

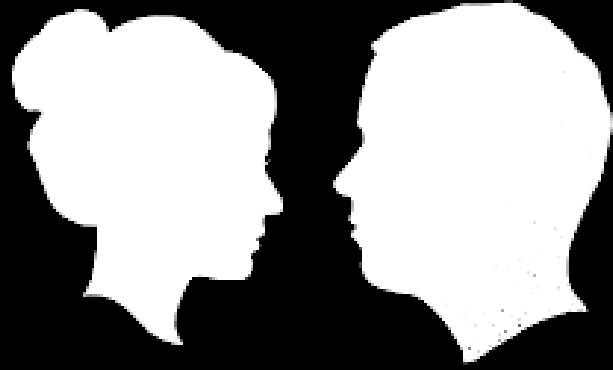
Let's  
Talk  
**SEX**  
YOUTH SERIES

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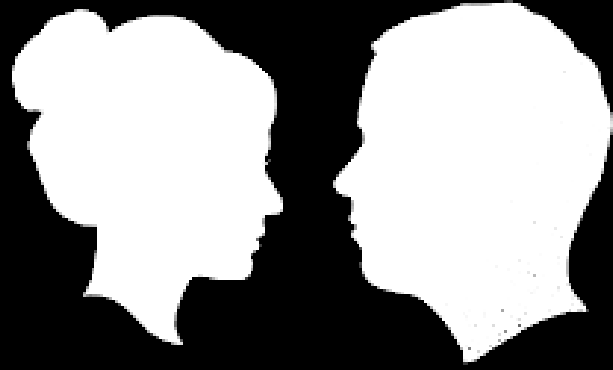
barringtonbrennen@gmail.com

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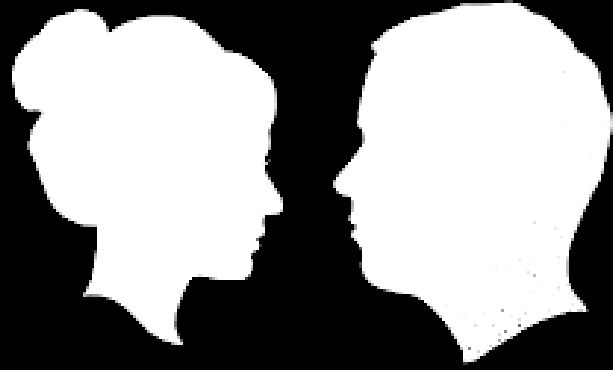
Let's  
Talk  
**SEX**  
YOUTH SERIES



# Sexual Purity



Abstinence



Sexual Purity?



Sexual purity is not having sex in any form (*emotionally or clinically*), before marriage and remaining faithful to your partner after marriage.

Wikipedia

“Sexual abstinence or sexual restraint is the practice of refraining from some or all aspects of sexual activity for medical, psychological, legal, social, financial, philosophical, moral, or religious reasons.”



Is sexual purity  
and abstinence  
the same thing?



The goal is to be  
both sexually pure  
and to sexually  
abstain.

- Is this practical?
- Is it possible to attain?
- Is it healthy to remain abstinent until marriage?
- If I choose not to get married, what must I do?

“Believing that true love waits, I make a commitment to God, myself, my friends, my future mate, and my future children to be sexually abstinent from this day until the day I enter a Biblical marriage relationship.”

## Virginity Pledge

# Virginity Pledge

Research about effectiveness

"Teenagers who take virginity pledges are almost as likely to be infected with a sexually transmitted disease as those who never made the pledge, an eight-year study released yesterday found. . .

Although young people who sign a virginity pledge delay the initiation of sexual activity, marry at younger ages and have fewer sexual partners, they are also less likely to use condoms and more likely to experiment with oral and anal sex, said the researchers from Yale and Columbia universities."



"The sad story is that kids who are trying to preserve their technical virginity are, in some cases, engaging in much riskier behavior. . .

From a public health point of view, an abstinence movement that encourages no vaginal sex may inadvertently encourage other forms of alternative sex that are at higher risk of STDs."

## *The good news*

"Teens who make a virginity pledge are far less likely to be sexually active during high school years. . .

... Nearly two-thirds(66%) of teens who have never taken a pledge are sexually active before age 18;

. . . by contrast, only 30 percent of teens who consistently report having made a pledge become sexually active before age 18.”

# The two big challenges

# Pornography & Masturbation And the Adventist Christian



Opportunity

Addiction

ADULTS

Pleasure

TEENS

Sin

Dilemma

CHILDREN

Secrecy

23

Pornography



Masturbation

IT'S PERSONAL  
**CONFUSION**  
NONE OF YOUR BUSINESS

What's wrong with it?  
It doesn't hurt anyone.

My first goal in this presentation is not to ask you to stop having sex or to stop masturbating. My first goal is to ask you to think. Think first of the “Why? Or Why not?” “Why am going doing this?” “Is this what I really what to do?”

Pornography



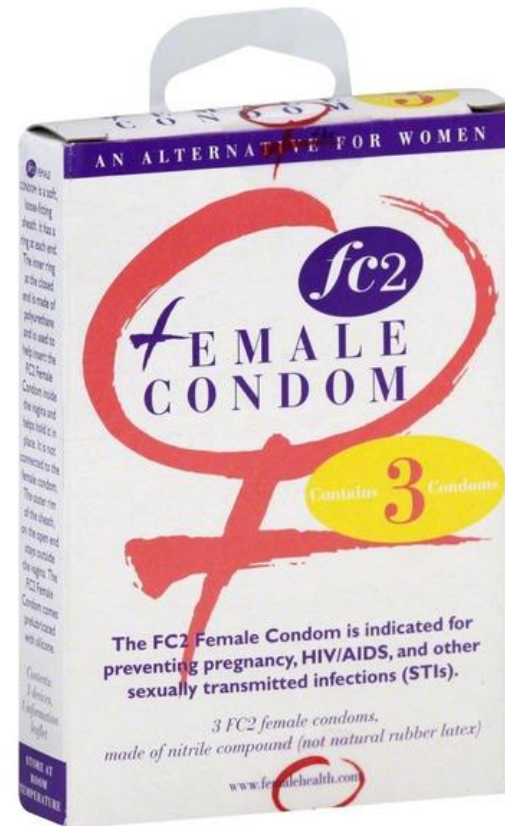
Masturbation

I want you to make informed decisions. I want you to avoid being impulsive or erratic in your behavior.

Pornography



Masturbation



Pornography



Masturbation

# THINK

*First*

Why?

No STI

Personal integrity

Pregnancy

Parenthood too soon

No sex?!

Urges/Desires





It is my view that first-time sexual intercourse for most teens are not planned. They are a results of an impulsive response to perceived urges in the heat of the moment.



It is when the  
desire (drive for  
the need to do)  
supersedes the  
drive for the need  
to think.



# THINK

*First*

What happens between  
The  
**URGE**  
And the  
**SPLURGE?**



# Key Bible Texts

33

Pornography



Masturbation


## Galatians 6:16-17

But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, **so that you may not do the things that you please.**

## 2 Timothy 1:7

For God gave us a spirit not  
of fear but of power and  
love and **self-control**.

## 2 Timothy 1:7

For God gave us a spirit not  
of fear but of power and  
love and **discipline.** 



“If there is little or no discipline before marriage, the risk of sexual exploitation, relationship dysfunction, and avoidable illnesses are greater during courtship and marriage.”

Barrington Brennen, 2019



# What do you want to do?

Pornography



Masturbation



Pornography



Masturbation

*I have the*

**URGE**

*I have the*

DESIRE

# What causes the sexual desires?

## Hormones

Many studies associate the sex hormone, **testosterone** with sexual desire.

Testosterone is mainly synthesized in the testes in men and in the ovaries in women.

Another hormone thought to influence sexual desire is **oxytocin**.

Environmental stress, such as prolonged exposure to elevated sound levels or bright light, can also increase sexual desire.



Having the desire is not proof  
of the ability or readiness to  
engage sexually.

Having sexual intercourse  
before the brain fully develops  
is not a healthy decision.

Drs. Joe McIlhaney and Freda McKissic Bush, authors of *Hooked: New Science on How Casual Sex is Affecting Our Children*, contend that casual sex during the teen and young adult years affects the ability to bond later in life.

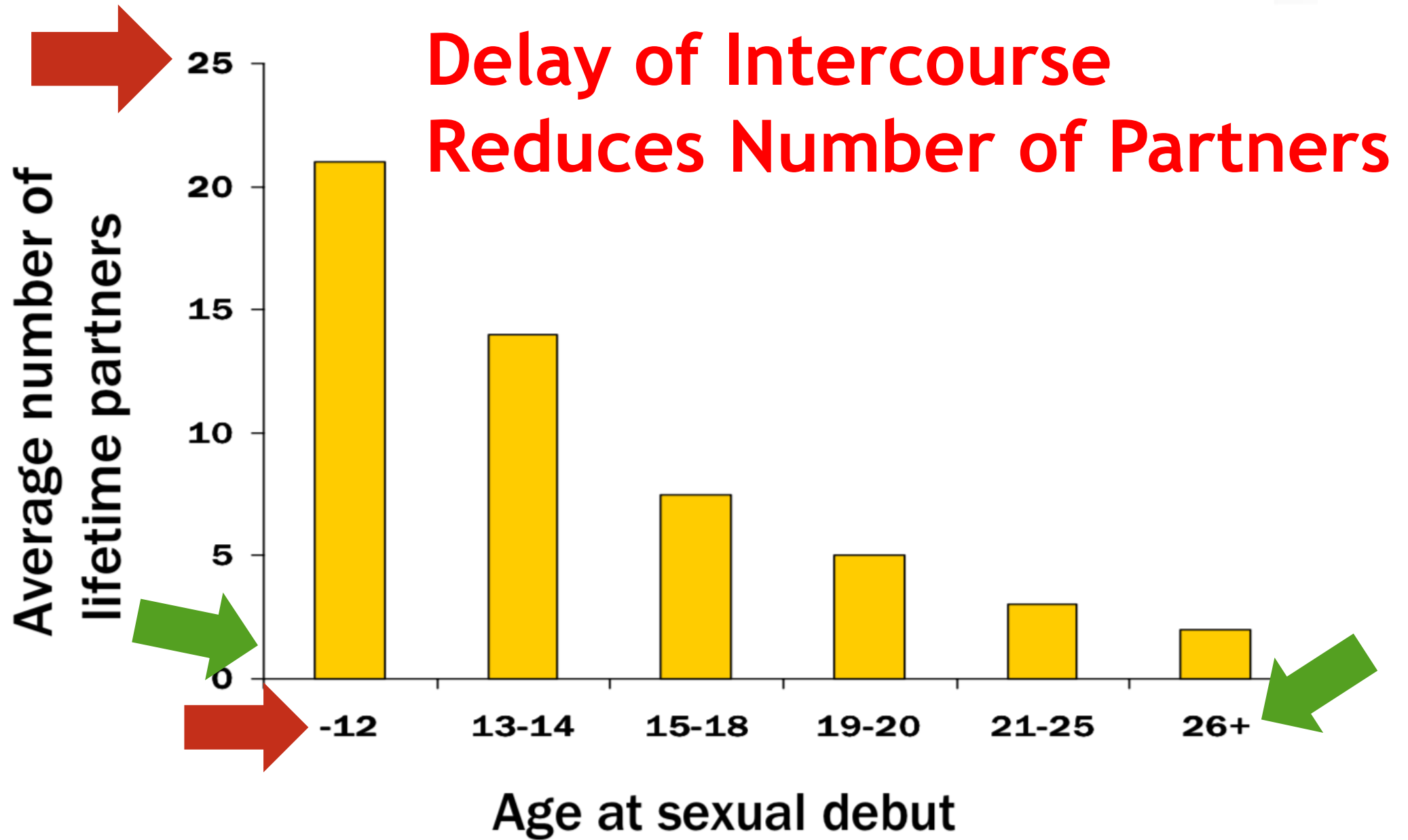
“Research indicates that sexual activity and having multiple partners hinders the ability to develop healthy, mature and long-lasting relationships.”

# SUICIDE

“Research shows that sexually-active girls were three times more likely to have attempted suicide, and sexually-active boys were seven times more likely to have attempted suicide than their virgin friends.

# The Risks Are too Great

- Sexually transmitted diseases
- Pregnancy
- Abortion
- Burden of pre-mature parenting
- Fear, confusion about romantic feelings
- Altered self-esteem
- Sense of betrayal and abandonment
- Life-long emotional baggage
- Difficulty maintaining health relationships



Source: The Heritage Foundation. 2003.<sup>1</sup>

Having the desire is not proof  
of the ability or readiness to  
engage sexually.

Having sexual intercourse  
before the brain fully develops  
is not a healthy decision.



Adolescence sex is not wise.  
Why is this? Because the  
brain is going through a  
pruning stage that does end  
until age 21 to 25.

“The scientists, to their surprise, discovered that the teenage brain undergoes an intense overproduction of gray matter (the brain tissue that does the “thinking”). . .

Then a period of “pruning” takes over, during which the brain discards gray matter at a rapid rate.” This process is similar to pruning a tree: Cutting back branches stimulates health and growth. This continues into the early 20s.

“The evidence now is strong that the brain does not cease to mature until the early 20s in those relevant parts that govern impulsivity, judgment, planning for the future, foresight of consequences, and other characteristics that make people morally culpable. . .”

# Oxytocin and vasopressin

*Both are released during sex*

Pornography



Masturbation

These are love hormones that make people feel close to each other during and after sex.

The problem is the feelings of closeness can override common sense. It can give a false sense of security.

Pornography



Masturbation



Rushing Water

# Hormones in the adolescent brain.

*Ages 10 to 25*





Controlled flowing water

# Hormones in the adult brain.

## *Age 25 and above*

Pornography



Masturbation

# Pornography & Masturbation And the Adventist Christian



**What is the problem?**

60

Pornography



Masturbation

Unfortunately . . .

The only teachings about  
pornography and  
masturbation has been this:

**It is a sin.**

**Do not do it.**

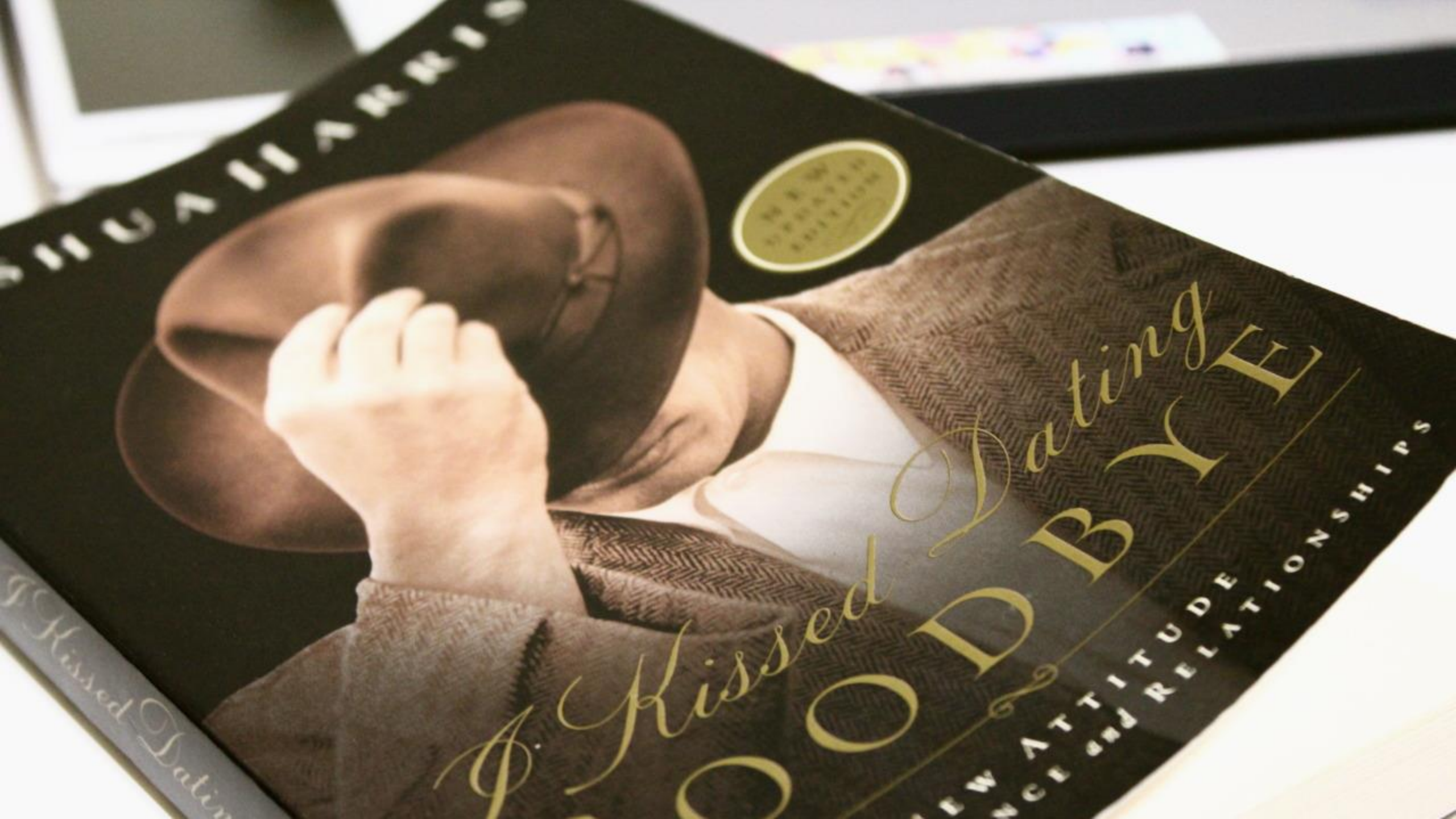
Unfortunately . . .

The only teaching on  
pornography and  
masturbation has been this:

**This has never  
worked.**

This method of teaching opens the door of curiosity and does not provide principles for teenagers and young adults to respond wisely to their sexual urges and temptations.





THE KISS



*Kissed Dating*  
**BYE**

*J. GOOD*

NEW ATTITUDE  
AND RELATIONSHIPS

*Kissed Dating*





Joshua  
Harris

“He apologizes for any damage the book has done, saying: 'I want you to hear that I regret any way that my ideas restricted you, hurt you, or gave you a less-than-biblical view of yourself, your sexuality, your relationships, and God.'”

Pornography



Masturbation



Joshua  
Harris

“I no longer agree with its central idea that dating should be avoided. I now think dating can be a healthy part of a person developing relationally and learning the qualities that matter most in a partner.”

Pornography



Masturbation

Why put so much pressure on our youth when they are not alone in this?

Do you know that sexually transmitted infections are on the rise among persons over the age of sixty.

Senior citizens are also viewing pornography and are masturbating.

This is not a youth problem.  
This is a human problem.

We must stop  
**STOP**  
Blaming the youth for all  
the vice in the world

## Internet and family values

“There is a growing global concern with regards to the development of an inordinate attachment to the Internet. Those concerned include mental health and school professionals, social scientists, plus advocates for spiritual and family values.”

Porn

# CONSEQUENCES

- ▶ When an Adventist university put a filter in place, it regained 75% of its bandwidth.
- ▶ Internet pornography article in the Adventist Review received more reader responses than any other non-doctrinal article in the publication's history.



## Porn statistics

- ▶ Average daily pornographic e-mails: 4.5 per Internet user
- ▶ Monthly pornographic downloads (peer-peer): 1.5 billion (35% of all downloads)
- ▶ Estimated 1000-2000 porn sites added daily.

# Porn statistics

- ▶ Sexual solicitation of youth made in chat rooms: 89%
- ▶ Youth who received sexual solicitation: 20%
- ▶ Average age of first Internet exposure to pornography: 11 year (not necessarily intentional)

## Porn statistics

- ▶ 15-17 year olds having multiple hard-core exposures: 80%
- ▶ 16-18 year olds having viewed online porn: 90% (most while doing homework).

# Why Pornography is so bad?

- ▶ Pornography demeans and objectifies females
- ▶ The participants are not married
- ▶ Visual stimulation from someone other than your spouse is dangerous and sinful
- ▶ Pornography violates the principles of faithfulness
- ▶ Unusual penis size
- ▶ Unusual staying power *they are freaks or on pills*
- ▶ Unusual length of orgasms
- ▶ Multiple orgasms (multiple partners)

# Why Pornography is so bad?

- ▶ Porn contributes to social and psychological problems within men
- ▶ Porn rewires the male brain
- ▶ Porn turns sex into masturbation
- ▶ Porn squashes the beauty of a real naked woman
- ▶ Porn lies about what it means to be male and female

“Watching porn will wear out your brain and make it shrivel.” Others included “Viewing porn shrinks the brain” (from the reliably untrustworthy Daily Mail) and Watching Porn Linked To Less Gray Matter In The Brain (*from Huffington Post*).

# Symptoms of Pornography Addiction

## Physical

- Sexual dysfunctions, such as erectile dysfunction and delayed ejaculation
- Decreased sensitivity from overstimulation
- Fatigue

# Symptoms of Pornography Addiction

## Psychological

- Low self-esteem or -confidence
- Sense of shame
- Low mood or agitated mood
- Lack of motivation
- Decreased libido
- Disinterest in sex in favor of porn
- Clouding of consciousness, or “brain fog”



# The Problem with Porn

- The participants are not married
- Unusual penis size
- Unusual staying power--they are freaks or on pills
- Unusual length of orgasms
- Multiple orgasms (multiple partners)
- Visual stimulation from someone other than your spouse is dangerous and sinful
- Pornography violates the principles of faithfulness
- Pornography is about the objectivization of women

# Masturbation

# Stages/Types of Masturbation

*By Barrington H. Brennen, 2000*

- **Discovery Stage**
- **Pressure Release Stage**
- **Exploitive Stage**
- **Compulsive Stage**

# Stages/Types of Masturbation

By Barrington H. Brennen, 2000



- **Discovery Stage**

This is the childhood period which is normal and healthy. *Parents Magazine*, 1990, Dr Janice Gibson, University of Pittsburgh state that "this stage of innocent fondling of the genital (some might call masturbation) may even continue into adolescence. . .

# Stages/Types of Masturbation

*By Barrington H. Brennen, 2000*



- **Discovery Stage**

. . . This is the stage when the parent finds the little boy with his hands in his pants. He is discovering his body and beginning to learn what each part is for, to his limited knowledge.

# Stages/Types of Masturbation

*By Barrington H. Brennen, 2000*

- **Pressure Release Stage**

At this stage the individual is aware of his body functions and has an understanding about the sensual feelings and emotions experienced. This occasional release of sexual tension through masturbation is not yet a habit, but is usually accompanied with fantasy and lustful thoughts.

# Stages/Types of Masturbation

*By Barrington H. Brennen, 2000*

- **Exploitive Stage**

This is the stage when the healthy discovery and occasional release turn into exploitation of the mind and body for sexual gratification. During this stage masturbation is always accompanied with lustful thoughts and sexual fantasies. . .

# Stages/Types of Masturbation

*By Barrington H. Brennen, 2000*

- **Exploitive Stage**

. . . At this stage masturbation may not be a compulsive habit, but it is considered by the masturbator a very enjoyable way of sexual expression. She/he may be lured into the self-made trap of lust, pornography, dirty literature, etc.



# Stages/Types of Masturbation

*By Barrington H. Brennen, 2000*

- **Compulsive Stage**

This is the continuation of the exploitive stage, when the habit produces the desire and the desire the habit. I call this the addictive stage. . . Some excuses for this type of behavior would be boredom, loneliness, frustration, insecurity, and self-centeredness.

# Stages/Types of Masturbation

*By Barrington H. Brennen, 2000*

- **Compulsive Stage**

Whenever masturbation becomes exploitive, compulsive, and includes fantasy and lustful thoughts, certainly we can use the terms "degrading vice," "bewitching vice," "soul-and-body-destroying vice," "secret vice."

## What's Negative about Compulsive Masturbation

Men in their 20's, 30's and 40's who "frequently" masturbate five times a week or more, has been linked to an increase in prostate cancer.



The Effects of Too Much Masturbation

# Dr. Sam Robbins

## VIDEO





## What's Negative about Compulsive Masturbation

Men who masturbate "excessively" have less sensitivity during sex and take longer to climax. Additionally, they can also suffer from erectile dysfunction and "reduced firmness."

We have one major concern why masturbation may not be healthy choice for singles. It is having lustful thoughts.

Matthew 5:27-28 *The Passion Translation*

<sup>27</sup> “Your ancestors have been taught,  
‘Never commit adultery.’ <sup>28</sup> However, I  
say to you, if you look with lust in your  
eyes at the body of a woman/man who is  
not your wife/husband, you’ve already  
committed adultery in your heart.





# Helpful Resources

For sexual addiction,  
pornography, masturbation



[www.nofap.com](http://www.nofap.com)

“Fap” is a slang term for masturbation



Every Man's Battle Intensive Workshop

<https://newlife.com>

# Sex and Love Addiction Anonymous



[www.slaaonline.org](http://www.slaaonline.org)

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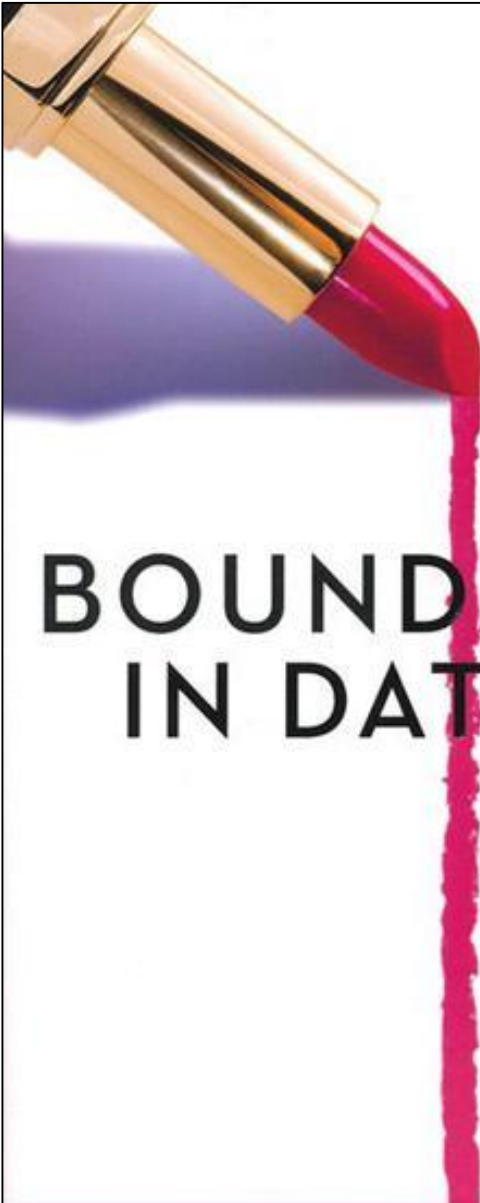
Pornography



Masturbation



[www.themeadows.com](http://www.themeadows.com)



HOW HEALTHY  
CHOICES  
GROW HEALTHY  
RELATIONSHIPS

# BOUNDARIES IN DATING

DR. HENRY CLOUD & DR. JOHN TOWNSEND

Sexual purity and abstinence is a serious spiritual, psychological, and emotional matter.

Do not allow the urges to dictate to your behavior or cause you to act impulsively.

Do . . .

Not to do . . .

*If you plan to regain virginity or be remain a virgin:*

- Avoid being alone with someone
- Don't go to private place to "make out"
- Don't go to parties where there is no parent.
- Avoid watching sexually explicit shows.
- Plan to have sex when you are ready.



# Plan to Have Sex

## The Promise for Sex



Dr. Freda McKissic Bush  
Clinical Instructor, University of Mississippi  
*“Adolescent Brain Development and Sexual Decision Making”*

- ▶ Decision Making=**STOP; DROP AND ROLL**
  - ▶ **S**tate the decision; Write it down
  - ▶ **T**alk about your feeling and needs
  - ▶ **O**ptions are considered
  - ▶ **P**ick the best option and evaluate the results
  - ▶ **DROP** the pretense: “Aim to abstain”
  - ▶ Be ready to **ROLL**. “Run, baby, run.”

# How to Avoid Getting Hooked On Sex



Dr. Freda McKissic Bush  
Clinical Instructor, University of Mississippi  
*“Adolescent Brain Development and Sexual Decision Making”*

- ▶ Know the purpose of sex
- ▶ Understand the problem of sex
- ▶ Choose the protection of sex

**Protect your  
heart.**




**When you choose to  
protect your heart first  
you will know when,  
why, and how to protect  
your body.**



When you **think**  
before you act,  
then sexual purity,  
abstinence, and  
virginity are no  
longer strangers in  
your life.

## 2 Timothy 1:7

For God gave us a spirit not  
of fear but of power and  
love and **discipline.** 





**THINK**

*First*

**THINK**

**THINK**

**THINK**



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