

*The purpose of the first paragraph is to reveal stats and quotes from mainstream sources about the growing struggles teens may have regarding each topic. The purpose of the second paragraph is to reveal God's perspective by seeing what the Bible says regarding each topic and how we can receive help and guidance in our life's purpose through a relationship with Jesus.*

## PORNOGRAPHY

11 is the average age a child is first exposed<sup>76</sup>. 93% of boys and 62% of girls have watched before age 18, 22% being under 10<sup>75</sup>. A third ages 11-14 and half ages 15-17 watch on a mobile device<sup>74</sup>. 64% ages 13-24 watch weekly<sup>77</sup>. 1 in 5 mobile searches are for it<sup>74</sup>. Porn's industry makes more money annually than the NFL+NBA+MLB<sup>76</sup>. Sites get more traffic monthly than Netflix+Amazon+Twitter<sup>77</sup>.

Masturbation<sup>82</sup> and sexting<sup>74</sup> are also related to porn and highly common. Brains react to porn the same as addicts do with alcohol/drugs<sup>73</sup>. It leads to unrealistic expectations of sex, depression, loneliness, sex-violence, etc. and hinders brain growth and sexual development<sup>78</sup>. Most public schools teach sex/health education from 6th-12th grade<sup>85,86,87</sup>.

The Bible says God designed sex for marriage between man and woman (Gen. 2:24-25), and it should be honored (Heb. 13:4). Any sexual act outside of that is sin (1 Cor. 6:9-11), including thoughts (Matt. 5:27-30). For those struggling, God offers forgiveness (1 John 1:9) and freedom (Rom. 6:6-7) as He renews our minds (Rom. 12:2) to holy thinking (Phil. 4:8) and a pure life (Ps. 119:9-11).

## BIBLE VERSES TO CONSIDER

Genesis 2:24-25 "That is why a man leaves his father and mother and is united to his wife, and they become one flesh. Adam and his wife were both naked, and they felt no shame."

Hebrews 13:4 "Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral."

1 Corinthians 6:9-11 "Or do you not know that wrongdoers will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor men who have sex with men nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God. And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God."

Matthew 5:27-30 ““You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.”

1 John 1:9 “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Romans 6:6-7 “For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin—because anyone who has died has been set free from sin.”

Romans 12:2 “Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

Philippians 4:8 “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Psalms 119:9-11 “How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.”

James 1:14-15 “But each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.”

Psalm 51:1-4 "Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight."

Romans 6:1-2 "What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We are those who have died to sin; how can we live in it any longer?"

Romans 6:12-13 "Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness."

1 John 2:16 “For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.”

1 Corinthians 6:12 “I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything.”

2 Peter 2:19 “They promise them freedom, while they themselves are slaves of depravity—for ‘people are slaves to whatever has mastered them.’”

Proverbs 6:25-29 “Do not lust in your heart after her beauty or let her captivate you with her eyes. For a prostitute can be had for a loaf of bread, but another man’s wife preys on your very life. Can a man scoop fire into his lap without his clothes being burned? Can a man walk on hot coals without his feet being scorched? So is he who sleeps with another man’s wife; no one who touches her will go unpunished.”

Ezekiel 20:30 “Therefore say to the Israelites: ‘This is what the Sovereign Lord says: Will you defile yourselves the way your ancestors did and lust after their vile images?’”

Ephesians 4:18-19 “They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity...”

1 Thessalonians 4:3-8 “It is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God; and that in this matter no one should wrong or take advantage of a brother or sister. The Lord will punish all those who commit such sins, as we told you and warned you before. For God did not call us to be impure, but to live a holy life. Therefore, anyone who rejects this instruction does not reject a

human being but God, the very God who gives you his Holy Spirit.”

1 Corinthians 7:1-2 “Now for the matters you wrote about: “It is good for a man not to have sexual relations with a woman.” But since sexual immorality is occurring, each man should have sexual relations with his own wife, and each woman with her own husband.”

Galatians 5:16 “So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

Colossians 3:5 “Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.”

Ephesians 5:3 “But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people.”

Galatians 5:19-25 "The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit."

Amos 5:15-16 "Seek good, not evil, that you may live. Then the Lord God Almighty will be with you, just as you say he is. Hate evil, love good."

Romans 12:9 "Love must be sincere. Hate what is evil; cling to what is good."

Psalm 101:3-4 "I will not look with approval on anything that is vile. I hate what faithless people do; I will have no part in it. The perverse of heart shall be far from me; I will have nothing to do with what is evil.

Job 31:1 "I made a covenant with my eyes not to look lustfully at a young woman."

1 Peter 2:11 "Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul."

2 Timothy 2:22 "Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart."

1 Corinthians 10:13 "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted[b] beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

Exodus 20:14 "You shall not commit adultery."

Ephesians 5:11-12 "Have nothing to do with the fruitless deeds of darkness, but rather expose them. It is shameful even to mention what the disobedient do in secret."

1 Corinthians 6:18-20 "Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies."

1 Timothy 2:9-10 "I also want the women to dress modestly, with decency and propriety, adorning themselves, not with elaborate hairstyles or gold or pearls or expensive clothes, but with good deeds, appropriate for women who profess to worship God."

Matthew 6:22-23 "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!"

Romans 13:13 "Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy."

Mark 7:20-23 "He went on: 'What comes out of a person is what defiles them. For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.'"

Matthew 26:41 "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

1 Corinthians 7:9 "But if they cannot control themselves, they should marry, for it is better to marry than to burn with passion."

2 Corinthians 7:10-11 "Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done."

## STATS & QUOTES TO CONSIDER

Over 70 percent of teens have smartphones, which means they have access to the internet which, in turn, means they have easy access to pornography.

The exposure of children to internet pornography is harming their developing brains

Exposure to pornography between 9 and 13 is linked to high-risk behaviors

Our brains react to pornography the same way an alcoholic might react to seeing a drink advertisement.

Researchers believe that pornography's intense stimulation of the brain brings about significant changes to the brain similar to drug addiction

Those with compulsive sexual behavior have brain activity that mirrors those of drug addicts. Cambridge University. (2014) "Brain activity in sex addiction mirrors that of drug addiction."

At least one in four teens are receiving sexually explicit texts and emails, and at least one in seven are sending sexts. More than one in 10 teens are forwarding these sexts without consent, the study found. And roughly one in 12 teens have had sexts they sent shared without their permission

There is a lack of clarity regarding the law around sexting: half of parents are unaware that it is illegal for a child to take a naked or sexual image of themselves and 28% do not know that it is illegal for a child to send a naked or sexual image to a peer.

PornHub said its users watched 4.6 billion hours of pornography in 2016, 61% via smartphone and 11% via tablet.

1 in 5 Mobile searches are for Porn (2015).

Sexting is now the 6th top ranked issue in the list of health concerns for U.S. children (2015).

More than half (54%) of young adults ages 18-22 admit to sexting as minors. (2015)

A third of 11 to 14-year old's have watched porn on a mobile device. (2015)

About half of 15 to 17-year old's have accessed pornography on a smartphone or tablet (2015).

Dr Mariek Vanden Abeele highlights that peer pressure and popularity are key factors in why teens sext, despite knowing the potential risks.

New research from security technology companies suggests that children under the age of 10 now account for 1 in 10 visitors to porn video sites.

Internet pornography has become sex education for many children. "Particularly among younger children, exposure to pornography may be disturbing or upsetting...pornography is a poor, and indeed dangerous, sex educator." (2009)

The average age of first perpetration of sexual violence is 15 -16 and is associated with exposure to pornography.

More and younger children are accessing internet pornography. The average age of first exposure is 11. However, "children under 10 now account for 22% of online porn consumption under 18." (2016).

Only 12% of parents know their teens are accessing pornography (2015).

93.2% of boys and 62.1% of girls have seen online pornography before age 18 (2014).

Weekly pornography viewing is significantly associated with inconsistent condom use with casual partners, engaging in anal intercourse and sexting.

Almost half (46%) of teenagers say, "sending sexual or naked photos or videos is part of everyday life for teenagers nowadays."

Seven out of 10 (72%) 18-year olds say "pornography leads to unrealistic attitudes to sex" and that "pornography can have a damaging impact on young people's views of sex or relationships."

Two thirds of young women (66%) and almost half of young men (49%) agree, “it would be easier growing up if pornography was less easy to access...”

In 2008, more than 560 college students responded to an online survey: 93% of boys and 62% of girls were exposed to pornography before 18.

The porn industry's annual revenue is more than the NFL, NBA, and MLB combined. It is also more than the combined revenues of ABC, CBS, and NBC.

47% of families in the United States reported that pornography is a problem in their home.

Eleven is the average age that a child is first exposed to porn, and 94% of children will see porn by the age of 14.

64% of young people, ages 13–24, actively seek out pornography weekly or more often.

Porn sites receive more regular traffic than Netflix, Amazon, & Twitter combined each month. (HuffPost).

35% of all internet downloads are porn-related.

34% of internet users have been exposed to unwanted porn via ads, pop-ups, etc. (WebRoot).

The “teen” porn category has topped porn site searches for the last six years (Pornhub Analytics).

Recorded child sexual exploitation (known as “child porn”) is one of the fastest-growing online businesses. (IWF)

Porn is a global, estimated \$97 billion industry, with about \$12 billion of that coming from the U.S. (NBC News)

The world's largest free porn site also received over 33,500,000,000 site visits during 2018 alone. (Pornhub Analytics)

It hinders sexual development. Pornography viewing by teens disorients them during the developmental phase when they have to learn how to handle their sexuality and when they are most vulnerable to uncertainty about their sexual beliefs and moral values.

Teenagers with frequent exposure to sexual content on TV have a substantially greater likelihood of teenage pregnancy, and the likelihood of teen pregnancy was twice as high doubles when the quantity of sexual content exposure within the viewing episodes was high.

It raises the risk of depression. A significant relationship also exists among teens between frequent pornography use and feelings of loneliness, including major depression.

It creates distorted expectations which hinder healthy sexual development. Adolescents exposed to high levels of pornography have lower levels of sexual self-esteem.

93% of boys and 62% of girls are exposed to internet-based pornography during their adolescent years and 22% of the vast quantities of porn consumed by people aged under 18 is consumed by those aged less than 10.

61% of pornography is watched on a mobile phone. In the United States that is as high as 70%.

62% of teens and young adults have received a sexually explicit image. Meanwhile, 41% have sent one, usually to their boyfriend or girlfriend. Women are more likely to both send and receive these nude images, presumably because it has become part of the dating ritual that women send nude or nearly-nude photos of themselves to boyfriends or potential boyfriends.

9 out of 10 boys and 6 out of 10 girls are exposed to pornography online before the age of 18.

71% of teens have done something to hide their online activity from their parents.

## Definitions

- Pornography: Erotic videos, pictures, or writing designed to cause sexual excitement.
- Cybersex: Sex-oriented messages or conversations over the Internet for the purpose of sexual excitement.
- Phone sex: Using a phone to have improper sexual conversations or to listen to explicit erotic messages.
- Sexting: Sending sexually explicit images or messages by cell phone.

## *On Masturbation*

Google definition: stimulation of the genitals with the hand for sexual pleasure.

Among boys between the ages of 14 and 17 the percentage of those who had masturbated at least once rose from about 63 to 80 percent. Among girls, those figures were lower but still followed an upward slope, rising from about 43 percent to 58 percent across the same time-frame, according to the report.

In addition, for both boys and girls, engaging in masturbation was associated with a greater odd of engaging in sexual relations with a partner, compared to adolescents who did not masturbate.

“It is important to let adolescents know about masturbation because they may receive either no information or mixed messages on masturbation, yet it is a major way adolescents’ express sexuality.” ~ Dr. Cynthia Robbins

By age 15, almost 100% of boys and 25% of girls have masturbated to the point of orgasm. Again, it is important to remember that children do not generally associate this activity with sexuality or adult relationships until closer to puberty.

### *Sex Ed in Schools (Florida):*

As of October 31, 2017, fifteen Florida school districts have adopted a comprehensive health education policy that includes a requirement for comprehensive reproductive and sexual health education curriculum. These districts include

Alachua, Desoto, Franklin, Gadsden, Glades, Hendry, Hillsborough, Indian River, Leon, Liberty, Martin, Monroe, Pasco, Polk, and Putnam. These policies include the following language.

- The board requires evidence-based, medically accurate, age-appropriate, and comprehensive reproductive and sexual health education curriculum. This curriculum shall include information about:
  - o abstinence as the only certain way to avoid pregnancy or sexually transmitted infections, including HIV/AIDS;
  - o the consequences of teenage pregnancy;
  - o the health benefits and side effects of contraception and condoms;
  - o responsible decision-making, communication, and relationship skills; and
  - o the importance of family-child communication.

This curriculum shall be taught beginning in the 6th grade and continue throughout high school and shall enable students to master the standards set forth in the Next Generation Sunshine State Standards. The health education curriculum materials shall, at all times, reflect current theory, knowledge, and practice, and shall be evidence-based and proven effective. The curriculum materials shall be available for review at each school site.

### *Pinellas County*

#### Pinellas County Health Curriculum Guide

To develop “health literate” students, this course focuses on the one concept standard and seven skills standards of the Next Generation of Sunshine State Standards (NGSSS) for Health Education. These standards are based on the National Standards for Health Education. Health standards are taught through the required topic areas of Health Education. Florida State Statute 1003.42: Students must receive required comprehensive health education in grades K-12 with the following content:

- community health
- consumer health
- family life, including an awareness of the benefits of sexual abstinence as the expected standard and the consequences of teenage pregnancy
- environmental health
- mental and emotional health
- injury prevention and safe
- nutrition
- personal health
- prevention and control of disease
- substance use and abuse
- internet safety
- teen dating abuse and violence (grade 7 and above)

The emphasis on skills reflects the goal of fostering students who are critical thinkers and problem solvers, responsible productive citizens, self-directed learners, and effective communicators---that is students who are “health literate.”

## *Hillsborough County (Policy Manual)*

### 2417- Comprehensive Health Education

Pursuant to State law, the School Board shall provide an evidence-based, medically-accurate comprehensive health education curriculum that addresses concepts of community health; consumer health; environmental health; family life, including an awareness of the benefits of sexual abstinence as the expected standard and the consequences of teenage pregnancy for one's life, health, and development; mental and emotional health; injury prevention and safety; nutrition; personal health; prevention and control of disease; substance use and abuse; and teen dating violence and abuse.

The Board requires that this curriculum also include an evidence-based, medically-accurate, age-appropriate, and comprehensive reproductive and sexual health education curriculum. This curriculum shall include information about:

- A. abstinence as the only certain way to avoid pregnancy or sexually transmitted infections, including HIV/AIDS;
- B. the consequences of teenage pregnancy;
- C. the health benefits and side-effects of contraception and condoms;
- D. responsible decision-making, communication, and relationship skills; and
- E. the importance of family-child communication.

This curriculum shall be taught beginning in the 6th grade and continue throughout high school and shall enable students to master the standards set forth in the Next Generation Sunshine State Standards.

The health education curriculum materials shall, at all times, reflect current theory, knowledge, and practice, and shall be evidence-based and proven effective. The curriculum materials shall be available for review at each school site.

Any student whose parent makes a written request to the school principal shall be permitted to opt-out from the teaching of reproductive health or any disease, including HIV/AIDS, its symptoms, development, and treatment. A student so exempted may not be penalized by reason of that exemption and shall be given alternative assignments during this time.

Personnel providing instruction human sexuality shall receive training based on District approved standards, prior to presenting such instruction.

F.S. 1003.42, 1003.43, 1003.46

Revised 4/1/14

© Neola 2011