

IS THAT SEX?

Total time: 60–90 minutes

THE BARE FACTS TEACHING OUTLINE

Start Youth Group Discussion 10-15 minutes

Intro: “In the last session we discussed the serious risks posed by sexually transmitted diseases. Increasingly, students are turning to alternatives like oral sex to protect themselves. But, are these alternatives really safe? Are they really sex? During this session, we will take a look at the definition of sex and some of the consequences of sexual activities like oral sex.”

Hook: Ask students to write down their answers to the following prompts.

- According to my parents, sex is ...
- According to what I see on TV sex is ...
- According to my friends sex is ...
- According to God’s Word, sex is ...

Big Question: How do you define sex?

Video and Discussion 30-45 minutes

- Group watches chapters 26-31 on the *Bare Facts DVD*. Estimated viewing time 18 minutes.
- Students break into discussion groups. Peer leaders ask the questions under Section 3 found on pages 123-124 in the *Bare Facts* book. Estimated discussion time: 10-20 minutes (depending on the group).

Special Note: Because of the sensitive nature of these topics, some may prefer breaking the discussion portion into gender-specific groups.

Wrap Up 25-30 minutes

Action steps for the leader

1. Bring the group back together as a whole.
2. On a large sheet of paper or chalkboard write the following question:
“God asks me to save sex for marriage because He is trying to protect me from...”
Ask students to brainstorm as many answers to this prompt as they

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can. Then, ask, “Besides intercourse, what sexual activities lead to these same consequences?”

3. On a separate sheet of paper or chalkboard, come up with a definition for sex as a group. You might start by writing “Sex is anything that...”
4. Give the **big answer** to the **big question**
Say: “The dictionary defines sex as ‘sexually motivated phenomena or behavior.’ The bottom line is that anal sex is sex and oral sex is sex. These activities have the same consequences as sex. They create the same attachments as sex. While it may be increasingly en vogue, it clearly isn’t the “safe” alternative many believe it to be. God asks you to save every part of your sexual experience. He does so to protect your heart, your body, and your relationships.”
5. Leader tells a story to illustrate the **big answer**
Read the story on pages 67-68 in the *Bare Facts* book where the youth worker shared that his wife had friends who were in counseling because of their experiences with oral sex. Ask your students to consider whether these women would still be dealing with the consequences of their choices if oral sex wasn’t really sex.
6. Leave the students with a challenge.
Ask students to read Song of Solomon 2:7, 3:5, 8:4. All three of these passages warn us not to arouse or awaken love prematurely. Ask students to consider which activities arouse the feelings God intended to be saved for marriage and to write down their commitment to avoid those activities in the future.
7. Leader (or selects volunteer) to close in prayer.

End Youth Group Discussion

How do you
define sex?

