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## You Are Unique - Day 3

2

### Introduction

3 This is our third and final day of our You Are Unique  
4 presentation. But before we dive into today's discussion, let's  
5 do a quick recap of things we've talked about so far.

6 Can someone raise their hand and tell me one thing we talked  
7 about on Day 1? Call on 1-2 students. (*uniqueness, decision-*  
8 *making, definition of sex, love and lust*)

9 Who can tell me the three forms of sexual contact? (*hand to*  
10 *genital, mouth to genital, genital to genital*)

11 Why are these three forms considered sexual contact? (*they*  
12 *expose you to STDs*)

13 What are some things we talked about on Day 2? (*triggers and*  
14 *responses, STDs, contraceptives, sexual abuse and consent*)

15 Yesterday we covered physical consequences of sex. Today we're  
16 going to talk about the emotional consequences.

17

### Emotional Consequences of Sex

18 ➤ **Tape Illustration**

19 (Hold up a fresh piece of tape).

20 Take this piece of tape for example. What do we know about tape?  
21 What is it meant to do? (*Allow student response*).

22 So tape is meant to bond something else or bond two things  
23 together. So, let's pretend our tape represents a person. (*Grab*  
24 *the unused strip of tape and hold it up near your fingertips, it*  
25 *will attempt to move towards your fingers*).

26 See how the tape wants to bond with something. People are  
27 created to make bonds as well. That's why we have emotions.  
28 Emotions allow us to bond with others. So how do our emotions  
29 play a part in sex.

30 Let's look at this piece of tape. It's fresh, clean and ready to  
31 use. This is like a person that has no relationship baggage. But  
32 let's say I meet someone I think is kind of cute and I want to  
33 have a relationship with them and then decide to have sex with  
34 them. (*Stick tape to arm.*)

35 Would you say this is a strong bond or weak? (*Reference tape on*  
36 *your arm, pretty strong*) What makes it a strong bond? (*Wait for*  
37 *response*) That's right, it's strong because it was a fresh piece  
38 of tape.

39 So, you've got this really strong bond in your relationship the  
40 first time you have sex, but tell me, what is true about most  
41 high school dating relationships? They break up! Especially when

42 things are weird and communication is complicated. (*Rip tape*  
43 *off your arm*).

44 So now that you've broken up, what does this tape look like?  
45 Well, it's not fresh or clear anymore, it's pretty gummed up,  
46 isn't it? That's kind of like our emotions when we have sex in  
47 our relationships.

48 Here's the scary part, statistics tell us that if someone your  
49 age has sex once, then they are likely to have at least 8 total  
50 sexual partners before marriage. So this tape will go through  
51 this bonding and ripping process 7 more times. (*Stick it to your*  
52 *arm seven more times and rip it off each time.*)

53 As this tape bonds and is ripped off over and over again, what  
54 is happening to it?" (*Allow student responses. They should pick*  
55 *up on the fact that it will begin to lose its adhesiveness.*)

56 This tape is losing its ability to bond. And guess what, people  
57 are the same way. The more we are in and out of relationships,  
58 the more we give ourselves away sexually, the harder it becomes  
59 to build a lasting bond between yourself and another person.

60 So let's say you continue these habits until one day you meet  
61 the man or woman of your dreams and decide to get married. They  
62 too have had multiple sexual partners. How strong do you think  
63 the bond will be? (*As you say this fold the used tape in half*  
64 *upon itself and try to stick them together. Show the ease of the*  
65 *used tape separating from itself as you pull it back apart*)

66 At the first sign of trouble, it's going to be a lot easier to  
67 split.

68 Now, let's take a fresh piece of tape. (*Hold up a clean piece of*  
69 *tape.*) Remember, our tape wants to bond with something, just  
70 like humans too. But let's say we decide not to bring sex into  
71 the mix until we meet the man or woman of our dreams. And what  
72 if they have done the same. (*Fold the clean piece in half upon*  
73 *itself*).

74 Now, what type of bond do you think they are creating? How easy  
75 would it be to separate this bond?

76 So if humans all have the tendency to want to bond, let's look  
77 at some core emotional needs that most people have.

## 78 Core Emotional Needs

### 79 Status

80 Status is basically our need to feel important. We all want to  
81 feel like we matter. We all want to be treated with respect. And  
82 we all want to feel like we're good at something. For example,  
83 you may want to be the star athlete, make good grades, be the  
84 most popular. These are examples of our need to fulfill our  
85 status.

### 86 Connection

87 Who doesn't like having quality relationships? We get to share  
88 our values, feel appreciated, share common experiences, and

89 build closeness. The best connections with others center around  
90 good communication. Most if this at your stage in life is all  
91 about that cell phone. You spend a lot of time communicating  
92 with friends.

### 93 **Safety**

94 When we trust someone enough to be our goofy selves, we feel  
95 safe. Security is necessary for strong bonds. If someone hurts  
96 our feelings, we distance ourselves from that person. We also  
97 know it's important for people to keep their promises, because  
98 that too helps us feel secure in that friendship.

99 Knowing these are 3 core emotional needs we all have helps us  
100 better understand how these apply to relationships and sex.  
101 Sometimes people think that these needs can be met by having  
102 sex. But let's look at what happens to our emotions when we  
103 bring sex into a relationship.

### 104 **The Story of Jackson and Chloe**

105 Meet Jackson and Chloe. Can I get a volunteer to read how  
106 Jackson and Chloe Met?

107 Jackson was a sophomore and Chloe a freshman. They had known  
108 each other since they were kids and had been friends for a long  
109 time. Over the summer, things got more serious, and they started  
110 dating. At first, they did a lot of simple, fun things together;  
111 they watched movies, sat on the porch swing at Chloe's house,  
112 talked on the phone and hung out with friends.

113 Let's stop right here and identify the core emotions playing out  
114 in their relationship.

115 Status - How do they make one another feel? (*important, like*  
116 *they matter, respected*)

117 Connection - How are they connecting? (*talking on the phone,*  
118 *communicating, hanging out*)

119 Safety - How do you think they feel safe? (*they trust each*  
120 *other, they've been friends for a long time*)

121 Let's continue our story. Can I get a volunteer?

122 One Saturday night, Jackson and Chloe find themselves alone at  
123 Chloe's house. That night, one thing led to another, and they  
124 had sex. They didn't mean for it to happen. Now what?

125 Let's see what Chloe was thinking. Choose a female volunteer.

126 Chloe was really worried and scared. She couldn't help feeling a  
127 sense of regret. She loved Jackson, but she hadn't planned for  
128 this and she hadn't really been ready. What if her parents found  
129 out? What if Jackson told his friends? What would they think  
130 about her? What if he wants to do it again?

131 Chloe cried herself to sleep that night and stayed home from  
132 school for two days. She told her mother she was feeling sick,

133 but the real reason she stayed home was that she was upset that  
134 she and Jackson had crossed that line.

135 Let's see what was going on in Jackson's head. Choose a male  
136 volunteer.

137 Jackson was worried too. He wondered if Chloe even enjoyed  
138 having sex with him. Did he do it right? Why wasn't she talking  
139 to him? Maybe she wishes they had never done that. Now she's  
140 missed two days of school. Could she be pregnant?

141 *(Pause the story)* Let's look for a minute what's going on now  
142 that Jackson and Chloe have had sex. How has it effected their  
143 emotions?

144 Status - How has their status changed? *(Allow student response -*  
145 *he's worried about his performance, she's worried about what*  
146 *others will think about her)*

147 Connection - How is their connection? *(Allow student response -*  
148 *they're not communicating, they're no longer sure of things)*

149 Safety - What about safety? How has that been affected? *(Allow*  
150 *student response - they no longer feel secure in their*  
151 *relationship, they no longer trust one another)*

152 Okay, back to the story. Choose a volunteer.

153 Things between Chloe and Jackson were not the same. They fought  
154 all the time and communication got worse. Chloe became clingy  
155 and acted jealous. Jackson became detached and less attentive.  
156 Chloe felt like all Jackson wanted to do was have sex every time  
157 they were alone. He thought if they were intimate, they would  
158 feel close again.

159 Choose a different volunteer.

160 They had sex a few more times, but they didn't grow any closer.  
161 Chloe began wondering if Jackson ever loved her in the first  
162 place and Jackson started spending more time with his friends.  
163 Every time he was with Chloe, they usually got into a fight and  
164 he was left feeling bad about himself. Chloe was left  
165 heartbroken because she had shared something with Jackson that  
166 she'd never shared with anyone else.

167 What do you think happened to Jackson and Chloe?

168 Jackson and Chloe broke up.

169 Now, how realistic do you think this story is? (*Allow student*  
170 *responses*).

171 I know this is just a story, but it's one that happens over and  
172 over again in relationships. This is how emotions get so messed  
173 up.

174 So when you have sex with someone, it's not just the physical  
175 consequences you have to deal with, you've got the emotional



176 consequences as well. The emotional consequences can be just as  
177 difficult to deal with as the physical.

178 You may be starting to wonder if sex is ever a good thing or  
179 worth having. Well, let's talk about that.

## 180 Building Healthy Relationships

### 181 ➤ Pyramid Challenge

182 Can I get a volunteer?

183 I've got a set of blocks here and I want you to build a pyramid  
184 that will stand on its own.

185 What size did you start with? *(Yes, the largest one).*

186 What would happen if you start with the smallest block? *(Allow  
187 student response)*

188 Could you still build a pyramid? *(No)*

189 *(Take the pyramid apart)*

190 Is it possible to build the pyramid in any other order? *(No)*

191 So the only way to build a pyramid that will stand on its own is  
192 to build it from largest to smallest.

193 This is the same with relationships. There's an order to  
194 relationships where you can have the strongest, healthiest

195 relationship when built in this order. Let's see what that order  
196 looks like. *(Now that you've taken the pyramid apart, you're*  
197 *going to build it one block at a time as you discuss what each*  
198 *block represents).*

199 The first block represents YOU. *(Place the first block down)*

200 Before you can have a healthy relationship, you need to be a  
201 healthy person. Remember when we talked about your uniqueness.  
202 You need to know your value and get rid of negative self-images.  
203 Let me explain it this way: A healthy you is like a foundation  
204 for a pyramid. You are the first building block in a healthy  
205 relationship.

206 Having a strong foundation also involves making wise decisions.  
207 Remember, the choices you make today can affect the rest of your  
208 life.

209 The next block represents your FRIENDSHIPS. *(Place the second*  
210 *block.)*

211 When you are healthy, you have the ability to develop real and  
212 healthy friendships. A true friend will want what is best for  
213 you and will encourage you to make good choices. A strong bond  
214 can be made, one based on respect, communication, and trust.

215 Before you move on to the next level in your relationship, it's  
216 important to first develop a solid friendship.

217 So you've worked on you, learning who you are, finding your  
218 self-worth, making good decisions. You've built a solid  
219 foundation. You've developed a good friendship. One based on  
220 mutual respect and trust. So girls, let's say you've had him in  
221 the friend zone for a while, but you start to develop some  
222 feelings for him. Guys, you realize you really like her and  
223 could see something more than friends.

224 Time for the third block of our pyramid, DATING. (*Place the*  
225 *third block.*)

226 Dating is a time to explore whether your friendship could be  
227 something more in the future. Could you spend the rest of your  
228 life with this person? Dating takes friendship to a level that  
229 is more intimate. It's a chance to discover each other's dreams  
230 and goals for the future.

231 Dating is about a committed relationship involving only two  
232 people. With time, dating can lead to something more permanent.

233 Let's pause for a minute address what the experts are saying  
234 about sex and relationships. The experts we rely on having been  
235 doing thorough research on this subject for more than 30 years.  
236 And for 30 years they still recommend two options that provide  
237 you with the best, safest, and most enjoyable way to experience  
238 sex and relationships.

- 239 • For sex - they recommend for your safety that you practice  
240 abstinence from all sexual activity. This helps avoid lots  
241 of these consequences we have already discussed.

242       • For relationships – they recommend that you join yourself  
243       to one other person in a mutually monogamous relationship.  
244       This relationship means that you will only have sex with  
245       that one other person in a committed relationship for the  
246       rest of your life.

247   So let me ask you a question. What type of relationship do we  
248   know of that is made of only two people, enjoying sex without  
249   fear, with only that one other person? *(Allow students to*  
250   *respond – MARRIAGE) (Place the fourth block.)*

251   *That's right, marriage.*

252   Let's be honest. A lot of people struggle with the idea of  
253   marriage, and let's face it, not all of them succeed. Maybe you  
254   haven't seen marriage modeled in a healthy way. But what other  
255   relationship best illustrates two people devoting themselves to  
256   each other in life long intimate connection?

257   Remember the tape illustration. When two people have built a  
258   healthy relationship in the proper order, it's a lot like the  
259   tape that lacks the emotional baggage of broken relationships.  
260   The bond is strong and the marriage is healthy.

261   So now it's time for SEX. *(Place the final block)*

262 And don't mean just any kind of sex. I'm talking about the best  
263 and safest sex. Sex is awesome. Sex is a wonderful part of a  
264 marriage.

265 But when we get things out of order, just like this pyramid, our  
266 relationship is no longer stable. It's built on a shaking  
267 foundation, because with sex out of order comes the physical and  
268 emotional consequences we've talked about.

269 So, I'm not saying you can't have sex. You can have sex whenever  
270 you want, it's your life and your choice.

271 But what I am telling you is if you want to have great sex, the  
272 best kind of sex, without risk, then save it for marriage.

273 So now that you know what the greatest sex can be like - and you  
274 want to avoid all the risks, then it's time to talk about  
275 boundaries.

## 276 **Boundaries**

277 Answer me this - what is the purpose of having lines on the  
278 roads or stoplights at intersections? *(Allow students to respond*  
279 *- cars staying in their lanes, less chances of an accident)*

280 So, rules of the road are designed to keep people safe. But do  
281 these rules alone eliminate all potential hazards? Of course  
282 not, because its up to the driver to follow the rules and  
283 practice good driving habits.

284 This is why personal boundaries are so important. They protect  
285 you from things that threaten your health and well-being.

286

287 I can stand up here and give you rules of sex to help keep you  
288 safe. But it's up to you to stay within the boundaries for your  
289 own well-being.

290 You've got to set your boundaries before you even get into a  
291 relationship. If sex is not on your to-do list before marriage,  
292 then set that boundary for yourself now. Don't wait until you're  
293 in the heat of the moment. It is much harder to stop once you  
294 have begun making out. You can't stop a car on a dime going 90  
295 MPH. Sexual progression can get out of hand quick.

296 Look at how things can progress rapidly.

297 Holding hands

- 298 • You may start out by holding hands. It's sweet. It's  
299 innocent. But it doesn't take long before it moves into...

300 Hugging

- 301 • Arms around the waist. Arm across the shoulder. Long,  
302 lingering hugs. This eventually leads to...

303 Kissing

- 304 • The first kiss is always so-so...okay let's face it, it's  
305 usually awkward. But they say, practice makes perfect,  
306 right?! So then a peck on the lips leads to...

307 Making Out

- 308 • Here's where things can start speeding up fast. How long do  
309 you think kissing someone is actually making out? (Allow  
310 student response - 1-2 min...5 min) And if you're always  
311 making out every time you're together, how soon do you  
312 think things will progress to...

313 Touching

- 314 • Once you get here, it definitely doesn't take long before  
315 you're having...

316 Sex...

317 This may not all happen in one night, either. It might progress  
318 over the course of a few months of dating. Kind of like this  
319 road. In the beginning, you're cruising along, taking your time,  
320 enjoying the slow ride around twists and curves, but you let  
321 down your guard in one small area, cross a boundary you didn't  
322 want to, and before you know it, you're flying down the hill  
323 headed for a collision before you can even stop.

324 So let me ask you. Where do you think it would be easier to put  
325 on the brakes? Where do you think you could stop and not go any  
326 further? (*Allow student responses*)

327 The further down this road you go, the harder it will be to  
328 stop.

329 That's why you have got to make up your mind now and decide  
330 where you're going to put your stop sign.

331 Let's look at a few guidelines when it comes to boundaries.  
332 The first thing you've got to do is...

333 ➤ **SET IT**

334 Here are some simple boundaries to help you set your own healthy  
335 limits:

- 336 • Don't Be Alone
  - 337 ○ No solo dates, stay in groups and in public places
- 338 • Stay Sober
  - 339 ○ Avoid alcohol and drugs, that cloud your judgment and  
340 lower your resistance
- 341 • No Sexting
  - 342 ○ Be careful what you post on social media or text. No  
343 seductive images or words.
- 344 • Avoid Porn
  - 345 ○ Pornography wrecks your thought life and distorts your  
346 view of sex.
- 347 • Set Goals
  - 348 ○ Set high goals for your future and stick to them.  
349 Don't let dating mess up your plans for your future
- 350 • Involve Your Parents
  - 351 ○ It may seem uncomfortable, but try and discuss things  
352 with your parents. They may be a good source of wisdom  
353 and assistance.



354 Next, you've got to...

355     ➤ **SAY IT**

356 Once you have set up your personal health boundaries, it is very  
357 important that you say it. Be vocal about it. Your true friends  
358 will respect those boundaries. A boyfriend or girlfriend that  
359 truly cares about you will honor those boundaries. It is okay to  
360 start a dating relationship by saying, "Just so you know, my  
361 goal is to save sex for marriage." If they respect that, they  
362 will be cool with it and help you achieve that goal. If they  
363 don't respect it and move on, then good job - you just saved  
364 yourself a bunch of unnecessary drama and heartache.

365 Here are a few easy ways to verbally say it:

- 366     • If staying abstinent is your personal goal, then boldly  
367       state that early in a dating relationship.
- 368     • Establish "NO" as the norm before any physical intimacy  
369       begins
- 370     • Say "NO" if things progress further than you want. Use your  
371       words to make it absolutely clear. "NO" means "NO".
- 372     • Have conversations that don't revolve around sexual stuff

373 Lastly, you've got to...

374     ➤ **SHOW IT**

375 Show others that a healthy lifestyle is important to you. If you  
376 want healthy relationships, if you want to have the best and  
377 safest sex in marriage, then great! You've got to show it.

378 • Show it through your actions  
379     ○ Be clear about your boundaries and don't be afraid to  
380     stand by your convictions. Know what you stand for  
381     and don't compromise your standards.

382 • Show it by not sending mixed signals.  
383     ○ Let me ask you, is it possible for your mouth to say  
384     no and your body to say yes. Absolutely! Be careful  
385     how you dress or how you flirt. You could be sending  
386     mixed messages.

387 • Show it by avoiding places where trouble may occur  
388     ○ You may encounter friends that choose to compromise  
389     themselves by going places that involve alcohol,  
390     drugs, sexual activity, etc. Be bold enough to not go.  
391     Remember, if they're true friends, they will respect  
392     your decision. If they don't, maybe you need some new  
393     friends.

394 So, remember, when it comes to boundaries, you want to set it,  
395 say it and show it!

396 There may be someone in here who's thinking, what's the point,  
397 it's too late for me. I've already had sex.

It's not too late

399 You all need to know that it is never too late to begin making  
400 good decisions. If you have already been sexually active and  
401 perhaps you are wishing you hadn't done it, you can stop now.

402 What can you do if you've already had sex?

- 403 • Get tested for STDs. This will give you a piece of mind in  
404 your future relationships
- 405 • Be brave enough to break off a relationship that revolves  
406 around sex.
- 407 • Begin speaking with a trusted person, maybe even a trusted  
408 adult, about how to find emotional healing.
- 409 • Next, you can still set up boundaries for yourself and  
410 enforce them.

411 This is the power you hold. It's never too late to start  
412 pursuing your best health, even if you have made a mistake in  
413 the past. Each of you is priceless, unique, valuable, and worth  
414 waiting for. The best sexual freedom means making the mature  
415 decision to save sex for a life-long marriage relationship. It's  
416 safe from risks, it's done in love, and it's the best sex you'll  
417 have.

418 We will be giving each of you a commitment card that states,  
419 "Starting today, I commit myself to wait until marriage for  
420 sex."

421 This is something we offer to assist you in making this  
422 commitment and sticking to it. It is strictly optional and if  
423 you do not want this card, just leave it on your desk. We will  
424 collect them after class. If you do make this commitment, have a  
425 trusted friend join you and help each other stick to this goal.  
426 By the way, this would be a much better gift to give your spouse  
427 on your wedding night than Herpes. Just saying.

428 **Closing**

429 Before we wrap up, I need your help with a quick post  
430 evaluation. If you will get out your computers, go to the link  
431 and answer a few questions about what you have learned these  
432 past few days. I'll give you a couple of minutes to complete.

433 Lastly, we want you all to know that WCMC offers free pregnancy  
434 testing, free STD testing, and confidential sex and relationship  
435 consultations. Everything is free and confidential. Office hours  
436 are Mon - Thurs., 9 am - 4 pm.