# Teens & Purity Fact Sheet:

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Statistics:

Teens Statistics
- 93% of boys and 62% of girls are exposed to Internet porn before the age of 18 (The Nature and Dynamic of Internet Pornography Exposure for Youth by Chiara Sabina, Janis Wolak, and David Finkelhor from Cyber Psychology and Behavior, 2008)
- 11: the average age of first exposure to Internet pornography (Internet-filter-review.toptenreviews.com/internet-pornography-statistics.html)
- 28% of teens in one study had sent a sext. (Temple J. et al “Teen Sexting and Its Association with Sexual Behaviors” archpediatrics.2012.835)

Christian Statistics
- According to pastors, the 8 top sexual issues damaging to their congregation are: 57% pornography addiction, 34% sexually active never-married adults, 30% adultery of married adults, 28% sexually active teenagers, 16% sexual dissatisfaction, 14% unwed pregnancy, 13% sexually active previously married adults, and 9% sexual abuse. (More Sex, Please, Christianity Today International, Winter 2005)
- 47% of Christians say Internet pornography is a problem in the home (http://family safemedia.com/pornography_statistics.html#anchor5)

Living together Statistics
- Nearly 6 million couples are currently cohabiting.
- Cohabitation has increased 10 fold since 1970 when only 500,000 couples cohabited.
- Most studies clearly find that cohabitation before marriages decreases marital satisfaction and increases divorce rate.
- There is a 50% increase in the divorce rate if a couple cohabits before marriage.
- About half (55%) of cohabiting couples get married within 5 years of living together, 40% breakup and 10% stay together without getting married.
- About 40% of cohabiting women have children with their partner, many of which are unplanned pregnancies.
- It is predicted that 40% of all children will at some point live in a cohabiting household.
- Almost two-thirds of teenagers believe (66% boys; 60% girls) that it is a good idea to live together before marriage.
- Living together outside of marriage increases the risk of domestic violence for women, and the risk of physical and sexual abuse for children. (Should we live together? , Popenoe and Dafoe Whitehead)
Percentage of High School Seniors who “agreed” or “Mostly agreed” with the statement that “it is usually a good idea for a couple to live together before getting married in order to find out whether they really get along.

Parent Statistics
- Only 23 percent of parents have rules about what their kids can do on the computer. (The Henry J. Kaiser Family Foundation Study, March 2005).

Marriage Statistics:
- DivorceRate.org states the following, “50% percent of first marriages, 67% of second and 74% of third marriages end in divorce, according to Jennifer Baker of the Forest Institute.

Pornography Websites:
- 12% of Internet websites (4.2 million) are pornographic (Internet-filter-review.toptenreviews.com/internet-pornography-statistics.html)
- Frank Rich, senior writer for the New York Times Magazine, in his May 2001 cover story article “Naked Capitalists” states, “The $4 billion that Americans spend on video pornography is larger than the annual revenue accrued by either the N.F.L., the N.B.A. or Major League Baseball. But that's literally not the half of it: the porn business is estimated to total between $10 billion and $14 billion annually in the United States when you toss in porn networks and pay-per-view movies on cable and satellite, Internet Web sites, in-room hotel movies, phone sex, sex toys and that archaic medium of my own occasionally misspent youth, magazines. Take even the low-end $10 billion estimate (from a 1998 study by Forrester Research in Cambridge, Mass.), and pornography is a bigger business than professional football, basketball and baseball put together. People pay more money for pornography in America in a year than they do on movie tickets, more than they do on all the performing arts combined.” 10
- “There are at least 40,634 websites that distribute pornographic material on the internet. About 11% of all internet visits to one of these sites. About 14% of the online population in America visits these sites (17 million Americans), spending an average of 6.5 minutes per visit. About 80% to 90% of these people only access free...
Abstinence Education Stats

Research suggests there are at least five features of programs that are likely to change sexual behavior.

- Programs that present a clear and compelling normative message to young people—e.g., that tell teenagers to abstain for the sake of their partners and any future children they might conceive—are more likely to influence sexual behavior than programs that just provide participants with information.

- Programs that link adolescents and young adults to adults and especially peers with whom they have a strong, positive connection are more likely to be effective, compared to programs led by adults, including teachers, with whom students do not have strong ties.

- Programs that help students plan for the future—both professionally, educationally, and in terms of their family life down the road—and suggest ways that abstinence will help them reach their future goals also seem to have more success in changing sexual behavior.

- Programs that involve students in service activities are more likely to succeed than programs that do not. It is not entirely clear why these programs seem to be particularly successful in reducing teen sexual activity. These programs may encourage students to grow in virtue, they may have greater success in establishing positive bonds between program leaders and students, or they may provide students with opportunities to use their free time in ways that are constructive, and reduce the chances that students engage in antisocial or risky behavior including sex; whatever the mechanism, programs that involve students in service activities are more likely to succeed in promoting abstinence and delaying sexual debut among teenagers.

- Programs that partner with institutions in the larger community—such as local media, youth organizations, and religious institutions—and that pursue a vigorous public campaign to change community norms in favor of abstinence also appear more likely to succeed. Such programs appear to build “plausibility structures” for the norm of premarital sexual abstinence. These programs lend an important measure of legitimacy and social support to a norm that does not receive much support in the larger society. The successful community effort to promote abstinence in Monroe County, New York, Not Me, Not Now, is one such example of an abstinence initiative that succeeded by establishing multiple plausibility structures for abstinence, and by enlisting local media and young people in an effort to develop a compelling and effective social marketing campaign in favor of abstinence. Given the importance of peer norms in influencing sexual behavior, such programs can be particularly valuable if they are able to enlist teenagers themselves—as Not Me, Not Now did—in social
marketing campaigns to change adolescent norms about the value of abstinence. In sum, successful abstinence programs are likely to offer a clear and compelling message that links premarital abstinence to a vision of the good life, to involve trusted adults and especially peers in delivering that message, to involve young people in opportunities to serve their communities, and/or to develop a larger community initiative that incorporates a strong social marketing campaign and cooperation with other public and private institutions that influence adolescents and young adults.

1. Sexual abstinence before marriage is typically associated with better physical and psychological health among American adolescents and adults.
2. Abstinence fosters a healthy and happy family life for children, adolescents, adults, and society as a whole.
3. Adolescents who abstain from sex before marriage are significantly less likely to become enmeshed in a “problem behavior syndrome” characterized by a range of antisocial behaviors—from drinking to academic failure.
4. The physical and psychological effects of abstinence are gendered, with females benefiting the most from premarital abstinence.
5. Abstinence seems to be particularly important for younger adolescents.
6. On a number of outcomes, premarital sex appears to harm only a minority of the population of sexually active adolescents and adults. Nevertheless, given the range of harms associated with premarital sex, it seems likely that a majority of adolescents and adults (particularly females) who engage in premarital sex will experience at least one type of physical, psychological, social, or marital harm as a consequence of engaging in premarital sex.
7. Private efforts to promote abstinence have succeeded in changing adolescent sexual behavior.
8. Based on the research to date, the effects of public efforts to promote abstinence through abstinence education are unclear.
Biblical Stances on Purity Issues:

Homosexuality

Statements about Homosexuality, based on Scripture.

- Homosexuality is a sin, and no worse than any other sexual sin (1 Corinthians 6:18-20)

- Homosexuality is a distortion of what God created a sexual relationship to be. (Romans 1:26-27; Genesis 1:27)

- A person who struggles with heterosexual sin (lust, pornography, adultery, premarital sex) is no better than a person who struggles with homosexual sin (lust, pornography, adultery, premarital sex)

- God does not want to see anyone perish. (2 Peter 3:9; Ezekiel 33:11)

- Sin and a temptation to sin are two different things (James 1:13-15)

Scripture often used around the issue:

- Leviticus 18:22–23 (NIV84)
  - 22 "Do not lie with a man as one lies with a woman; that is detestable.
  - 23 "Do not have sexual relations with an animal and defile yourself with it. A woman must not present herself to an animal to have sexual relations with it; that is a perversion.

- 1 Corinthians 6:9–11 (NIV84)
  - 9 Do you not know that the wicked will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God. 11 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.

- Romans 1:26–27 (NIV84)
  - 26 Because of this, God gave them over to shameful lusts. Even their women exchanged natural relations for unnatural ones. 27 In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed indecent acts with other men, and received in themselves the due penalty for their perversion.

- 1 Samuel 18:1–4 (NIV84)
  - After David had finished talking with Saul, Jonathan became one in spirit with David, and he loved him as himself. 2 From that day Saul kept David with him and did not let him return to his father’s house. 3 And Jonathan made a covenant with David because he loved him as himself. 4 Jonathan took off the robe he was wearing and gave it to David, along with his tunic, and even his sword, his bow and his belt.

- Matthew 19:4–6 (NIV84)
What if we don’t have sex and we live together?

Scripture often used around the issue:

- **Proverbs 14:12** – “There is a way that seems right to a man, but in the end it leads to death.” This Scripture stands against the arguments, “Everyone is doing it. It’s the new way. It’s accepted in society.”
- **Ecclesiastes 3:1-5** – “There is a time for everything and a season for every activity under heaven ... a time to embrace and a time to refrain.” As the following Scriptures indicate, the right time for living together is after marriage — not the year before, not the month before, not the night before. There is a time to embrace, and a time to refrain.
- **1 Corinthians 6:18** – “Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.” Living together almost always involves premarital sex. By living together before marriage, you dishonor both yourself and your partner.
- **1 Corinthians 7:8-9** – “Now to the unmarried and the widows I say: It is good for them to stay unmarried, as I am. But if they cannot control themselves, they should marry, for it is better to marry than to burn with passion.” The Bible encourages a couple that is struggling with sexual temptation to marry rather than burn with passion. Of course, this assumes a couple that is ready for marriage. I recommend that all couples get good premarital counseling from a pastor or Christian counselor before getting married.
- **Galatians 6:7-8** – “Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.” Living together is literally a mockery or imitation of marriage in that it does not require a public commitment or lifetime vow of faithfulness.
- **1 Thessalonians 4:3-6** – “It is God’s will that you should ... avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God; and that in this matter no one should wrong his brother or take advantage of him.” To “wrong” someone in this verse means “to exceed the proper limits.” To “take advantage” means “to defraud, or to take more than you’re entitled to.” It is the picture of someone who takes more than they should while selfishly disregarding the best interests of others. When we live together, we exceed the limits God has set for us. We take more than we’re entitled to.
- **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.” The marriage bed can only be kept pure when the sexual relationship is kept within marriage. Anything else brings God’s judgment. Do you love your partner? Then why would you invite God’s judgment into their life? Why would you willfully rob them of God’s blessing?
• The first has to do with temptation. Let’s face it: living together, sharing a house, or sharing a bed is not the best way to fight temptation. If you are truly serious about saving sex for marriage, the last thing you should do is move in with the person whom you love and to whom you are sexually attracted. When you live together before marriage, you open yourself up for temptation.

• Secondly there is the matter of your testimony. The Bible says we should avoid even the appearance of evil. (Ephesians 5:3; 1 Thessalonians 5:22) How does your decision to live together affect those around you? What kind of an example does it set for younger people who are watching? Our testimony affects how people view Christ and the church. Many have rejected Christianity because they do not see people living it out. Living together presents a poor testimony for Christ and his church.

• And thirdly there is the matter of trivialization. Living together trivializes marriage by taking away from the uniqueness of marriage. Living together pretends to be marriage, but it is not the same thing. It is really a mockery of marriage and therefore dishonors marriage. This goes against Hebrews 13:4 which says: “Let marriage be honored by all.” I think it’s sad when a couple who lives together and finally gets married says, “It’s not that different.” They have lost out on part of the joy and uniqueness of the marriage relationship which God intended for them.

Statistics about cohabitating

Here are some statistics on living together before marriage from Michael McManus, author of the book Marriage Savers. Statistically speaking, living together is not a trial of marriage, but rather training for divorce.

• The number of unmarried couples living together soared 12-fold from 430,000 in 1960 to 5.4 million in 2005.
• More than eight out of ten couples who live together will break up either before the wedding or afterwards in divorce.
• About 45 percent of those who begin cohabiting do not marry. Another 5-10 percent continue living together and do not marry.
• Couples who do marry after living together are 50% more likely to divorce than those who did not.
• Only 12 percent of couples who have begun their relationship with cohabitation end up with a marriage lasting 10 years or more.
• A Penn State study reports that even a month’s cohabitation decreases the quality of the couple’s relationship.

(Taken from RayFowler.org, modified and adapted by Kyle Cannon)

Oral Sex

Statements about Oral Sex

• Oral sex, is sex; it involves the pleasure and stimulation of another’s genitals to achieve pleasure and orgasm. Sex is defined as the insertion of the penis into a vagina, but is also defined as oral intercourse.
• Porneia, (a junk drawer term for all sex outside of marriage) includes oral sex (Ephesians 5:3)

Scripture often used around the issue:

- Song of Solomon 2:3 (NIV84)
  - 3 Like an apple tree among the trees of the forest is my lover among the young men. I delight to sit in his shade, and his fruit is sweet to my taste.

- Song of Solomon 4:12–5:1 (NIV84)
  12 You are a garden locked up, my sister, my bride; you are a spring enclosed, a sealed fountain.
  13 Your plants are an orchard of pomegranates with choice fruits,
  with henna and nard,
  14 nard and saffron,
  calamus and cinnamon,
  with every kind of incense tree,
  with myrrh and aloes
  and all the finest spices.
  15 You are a garden fountain,
  a well of flowing water streaming down from Lebanon.

Beloved
  16 Awake, north wind, and come, south wind!
  Blow on my garden, that its fragrance may spread abroad.
  Let my lover come into his garden and taste its choice fruits.

5 I have come into my garden, my sister, my bride;
I have gathered my myrrh with my spice.
I have eaten my honeycomb and my honey;
I have drunk my wine and my milk.

Friends
Eat, O friends, and drink;
drink your fill, O lovers.

Purposes of Sex

Scripture & Purposes:

- Pleasure
  - Song of Solomon
  - Song of Solomon 2:3 (NIV84)
    • 3 Like an apple tree among the trees of the forest is my lover among the young men. I delight to sit in his shade, and his fruit is sweet to my taste.
- **Children**
  - **Genesis 1:28 (NIV84)**
    - 28 God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.”

- **Oneness**
  - **Genesis 2:24 (NIV84)**
    - 24 For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.
  - **Matthew 19:4–6 (NIV84)**
    - 4 “Haven’t you read,” he replied, “that at the beginning the Creator ‘made them male and female,’ 5 and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’? 6 So they are no longer two, but one. Therefore what God has joined together, let man not separate.”

- **Knowledge**
  - **Genesis 4:1 (ESV)**
    - Now Adam knew Eve his wife, and she conceived and bore Cain, saying, “I have gotten a man with the help of the LORD.”

- **Protection**
  - **1 Corinthians 7:3–5 (NIV84)**
    - 3 The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. 4 The wife’s body does not belong to her alone but also to her husband. In the same way, the husband’s body does not belong to him alone but also to his wife. 5 Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

- **Comfort**
  - **2 Samuel 12:24 (NIV84)**
    - 24 Then David comforted his wife Bathsheba, and he went to her and lay with her. She gave birth to a son, and they named him Solomon. The LORD loved him;
Terms & Definitions:

- **Abstinence**
  - voluntary forbearance especially from indulgence of an appetite or craving or from eating some foods
  - habitual *abstaining* from intoxicating beverages
  - *abstention* from sexual intercourse

- **Adultery**
  - voluntary sexual intercourse between a married man and someone other than his wife or between a married woman and someone other than her husband; *also* : an act of adultery

- **Fornication**
  - consensual sexual intercourse between two persons not married to each other
  - *All* sexual activity outside of heterosexual marriage

- **Heterosexual**
  - *a* : of, relating to, or characterized by a tendency to direct sexual desire toward the opposite sex
  - *b* : of, relating to, or involving sexual intercourse between individuals of opposite sex

- **Homosexual**
  - : of, relating to, or characterized by a tendency to direct sexual desire toward another of the same sex
  - : of, relating to, or involving sexual intercourse between persons of the same sex

- **Lust**
  - : usu. intense or unbridled sexual desire

- **Oral Sex**
  - oral stimulation of the genitals

- **Purity**
  - free from what vitiates, weakens, or pollutes (2) : containing nothing that does not properly belong
  - free from moral fault or guilt marked by chastity

- **Sex**
  - heterosexual intercourse involving penetration of the vagina by the penis : *coitus*
  - : intercourse (as anal or oral intercourse) that does not involve penetration of the vagina by the penis

- **Sext**
  - a sexually suggestive text message, sometimes contain nude or partially nude photos
FAQs

Where does the Bible say that sex is only for marriage?
   - Genesis 2:24-25
   - Matthew 19:4-6
   - A Man is to leave his father and mother so he is not relying on them for support
   - The Man is now starting a new household with his wife
   - Marriage is a covenant between a man and a woman

I've already messed up...what can I do?
   - Repent. Stop habitually sinning and pursue God. (1 john 1:9; Proverbs 28:13)
   - Ask people in your life that love you and you trust to hold you accountable and to pray for you.
   - Ask God to forgive you.
   - Pray and meditate on these verses.
     - Psalm 51:10
     - James 4:8
     - Romans 12:2
     - Romans 8:38-39
     - Ezekiel 36:26-29
   - Get help. Talk with a counselor.
   - Put together a plan for purity

Is Masturbation a sin?
(from religion saves & 9 other misconceptions by Mark Driscoll)
   - Masturbation will be defined as genital self-pleasuring.
   - Any masturbation that is accompanied by pornography and/or lust is sinful
   - Since masturbation is not specifically mentioned in the Bible we must ask ourselves these questions
     - Can you masturbate without lusting?
     - Can you masturbate in a way that builds oneness with your spouse, pulling you together more intimately through the act?
     - Can you masturbate without experiencing shame?
     - Can you masturbate with a clean conscience
   - Additional practical reasons why it may not be wise to masturbate.
     - It can be a form of homosexuality because it is a sexual act that does not involve a spouse of the opposite gender
     - Masturbation is a form of monosexuality because it does not include another person. Having sex with oneself seems to miss the intentions that sex was created: intimate knowledge, comfort and oneness
• Masturbation encourages individuals to not have the self-control needed to please one’s spouse.
• Masturbation can establish a pattern of laziness. If a single man wants to have an orgasm, he first needs to become a man and undergo the hard work of courting and marrying a woman. If a married man wants to have an orgasm, he first needs to undergo the hard work of loving, leading and romancing his wife. But lazy men are prone to masturbate rather than undergo the labors usually associated with responsible masculine married life.
• Masturbation is permissible biblically the question remains whether it is beneficial for you. (1 Corinthians 10:23)

What do I do with all of my desires since I’m not married?

  o Remain celibate, Jesus himself was celibate.
  o In difficult times, pray to Jesus (Hebrews 4:15-16)
  o Setup healthy boundaries for yourself.
    • Filters on your computer
    • Rules you will follow in dating and on dates
      ▪ Feet are always touching the ground on dates
      ▪ Go only on group dates
      ▪ Keep the lights on when watching movies in a home with someone you are dating
      ▪ Be Godly, be creative, have fun
    • Be accountable to a group of people
    • Share your struggles with people who will ask you hard questions and pray for you
      ▪ Be willing to do the same to others
    • Ask yourself – One day when I’m honest with my future spouse about my life before them, what do you want your story to be?
      ▪ I prayed for you, developed skills I thought would help us in our marriage, worked to become a spouse for you
      ▪ I experimented with these people, I watched porn to compare you to, I didn’t think about how my actions would impact you, I created desires that you can’t meet.

  o If you cannot control your desires you need to pursue marriage. (1 Corinthians 7:9)
  o Channel your desires and energy for sex and pleasure into becoming the man or woman that will make a great Christian spouse
Purity Resources List

Book Resources for Girls:
- Every Young Woman’s Battle by Ethridge & Arteburn
- Pure Heart by Warren
- Datable by DiMarco
- Eyes of Integrity by Gross

Book Resources for Guys:
- Pure Eyes by Gross
- Every Young Man’s Battle by Stoeker
- Eyes of Integrity by Gross
- What he must be by Baucham

Browser Protection Services:
- Safe Eyes – Internetsafety.com
  - $49.95 a year
  - Install on up to 3 Computers
  - Sends accountability reports
  - Filters Internet
  - Mac & PC
  - 14.99 for Mobile Device
- K9 Web Protection –
  - Free Browser
  - Filter Internet Content
  - Mac & PC
  - Free
  - Mobile Device Free
- Pure Eyes – xxxchurch.com
  - $7 a month
  - Filter and Accountability features
  - Mac & PC
  - One Time $7 fee for Mobile

Web Resources:
- www.XXXCHURCH.com
- www.X3PURE.com
- www.EVERYMANSBATTLE.com
- www.PURELIFEMINISTRIES.com
- www.CELEBRATERECOVERY.com (a recovery Group)
- www.PUREHOPE.com
- www.REBOOTNATION.com
Other Resources:

- [www.YOUVERSION.com](http://www.YOUVERSION.com)
  - Bible Website & App, includes daily reading plans
- [www.BIBLEGATEWAY.com](http://www.BIBLEGATEWAY.com)
  - Another Bible Resource, great for searching to see what the Bible says.

Counseling:

- Counseling Alliance
  - [www.counselingalliance.com](http://www.counselingalliance.com)
  - 5420 North Bend Rd
    - Suite 201
    - Cincinnati, OH 45247
  - 513.376.9757
- Cincinnati Christian University Counseling
  - 513.244.8193
  - 2700 Glenway Ave
    - Cincinnati, OH 45204