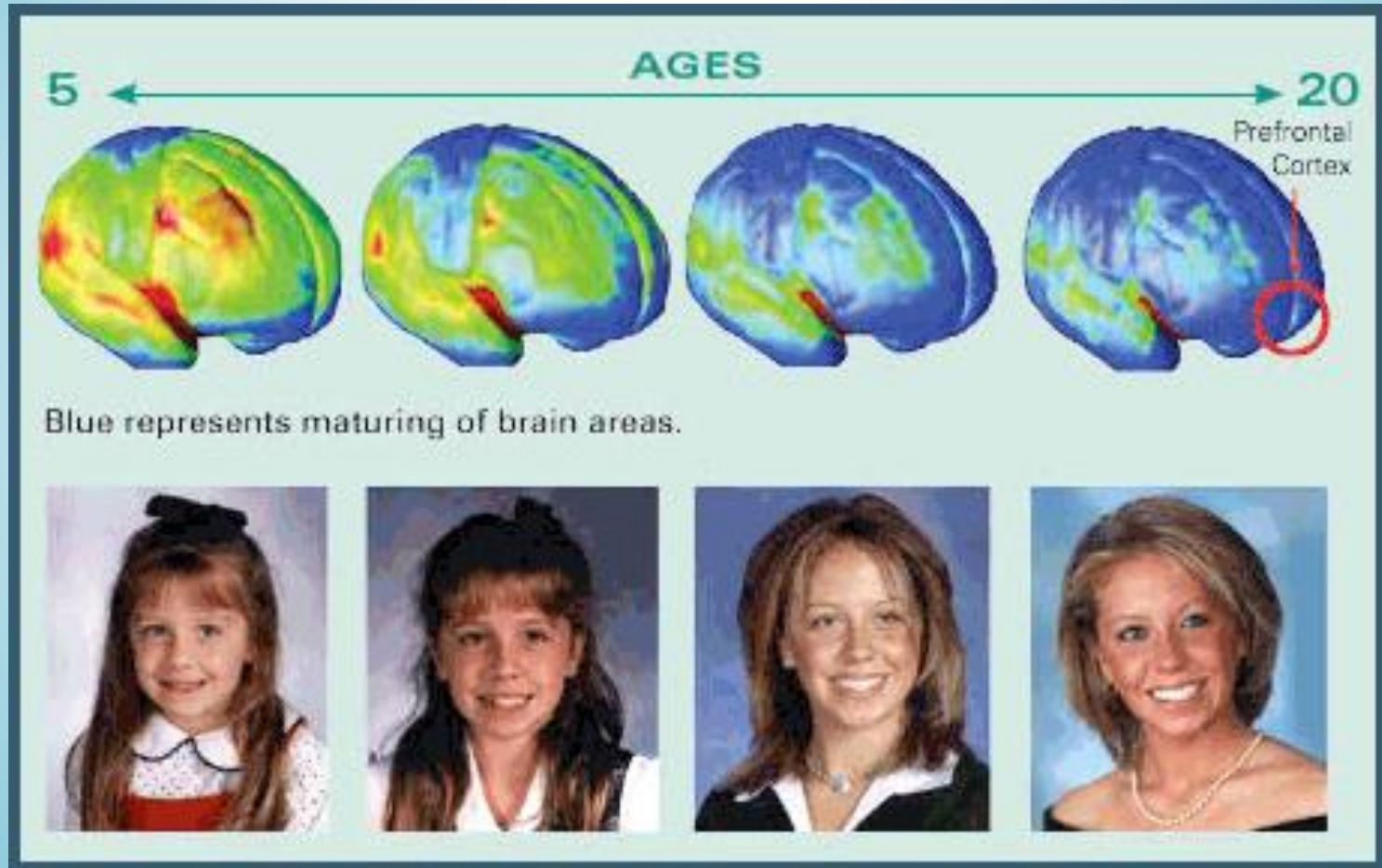
# Our Objective today.....

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

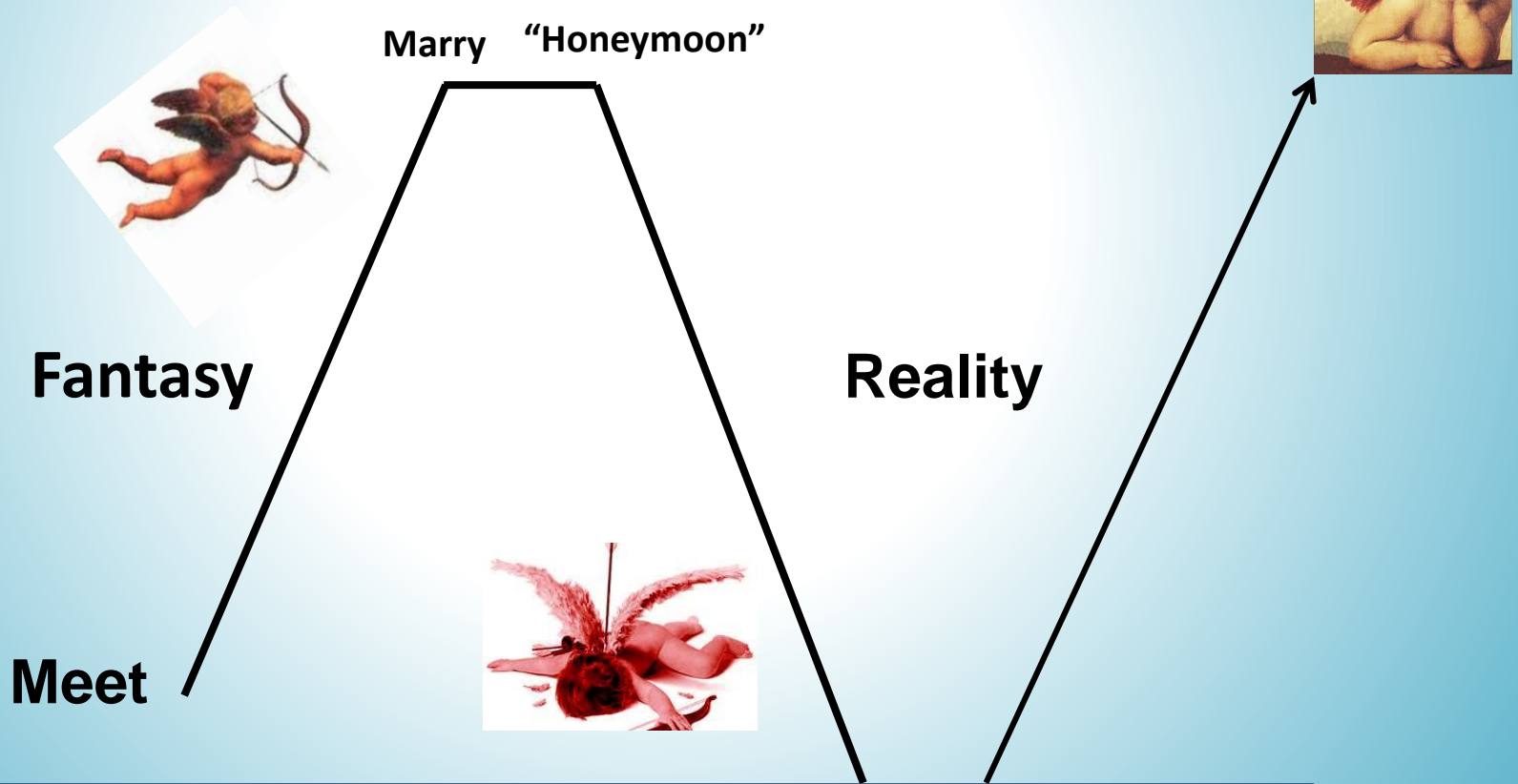


Prefrontal cortex develops slowly over many years

# The Journey of Love

**Infatuation**

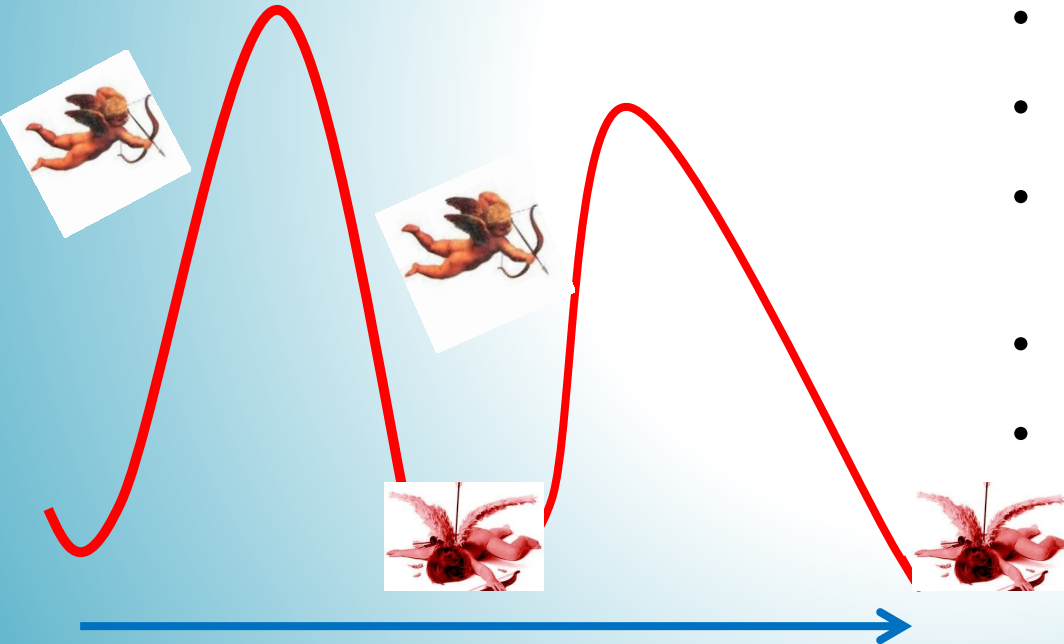
**Real Love**



# Teens Need to Practice the First Stage of Love

Relationship 1

Relationship 2



Short Time!

- 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

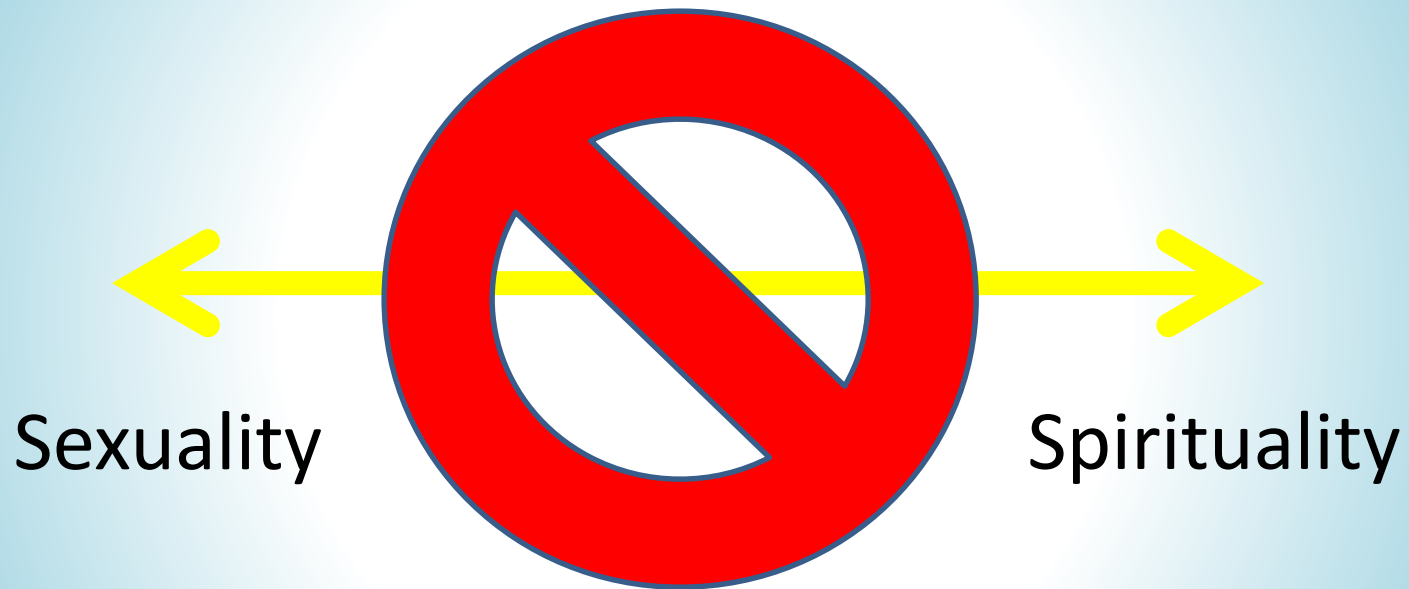
# Where are You on this Spectrum?



Sexuality

Spirituality

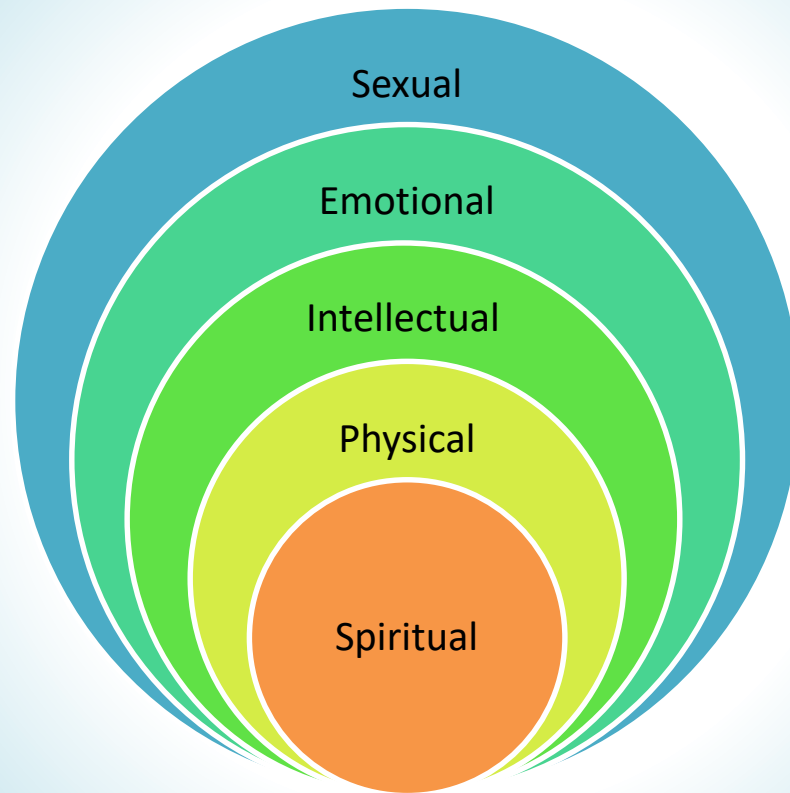
# Sexuality and Spirituality are not opposites!



“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

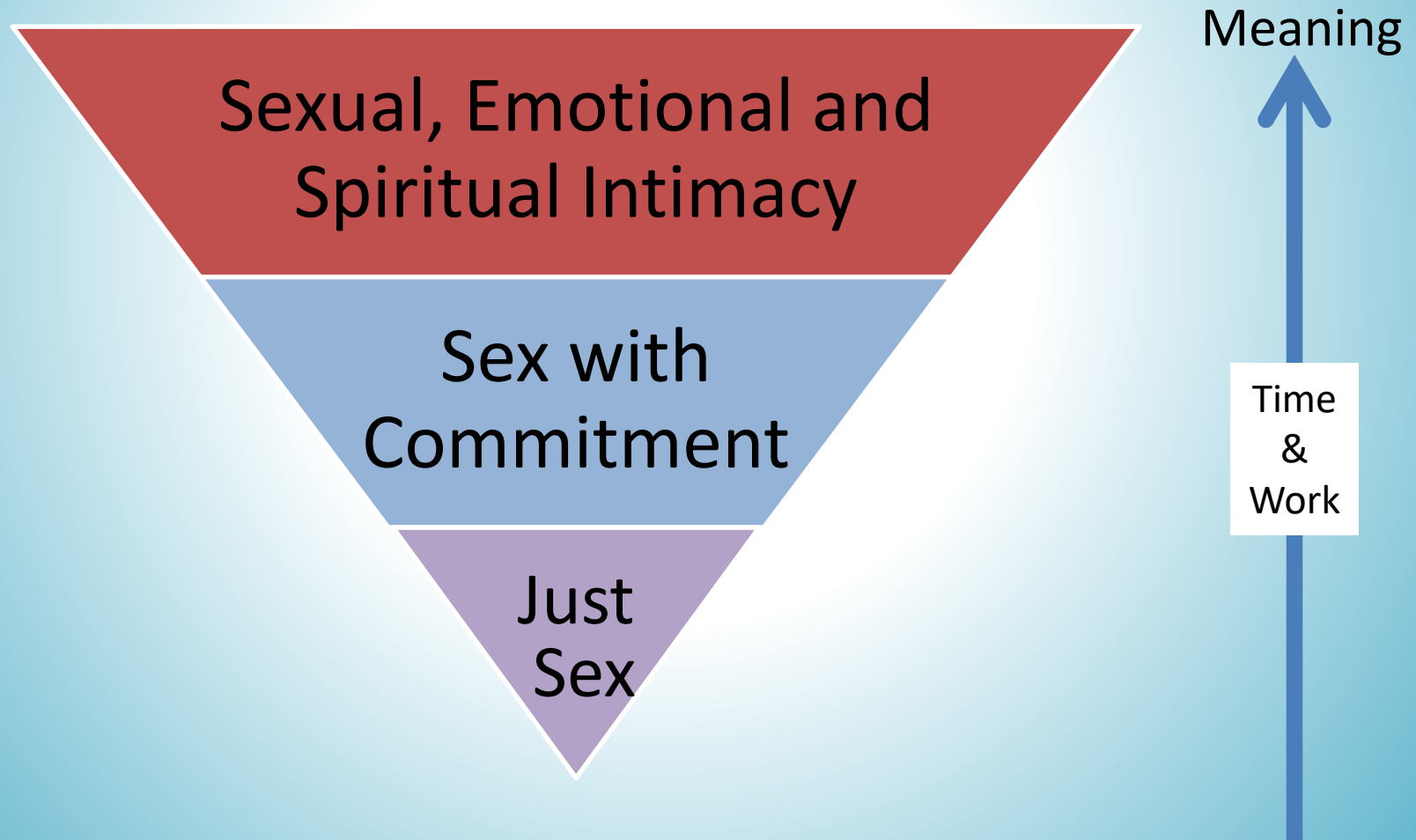


# Purposes of Sex Drive

- 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

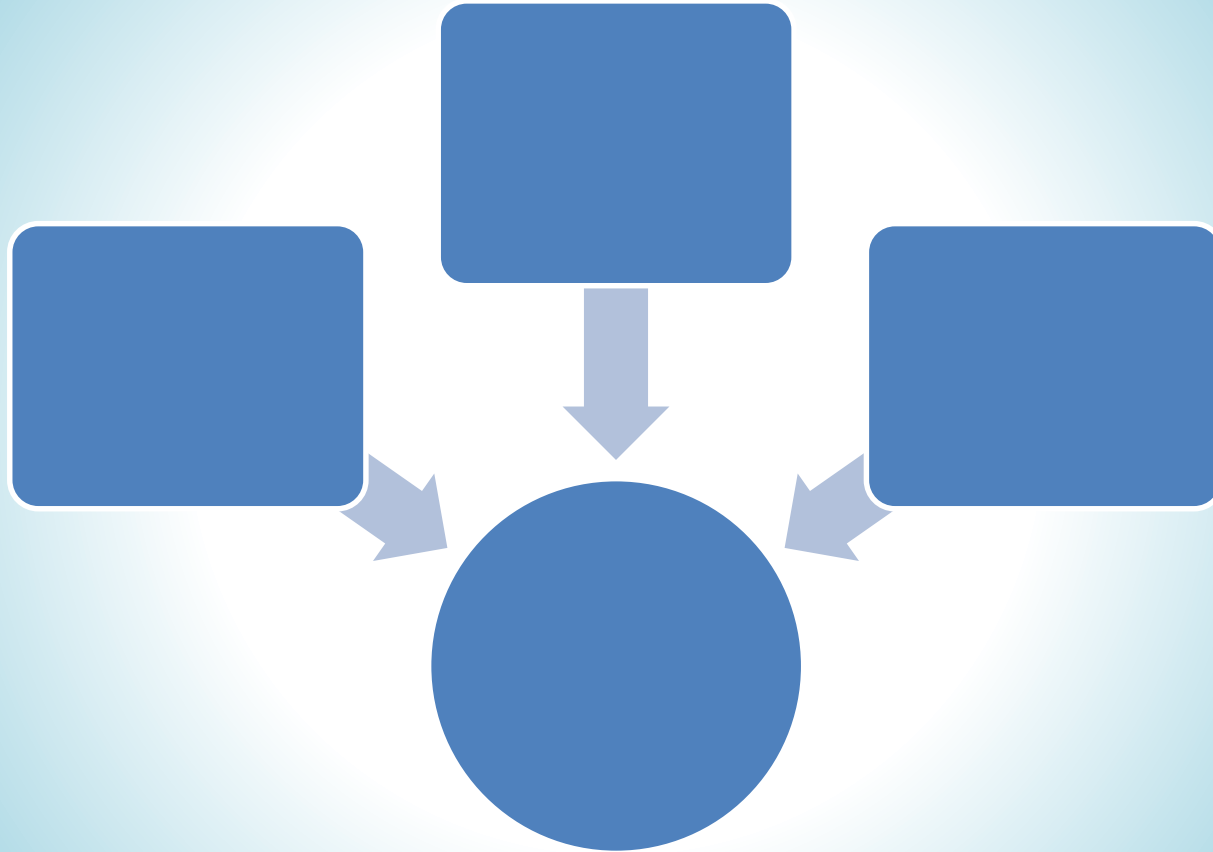


# Treasure and Guard Your Sexuality

- ✓ 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



# YOU own your sexuality



# 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



# 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.