

THE BARE FACTS TEACHING OUTLINE

Start Youth Group Discussion 5-10 minutes

Intro: Say: “Our culture teaches that you can experience sex outside of marriage without consequences as long as you practice ‘safe sex.’ Since it’s your body, it’s important for you to know the bare facts about the risks of sex with and without protection.”

Hook: Ask students to write down their answers to the following questions. Tell them to “grade” their answers based on the information they see on the DVD.

- Who is most at risk of contracting STDs?
- Is STD infection rare among people in your age group?
- What is the most common STD?
- Do condoms eliminate the risk of STD infection?

Big Question: Is safe sex really safe?

Video and Discussion 38-65 minutes

- Option 1: Group watches chapters 14-25 on the Bare Facts DVD. Estimated viewing time 1 hour 5 minutes.
- Option 2: For a shorter lesson, watch chapters 15-19 on the Bare Facts DVD. Estimated viewing time 38 minutes.
- Students break into discussion groups. Peer leaders ask questions 4-10 under Section 2 found on pages 122-123 in the *Bare Facts* book. Estimated discussion time: 10-20 minutes (depending on the group).

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Wrap Up 10-15 minutes

Note: In the interest of time, your wrap-up will be brief this session.

Action steps for the leader

1. Bring the group back together as a whole.
2. Give the **big answer** to the **big question**
Say: “The world teaches that safe sex leads to freedom. The only problem is that “safe sex” is not safe. Clearly, the difference between safe sex and safer sex is huge. Condoms provide the illusion of safety without significantly reducing the risks. And there isn’t a condom or contraceptive on the market that can protect you from the influence of sex on your body, brain, or heart. God desires to provide real safety with his design of no sex outside of marriage. Only His plan for your sex life offers 100 percent protection.”
3. Leader (or selects volunteer) to close in prayer.

End Youth Group Discussion

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