

## THE BARE FACTS TEACHING OUTLINE

### Start Youth Group Discussion 5-10 minutes

**Special Note:** Because of the sensitive nature of the topic some may prefer breaking the larger group into smaller gender specific groups.

**Intro:** Read the profiles of Rachel, Nick, and Anna in the introduction on page 9. Place students in four groups based on which of these profiles they best identify with.

#### Group 1: Rachels

- Raised in the church
- Given the impression that sex is a bad thing
- Wonders, “When it comes to sex, what’s the fuss all about?”

#### Group 2: Nicks

- Feels like his parents, teachers, and youth pastor talk about sex a little too often
- Wonders if it is unrealistic to save sex for marriage

#### Group 3: Annas

- Committed Christian
- Worries that sexual sin/temptation has disqualified her from ministry
- Has experienced hurt as a result of sexual sin

#### Group 4: Somewhere in between

- Not sure what they believe about sex and purity
- Wondering how purity is possible in our culture
- When it comes to sex, you’ve got more questions than answers

Give students one minute to share why they chose that specific group with other members of the group. (Note: avoid having them share their reasoning with the large group as the study just started and their answers may be highly personal).

**Hook:** Ask students to write down their answers to the following questions on a piece of paper. Tell them that they will not have to share their answers with the big group.

- What is sex?
- How do you define purity?
- What are the top 3 things you want to know about the subject of sex?

**Big Question:** What is God’s plan for sex?

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## Video and Discussion 35-55 minutes

- Group watches chapters 1-7 on the *Bare Facts DVD*. Estimated viewing time 35 minutes.
- Students break into discussion groups. Peer leaders ask the questions found under Section 1 found on pages 121-122 in the *Bare Facts* book. Estimated discussion time: 10-20 minutes (depending on the group).

## Wrap Up 20-30 minutes

### Action steps for the leader

1. Bring the group back together as a whole.
2. Distribute index cards and ask each student to write down their answer to the Big Question: What is God's plan for sex?  
Place all of the cards on a board or wall in the front of the room.  
Ask 3-5 students to explain their answer.
3. Give the **big answer** to the **big question**  
Say: "God created sex. You might be surprised to know that God isn't negative about sex. In fact, He is so for it that He wants you to have the best sex ever. That's why He asks you to save sex until after you are married. God's plan for sex is that it will unite you to one person for a lifetime, give you the chance to participate in the creation of new life, and have a lot of fun!"
4. Tell a story to illustrate the **big answer**  
If time allows ask a couple from your church who saved sex until their wedding night to share about the benefits they have experienced from sticking to God's plan. Make sure they are able to keep it brief (under 10 minutes) as the students have already absorbed a lot of information at this point.
5. Leave the students with a challenge.  
Challenge students to read Song of Solomon during the coming week.  
Ask them to journal about what this book of the Bible reveals about God's view on sex and romance.
6. Leader (or selects volunteer) to close in prayer.

## End Youth Group Discussion

What is  
God's plan  
for sex?

