



# TSBTB Interactive Workshops

## PARENT INFORMATION EVENING

### Summary

To inform and reassure parents of teens about the content of the TSBTB youth group project and equip them to best connect with their teen about sex and related issues.

### Topics

- Why a series on sex for teens?
- Your teen's world: Sexual health and behaviour
- Talking about sex with your teen
- The Bible's view on sex
- TSBTB session content
- Conversation starters

### Please note!

This session is designed to be run before the youth group series has begun—we would suggest 2–3 weeks prior to Session 1. This will give parents and carers the opportunity to purchase a copy of the book and read it for themselves before their teens attend any of the sessions.

## Session outline

1	From the front	Welcome and prayer
2	Discussion	What's challenging about parenting teens?
3	Video	Why a series on sex for teens?
4	Whole group teaching	Why a series on sex for teens?
5	Discussion and video	Your teen's world
6	Whole group teaching	Your teen's world: Sexual health
7	Whole group teaching	Your teen's world: Sexual behaviour
8	Small groups	Talking about sex with your teen: Discussing personal values
9	Break	
10	Video	The Bible's view on sex
11	Whole group teaching	Explanation of Session 1: Puberty blues
12	Whole group teaching	Explanation of Session 2: The Power of Love
13	Whole group teaching	Explanation of Session 3: Dating, mating and marriage
14	Whole group teaching	Explanation of Session 4A: Sexting and Cybersex
15	Whole group teaching and video	Explanation of Session 4B: Pornograph
16	Small group activity with a video and discussion	Conversation starters
17	Q&A	

## SESSION 1: Puberty blues

**Summary** To explore God's purpose for sex, and to consider the impact of body and brain changes for teenagers.

**Key Bible passage** Genesis 2:18—3:13

**Topics**

- More than intercourse: defining sexual activity.
- Pleasure, power, passion or procreation: the purpose of sex.
- Sin, Satan, salvation and self-discipline: what God has to say about sex.
- What's happening to me? Changes to the teenage body and brain.

### Session outline

1	From the front	Welcome and prayer
2	Game	Silent sifting
3	Video	Sex is everywhere
4	Video	Introducing Patricia Weerakoon
5	Whole group teaching	Puberty blues
6	Whole group teaching	What is sex?
7	Whole group teaching	Ways people view sex
8	Video	Does God hate sex?
9	Bible reading	Genesis 2:18—3:13
10	Small groups	What does God think about sex?
11	Video	The teen body: Welcome to puberty!
12	Video and group discussion	Body myths
13	Video	The teen brain: The engine room of change
14	Role play	Risky business
15	Discussion	The pursuit of purity
16	Whole group teaching	Next time on <i>Teen Sex By the Book</i>

## SESSION 2: The power of love

**Summary** To explore the nature of sexual desire and the chemistry of love.

**Key Bible passage** Song of Songs 4:1—5:1

**Topics**

- Desire: God's great gift.
- Turning on and off: Managing your sexual desire.
- Love or lust? Chemistry and control.
- The power of love: Handle with care.

### Session outline

1	From the front	Welcome and prayer
2	Game	Handle with care
3	Video	Sexual desire and the chemistry of love
4	Whole group teaching	God or sex?
5	Bible reading	Song of Songs 4:1—5:1
6	Video and discussion	The origins of sexual desire

7	Small groups	Sex under the scalpel
8	Video	Managing desire
9	Small groups	Dealing with desire
10	Whole group teaching	What is love? How does it differ from desire?
11	Whole group teaching	What is lust?
12	Whole group teaching	Controlling lust
13	Memory verse activity	Teach Philippians 4:8
14	Small groups	Virtue vision, discussion based on memory verse
15	Prayer	Prayer about the issues presented in this session
16	Whole group teaching	Next time on <i>Teen Sex By the Book</i>

## SESSION 3: Dating, mating and marriage

**Summary** To help participants take dating seriously, and to recognise the importance of biblical marriage.

**Key Bible passage** Ephesians 5:21–33

**Topics**

- Desperate or dateless? Why teenage dating needs to be handled carefully.
- One flesh: The brain and bonding.
- Marriage matters: Why following God's plan is best for everyone.
- Enjoying the difference: How and why men and women are aroused in the same way.

### Session outline

1	From the front	Welcome and prayer
2	Game	Opposites attract
3	Video	Dating, mating and marriage
4	Whole group teaching	What is dating?
5	Video	Courtship: how is it different from dating?
6	Video and discussion	Too young to date?
7	Whole group teaching and discussion	Are you ready to date?
8	Discussion and Bible teaching	How far is too far?
9	Whole group teaching and video	Setting boundaries
10	Whole group teaching	Danger ahead! how casual sex impacts the teen body and brain
11	Group teaching and discussion	Modern alternatives to marriage
12	Small groups	One flesh
13	Video	The biology of bonding: Sex is never just sex
14	Brainstorm and discussion	Differences in desire
15	Video	Sexual arousal
16	Whole group teaching	The power of desire and arousal
17	Whole group teaching	Next time on <i>Teen Sex By the Book</i>

## SESSION 4: Teens, sex and technology

**Summary** To alert participants to the risks of online life and the damage of pornography.

**Key Bible passage** 1 Corinthians 6:9–20

- Topics**
- Part A**
- Avatar: The pleasure and pain of online living.
  - Starving the trolls: Coping with cyber bullying.
  - Getting it off online: Sexting and cybersex.
- Part B**
- Generation XXX: The power and the problems of porn.

**Please note!** This session covers a lot of material, some of which can be confronting for some teens. The key leader may like to review the material and split the session over two weeks. We have made a suggested division in the content, as marked.

### Session outline Part A: Sexting and cybersex

1	From the front	Welcome and prayer
2	Game	Pass it on
3	Whole group teaching	Teens, sex and technology
4	Activity: Debate	Is the world better off with Facebook?
5	Whole group teaching	Updating your profile
6	Bible reading	Secure in Jesus: Psalm 139:1–6
7	Whole group teaching	Over-sharing
8	Group teaching and discussion or optional drama	Cyber intimacy: Even better than the real thing?
9	Video and Bible teaching	Cyber bullying
10	Video	Dangerous liaisons: Sexting
11	Video	What is sexting?
12	Whole group teaching	Why sexting is more than flirty fun ...
13	Video	Dangerous liaisons: Cybersex
14	Memory verse activity	1 Corinthians 6:18

### Session outline Part B: Purity in a pornified world

1	From the front	Welcome and prayer
2	Video	Pornography: Addiction or educator?
3	Video	What is pornography?
4	Small groups	The impact of porn
5	Small groups with video	What's so bad about porn?
6	Bible reading	Porn: Sexual sin? 1 Corinthians 6:12–13; 15–16.
7	Video	Porn and your brain
8	Group teaching and discussion	Protecting yourself from porn
9	Video	If you've already watched porn ...
10	Bible teaching	What if you're already hooked?
11	Prayer	About the issues presented in this session
12	Whole group teaching	Housekeeping, and close