

THE BARE FACTS TEACHING OUTLINE

Start Youth Group Discussion 5-10 minutes

Intro: Hold up a picture of the human brain turned backwards so the students cannot see the image. Say: “Tonight we are going to talk about your most powerful sex organ. Do you want to see it?” (Be prepared for nervous laughter). Reveal the picture of the brain and ask, “Does it shock you to know that the magic of sex really happens between your ears?”

Hook: Divide large group into three smaller groups. Give each group a large sheet of paper and some markers. Assign each group one of the following prompts. Instruct them to write their answers on the large sheet of paper you have given them.

- How is your sexuality affected by your thoughts?
- How is your sexuality affected by your emotions?
- How is your sexuality affected by your experiences?

Bring the large group back together and say: “Sex is so much more than just a physical activity. In fact, your most powerful sex organ isn’t covered by your swimsuit. The key to maximum sex isn’t found between your legs. That leads us to tonight’s Big Question...”

Big Question: Why is your brain your most powerful sex organ?

Video and Discussion 35-55 minutes

- Group watches chapters 8-13 on the *Bare Facts DVD*. Estimated viewing time 36 minutes.
- Students break into discussion groups. Peer leaders ask questions 1-3 under Section 2 found on page 122 in the *Bare Facts* book. Estimated discussion time: 10-20 minutes (depending on the group).

It really happens
between your ears.



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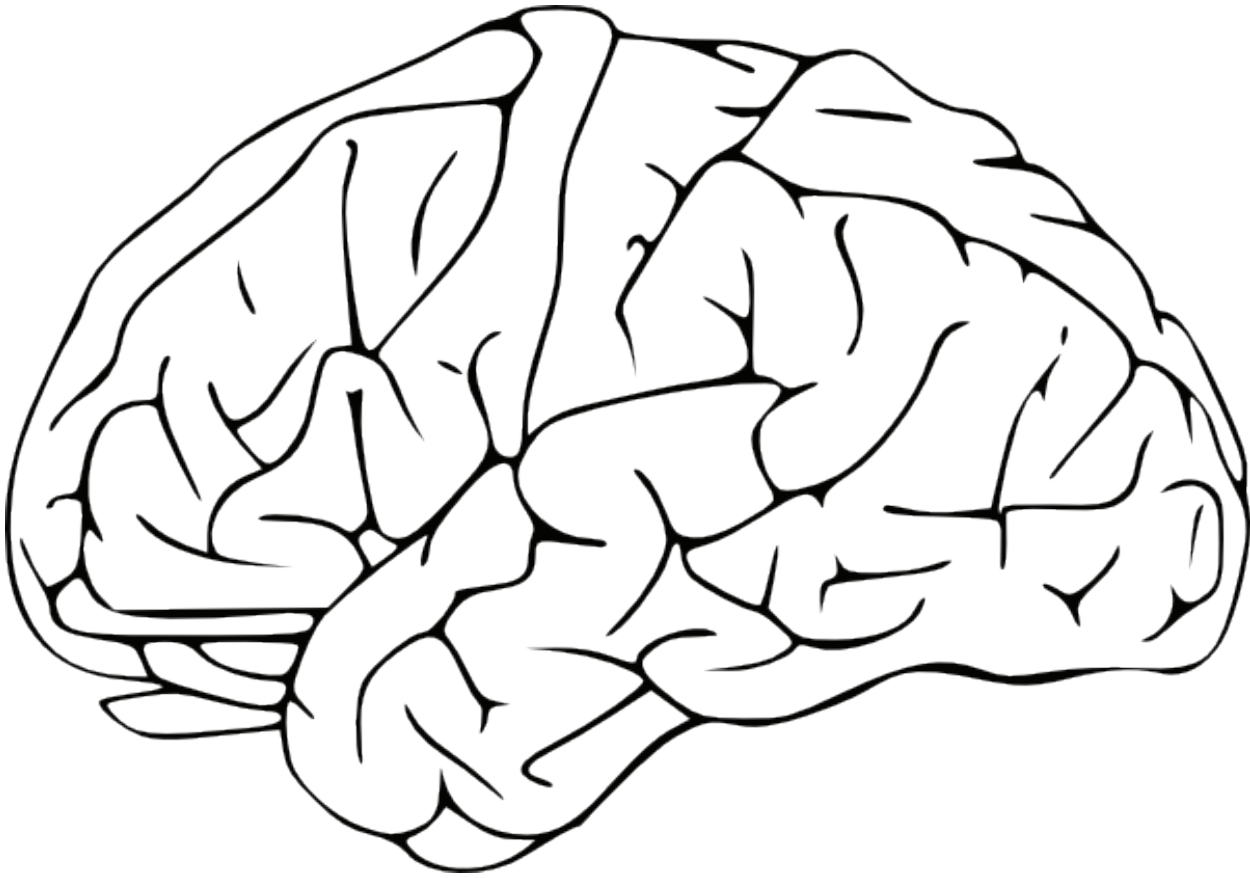
Wrap Up 20-30 minutes**Action steps for the leader**

1. Bring the group back together as a whole.
2. Distribute a blank picture of the human brain to each student. Ask students to draw all the ways the brain is affected by sex on the image you've just distributed. As they work remind them to be sure to include terms like: dopamine, oxytocin, vasopressin, limbic system, prefrontal cortex, and norepinephrine.
3. Give the **big answer** to the **big question**
Say: "Your brain is your most powerful sex organ because (remember from question 4) God created sex for our enjoyment and to bond us to another person. These two purposes of sex aren't biological but mental. By God's design, the best rewards for sex happen in your mind. In other words, *No one has yet developed a condom for the mind*. Only God is able to protect our most powerful sex organ until we have that relationship in which we are able to fully enjoy the mental, emotional, and physical pleasure that sex provides."
4. Leader tells a story to illustrate the **big answer**
Read the story from pages 32-33 in the *Bare Facts* book that begins, "After a speaking engagement ..."
Say: "How does this story illustrate the answer to our big question?"
5. Leave the students with a challenge.
Ask students to memorize Romans 12:2 in the coming week. Consider distributing cards with the passage already written out to assist with memorization and offering an incentive to those students who come to the next meeting with this passage memorized.
6. Leader (or selects volunteer) to close in prayer.

End Youth Group Discussion

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