

TOOLBOX

GOD MADE ME SEXY

God is, by His very nature, a creator. We are created in His image and have been gifted with procreation. (Genesis 1:26-28.) Unfortunately this part of our humanity has also been defiled by the impact of sin. Satan has tried to turn our gift of sexuality into a curse but Christians have an advantage in this area. When the Holy Spirit is invited into your life, He can turn any curse of Satan into a joy. Christians can rejoice, 'God made me sexy', because the self-giving intimacy they experience with their spouse reveals to them how close a relationship God wants with them.

This Toolbox is not an exhaustive list of helpful information. It is an introduction to resources that will give guidance in the area of Christian sexuality and how to combat the negative aspects that sin brings into the sex life.

Introduction to Human Sexuality

- *Human Sexuality* – sharing the wonder of God's good gift with your children.
By R & K Flowers
Published by General Conference Family Ministries Department.
Available from: www.adventsource.org
- *A Parent's Toolkit* – a resource for parents of pre-school children and primary school children.
Published by ACET
Available from: www.acet-international.com. Can be ordered over the phone 0208 568 7770.
Email: acet@user.itconsult.co.uk
- *Why True Love Waits* – a definitive book on how to help your kids resist sexual pressure.
By Josh McDowell
Published by Tyndale House Publishers
- *Talking to your Kids about Sex* – this manual is based on sections from topical books. (It is on this disc.)
Published by Christianity Today International
- Sexual developmental stages of children and sex education small group scenarios for parents. (This is on the disc.)

Go to the STATEMENTS section on the disc, or go to the General Conference Seventh-day Adventist website www.adventist.org STATEMENTS section, for the church's view on Sexuality.

DVDs and CDs with Power Point Presentations

LOVEWISE, a UK Christian series of power points/video pods, seminars.
Available from info@lovewise.org.uk.
Phone 0191 281 3636

- *Growing Up... Growing Wise* – friendship, puberty, love and marriage from a Christian perspective.

By Drs C Richards, K Todd and L Jones.

Power point presentation and script. Primarily for use by the parents, in a family setting, to present how God designed us for puberty, relationships, sex and reproduction.

- Primary School, Key Stage 2. Years 5 & 6.

Growing Up... Growing Wise is in 4 sections:

- Growing Up
- Love and marriage
- Guys and Girls Growing Up
- Aiming for the Best in Relationships

- *Making Godly Choices*

These seminars use power point, video pods, illustrations and games to support the strongly Bible based message. It includes a document on sexually transmitted infections entitled 'STI Factsheet' to enable you to answer questions on this topic.

There are 5 sections:

- The choice you face in life... and relationships
- Learning about God's way
- What happens when we misuse God's design and disobey God's commands?
- Whom do you go out with and when?
- How to go out in a way that honours God.

- Key Stages 3 and 4. School Years 8-11.

Choosing the Best uses power point and videos. It is made up of 3 sections:

- Choosing the Best
- Too Special to Spoil
- Marriage, Sex and Living Wisely

- School Years 10-13

The Emotional and Physical Consequences of Sex.

A two-part presentation:

- Physical consequences

This section looks at the serious physical consequences of sex outside marriage – unwanted pregnancy, abortion and sexually transmitted infections. How God designed sex for within marriage and the important purpose it has for strengthening the marriage bond and having a family.

- Emotional consequences

Includes an explanation of how we are emotional beings capable of expressing romantic love and how this strong emotion should not guide us into unsuitable sexual relationships. Outlines the dangers of serial uncommitted relationships. Answers why keeping sex for marriage is the best for emotional and physical health.

- *TEEN Sexuality Seminars* – building intimate relationships. Choices and Challenges, produced by the North American Seventh-day Adventist Pacific Union Conference.

Available from www.adventsource.org

This seminar series includes information for the presenters, hand-out activity sheets and questionnaire.

It has 3 sections:

- Talking about sexuality – what you always wanted to know
 - Let's get intimate
 - If it feels good, why not do it
- *God Made Me Sexy* – a power point by the North England Conference Women's Ministries team member and specialist nurse, Kathy Senessie. It aims to raise awareness of sexuality. (It is on this disc.)
 - *Sex, Love and Relationships* – straight talks with Christian, Pam Stenzel.

4 sessions:

- the physical consequences
- the emotional consequences
- the spiritual consequences
- the character consequences

Available from www.veriteshop.co.uk

Telephone: 01903 241975

- *Hard Questions, Straight Answers about Sex and Relationships* – a Christian perspective. Ellen Marie talks to girls and Jason Evert talks to the guys.

Available from www.veriteshop.co.uk

Telephone: 01903 241975

- *Teen Relationships and Sexual Pressure*. Jason Evert and Ellen Marie focus on the physical and emotional perspective benefits from following the Biblical truths on sexuality.

Available from www.veriteshop.co.uk

Telephone: 01903 241975

Books for Teens & Young Adults

- *Smart Love* – straight talks to young adults about dating, love and sex.
By Nancy Van Pelt.
Published by the Stanborough Press Ltd
Smart dating needs more than cash, cars and clothes. It requires understanding how to handle the emotional aspects of dating and its pressures.
- *Young Woman* – a Christian girl's guide to teenage sexuality.
Young Man – a Christian boy's guide to teenage sexuality.
Both are by Jonathan and Ana Gallagher
Medical Editor: Dr Eileen Baildam
Published by Autumn House
- *Who Moved the Goalpost?*
By Bob Gresh
Published by Moody Press

- *And the Bride Wore White*
By Dannah Gresh
Published by Moody Press
- *Every Man's Battle*
Every Woman's Battle
Both are by Stephen Arterburn
- *Sex, Desiring the Best*
By Barry St Clair and Bill Jones
Available from www.amazon.co.uk
- *When Opposites Attract... Sex Matters*
By Steve Chalk and Nick Page
Published by Hodder and Stoughton
- *No Sex Please, We are Single*
By Ian Stuart Gregory
Published by Kingsway

Leaflets

- *Family Education Trust*, www.famyouth.org.uk, 0208 894 2525, has produced a number of leaflets including:
 - *What is Love?* Not all love is true, just physical attraction, infatuation and lust. True love means commitment, faithfulness, perseverance and patience. (Sample on disc.*)
 - *Why Save Sex?* An introduction to the three things to remember about sex – it's powerful, it's special and belongs to marriage. Also, four reasons to save sex for marriage – it's healthy, best setting to have children, experience trust and worth the wait. (Sample on disc.*)
- *Positive Parenting*, www.parenting.org, 0239 295 8787, produce good resources including:
 - *Taking the pressure OFF!* This leaflet is to help parents understand the need to, and how to, talk to their children about sexual activity. (A sample is on the disc.*)
 - *Did You Know? You are Special!* You do not spoil your future sex life by keeping sex for marriage. In doing so you are less likely to get pregnant (the pill and condoms are not 100% reliable) or get AIDS and other sexually transmitted diseases. (This is now out of print but good material. See the sample on the disc.)
- *The Facts Behind cohabitation.* (This leaflet is on the disc.) See also Marriage Versus Cohabitation under Hindrances to a Good Sex Life.
- *Pure in Heart* – website, books and organisation dedicated to encourage chastity before marriage:
 - www.pureinheart.net
 - www.truelovewaits.org

- *Going Public*, www.goingpublic.org.uk – this organisation produces materials on teen sexuality which aims to strengthen teens by helping them develop Christian values.
- *Care* – an organisation that presents sex and relationship education programmes, such as *Make Love Last*, www.makelovelast.org.uk.
- *Straight Talking* – this is a programme designed to reduce teenage pregnancy by showing the teens, in real situations, what it is like to have the responsibility of looking after a baby. www.straighttalking.org. For details phone 0208 8605 0900.

Marriage Preparation and Being Married

- *Beginnings* – a preparation course by Dr Brian Craig. www.adventist.org.au.
- *Prepare and Enrich*. This is a programme that helps couples prepare for marriage and helps married couples understand their strengths and weaknesses. www.prepare-enrich.co.uk. For more information contact your Conference/Mission Family Ministries Department Director.
- *Care for the Family*, www.careforthefamily.org.uk, 0292 081 0800, has produced two resources:
 - *More than a Wedding* – a course that is designed to challenge people to be a 'couple', also produced for Asians.
 - *Engagement Gift Pack* – rules of engagement book, 21st century marriage DVD and work book.
- *So You Want to Get Married?* – an *Intimate Life Relational Ministry* workbook by Dr David and Teresa Ferguson.
www.relationaltraining.co.uk
Tel: 01926 430 901
- *The Marriage Preparation* course – DVD and manual for the 5 session course which includes how to develop a good sexual relationship. www.eden.co.uk or www.amazon.co.uk.
- *The Act of Marriage*, by Tim and Bev La Haye.
Published by Zondervan.
- *Happy, Healthy and Sexy*, by Dr Clemency Mitchell. Comments on the Reader's Digest article on the positive health effects of intercourse. (On this disc.)
- Homosexuality. It is not our place to judge people because of their sexual orientation. Most people do not have much choice in the way they have sexually developed.
 - *Marriage, Homosexuality and the Church*. This is a scholarly conference recorded at Andrews University that explores religious liberty, civil rights and the church. It is available from: info@AmericanChristianMinistries.org.

Please see the General Conference STATEMENT section on the disc for the Seventh-day Adventist church view on this topic and Same Sex Unions.

- For those looking for more resources on marriage please go to:
www.2-in-2-1.co.uk, www.the-intimate-couple.com.

- *Fireproof* – DVD and group discussion materials. *Affirm Films* entertainingly looks at a fire-fighter's home life and how IT porn caused loss of respect and breakdown within their marriage, and how following God's guidelines turned this relationship around.

Hindrances to a Good Sex Life

- *The Joy of Sex?* and *Marriage Versus Cohabitation*. Both articles by Karen Holford, family therapist, looking at some things that can injure your joy of sex. (On this disc.)
- *Distorted World View of Sex*. Isha Prince, South England Conference volunteer co-presenter of *Sex and the Sanctuary*, shares in their programmes how the world distorts sex so true intimacy is lost and explains God's ideal. Contact the Family Ministries department in the South England Conference for more details: 01923 232728.
- *Family Education Trust*, www.famyouth.org.uk, 0208 894 2525, has produced excellent leaflets:
 - *Sexual Spin* – sorting facts from fiction about sexually transmitted infections. (Sample on disc.)*
 - *Chlamydia and You* – an explanation of the effects of this STI.
 - *HPV and You* – answers questions about Human Papillomaviruses. (Sample on disc.)*
- Abortion
 - There is much discussion on the ethics of abortion but very little is shared on the negative effects of such an act on the mental and physical health of the mother, such as: the fear of sexual intercourse or the need to again be pregnant, cervical cancer, inflammation of the pelvis, risk to future pregnancies and infertility. For more information go to 'the dangers of abortion' on www.ehealthforum.com.
 - *The Issue of Abortion*. This is a look at the Pro-life and Abortionists views on this topic and the laws of this land on abortion. (This is on the disc.)
 - *Termination of Pregnancy*. A National Health leaflet giving details on what the procedures are concerning having an abortion.
 - *The Facts about Abortion*. DVD produced by www.lovese.org.uk. This disc is produced with power-point presentations for teens in a 1-hour or two 1-hour sessions. It includes a complimentary copy of the 'Human Body' to provide clips of fertilisation and growth inside the womb. It approaches, from a Christian perspective, the ethical, biological, legal and medical aspects of the subject.

For the Seventh-day Adventist view on abortion and birth control please look at the STATEMENT section on the disc or go to www.adventist.org and look up Statements.

- AIDS and other sexually transmitted diseases. Being a known carrier of such sexually transmitted diseases can break down the sexual intimacy within a relationship as well as lead to ill health and death.
 - AIDS power-point. (On this disc.)
 - UNICEF fact sheet on the *Mother to Child Transmission of HIV*. (On this disc.)

For other information look under Leaflets and the General Conference Seventh-day Adventist statements on Sexually Transmitted Diseases and AIDS.

- Female Genital Circumcision.
 - *Female Genital Mutilation*. We have been given permission by Margaret King, a supervisor of midwives, to share her power-point. It gives a cultural background, reasons for, the results of and the legal position in this country regarding this practice. (This is on the disc.)

Addiction Disorders

- Masturbation
Sexual Addiction is an article by a church member who shares how her husband's sexual addiction to masturbation and massage parlours impacted their relationship. (This is on the disc.)
- Pornography
More than 1 in 8 web searches are for erotic content. There are 5 stages of addiction: Begins in the early years, addiction, escalation, desensitization and acting out sexually (which can include rape).
- *Covenant Eyes* is a Christian organisation for men, women, parents, students and families which encourages the right use of any type of screen. www.covenanteyes.com.

Two of their articles are on this disc:

- *Your Brain on Porn* – 5 proven ways pornography warps your mind and 3 Biblical ways to renew it.
- Parenting the Internet Generation – *7 potential threats and 7 habits for internet safety*.
- *Reducing the Impact of Child Sexualisation*
A booklet available from your Family Ministries department or the BUC 01923 672251. It gives guidance on sensible ways to be a guardian to your children in the area of regulating their exposure to the various avenues of sexualisation.

Internet Safety Websites

Misuse of the internet/TV/mobile phones or other screens starts in the early years. It is important that parents know how to deal with this addiction.

Here are some helpful websites:

- Guideline to parents of preteens – www.safekids.com
- Filtering software is available from – www.getnetwise.org
- A list of helpful sites can be found on – www.care.org.uk/resources
- Guidelines on using mobiles, chat lines, emails, messenger and games – www.chatdanger.com
- Kidscape has good advice on cyber bullying – www.kidscape.co.uk
- Churches Child Protection Advisory Service looks at this from a Christian perspective – www.ccpas.co.uk
- Government information is on www.safety.ngfl.gov.uk

General Conference STATEMENT on Pornography is in the GC Statement section of the disc.

Sexual Abuse

Sexual addiction often leads to sexually abusing those of all ages and genders; this can also involve violence and sexual trafficking.

- *Initiative Against Sexual Trafficking*. This report highlights the necessity of being aware that sexual trafficking exists and needs to be stopped. (This is on the disc.)
- *An Introduction to Understanding about Child Sexual Abuse* – NSPCC. This article is to help those caring for children recognise the signs of a child being targeted for abuse or being abused. (This is on the disc.)
- *EndItNow* – is an effective programme by the General Conference to highlight the need of the church to be proactive in ending all types of abuse.
www.adventistwomensministries.org.
- *Abuse Awareness and Prevention, annual day*. Material is on www.adventistwomensministries.org.
- *Peace and Healing* – DVD. This looks at understanding and knowing how to end domestic violence. Available from the BUC Family Ministries Department, Stanborough Park, Watford, WD25 9JZ. Tel: 01923 672251. www.adventist.org.uk.
- *Helpline Poster*. (This is on the disc.)
- *First Man Standing*. An international Christian alliance that supports men to build good relationships and end violence against women. www.restoredrelationships.org.
- *Keeping the Church Family Safe* and the *Domestic Violence and Sexual Harassment Policies* of the British Union Conference, can be downloaded from www.adventist.org.uk. Click on Departments, Executive Secretary.

General Conference STATEMENT on Abuse and Family Violence and Violence against Women and Girls are on this disc under STATEMENTS.

This is a joint department resource from Family, Women's and Children's Ministries.

For more information and the disc of materials, contact your department Director/Sponsor or the British Union Conference office, 01923 672251.

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