

1. In part two, we spoke about protecting your future by focusing on your most important goals and avoiding obstacles that could derail them, but in this presentation we want to look at the emotional impact of intimate relationships.

2. We all desire love, but does everyone find lasting love? Why not? What do you think are the reasons that love doesn't last? (discuss) Possible answers: immaturity, self-centeredness, too young to make a permanent commitment, different goals, don't know who they are themselves.

3. What qualities do you look for in someone you'd like to spend your life with? A study in the Journal of Marriage and the Family¹ found that college women rated 1) good character, 2) emotional stability and maturity, 3) positive outlook/optimism as the most important qualities they looked for in choosing a mate (education and intelligence also rated highly), more important than a large income or good looks.¹

4. "Good character" included: honesty, kindness, dependability, willingness to listen. Why do you think good character, emotional stability, maturity and positive outlook are important to women? (discuss) What would the opposites be? (discuss) Moodiness, lying, inflexibility, lack of empathy, anger, pessimism. You can see why these qualities be relationship-killers!

5. What defines manhood? What do you think are the key things that define a man as being "masculine"? (discuss) A survey conducted with 28,000 men ages 20-75 from North and South America, and several countries in Europe asked men about their attitudes regarding life and sex. Researchers found that men's perceptions of masculinity differed substantially from stereotypes in movies and literature. Men reported that being perceived as honorable, self-reliant, and respected by friends were important determinants of self-perceived masculinity.²

In contrast, factors stereotypically associated with masculinity (being physically attractive, sexually active, and successful with women) were deemed to be less important. Men said that their quality of life was determined by their good health, harmonious family life, and a good relationship with their wife/partner. These factors were significantly more important to their enjoyment of life than concerns such as having a good job, having a nice home, living life to the full, or even a satisfying sex life. (Just two per cent put a satisfying sex life as their top priority. Of course if you have a good relationship you likely have a good sex life.)

6. Since we're all looking for greater intimacy, some people think that having sex will deepen a relationship with someone they feel close to, but does having sex always lead to greater love and commitment? Are all or even most of the teen couples you know who had sex still together?

7. No, having uncommitted sex often destroys what was actually a good relationship or friendship. And since having teen sex puts each other at risk for becoming a teen parent when you're obviously not ready, it's NOT an act of love!!!

Relationship Intelligence Training Maturing your Love Part 3

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?

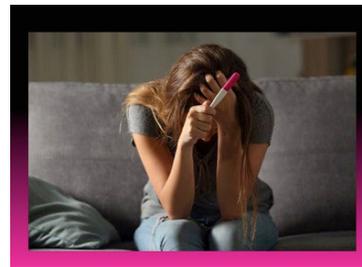


Sex = Love?



Not Really...

8. Why is this teenage girl so worried? (pregnancy test says she is pregnant.) Why is she sad? (She's not ready to become a parent. She's not sure her boyfriend will stay around to support her and the future child.) What are her options? (whether to continue the pregnancy and to raise the child by herself, have an abortion, or give the child up for adoption). Don't you think that adoption is a good option to consider?



9. Half of boys say they “have never really thought about what my life would be like if I got pregnant/got someone pregnant as a teen.”³ Do you think these boys are mature enough to have sex if they haven't even thought about how that would affect them, the woman and the child?



10. 4 out of 10 girls also say they “have never really thought about what my life would be like if I got pregnant/got someone pregnant as a teen.”⁴ Girls, have you ever thought about that? Is it responsible or mature to have sex if you haven't even thought about how that would affect you, the rest of your family and most important the child?



11. In this video Dr. Phil tries to bring clarity to Tanyadawn, a 17 year-old teen mom who disappears for 2-3 days at a time and skips school, leaving her 9 week old son to be taken care of by her mother and her aunt. (<https://www.youtube.com/watch?v=Eyn2T6kTDBM>)



Questions for class discussion”:

- 1) At age 16, Tanyadawn thought she was mature enough to have sex. Was she?
- 2) Where is the father? Why isn't he taking responsibility for his son?
- 3) What would you tell other teenage boys and girls who think they're ready to have sex? Are they ready to take responsibility for potential consequences of sex?

12. We all want to hear these 3 powerful words “I love you,” but what are the possible different meanings when someone says to someone, “I love you?” (give students a chance to give answers)



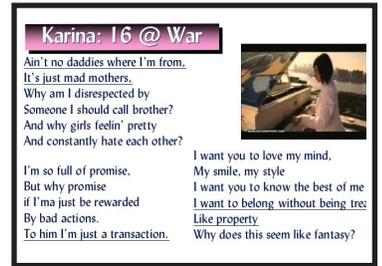
- I love you (I love being in love, for now it's with you.)
- ✓ I love you (I love your body, as long as you don't get pregnant).
- ✓ I love you (I love you as long as you give me what I want).
- ✓ I love you (I love you until someone else better comes along).
- ✓ I love you (I love your "bling bling,"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

13. Or it could mean:

- I love you (I love your sense of humor, personality, ideas & dreams).
- ✓ I love you (I love your kindness, unselfishness, generosity & optimism).
- ✓ I love you (I love you enough to sacrifice my desires to do what's best for you).
- ✓ I love 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).



14. PLAY Karina's "16 @ War" music video. What do you think the song is about? (get answers) Why is the song title "16 at war?" Who is the war between? (guys & girls) Why does she say, "ain't no daddies where I'm from. It's just mad mothers?" (fathers are not taking responsibility, so mothers raising child without their help) Why does she say, "around here cool is another word for fool?" (those who act "cool" are often immature and irresponsible)



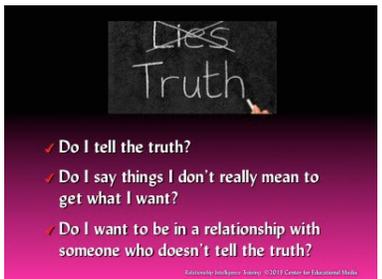
What do the statements "why am I disrespected by someone I should call brother," "to him I'm just a transaction." and "I want to belong without being treated like property." say about male/female relationships? How could these selfish attitudes be changed?

(Song lyrics: Ain't no daddies where I'm from, It's just mad mothers, And eyes that still seem, They can't look past color. Why am I disrespected by Someone I should call brother? And why girls feelin' pretty And constantly hate each other? I'm so full of promise, But why promise if I'ma just be rewarded By bad actions. To him I'm just a transaction. I want you to love my mind, My smile, my style I want you to know the best of me I want to belong without being treated Like property Why does this seem like fantasy?)

15. Let's talk about how the words you speak represent who you are. Ask yourself three questions: 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?

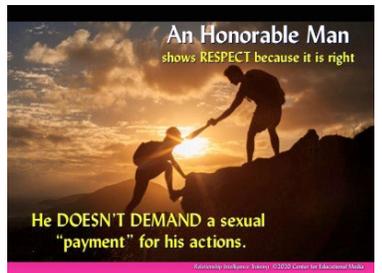


What kind of person are you if you tell lies? Do you want to be that kind of person? Do you want to be in a relationship with someone who tells lies?

16. Most of us have run into "players," who know what their "target" wants to hear and put on a "false face" or act to appear that they really care about you, but after getting what they want, they move on to the "next target." (if possible, give a short example)



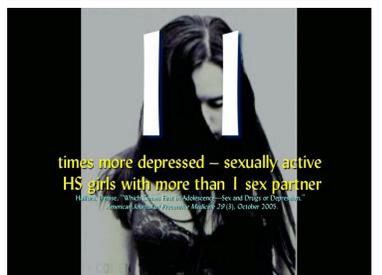
17. Some teens think that if a guy buys a meal for a date, she is obligated to give sex to him. Is that a correct belief? No, an honorable man shows respect because it is right. He doesn't demand a sexual "payment" for his actions.



18. Studies show that sexually active high school girls are 3 times more likely to feel depressed than abstainers.⁵ Also they are more likely to consider hurting themselves.⁶



19. Sexually active girls in High School are 11 times more likely to be depressed if they have multiple sex partners.⁷ Don't you think many of these girls need counseling, not more sex partners?



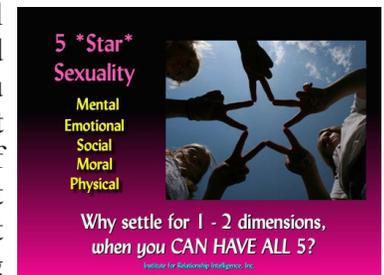
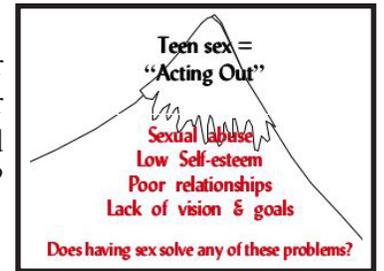
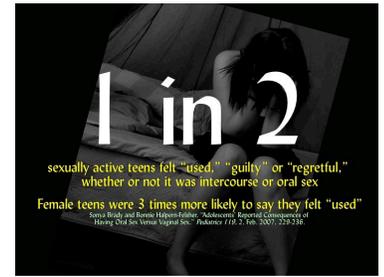
20. Anyone here who felt “used,” “guilty,” or “regretful” after having sex? (discuss). Research indicates that half of sexually active teens reported feeling “used,” “guilty” or “regretful,” whether or not it was intercourse or oral sex. Female teens were 3 times more likely to say they felt “used”.¹⁰ (Ask: why is that? Answer: The guys wanted sex. The girls wanted a relationship.)

Clearly, the damaging impact of sex on the mental health of teenagers is greater for girls than for boys. So I have a question for boys- do you want to be engaged in something that hurts girls that you claim to care about? Guys, you’re likely to have your own children someday. How would you feel about a young man using your future daughter for his own pleasure? Would you be cool with that?

21. Teen sex is not just an AIDS, STDs, or pregnancy issue. It may reflect earlier sexual abuse (for which you need to get counseling if this has happened to you or someone you know), low self-esteem, poor relationships and a lack of vision and personal goals. Does having sex solve any of these problems? Or make them worse?

22. What are the benefits of delaying sex until you are older, in your twenties? (DISCUSS) Yes, you don’t have to worry about pregnancy or sexually transmitted diseases. You don’t have feelings of regret or guilt. No rage at being betrayed. Less Depression. You can feel Self-Respect and a Clear Conscience, more Trust in relationships, with fewer friendships damaged or ruined. You are more free to focus on your personal growth! Who doesn't want these things!

23. If you think about it, complete sexuality includes 5 parts, not just the physical one. They include: **Mental**- being interested in each other’s ideas, future plans and dreams. Imagine someone says they like you, but show no interest to know what you think. Would you be happy? 2. **Emotional**- sharing feelings, heart, truly care about someone’s long-term happiness. **Social**- joining each other’s family and circle of friends. When you really get involved with someone, don’t you also become part of their family and circle of friends? What if someone likes you, but they don’t like or want to meet your family or friends? Wouldn’t you begin to think something was wrong? Why is that? Because there’s a social dimension to a complete man/woman relationship, where you become part of each other’s families and circle of friends. The next spoke spoke of the star is the **Moral/spiritual**- sharing beliefs, values, and ideals. What if someone you find attractive likes you a lot but he or she has an angry, abusive character and likes to hurt other people or to act dishonestly with them? What if you have a child with this person and he or she starts to abuse your children? Would you want to have an intimate relationship with someone is flawed in that way? Remember, it takes time to get to know someone’s real values and character. Finally, there’s the **physical** part of the man/woman relationship, feeling attraction for each other and uniting together to create a new child through sexual intercourse, which is best when it comes last, ON THE FOUNDATION OF THE 4 OTHER DIMENSIONS. Don’t you think the couple feels happier if they are both committed to each other and making preparations for that child? And don’t you think they can take better care of a child if they share that responsibility equally, as in marriage? In today's culture many people just look at the physical side of sexuality, or for the emotional dimension, for someone they can share their heart with. But why would you want to settle for a one or two dimensional relationship, when you can have a COMPLETE 5-dimensional relationship?!



24. Most of us would like to find someone to give our love to, to share our lives with. One area of confusion is that often people think that love is just a feeling, but is love just feelings? If someone says he/she loves you one day and the next day doesn't even want to look at you, is that love? So love involves **actions**, the way you treat someone. (optional: "The Gift" activity)



25. What do you think are the differences between mature and immature love? (get answers) Immature love is: 1) self-centered, 2) conditional ("if you don't do what I want, you're history!"), 3) changeable, (I like you today, but tomorrow I may like someone else.) 4) resentful (You didn't do what I want, so now I hate you!), 5) unethical (I'll take what I want regardless of the rules or what is right.)

So, in contrast, Mature Love is 1) unselfish, 2) unconditional ("I love you not for what you can do for me now, or what I expect from you, but for who you are.") 3) unchanging, 4) able to forgive (not domineering or arrogant), 5) ethical (has a sense of right and wrong, is not deceptive, does not use criminal or immoral means.)



26. And love involves honesty, doesn't it? - being honest enough to ask yourself, is this *really* in the best, **long-term** interest of the person I say I care about? Doesn't love also involve caring more about what's good for the other person, not just in the moment, but for their future, too, more than what you want for yourself? If you're not ready to ask yourself these questions, can you really say that you love someone?



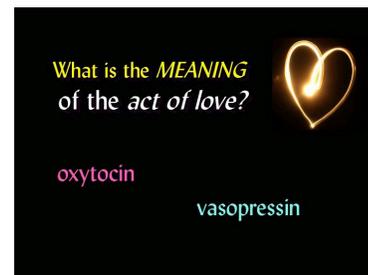
27. Here is an important question to think about! Do you think someone can love you if they don't care about your future? (discuss) Can someone love you if they don't care about their own future? (discuss) No, if they are self-destructive they are VERY likely to hurt you as well.



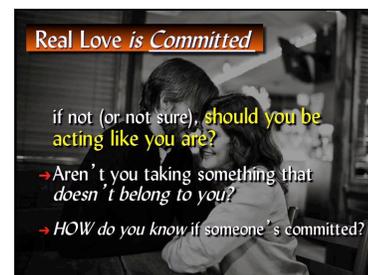
28. Does this person really love you, or just want to use you? To make sure, take the "love test." Say, "NO SEX is going to happen." See if the relationship continues. If it does, you've learned that sex doesn't have to be part of a good relationship. If you lose this person, good riddance! GIVE STUDENTS 5-7 MINUTES TO WRITE A LETTER TO AN IMAGINED ROMANTIC PARTNER, TELLING HIM OR HER THAT YOU HAVE FEELINGS, BUT THERE WILL BE NO SEX. Ask if anyone wants to read their letter out loud. (You may find students who want to talk to you personally about the challenges to doing a "love test" and how to make a plan to actually do it.)



29. What does the act of **love** or sexual intercourse mean anyway? Did you know that when a woman has sexual intercourse with a man, a hormone called oxytocin is released, the same hormone that is released when a woman gives birth to or nurses her baby? The hormone acts to give the mother a feeling of love for her child. ¹¹ A hormone named vasopressin is also released in the man during sexual activity.¹² These hormones act to bond the two people together. Then if one partner just leaves, how does the other person feel? Don't you think it feels like part of the heart is being ripped out? (use visual example of two paper hearts "glued" to each other and rip one heart from the other) If one allows this to happen several times, don't you think it could do lasting damage to one's ability to trust and love the opposite sex? Don't you think someone who has been abandoned after giving something so intimate feels used, discarded like a piece of trash? She or he may decide to become someone who uses others in the same way he or she was used, but is that making the heart bigger or smaller? More loving or smaller and harder? Do you know women who hate men or men who have come to despise women because of this kind of unwise giving and betrayal? I do!



30. If you're not ready to commit yourself to another person totally in this very serious way, should you be doing something that implies that you are? Isn't that like taking something from someone on **false pretenses**? This other person thinks you are committed to him or her and you're just using this other person. That's not very loving or giving or even very fair, is it? How do you know if someone is committed to you? (get answers) Let's take the example of a girl who's wondering if a guy she's dating is committed to her. If he shares his feelings with her, that's nice, but does it mean he's committed? No. If he treats her with respect, that's good, but does that necessarily mean he's committed? No. What if he says "I love you. You're the only one!"? That's nice to hear, but does it mean he's committed? No one's writing down what he says or recording it on videotape. He can say whatever he wants!

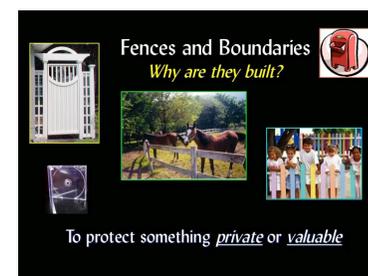


Unless someone is willing to **publicly** tell your family, your friends and the whole community that he or she wants to share their life together with you, then how do you know? You don't! When you make things public (when you're old enough and mature enough to make this kind of commitment) then the whole community can support both of you in your decision and you're more likely to succeed in your desire to be together for life instead of having things fall apart as they too often do. The way people make this public promise is called -- marriage.

31. The institution of marriage exists throughout the world and has existed throughout history. In fact, there is no culture we can find which did not have the institution of marriage. Why is that? Because it fulfills the human need for security, trust, and commitment, and the need of children to have the love, attention and affection of *both* parents.



32. Have you ever thought about why people build fences and boundaries? What is the fence or boundary in each picture for? (get answers) It's to protect something that is private or valuable. Your own body has a boundary. Do you know what it is? Your skin. Your skin protects your body from dirt, anything that could make it sick. Inside your body is an immune system that also protects your organs from germs and viruses. Everything valuable and everything that's healthy has a boundary.



33. So everything valuable and everything that's healthy has a boundary, but we don't want to be totally separate either. We want to find someone we can know and trust. There are two extremes: 1) the person who has a wall so high and strong that no one can get in- who is afraid of all relationships; 2) the person who has no boundaries and lets almost anyone in and take what they want.

What are the steps of sharing yourself with someone else? 1) Paying attention to someone and spending time together, "hanging out"; 2) Communicating: emails, instant messaging, talking on your cell phone; 3) Giving gifts or small acts of kindness; 4) Touch: holding hands, simple kiss; 5) Touch leading to sexual arousal; 6) Sexual Intercourse.

Some people want to skip the earlier stages and go to advanced sexual intimacy right away. Is that a good idea?(discuss) **Research shows that those who do go quickly to advanced sexual intimacy have weaker bonding with the other person.**¹⁴ Many people think that it's okay to have sex if you're in love. Do you agree? What's the problem with this way of thinking? (Feelings of love can change and you realize too late that you've given something valuable to someone who wasn't really committed to you.)

What is the most valuable thing you can share with someone? Some would say "your heart" and that's true. (discuss) But, why do you think sexual intercourse is last in this list? (most valuable, most important) Why would sexual intercourse be the most important thing you could give? (discuss) Because this is giving the gift of your DNA, (click to show "DNA" text) you are allowing someone of the opposite sex to combine your DNA with theirs and to potentially create a new human being. There is nothing deeper or more valuable you could possibly give to anyone than this! That's why many people believe this should only take place in the context of marriage.(show wedding ring). Why do people getting married give a wedding ring to each other? The ring is in the shape of a circle which has no beginning and no end, ie. never ends!

34. Just what does a couple promise when they get married? In one traditional marriage pledge the words are (ask a student to read) "I take thee to have and to hold, from this day forward, for better, for worse, for richer for poorer, in sickness and in health, to love and to cherish, till death do us part." **First**, the couple is promising sexual and financial union. They promise "with this ring, I thee wed, with my body I thee worship, and with all my worldly goods I thee endow." **Second**, they promise exclusive fidelity, to forgo intimate sexual relationships with all others. **Third**, they promise to love and to take care of children that result from their sexual union. **Fourth**, they are making a public promise, that their families, friends and whole community are supporting, and will watch to make sure they keep their promises. **Fifth**, they are making a promise of permanence, "for better, for worse, for richer, for poorer, in sickness and in health, until death do us part."

35. Many youth and young adults express strong pro-marriage attitudes and plans. An AP-MTV poll found that: 91% of youth & young adults ages 13 to 24 in the poll agreed "getting married would make you happy." 92% said they definitely or probably wanted to get married. 64% thought "very likely" they would remain married to the same person for life. ¹⁵



36. Men and women who delay sex have less divorce and happier relationships and marriages. Those who had sex in their teens have a higher risk of divorce. A 2011 study at the U. of Iowa found that 31 percent of women who had sex for the first time as teens divorced within five years, and 47 percent divorced within 10 years. The divorce rate for women who delayed sex until adulthood was far lower: 15 percent at five years, and 27 percent at 10 years. Anthony Paik. Adolescent Sexuality and the Risk of Marital Dissolution. *Journal of Marriage and Family*, 2011; 73 (2): 472

Men and women who are sexually active as teens are less happy when they do marry. (NOTES: A 2012 study found that compared to their siblings who initiated sexual activity between ages 15 and 19, siblings who delayed sexual activity until after 19 reported more relationship satisfaction.) Delaying sexual activity until age 20 or later both slows entry into cohabitation and marriage and improves reported quality of relationships. 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.)

Why do you think that is? (discuss, delaying the physical gives them space to focus on developing a deeper relationship.) The ones who are willing to wait probably place a higher value on themselves as well as marriage and make a stronger commitment to it. Those who had sex starting in the teen years may have formed habits that were hard to break and learned that when you have conflict with an intimate partner you just break up. They gained feelings of suspicion and mistrust from their previous love relationships. As with many things in life, it's a question of choosing what's most important to you.

37. If I asked you who was having the best sex in America, what would you say? Swinging singles who go to a lot of parties? Couples who live together without being married? Married couples who also have affairs? Married couples who are completely faithful to each other?

You may be surprised to learn that according to the largest and most scientific sex survey ever conducted, the answer is: married couples who are truly faithful to their partners.¹⁸ They have the most fulfilling sex, both physically and emotionally. Why do you think that is? (get students' answers) I think it's because of one word— trust. People who have made a marriage vow they are truly committed to have a much higher degree of trust than people who have one-night stands or couples who just live together. Sex is not just a physical act, it involves other dimensions of human beings. That's why faithful, married sex is better. It's also safer. **NOTES:** Another of the most comprehensive studies on the subject, released in 2010 by the Center for Sexual Health Promotion at Indiana University compiled statistics on the sexual attitudes and habits of 5,865 people between ages 14 and 94. Their study revealed that less than five percent of singles between the ages of 25 and 59 have sex two to three times a week, while a quarter of married folks are beating the single record five times over. A whopping 61 percent of singles reported that they hadn't had sex within the past year, compared with 18 percent of married people.

38. As you can see from these photos of couples who have been married for 50, 60, or even 70 years, LOVE CAN LAST. Especially when you make the right preparation and avoid getting involved in destructive relationships.



39. You know- the love between a man and a woman, and between parents and their children, can be so deep- it's hard to express in words. (If possible share personal testimony about personal experience of having children or of someone you know- how it felt) It is a truly awesome experience to see a new life coming in to the world. *The relationship with your child can be so deep. Many people feel there's no relationship in life as profound as the one you have with your children.*



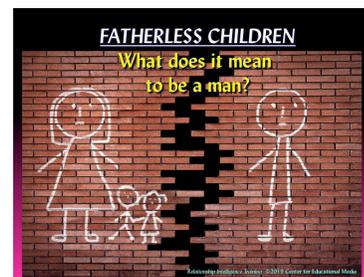
40. It's a very deep thing, but also a very serious responsibility because that child will always look to you for guidance, protection and support. You will always be that child's parent, and be responsible for him or her, 24/7 (24 hours a day, 7 days a week) for 18 years at least, if not longer.



41. Write a Letter to a Future Child (LoveSmarts workbook activity #5) 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? (Read at least 2-3 letters from willing students.)



42. It's a sad fact that many men miss out on this relationship. 4 out of 10 of all births in the U.S. are outside of marriage.¹⁹ In most cases the fathers never get involved with or take responsibility for their children. I don't know why. They're missing out on the deepest part of manhood, being a father to someone, sharing your life with your children and loving the mother of your children. (Discuss loss from child's point of view, from single parent's point of view, and from the parent who leaves point of view- all of them are hurt and missing out.)



What does it mean to be a man? Some guys think that having sex with many different partners proves manhood, but is that true? If you can't love what you create, isn't something missing? If you have this attitude I hope you realize that you are better than that and change, because this attitude is causing millions of children to be born and grow up without their fathers. And some of you are in this situation, without both of your parents and that's tragic, but don't you want to try to give a better situation to your future children? (optional: play Beanie Siegel rap song portraying the anger of the author towards his father who was abusive, usually absent and neglected his family, with chorus "Daddy, where have you been?" ASK: why is he so angry at his father?)

43. Here's a message for guys to consider: if you have sex with a young woman you're not married to and she gets pregnant and gives birth to a child and she names you as the father, then you are responsible to pay child support for at least 18 years.

If you fail to pay the government can track you wherever you work and take up to 50% of your wages directly from your employer before you get a paycheck. They can also punish you for failure to pay child support by taking away your driver's license, preventing you from getting a student loan or even sending you to jail. Also, consider this: even while you're paying child support for the next 18 years (which you should do since you are the father), if you no longer have a good relationship with the mother of your son or daughter, you may not be able to see your own son or daughter very easily. The bottom line is: if you're not married to the mother of your children, you have zero legal rights over what happens to your child. Is that a position you want to be in?

44. If you follow 3 simple rules in your life, it is VERY unlikely that you and your future family will live in poverty. (ASK: what does poverty mean? Not having money for rent, for food, for electricity.) Here are the rules: (READ OUT LOUD TOGETHER) 1) graduate from high school. 2) Get a full time job. 3) Wait until 21 and married before having children. Only 2% who followed all three rules live in poverty, but 3 out of 4 kids whose parents broke all 3 rules struggle to have the basics.²⁰

45. Some of you may have already had sexual experience. I'm not surprised, there's so much pressure in our culture to have sex, a lot of teens have sex just to get it over with. But because there's no real commitment, because it doesn't mean anything, many say, "Is that all this is? I can wait. I don't need this at this time in my life." A national study found that 6 in 10 teens who had had sex regretted it and wished they'd waited.²¹ 85% believe that sex should only occur in a long-term committed relationship.²² Many teens are choosing to return to an abstinent lifestyle. You can make that decision right now and we're here to support you if you want to make that decision!

46. "Here is a True or False question. Tell me what you think- 'MOST TEENS IN AMERICA ARE VIRGINS (say 2x)' 'TRUE OR FALSE? HOW MANY SAY TRUE!!! ?{RAISE HANDS}' 'HOW MANY SAY FALSE! (RAISE HANDS)?' Click to animate text, "6 out of 10 U.S. teens NEVER had sex" and ask a student to read the answer out loud. "So the TRUES got it right!" "Surprised?" Why? (media, shows, etc).²³ So more than half didn't have sex, and less than half did. Which group do you think is the smart group? The ones who are having sex or the ones who are waiting? Which group do you want to be in?

47. 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 focus on in someone you are infatuated with (also known as a "crush"), defined as an intense but short-lived passion or admiration for someone. 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.

Give 5 minutes to work on their own, then ask for answers for each column. "First Attracted" is often about physical qualities (which can be categorized as "the body") and sometimes personality, but you can be attracted

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!

Relationship Intelligence Training ©2020 Center for Educational Media

→ Graduate from HS 74%

→ Get full time job

→ Wait until 21 and **MARRIED** before having children!

Sam Haddad, "3 Simple Rules Your Teen Should Follow to Stay Out of Middle Class," 1/11/2013 Breakings.net

To avoid poverty:

2% FOLLOWED these rules

3 out of 4 kids DID NOT follow rules

Relationship Intelligence Training ©2020 Center for Educational Media

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 have chosen to stop

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

Relationship Intelligence Training ©2014 Center for Educational Media

6 in 10 U.S. teens NEVER had sex

2019 Youth Risk Behavior Survey

What about YOU?

Relationship Intelligence Training ©2020 Center for Educational Media

Define the Different Types of Relationships

First Attracted	Infatuated	Married or Wife
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____

Relationship Intelligence Training ©2020 Center for Educational Media

people in the same week! "Infatuated" is often a combination of attraction, personality and emotional connection that is intense, but which may not last more than a few weeks or months. The "Husband or Wife" column may include the 2 previous, but also focuses on more essential issues such as character, reliability, trust, commitment, capacity to be a good father or mother, etc. Some people can be very charming and attractive, but not "marriage material." 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?

48. Regardless of whether teens feel attracted to people of the same sex or of the opposite sex, our best advice to them is to WAIT to have sex! The best choice you could make would be to wait, until you are ready AS AN ADULT, to establish a mutually faithful MONOGAMOUS relationship, such as marriage.

49. Actress Meagan Good and her husband, movie producer turned preacher DeVon Franklin, said "I do" during a wedding in 2012 after dating for 13 months, and their wedding night was the first night they had sex. The Hollywood couple insists that waiting to have sex until marriage was key to their relationship.

In the past, the *Anchorman 2* star had been romantically linked to stars like Joseph Gordon-Levitt, 50 Cent and Tyrese. "I would feel bad and be like, 'Let's try to be celibate,'" Good continued. "And then I was worried that they were going to cheat or the relationship was going to end or whatever, and what happened was the relationship ended anyway."

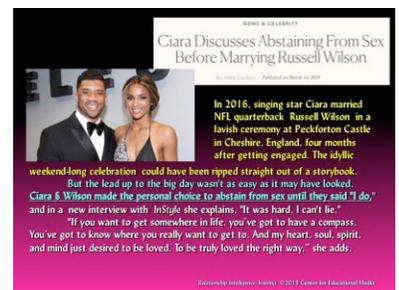
That's when Good decided to become a born-again virgin -- which, was a choice Franklin had already committed to in light of his ministry. Still, it wasn't easy for them to suppress their physical attraction for each other. "It was very tough," Good shared. "When a man finds a woman he loves, he will go through hell and high water for her even if she presents this crazy idea of waiting, and he has no desire to wait," Franklin explained. They are going 5 years strong into their beautiful marriage.²⁴

50. Former NFL quarterback and professional baseball outfielder for the New York Mets Tim Tebow also waited for marriage. Tebow has been outspoken throughout his college and professional sports career about his celibacy and desire to wait. He and Miss Universe 2017 Demi Nels-Peters saved themselves for that special day in January, 2020.²⁵

51. 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.²⁶



52. My Right to Refuse! Remember: each of you has 3 rights (repeat after me!)
"I have the RIGHT to wait."
"I can SAY what I don't want."
"I have the right to LEAVE if this person doesn't respect my wishes."

REMEMBER: No is a complete sentence. You don't have to explain!

53. My Right to Refuse also includes the "4 I can's (repeat after me!)
I can STICK WITH MY CHOICE to wait.
I can STAY AWAY from situations that might lead to sex (like going into a bedroom with someone)
I can SAY NO if we were kissing and sexual things started to happen.
I can STOP SEEING that person if I was pressured to have sex.

54. New research has found that not dating can be a good choice for teens. The study found that teenagers who were not in romantic relationships during middle and high school had good social skills and fewer reports of being sad, hopeless or depressed.²⁷

55. If you want to reserve sex for the highest level of intimacy, marriage, then it's important to understand male/female differences in the area of sexual arousal. A girl and a guy may be kissing. From the girl's point of view they are just sharing some pleasurable affection, but from the guy's point of view he is already getting sexually stimulated ("turned on"). If they were on a train, she would say they are going 5-10 miles an hour, but he might say he is already going 60-70 mph! Is it wise to go up all the way to the edge of the "cliff" and think you can or will just stop? Wouldn't it be wise to set a line in advance that stops well BEFORE either one gets sexually aroused?

56. Teenage girls learn that they can attract the attention of older guys. They may feel excited about the attention they're getting from older guys who seem to be more mature and experienced. Older guys often have more independence and resources, but they may also be looking for a younger girl they can control more easily than a woman their own age. Here are some downsides girls should think about:

- There are higher rates of STDs (HIV, gonorrhea, syphilis, etc.) among teen girls than teen boys, indicating these teen girls were infected by their older male partners
- Teen girls dating older men are more likely to get pregnant,²⁸ which makes sense since they are likely more sexually experienced and confident to demand what they are used to, but do you think the older guy will stay around and support you when you get pregnant? Not usually. Ask students if they have any thoughts about this issue?

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."

Relationship Intelligence Training ©2021 Center for Educational Media

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.

Relationship Intelligence Training ©2021 Center for Educational Media

Delayed Dating is a GOOD CHOICE!

Study: Less feelings of "depressed, sad or hopeless"

Relationship Intelligence Training ©2021 Center for Educational Media

Do YOU set boundaries?

meet → being together → hand holding → simple kiss

long kiss → deep kiss → petting → Sexual Intercourse

he's aroused she's aroused

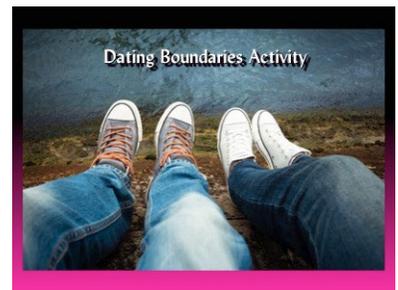
Relationship Intelligence Training ©2021 Center for Educational Media

Date Older Guys?

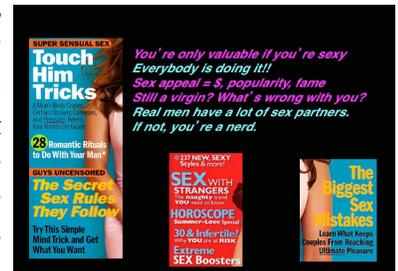
- Older guys more mature, experienced, more independence and resources
- BUT HIGHER RATES of STDs among teen girls than teen boys, indicating these teen girls were infected by older male partners
CDC 1990-2002: Sexually Transmitted Disease Control Branch
- Teen girls dating older guys MORE LIKELY TO GET PREGNANT Review by California Wellness Foundation

Relationship Intelligence Training ©2021 Center for Educational Media

57. LoveSmart Workbook Activity 6: What are dating situations where it might be difficult to stop a progression to sex? (give chance to write down and then write answers on the board) What are dating situations where you could get to know someone, but limit the likelihood of having sex? (give chance to write down and then write answers on the board)



58. The media keeps giving messages that “you’re only valuable if you’re sexy. Everyone’s doing it! What’s wrong with you, you didn’t have sex yet? Real men do it every night, if not you must be a nerd. Still a virgin? Everyone who’s glamorous or “with it” is having sex, so something must be wrong with you. But what the movies and media seem to forget is that in the man-woman relationship are things like: love, intelligence, respect. Why do you think there is so much sex in the movies and on TV? (get responses) That’s right, it’s because of money. (Wave money in air)



59. Do the images of the man/woman relationship in the TV shows and movies show reality? If not, in what ways do they distort reality? (Discuss) When they show two people who are attracted to each other, do they always show a five dimensional man/woman relationship or do they often just focus on the physical? Do they emphasize the qualities of mature love or the consequences that can happen from immature, uncommitted relationships? We all know the answer. They more often than not emphasize physical attractiveness and manipulate the sexual desire that we all have, for what purpose? To make money. But do they really care about you or your happiness, or are they just manipulating you to make a buck? If you practice the behavior they portray in such a romantic way and suffer the consequences, will the producers of those shows care?



60. A toxic media industry markets sex, alcohol, and violence with teen rebellion is just another product, to be marketed and sold right back to you. So is it “rebellion” or just another brand to consume? Just another form of conforming?



61. I’m not going to tell you what music to listen to, but when you’re listening to your favorite music, why don’t you ask yourself- what is this person saying, about these important issues of love and sex? (image of rapper Cardi B) Is it intelligent? You know there are a lot of famous, rich people who seem to be brain dead. Just because someone has a pretty face or a beautiful voice doesn’t mean that person has any brains when it comes to life, to living a valuable life in a deeper sense. Make up your own mind. A lot of people just accept the images put in front of them. If you think the message in the music or movie is dumb, then throw it out at least in your own mind.



62. Since many of you see a child somewhere in your future, what gift would you like to give that future son or daughter? Surely not the AIDS virus. You know what the most valuable thing is that parents can give their child? (Get answers) My answer would be: **Parents who love each other and who are committed to taking care of that child, together.** There's nothing a child desires more than that. That's more important than how much money your parents have, how famous they are, what kind of car they drive or house they live in. There's nothing that makes a child feel more secure than to see that "my parents love each other and they're committed to me as well. Even if you didn't have this in your childhood, don't you want to try to give a better situation to your future children? (I'm sure those of us, including the author of this script, who come from a broken home or single parent family would agree.)

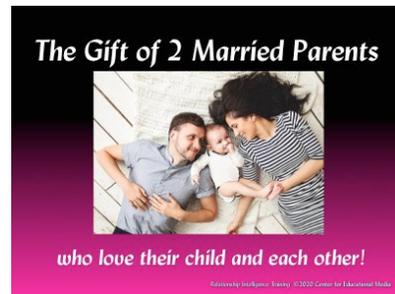
63. Wouldn't the Best Gift you could give your child be the gift of two married parents? Of course it's true that this is not always possible, but wouldn't that be the best to aim for? For a child to see that both my father and my mother love me and love each other gives the most security.

64. That future child's life is in your hands. Right now, by the habits and attitudes that you're developing right now toward yourself, the opposite sex, the world around you, will determine what kind of home that child will grow up in, a house of love or one of anger and fighting.

65. You've heard a lot of information about the physical and emotional damage that comes from uncommitted sex and about how the creators of many of the messages in popular music, TV, movies and the Internet don't care about your life, and how waiting until marriage benefits your life and increases your happiness. One study found that teens who make a promise or a pledge to abstain from sex, delay having sex an average of 27-36 months longer than teens who don't make a pledge?^{29 30}

Teens who abstain from sex are much more likely to graduate from high school, to graduate from college, and have much higher incomes than teens who don't abstain.³¹ So we would like to invite you to also make the same smart choice to delay sexual involvement.

66. Here is Britnee Marsh, who was crowned "Miss Free Teens 2012," speaking about her choice to save sex for marriage. She is now a college graduate and doing graduate studies at Seton Hall University. Click on the photo to play the video.



67. Here is the *LoveSmart* "Personal Declaration of Freedom" Pledge we'd like you to consider making yourself (invite class to read out loud together). In order to claim my right to be free from pregnancy & STDs, a broken heart, and dishonest relationships; And, free to fulfill my life goals, find my one true love, and make a lifelong commitment; I, _____, have made the decision to abstain from sex until marriage.

You can fill out this pledge card and keep this in your wallet or you can take it home if you want to think about it or if you'd rather not make this pledge, just leave the card on the desk. What we don't want to see is you taking the card and then throwing it on the floor.

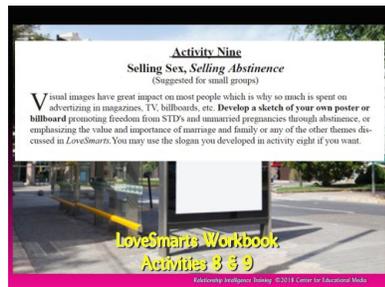
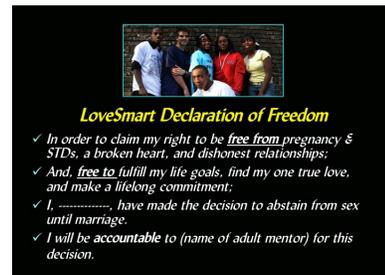
68. LoveSmarts Media Design Campaign (Workbook Activities 8 & 9)
Do LoveSmarts Media Design Campaign individually and then after several minutes in groups. (LS workbook activities 8 & 9)

Activity 8: Imagine you were in charge of an ad campaign to promote healthy relationships and avoiding risky behaviors like teen sex. 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.

69. Activity 9: Develop a sketch of your own poster or billboard promoting freedom from STD's and unmarried pregnancies through abstaining from teen sex, 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. Students can work together to put this on a poster board. Then each group of 4-5 students can show their poster to the class.

70. I'd like to conclude our presentations by saying "please give a gift to your future self so that 10 or 20 years from now you'll say "Thank you for doing that!" Finally, THANK YOU for letting me share about these important issues. I've really enjoyed spending time with you and hope you found it informative!

End Part 3 (revised October 21, 2021)



Endnotes

1. Buss, Shackelford, Kirkpatrick, and Larsen. (2001) *Journal of Marriage and Family* 63 (May 2001): 491-503.
2. Sand, M., Fisher, W., Rosen, R., Heiman, J. & Eardley, I., "Erectile Dysfunction and Constructs of Masculinity and Quality of Life in the Multinational Men's Attitudes to Life Events and Sexuality (MALES) Study," *International Journal of Sexual Medicine*, 2008; 5:583–594.
3. (Sonenstein, F.L., Stewart, K., Lindberg, L., Pernas, M., & Williams, S. (1997). *Involving males in preventing teen pregnancy: A guide for program planners*. Washington: The Urban Institute. As discussed in "Science Says: The Sexual Attitudes and Behavior of Male Teens," No. 6, Oct. 2003, The National Campaign to Prevent Teen Pregnancy.
4. Ibid.
5. Halfors, Denise, "Which Comes First in Adolescence—Sex and Drugs or Depression," *American Journal of Preventive Medicine* 29 (3), Oct. 2005.
6. Rector, R., Johnson, K.A., & Noyes, L. (2003). *Sexually Active Teenagers Are More Likely To Be Depressed and To Attempt Suicide. A Report of the Heritage Center for Data Analysis. A Report of the Heritage Center for Data Analysis.*
7. Halfors, Denise, op cit.
8. Ibid.
9. Rector, R. op cit.
10. Sonya Brady and Bonnie Halpern-Felsher, "Adolescents' Reported Consequences of Having Oral Sex Versus Vaginal Sex," *Pediatrics* 119, 2, Feb. 2007, 229-236.
11. "What is the link between love and oxytocin?" *Medical News Today* Medically reviewed by Michael Weber, M.D. — Written by Markus MacGill on September 4, 2017, <https://www.medicalnewstoday.com/articles/275795>.
12. Carter C. S. (2017). The Oxytocin-Vasopressin Pathway in the Context of Love and Fear. *Frontiers in endocrinology*, 8, 356. <https://doi.org/10.3389/fendo.2017.00356>
13. Eisenberger, N. and Lieberman, M., Why Rejection Hurts: A Common Neural Alarm System for Physical and Social Pain, *Trends in Cognitive Sciences* 8 (7), 2004, 294-300.
14. Sassler, S., Addo, F., Lichter, D., (2012) "The Tempo of Sexual Activity and Later Relationship Quality," *Journal of Marriage and Family* 74 (August 2012).
15. 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 Downloaded from <http://surveys.ap.org/> August 21, 2007.
16. Nicholas H. Wolfinger, "Does Sexual History Affect Marital Happiness?" *Institute for Family Studies*, October 22, 2018.
17. Nicholas H. Wolfinger, "Counterintuitive Trends in the Link Between Premarital Sex and Marital Stability," *Institute for Family Studies*, June 6, 2016.
18. Robert T. Michael, et al., *The Social Organization of Sexuality*, University of Chicago Press, 1994.

19. Wildsmith, E., Manlove, J., Cook, E. (2018) Child Trends. Dramatic increase in the proportion of births outside of marriage in the United States from 1990 to 2016.
20. Ron Haskins, "3 Simple Rules Poor Teens Should Follow to Join the Middle Class," 3/13/2013 Brookings Institute.
21. Kramer, A. (2014). *Virgin Territory: What Young Adults Say About Sex, Love, Relationships, and the First Time*. The National Campaign to Prevent Teen and Unplanned Pregnancy. Retrieved from <https://thenationalcampaign.org/sites/default/files/resource-primary-download/virgin-territory-final.pdf>
22. National Campaign to Prevent Teen Pregnancy, Dec 2003.
23. 2019 Youth Risk Behavior Survey, U.S. Centers for Disease Control and Prevention, Atlanta, GA. https://www.cdc.gov/healthyyouth/data/yrbs/reports_factsheet_publications.htm#anchor_1596724918
24. http://www.etonline.com/news/181959_exclusive_how_celibacy_brought_meagan_good_and_husband_devon_franklin_closer_together
25. "Tim Tebow is a Virgin," July 23, 2009. <http://americaswhiteboy.blogspot.com/2009/07/tim-tebow-is-virgin.html>; Dan Wetzel, "This practice really makes Tebow perfect," July 23, 2009, <http://rivals.yahoo.com/ncaa/football/news?slug=dw-tebow072309&prov=yhoo&type=lgns>.
26. Abby Gardner, Ciara Shares Footage From Wedding to Russell Wilson in New "Beauty Marks" Video, BRIDES, 9/24/19 <https://www.brides.com/story/ciara-russell-wilson-abstain-sex-hard>.
27. Brooke Douglas MPH, Pamela Orpinas PhD, Social Misfit or Normal Development? Students Who Do Not Date, *Journal of School Health*, September 4, 2019. <https://doi.org/10.1111/josh.12818>
28. Michael Males, Ph.D., (2004). *Teens and Older Partners*, Resource Center for Adolescent Pregnancy Prevention. <http://recapp.etr.org/recapp/index.cfm?fuseaction=pages.TheoriesDetail&PageID=393>
29. Bearman, P., & Bruckner, H. "Promising the future: virginity pledges and first intercourse." *American Journal of Sociology*, 106 (4), 859-912, 2001.
30. "An Evidence-Based Rebuttal to a Critique of Abstinence Education," Institute for Research and Evaluation, May 2020, Salt Lake City, UT 84129. https://www.institute-research.com/CSEReport/IRE_Rebuttal_To_Santelli_Article_5-4-20.pdf
31. Robert Rector and Kirk Johnson, "Teen Sexual Abstinence and Academic Achievement," www.heritage.org/Research/Welfare/whitepaper10272005.cfm.