

# BETTER CHOICES

## Q3 BETTER CHOICES: 01 PORNOGRPAHY

### PLAYLIST

<https://open.spotify.com/user/campuslife1965>

### PURPOSE

It will probably be said by someone close to your Ministry Site that pornography sexting is too mature of a topic to talk about at the middle school age; however, current stats show that the average age of first exposure is 12 and that by high school, most students will have been exposed or even sought pornography out. We can also be afraid that by talking about these subject that we are "putting ideas in the students' minds" but research has proved that isn't the case.

The purpose of this Club is to open up a typically shame-based conversation to a conversation that isn't based in judgement but helps students know that there are adults that are available to talk about pornography if they are struggling and to help students see what the negative effects of porn use are.

### NOTE TO SITE DIRECTOR

We would encourage you to be communicating with parents throughout the year but especially throughout this series. Truth is that some parents will want you to discuss these topics with their student while others won't, and it's good to give them a heads up on the content. We would encourage you to send out or post to social media the letter to the parent explaining why we are having these conversations with some aid for continued discussion at home (see Parent Letter Sample in Curriculum folder).

At Home Discussion Starters for Porn:

1. What are some of the apps that you hear of other people seeing porn or inappropriate images on?
2. Have you ever been scrolling on your device and accidentally seen pornography? How can you respond well in these moments when it happens again? (*Stress to your student that you're not just going to take away their device for this*)

3. Why do you think middle schoolers seek out porn so often?
4. What do you think might be some of the negative effects of porn?
5. Is there anything that you need from me or that I can do to help you in this area?

We would 10/10 recommend listening to *The Green Room Podcast Episode 9 "Is Porn Really That Bad"* with *Jamie Ivey* with your leaders as prep for this week and to post this podcast for parents to have available.

## MINISTRY LEADER EMPOWERMENT

Get Ministry Leaders involved:

- Every week of this series, we will kick off with a welcome competition between a leader and a student. Try to get a different leader involved each week
- Have a different leader lead each game while all of the other leaders jump in and play! Students need to see us interacting with them as fun in order to open up to us
- If you have a leader that you knew struggled with pornography, see if they'd be willing to do this wrap-up
- Our ultimate goal would be for every leader to walk out of each Club of this series scheduling an appointment with a different student!

## RMA CONNECTION

### APPOINTMENTS

Conversations around these topics can be shameful and awkward: Students will be more likely to open up to a trusted leader in a place where not a lot of their peers are so think about meeting in the corner of a coffee shop where the student's back is to the rest of the place so they feel a sense of privacy. Also remember to do more listening than talking in these conversations despite how easy it can go into "fix-it" mode. Coach your leaders to practice not having a shocked face when they hear something, to offer empathy and to stay away from phrases like "are you praying about this" or "that doesn't seem like it's too big" - for kids...it is big!

## PREP

*SUPPLIES NEEDED:*

- Solo Cups (Ups & Downs)
- Projection & Sound System for Media
- Mentimeter set-up [Or poster boards]

## WELCOME

Welcome to Campus Life! We are starting a new "Better Choices" series today that I am very excited for! Every week we are going to start this series with a friendly little competition between a leader and one of you! *[Consider making a deal like if students win the majority of the challenges at the end of the series, they'll get a pizza/donut party etc.]* This week we are going to start with some sit-ups (or push-ups, whichever the leader feels better about) so who thinks that they can do more sit-ups than \_\_\_\_\_? *(call up one student and the leader that you already discussed this with)*. I'm going to set a timer for 30 seconds and whoever can do the most sit-ups/pushups in that time wins this week's welcome! *(Have a leader hold the feet of each person and count)*

## TRANSITION

I don't know about you, but I'd always rather do a push up than a pull-up unless it is during this next game so let's bring up \_\_\_\_\_ to explain this Campus Life classic and all-time favorite!

## CROWDBREAKER

### **GUY/GIRL PULL-UP**

**DIRECTIONS:** In a minute, but not yet, everyone is going to circle up and have a seat. I am going to pick 3 girls and 2 guys to be in the center (for larger groups, increase these numbers but keep them odd). When the music starts, those students are going to run to the circle, stand in front of someone of the opposite gender and point at them. When that person is pointed at, they will get up and then rush to someone else in the circle and do the same. You want to run and point as quickly as possible because when the music stops, whichever gender has the least number of students in the center gets a point. Whichever team gets 6 points first, wins candy!

\*\*\*Note: If you have a Club with a lot of transgender or nonbinary students, have the teams be grades instead. Call up 3 students from every grade (make sure it's an odd amount) and then the students have to rush to someone not in their grade.

**UPS AND DOWNS** (Also applicable for small groups)

**SUPPLIES NEEDED:** Solo Cups (Double or triple the number of students you have for small groups or at least one per student for larger groups)

**DIRECTIONS:** I am going to split you up into two teams: Team Up will be this half of the room and Team Down will be this side of the room. As you see, leaders are tossing a bunch of cups all over the room: When the music starts, your team will work together to get as many cups facing your direction as possible while the other team is working against you. At the end of 2 minutes, everyone will pause, and leaders will count how many cups of each direction there are: If the majority of them up, then Team Up wins! If the majority are down, Team Down wins. Ready? Go!

## SMALL GROUP GAMES

[VIEW SMALL GROUP GAME & ACTIVITY IDEAS HERE](#)

If you are working with smaller groups, we recommend playing **LOOK UP, LOOK DOWN** and **GARGLE GUESS** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

## VIRTUAL GAMES

[VIEW VIRTUAL GAME IDEAS HERE](#)

If you are working with students in a virtual setting, we recommend playing **LOOK UP, LOOK DOWN** and **FOLLOW THE LEADER** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

## TRANSITION

All of those games were a lot of back and forth, right? Just when you would get comfortable, you were getting back up or just when you thought you had all of the cups in your zone facing the right direction, someone would come along and flip them. Today we are going to talk about pornography and though a few of you may squirm, pornography can feel like that constant back and forth. You just get home and are checking your feeds for the first time after school and a picture or video that you didn't even seek out pops up; you're just doing your homework when a random guy slides into your DMs and asks for nudes; you're just watching the latest episode of Greys Anatomy (rest in peace) and all of a sudden, there is a major sex scene. Eventually after all of the back and forth, you just kind of give up because you're so exhausted from darting every which way.

## MEDIA

**Q3 BETTER CHOICES - EMMA'S STORY**

## DISCUSSION

**SMALL GROUP DISCUSSION QUESTIONS**

- 1) In her video, Emma talks about how she started out not really liking pornography but got hooked over time. Can you think of something that you maybe didn't enjoy when you were a kid but now you do? What do you think changed?
- 2) What stood out to you about Emma's story?

- 3) Do you think that pornography is only found on certain websites that are just for porn? Where else have you heard of people seeing it? (if it is crickets, share examples like snap chat public stories, Instagram ads, certain tv shows that are often sexual etc. and see if they agree with that being porn)
- 4) Why do you think middle schoolers can start seeking out pornography?
- 5) What do you think some of the negative effects of pornography may be? You can even use examples that Emma used during the video.
- 6) What are some things that you could put in place in your life to help prevent pornography from being an issue in your life? (restrictions on your phone, turning off your devices at a certain time at night, not watching certain shows etc.)
- 7) Who are a few adults or even high school students that you feel like you could talk to if pornography became an issue for you/or already is or if you were struggling with other things?

### GOING DEEPER

- 1) If you're in the Christian community long enough, you will probably hear the phrase "your body is a temple", what do you think this actually means?
- 2) Why do you think that the Bible talks about staying away from sexual immorality - which includes pornography, sexting, masturbation, having sex before your married etc.?

## WRAP UP

Let me start out with this: Ladies, if you like Emma, have heard someone tell you that pornography and masturbation are just "guy issues", THEY ARE WRONG. Pornography and masturbation aren't just guy issues or adult issues or high school student issues. Especially today when most of us have a smart phone that can access the internet and social media constantly, pornography is an EVERYONE issue. You may be sitting there thinking, "If it's an everyone issue, is it really an issue or is it just a part of growing up?". It's an issue, and, in fact, 17 states have called it a health crisis because pornography can affect us in SO MANY negative ways! I also want to start with saying that pornography isn't just found on specific sites - you can find it on snap chat, Instagram, random ads that pop up on the internet, YouTube and TikTok. I would even consider different popular television shows to be pornographic; porn doesn't even have to include pictures or video - there can be books or audio bites that are pornographic.

For the sake of Campus Life, we will define pornography as material that appeals to our sense of sight and hearing and causes the feelings and physical response of arousal. Studies have recently showed that especially in your age group, pornography and masturbation can physically rewire your brain. Truth is, we turn to these things because we like the way they make us feel even if we, like Emma, don't like exactly what we are watching: This is because our brains release dopamine, the happy chemical. Overtime, our brain rewires itself to depend on pornography and masturbation to release this chemical and make us feel happy. Within even a short amount of time, we can become addicted because we no longer know how to feel this way without pornography; we are trapped. That's when pornography can lead to shame, depression, unleashing on people for seemingly no reason and a wide range of relationship issues. Like Emma talked about, pornography can lead us to think differently about dating, the opposite gender and what is and isn't

okay: It can cause us to view other people as objects to make us feel good and not care about what they want in the situation.

Pornography and masturbation just aren't the better choices. The Bible says that "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" (Matthew 6:22-23). To be blunt, pornography puts darkness into your eyes rather than light and that darkness spreads to your mind - what you think about, your mouth - especially the words that you say to someone that you might be interested in, your actions - what you do with your time and your heart - your emotions and sense of happiness.

Throughout this whole series, we are going to continue to come back to one verse over and over again, "Do not be conformed to the patterns of this world, but be transformed by renewing of your mind." (Romans 12:2 NIV). Another version drags it out a bit more saying, "Don't become so well-adjusted to your culture (meaning the people around you) that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best in of you and develops well-formed maturity in you" (Romans 12:2 MSG).

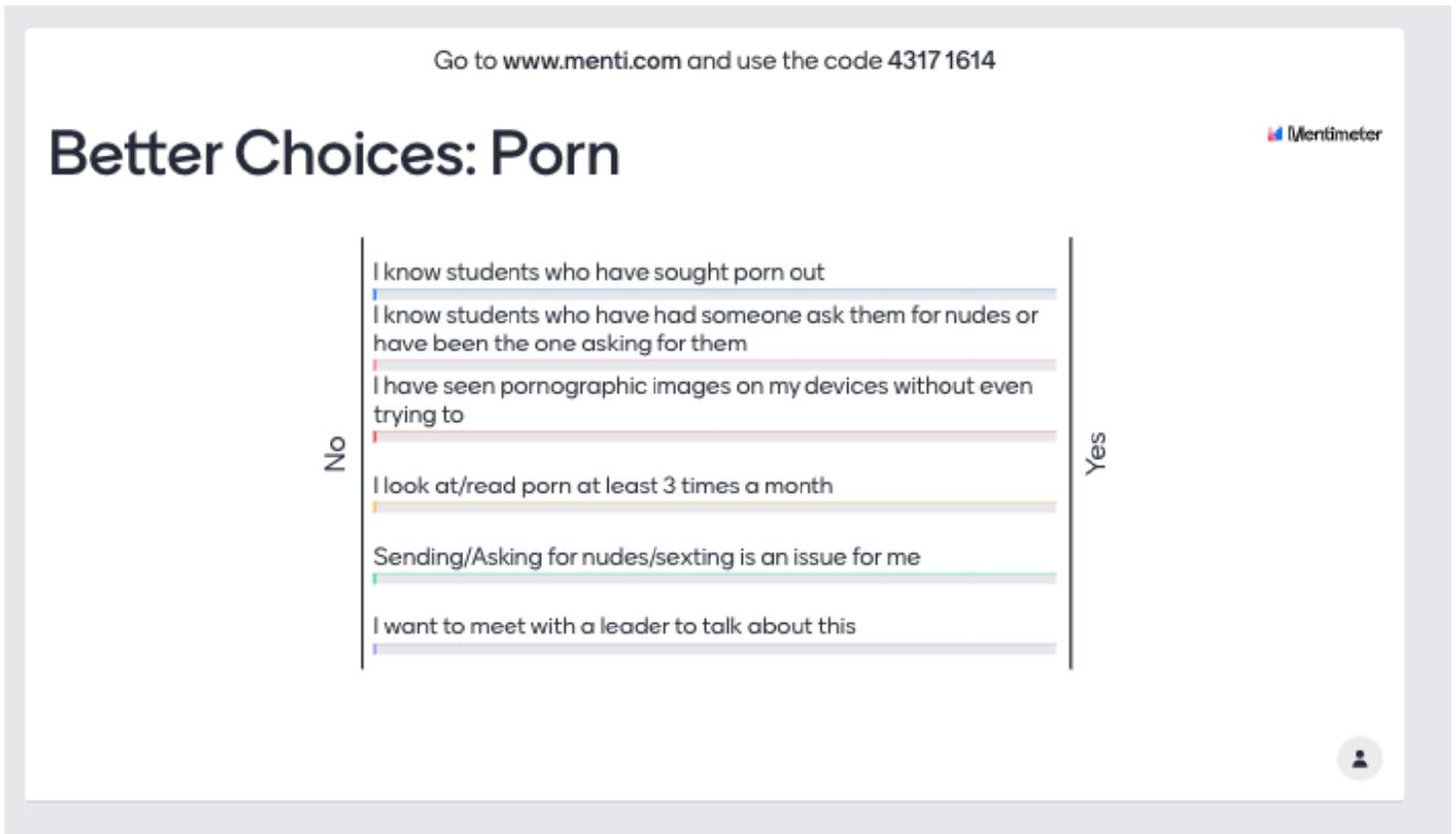
I love that last line - God brings out the best in you! This is essentially saying to not just do something because it seems like everyone else is doing it without really thinking about it; instead to focus on the best that God wants for you. Maybe you don't know a whole lot about God, so let me tell you - God wants you to experience all of the joy and peace in the world but not through rewiring your brain to only feel happiness and peace when you are looking at porn and masturbating. God wants you to be good friends and have really good relationships in your life, but porn breaks those things down.

## RESPONSE

All of your Campus Life leaders also want the best for you and are here to help you make the better choices. We know for some of you, this may be the first time you've ever heard about porn while others resonated with Emma when she shared how she wasn't able to ever stop herself. We want to give you time this series to debrief what you think and feel so I need everyone to grab their phones or devices and go to [www.menti.com](http://www.menti.com) and plug in this code \_\_\_\_\_. This whole thing is anonymous so be as honest as you can, but you'll see six different statements and you just need to slide the slider to the part in the scale between yes and no that you see each statement. If you really agree with a statement, slide it all the way to yes; if you're like eh, maybe, kinda put it somewhere in the middle. **As the leader, play with this ahead of time and make sure you understand it. While you're doing it up front, narrate the results as you see them come in and encourage any student that answers the last question with yes to text or talk to a leader before they leave today so the leader can reach out to them this week.**

**\*\*\*You'll need to go to [www.mentimeter.com](http://www.mentimeter.com), sign up for a FREE account and build a sliding scale that looks like the one below. You'll be able to then access the mentimeter afterwards and see the breakdown of answers.**

*This is great information to use for mission support letters, newsletters, donor stories, social media etc. If you don't have the ability to use technology, you can always build a similar graphic with a few of these phrases printed out, tape for the line and give the students post it notes to put where they are.*



## ANNOUNCEMENTS

SITE DIRECTOR - list any announcements here that you need to communicate to your group before Club concludes!

## HEAD'S UP

**NEXT WEEK** | BETTER CHOICES: RELATIONSHIPS

Next week we'll hit another hot button topic and listen to kids about their dating relationships.

**2 WEEKS** | BETTER CHOICES: SCREEN TIME

It's no surprise that kids spend too much time on their phones. News flash – adults do too! Leading up to this Club, try to lessen your screen time and fill that space with something else.