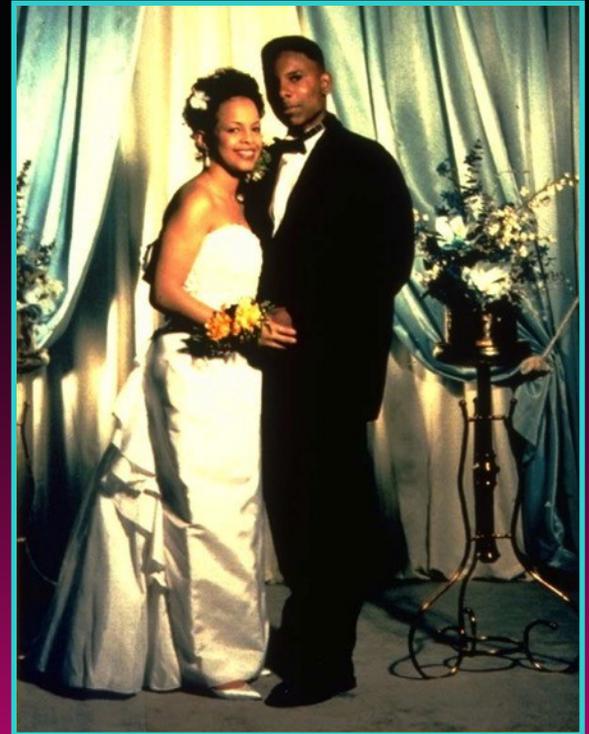




Part 3

Maturing your Love

We all desire love...



What do women seek for in a man?

College Women chose

- 1) good character,
 - 2) emotional stability and maturity,
 - 3) positive outlook/optimism
as most important in a potential mate.
- More important than large income or good looks

We all desire love...

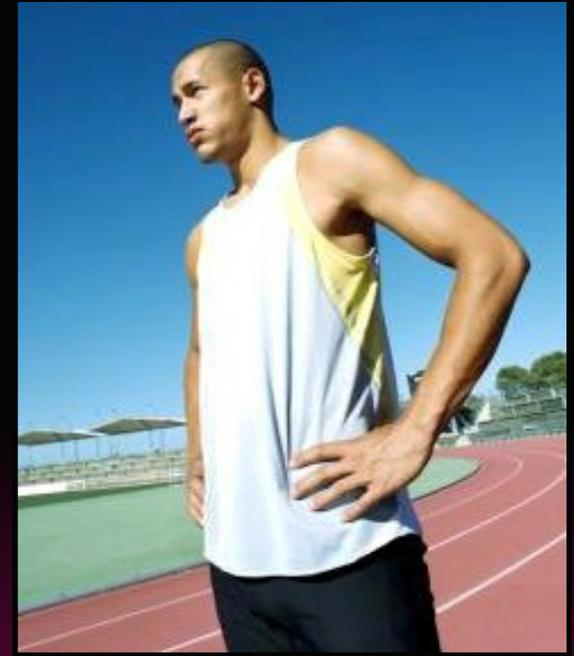
“Good character” included:
honesty, kindness, dependability,
willingness to listen

Poor character included: moodiness,
lying, inflexibility, lack of empathy

What defines Manhood?

Survey of 28,000 men:

- ✓ “being perceived as honorable, self-reliant, respected by friends”
- ✓ being physically attractive, sexually active, & successful with women were less important
- ✓ quality of life determined by good health, harmonious family life, and a good relationship with their wife/partner
- ✓ More important than job, nice home, or sex life.



Sex = Love?



Sex = Love?



Not Really...





Link 2

boys say they “have never really thought about what my life would be like if I got someone pregnant as a teen”



4 in 10

girls say they “have never really thought about what my life would be like if I got pregnant”

Teen Mom Feels TRAPPED!



I Love You?



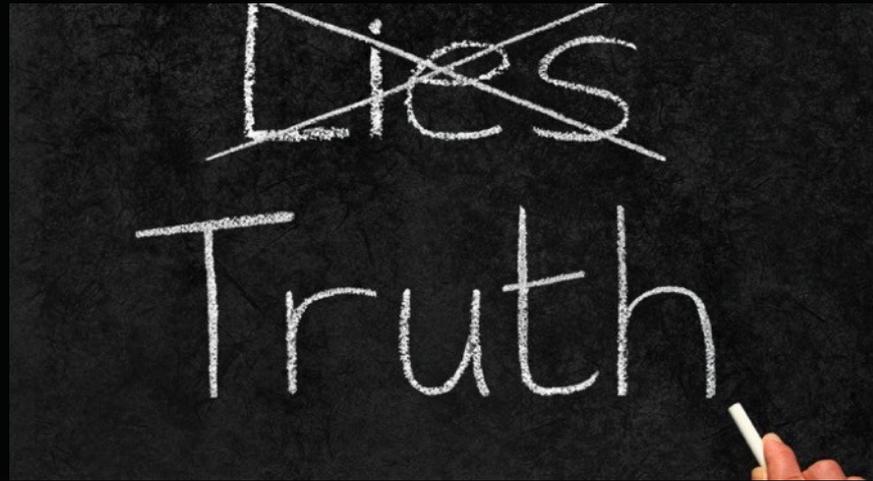
- I love you (being in love, for now it's with you.)
- I love you (your body, as long as you're not pregnant)
- I love you (as long as you give me what I want)
- I love you (until someone else better comes along)
- I love you (your "bling bling," popularity, fame, clothes, \$\$\$)

I Love You?



- **I love you** (your sense of humor, personality & dreams)
- **I love you** (your kindness, generosity, optimism)
- **I love you** (enough to sacrifice my desires to do what's best for you)
- **I love you** (but I know that both of us are too young to make a lifelong commitment, so let's enjoy each other's company and not do anything we might regret)

Karina: 16 @ War



- Do I tell the truth?
- Do I say things I don't really mean to get what I want?
- Do I want to be in a relationship with someone who doesn't tell the truth?

Players

put on a **FALSE FACE**



*But after getting what they want,
they move on to the **NEXT TARGET.***

A silhouette of two men on a cliff at sunset. One man is standing on the cliff edge, leaning forward and holding the hand of another man who is climbing up. The sun is low on the horizon, creating a bright glow and long shadows. The sky is filled with clouds, and the overall scene is dramatic and inspiring.

An Honorable Man
shows **RESPECT** because it is right

He **DOESN'T DEMAND** a sexual
“payment” for his actions.



3

times more depressed – sexually active HS girls

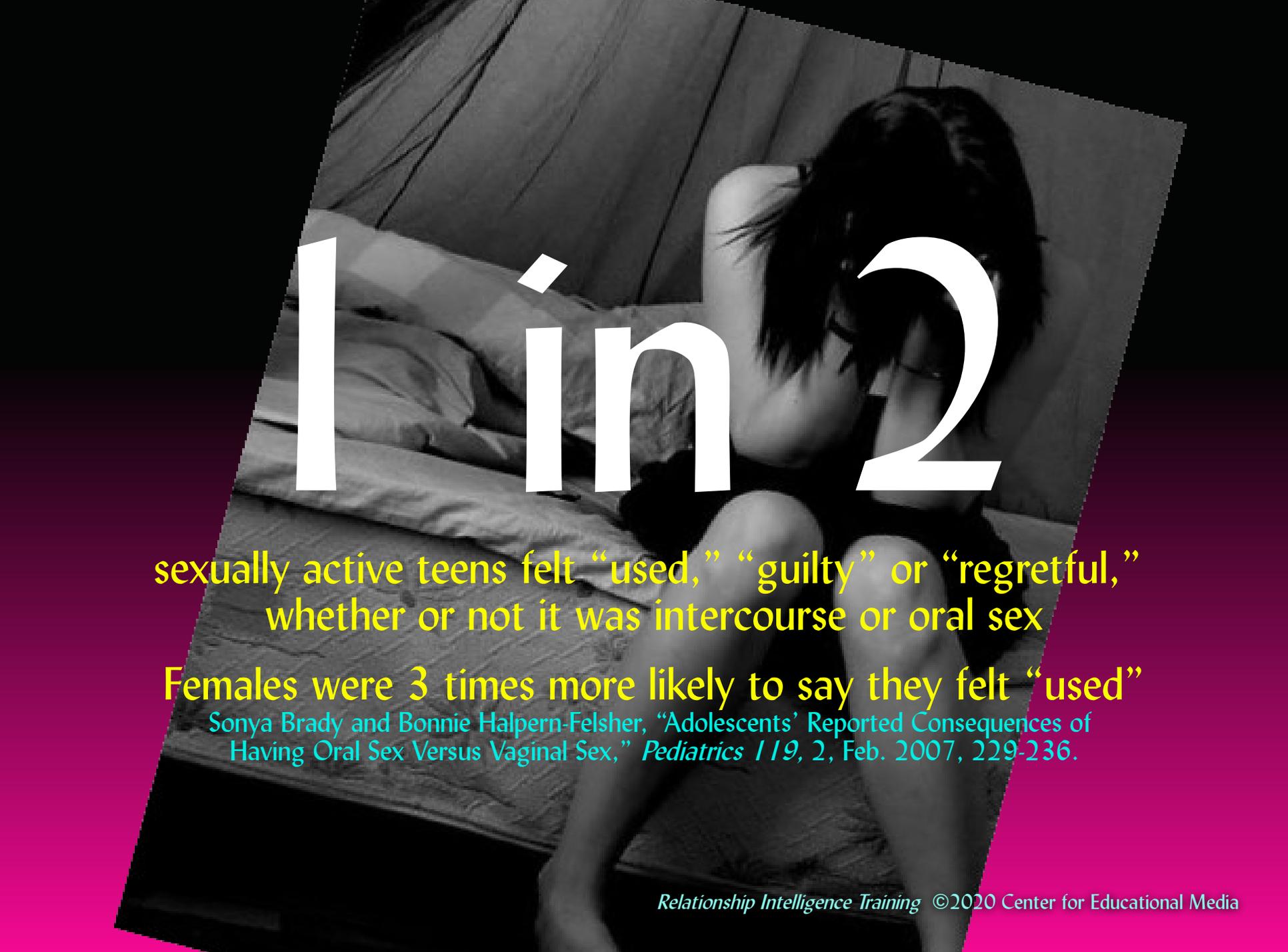
Halfords, Denise, “Which Comes First in Adolescence—Sex and Drugs or Depression,”
American Journal of Preventive Medicine 29 (3), October 2005.

Meier, Ann M. “Adolescent First Sex and Subsequent Mental Health.” *American Journal of Sociology*, vol. 112, no.5, 2008, pp. 1368-1381.



times more depressed –HS girls
with more than 1 sex partner

Halfors, Denise, “Which Comes First in Adolescence—Sex and Drugs or Depression,” *American Journal of Preventive Medicine* 29 (3), October 2005



Link 2

sexually active teens felt “used,” “guilty” or “regretful,”
whether or not it was intercourse or oral sex

Females were 3 times more likely to say they felt “used”

Sonya Brady and Bonnie Halpern-Felsher, “Adolescents’ Reported Consequences of
Having Oral Sex Versus Vaginal Sex,” *Pediatrics* 119, 2, Feb. 2007, 229-236.

Teen sex = “Acting Out”

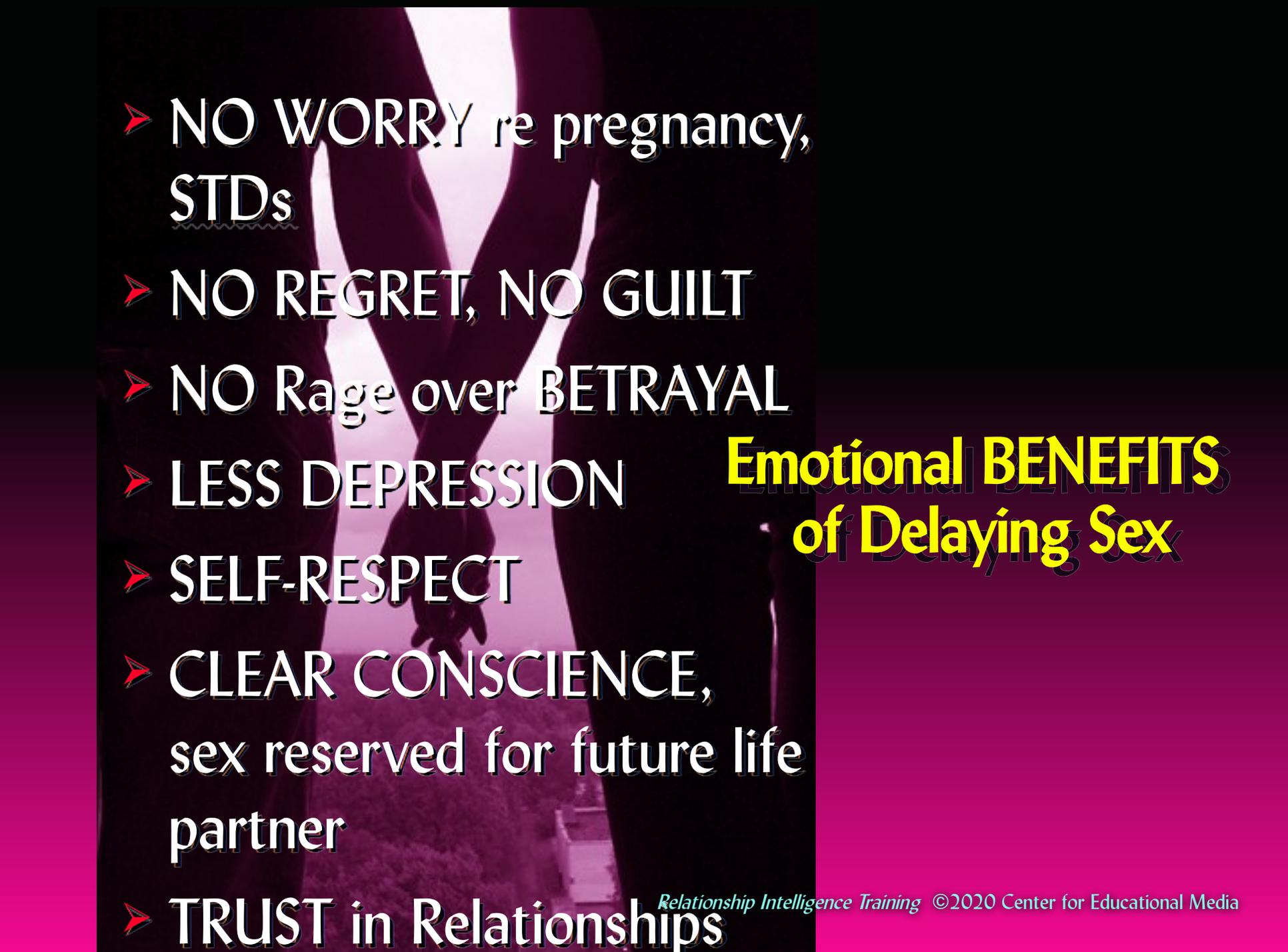
Sexual abuse

Low Self-esteem

Poor relationships

Lack of vision & goals

Does having sex solve ANY of these problems?

- 
- NO WORRY re pregnancy, STDs
 - NO REGRET, NO GUILT
 - NO Rage over BETRAYAL
 - LESS DEPRESSION
 - SELF-RESPECT
 - CLEAR CONSCIENCE, sex reserved for future life partner
 - TRUST in Relationships

Emotional BENEFITS of Delaying Sex

5 *Star* Sexuality

Mental
Emotional
Social
Moral
Physical



Why settle for 1 - 2 dimensions,
when you CAN HAVE ALL 5?



- It's natural for all of us to want to find someone to share our lives with
- But there's confusion about what it means to love someone

Is Love *Just Feelings?*

Immature Love

- Self-centered
- Conditional
- Changeable
- Resentful
- Unethical

Mature Love

- Unselfish, Giving
- Unconditional
- Unchanging
- Able to forgive
- Ethical

A young man in a white t-shirt and a young woman in a black top are looking at each other in a room. The man is on the left, and the woman is on the right. The background is a mix of brown and red walls.

LOVE is HONEST

➤ *Ask yourself:*

➤ “Is this *really* in the best, LONGTERM interest of the one I ‘love?’”

➤ If not willing to ask this question, DON'T say you love someone!

A photograph of a woman with long, wavy brown hair looking towards a man whose back is to the camera. The man is wearing a white shirt. The background is a blurred green outdoor setting.

Can someone love you if they don't care about **YOUR** future?

Can someone love you if they don't care about **THEIR OWN** future?

Do They Really Love You?

- To make sure, take the “Love Test”
- Say “NO SEX going to happen.”
- See if the relationship continues



What is the **MEANING**
of the *act of love*?



oxytocin

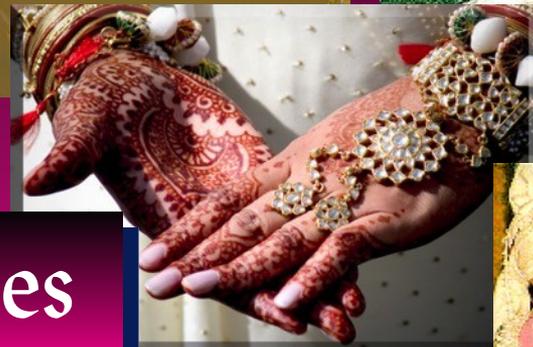
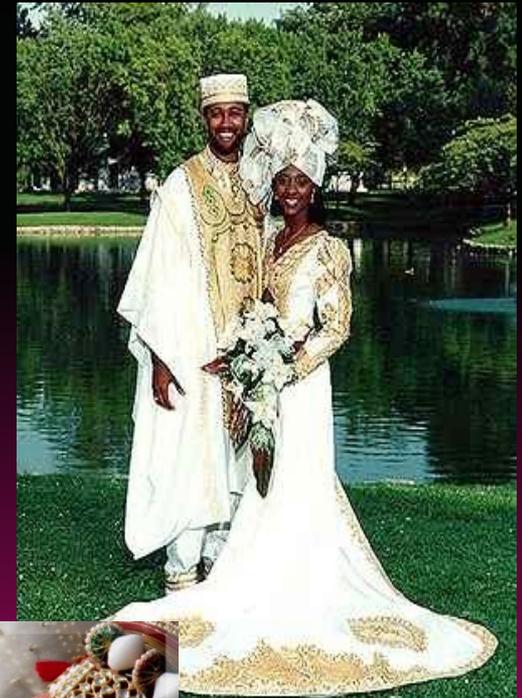
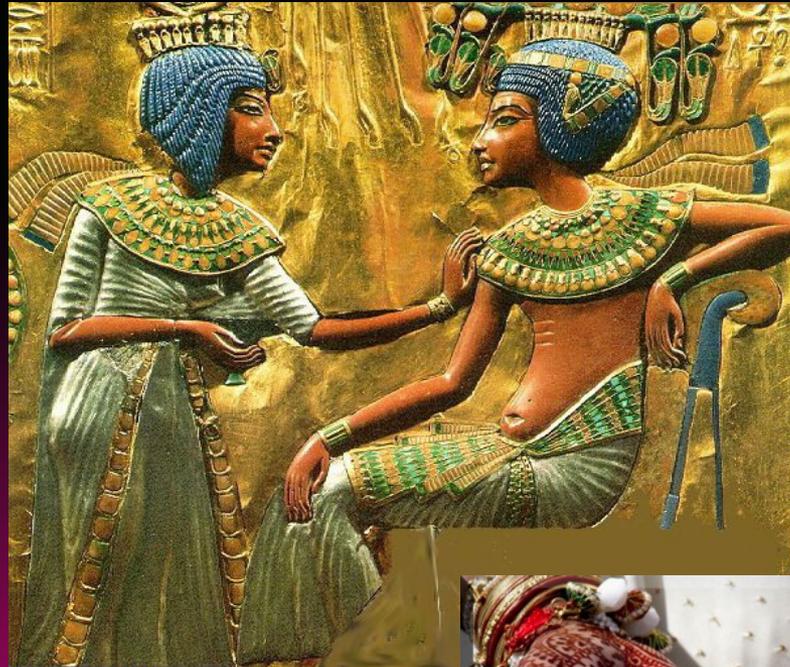
vasopressin

Real Love *is* Committed

If not (or not sure), **should you be acting like you are?**

- Aren't you taking something **THAT DOESN'T BELONG TO YOU?**
- *HOW* do you know if someone's committed?

MARRIAGE all over the World



through the Ages



Fences and Boundaries

WHY are they built?



To protect something private or valuable

Healthy relationships have boundaries!

- Time & Attention
- Communication
- Gifts; Acts of Kindness
- Touch/Kissing
- Sexual Intimacy
- Sexual Intercourse

Love?

DNA



What is a Marital Promise?

“To love and to cherish, until death do us part”

- ✓ Promise of Permanence
- ✓ Sexual & Financial Union “with my body I thee worship, all that I am I give to you, and all that I have I share with you.”
- ✓ Exclusive fidelity “forsake all others”
- ✓ Take care of & love our children
- ✓ Public Promise

Strong pro-marriage beliefs among youth

91%

of youth & young adults ages 13 to 24 agreed “getting married would make me happy”

April 16-23, 2007 Interviews: 1,280 youth consisting of 618 13-17 yr. olds; 662 18-24 yr. olds. Margin of error: +2.7 for entire sample; +3.9 for teens; +3.8 for adults. The Associated Press-MTV Poll conducted by Knowledge Networks.



Delayed Sex → Less Divorce



Men & women who had sex in their teens

➤ Higher risk of Divorce

Anthony Paik. *Adolescent Sexuality and the Risk of Marital Dissolution*.
Journal of Marriage and Family, 2011; 73 (2): 472

➤ Less Happy Relationships and Marriages

Harden, K. Paige. "True Love Waits? A Sibling-Comparison Study of Age at First Sexual Intercourse and Romantic Relationships in Young Adulthood." *Psychological Science*, vol. 23, no. 11, 2012, pp. 1324-1336.



WHO has *the best sex?*

- Swinging Singles?
- Live together?
- Married, with affairs?
- Married & Faithful?

Reece M., et al. Sexual behaviors, relationships, and perceived health among adult men in the United States: Results from a national probability sample. J Sex Med 2010;7(suppl 5):291-304.



Love CAN Last...

Becoming Parents- *Awesome Experience*



Becoming Parents

Awesome Responsibility



LoveSmarts Workbook Activity #5

“Write a Letter to a Future Child”

Activity Five

What advice would you give?

Many students express a desire to have a family someday. Imagine you do have a child. What advice would you give to that child when he or she became a teenager? *Write a letter to your future child to be opened when he or she reaches the teen years.* Give advice regarding the area of love, relationships, and sexuality. *What are dangers to avoid? What kind of activities or relationships would you advise your child to seek out?*



FATHERLESS CHILDREN

What does it mean
to be a man?



Support Enforcement can:

- Garnish *half* of your wages
- Take your driver's license
- Cost you a student loan
- Send you to jail



But if you no longer have good relationship with the mother,
**YOU MAY NOT BE ABLE TO SEE
YOUR OWN SON OR DAUGHTER!**

- Graduate from HS
- Get full time job
- Wait until 21 and MARRIED before having children!

Ron Haskins, "3 Simple Rules Poor Teens Should Follow to Join the Middle Class,"
3/13/2013 Brookings Inst.

To avoid poverty:

74% Poor



2% Poor



FOLLOWED
these rules

Did NOT
follow rules

Already had sex?



- 6 in 10 sexually active teens **REGRETTED** it & wished they'd **WAITED***
- 85% of teens believe sex should **ONLY** occur in **LONG-TERM** relationships

Many choose to STOP

*Albert, B. (2012). *With One Voice 2012: America's Adults and Teens sound Off About Teen Pregnancy*. Washington, DC: The National Campaign to Prevent Teen and Unplanned Pregnancy.

Most Teens in America Are Virgins?



6 in 10 U.S. teens NEVER had sex

2019 Youth Risk Behavior Survey

What about YOU?

Activity One

Different Types of Relationships

In the *LoveSmarts* program, different types of relationships are discussed. To clarify these issues for yourself, in the left column, write 5 things you first notice about someone you're attracted to. In the middle column, write things you look for in a boyfriend or girlfriend you strongly care about. In the right column, write 5 things you would look for in someone to marry and to be the mother or father of your children.

First Attracted

Infatuated

Husband or Wife

1. _____

1. _____

1. _____

2. _____

2. _____

2. _____

3. _____

3. _____

3. _____

4. _____

4. _____

4. _____

5. _____

5. _____

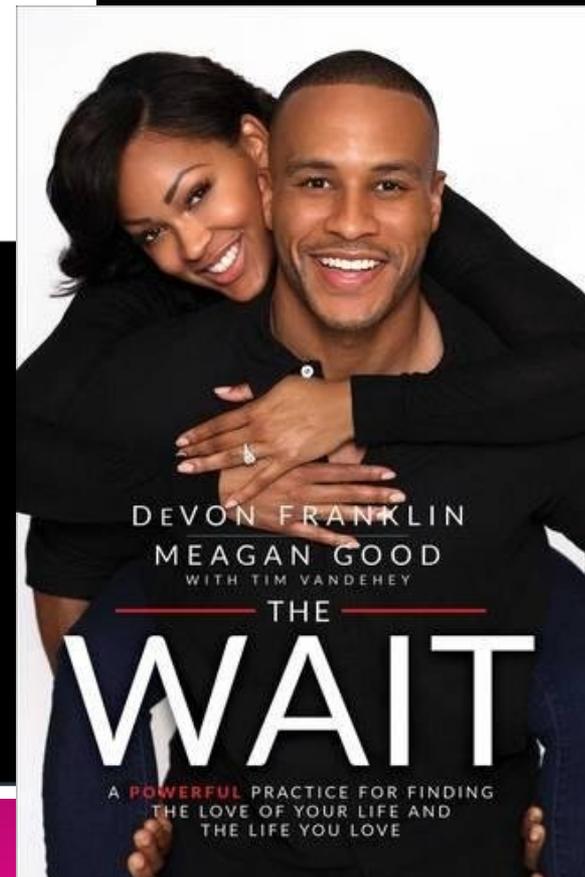
5. _____

In which relationship is there more likely to be security and trust? In which is having sex the right decision? If a pregnancy occurs, in which relationship is there a more stable basis for dealing with that? _____

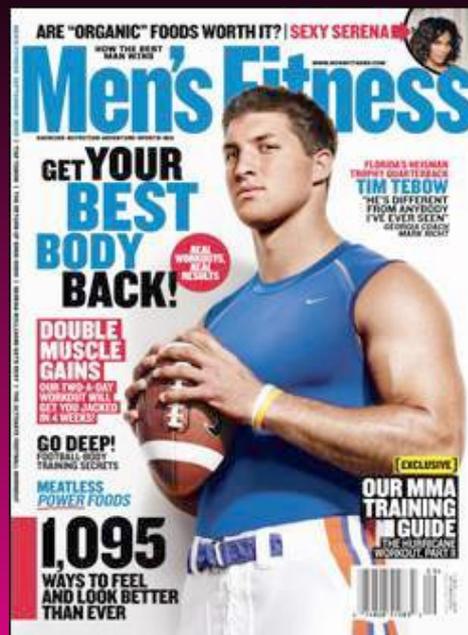
Actress Meagan Good & movie producer DeVos Franklin **WAITED** until wedding night to have sex

EXCLUSIVE: How Celibacy Brought Meagan Good and Husband DeVos Franklin Closer Together

By Raphael Chestang 4:38 PM PST, February 9, 2016



Former NFL quarterback & baseball
outfielder for the New York Mets,
Tim Tebow & Demi Nel-Peters
WAITED UNTIL MARRIAGE



Ciara Discusses Abstaining From Sex Before Marrying Russell Wilson

By Abby Gardner Published on March 14, 2019



In 2016, singing star Ciara married NFL quarterback Russell Wilson in a lavish ceremony at Peckforton Castle in Cheshire, England, four months after getting engaged. The idyllic

weekend-long celebration could have been ripped straight out of a storybook.

But the lead up to the big day wasn't as easy as it may have looked. Ciara & Wilson made the personal choice to abstain from sex until they said "I do," and in a new interview with *InStyle* she explains, "It was hard. I can't lie."

"If you want to get somewhere in life, you've got to have a compass. You've got to know where you really want to get to. And my heart, soul, spirit, and mind just desired to be loved. To be truly loved the right way," she adds.



MY Right to Refuse!

1. “I have the **RIGHT** to wait.”
2. “I can **SAY** what I **DON’T** want.”
3. “I can **LEAVE** if this person doesn’t respect my wishes.”



The 4 “I can’s”

1. I can **STICK WITH MY CHOICE** to wait.
2. I can **STAY AWAY** from situations that might lead to sex
3. I can **SAY NO** if we were kissing and sexual things started to happen.
4. I can **STOP SEEING** that person if I was pressured to have sex.

Delayed Dating is a GOOD CHOICE!



Study: Less feelings of “depressed, sad or hopeless”



Do *YOU* set boundaries?

meet → being together → hand holding → simple kiss

long kiss → deep kiss → petting → *Sexual Intercourse*

he's aroused

she's aroused

Date Older Guys?



- Older guys more mature, experienced, more independence and resources
- BUT HIGHER RATES of STDs among teen girls than teen boys their age, indicating these teen girls were infected by older male partners CDC Sexually Transmitted Disease Control Branch 2002
- Teen girls dating older guys **MORE LIKELY TO GET PREGNANT** Michael Males, Ph.D., (2004). *Teens and Older Partners*, Resource Center for Adolescent Pregnancy Prevention.

Dating Boundaries Activity



Activity Six – Dating Boundaries

- 1) What are dating situations where it might be difficult to stop a progression to sex, sometimes called “Dangerous Dating?”
- 2) What are dating situations where you could get to know someone, but limit the likelihood of having teen sex, sometimes called “Safe Dating?”

SUPER SENSUAL SEX

Touch Him Tricks

A Man's Body Craves Certain Strokes, Caresses, and Pressure. Here's Your Hands-On Guide

28 Romantic Rituals to Do With Your Man*

GUYS UNCENSORED

The Secret Sex Rules They Follow

Try This Simple Mind Trick and Get What You Want

*You're only valuable if you're sexy
Everybody is doing it!!
Sex appeal = \$, popularity, fame
Still a virgin? What's wrong with you?
Real men have a lot of sex partners.
If not, you're a punk and a nerd.*

*237 NEW, SEXY Styles & more!

SEX WITH STRANGERS

The **naughty** trend YOU need to know

HOROSCOPE

Summer-Love Special

30 & Infertile?

Why **YOU** are at **RISK**

Extreme SEX Boosters

The Biggest Sex Mistakes

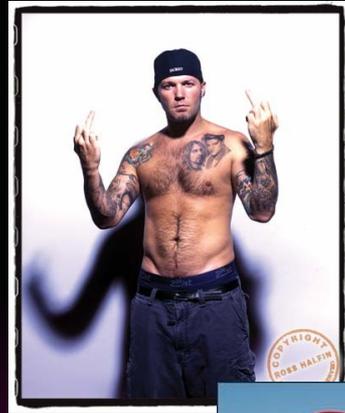
Learn What Keeps Couples From Reaching Ultimate Pleasure

REALITY?

- *Show Mature Love?*
- *5 Dimensional Love?*
- **Show Consequences?**
- *Why?* \$\$\$\$
- *Care about you?*



“Rebellion” or just another brand?



Where “Rebellion” is just another product,
to be marketed & sold right back to you...

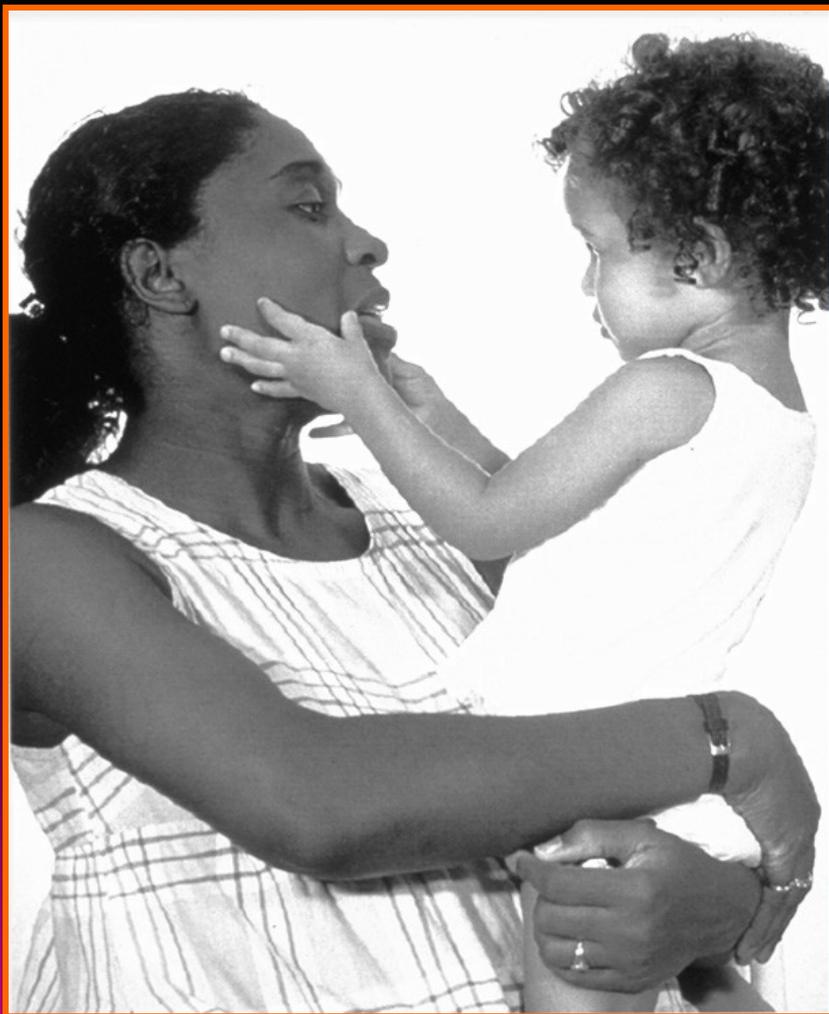
*FRONTLINE Documentary: Merchants of Cool, www.pbs.org/frontline/shows/cool



ASK YOURSELF:

What is this artist saying about these important issues of love and sex?

- **Is it intelligent?**
- **If not, throw it out, at least in your own mind!**



***What do you
want to give to
a future child?***

The Gift of 2 Married Parents



who love their child and each other!

That future child's life is in your hands!
By the habits and attitudes you develop now as a teen,
you are creating the world that child will live in!





**We've made the
ULTRA pledge!**

*Pledgers delay 27 months longer**

*Abstainers more likely to graduate
from HS, college, make more \$***

* Bearman, P., & Bruckner, H. "Promising the future: virginity pledges and first intercourse." *American Journal of Sociology*, 106 (4), 859-912, 2001. ** Robert Rector and Kirk Johnson, "Teen Sexual Abstinence and Academic Achievement," www.heritage.org/Research/Welfare/whitepaper10272005.cfm.

ULTRA Pledge

In order to claim my right to:

Fulfill my life goals

Achieve real, committed love

And, my right to be free from:

Emotional damage from dishonest relationships

AIDS and other sexually transmitted diseases

Teen pregnancy and premature parenthood

I, _____, do hereby pledge that I will remain sexually pure until I marry. I understand that this commitment includes not only technical virginity, but all other areas of physical or sexual involvement which I know in my heart are against my own conscience and well being. I shall make it my goal to keep my mind and body (physically and mentally) sexually pure.

I also commit to remain totally drug free, including all forms of alcohol, tobacco, illicit drugs and inhalants.

I will ask _____ to support me in these commitments.



Sharnetta Tyler, Urban Life Training Eastern Senior HS Alumnus, Harvard U grad, believed *"I am worth waiting for!"* Married Oct 9, 2016 to Khalid David.

Britnee Marsh, 8 year member of *Free Teens*, Delaware State U grad, believes “*I am worth waiting for!*”

Activity Eight

Selling Sex, Selling Abstinence

(Suggested for group discussion)

Many people realize that the influence of the mass media, which often promotes uncommitted sex as a norm without showing its real costs, has a largely negative effect by glorifying self-centered and destructive behavior. While some people imagine that culture *just happens*, it is *individuals* who make the movies and TV shows that promote uncommitted sex and *individuals* (such as yourselves!) could produce media with more positive messages. **Imagine you were in charge of an ad campaign to promote abstinence, healthy relationships or marriage. How would you get your message across? What would it say? Develop a slogan or acronym** (word in which each letter begins a word or a phrase) that promotes the ideas discussed in the *LoveSmarts* program, valuing your life and living your values, achieving your goals, delaying sex until the right time, the value of preparing for committed love in marriage, etc. Examples of acronyms follow:

Virginity is OK.

Abstinence saves lives.

Love is more important than sex.

U are special!

Excel in your goals.

Self-respect is important.

Realize the Risk.

Escape peer pressure.

Be smart!

Elevate your standards.

Liberate yourself!

Very cool

Instead of

Regret.

Generate

Independence

Now!

Write your slogans or acronyms below:

Activity Nine

Selling Sex, *Selling Abstinence*

(Suggested for small groups)

Visual images have great impact on most people which is why so much is spent on advertizing in magazines, TV, billboards, etc. **Develop a sketch of your own poster or billboard** promoting freedom from STD's and unmarried pregnancies through abstinence, or emphasizing the value and importance of marriage and family or any of the other themes discussed in *LoveSmarts*. You may use the slogan you developed in activity eight if you want.



LoveSmarts Workbook
Activities 8 & 9

GIVE a GIFT to Your Future Self!



Do something today that your future self will thank you for.



Do something today that your future self will thank you for.



Do something today that your future self will thank you for.

THANK YOU!



Relationship Intelligence Training

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LoveSmarts.org * FreeTeensYouth.org