

PURITY IS POSSIBLE



leader's introduction



Youth Worker
Community

Contents

Dear Youth Worker	4
Vision	4
Principles	4
What This Is	4
What This Isn't	4
How It Works	5
Accountability	5
Working With Parents	5
Guide Elements	7
Session Overview	7
Defining Pornography	8
Stats & Trends	8
FAQs	8
Tools & Resources	11

Dear Youth Worker,

Thank you for loving kids enough to journey with them through the very difficult issues life throws at them. It is clear to both Sarah and I, that there are few issues more prevalent to the adolescent journey, than the issue of pornography...for both girls and guys. Our prayer is that this guide will give you direction to both help teens move away from porn, but perhaps more importantly, help teens move towards Christ. God bless you and we are praying for you.

Vision

The vision behind this guide is to see you the youth worker, equipped with the tools and resources necessary to effectively journey with your student who has opened up to you about their struggle with pornography. Our hope is that as we put this practical tool in your hand, your student will be pointed to Jesus, experience grace, and move towards wholeness.

Principles

- This guide is founded on biblical truths.
- Each of the six guides points students to Jesus.
- Conversations are meant to be based on an established relationship of trust.
- Students should experience grace, and hear the truth in love.
- Guides are designed to be clear, practical and developmentally appropriate.
- This is a guide, not a script. You know your student better than we do. We expect you to use this resource in a way that would be most helpful for your specific situation.

What This Is

A seven-week guide designed for you to use as you journey alongside a student who has come to you and expressed a desire for help in the area of a struggle with pornography. This guide is intended to be a practical, faith-based tool that will encourage honest conversation and healthy steps forward towards healing.

What This Isn't

A quick-fix solution. This guide is designed to be used between a leader and a student who have an established relationship of trust, and who recognize that the journey of accountability and healing will continue far beyond the end of this seven-week guide.

How This Works

This guide is designed for a youth leader to meet with a student in person once a week, or every other week for seven sessions. However, we want to remember that this is a guide and you will need to use and edit it in a way that is most helpful for the journey your student is on. In some cases, because of proximity, "face-to-face" meetings may need to happen via Skype/Google Hangout.

Once you finish reading this Introduction, you will need to go to www.truthmatters.ca/resources/purity to download the sessions. There are Leader and Student Guide PDFs for each session, as well as any other resources related to each session.

Accountability

Please remember to always follow appropriate guidelines / Plan to Protect set out by your church / organization when meeting with students.

Suggested Guidelines:

- Always make sure a parent/guardian is aware (and has given permission ahead of time) when you are meeting with a student.
- When meeting 1:1 with a student - meet in a public place with other people present or at your church or an office space with others present/aware.
- Text your youth pastor/point person when you arrive at and leave your meeting location for accountability.

Working With Parents

Let's be honest, knowing when and how to connecting with parents can be a unique, and sometimes difficult.... challenge.

It's going to require a lot of wisdom on your part to know how to go about connecting with parents on this issue.

If you're in a ministry, your point leader needs to know. You have a responsibility to let your point leader know if you're having this conversation with one of the kids in the ministry. Your point leader will help give you direction about how and when to connect with parents.

Remember, a general principle of youth ministry is that parents should be aware anytime you are meeting with their son/daughter. How much and when you disclose with parents will depend on a number of factors (see below).

Don't ever make promises to students about parental involvement (or lack thereof) that you can't keep. You may not feel you need to involve them immediately but as you learn more over the course of your meetings with your student you may discover you do need to loop them in.

If at any point through the process you discover the safety of the student you are meeting with is at risk in any way you have a duty to report that you your ministry lead immediately and they will help determine what next steps to take.

Factors to consider:

- Age of the child
- Type of pornography & level of involvement
- Emotional state of the child – How is this affecting them? (Are they emotionally stable? Are they self-aware?)
- Type of parents
- Are they involved? Reasonable? Trustworthy?
- Relationship of child with the parents
- How the child feels about connecting with the parent(s)

At the very least, parents should know that you are meeting intentionally with their child for the purpose of relationship & spiritual growth.

We've provided a "Parent Information Letter" to be given to the parents of your student by yourself or ministry point leader to make them aware of the journey when you feel it is appropriate.

Resources for parents are included in the Parent Information Letter. Remember, when it comes to communication with parents, our general principle is, the more the better. For example, after meeting with their child, send a quick text just to let them know you had a great conversation (without necessarily sharing details).

Guide Elements

As a leader, you'll use a Leader Guide (download from www.cywc.ca/resources). This is similar to the student guide, but filled with ideas/leader notes to help you along the way!

At the start of each guide, there will be a top section for leaders with the following to help you prepare beforehand:

- Main Goal - what we hope students leave having learned / experienced.
- Prep & Prayer - thoughts and suggestions to help you as you prepare for this session, and what you can be praying for specifically.

Each Guide has the following sections that you'll work through with your student each time you meet together:

- Review (last week, take-home, etc)
- Intro
- Self Assessment
- God's View
- Response
- Take wHome
- Fighter (memory) Verse

Session Overview

Here's where we're headed over each session:

- 1: Your Story
- 2: God's Story
- 3: Connecting the Stories
- 4: Avoiding the Traps
- 5: Committing to Accountability
- 6: Pursuing Spiritual Growth
- 7: Learning Discernment

Defining Pornography

(from Walt Mueller's *A Parent's Primer on Internet Pornography*)

"Pornography is anything we use for sexual titillation, gratification or escape – whether it was intended for that purpose or not."

- Tim Chester, *Closing the Window: Steps to Living Porn Free* (InterVarsity Press, 2010)

"Pornography is anything that the heart uses to find sexual expression outside of God's intended design for relational intimacy. It is anything that tempts or corrupts the human heart into desiring sexual pleasure in sinful ways."

- *Living in a 'Porn is the Norm' Culture* (HarvestUSA.org)

Stats & Trends

- Most teens and young adults are encouraging, accepting or neutral when they talk about porn with their friends.
- Only one in 10 teens and just one in 20 young adults says their friends think viewing pornography is a bad thing.
- Between 6 and 12 percent of people aged 13 and older view porn daily; 14 to 21 percent view porn weekly; 13 to 19 percent view it once or twice a month; and 18 to 32 percent view it less often.
- Only 17% of people 13 and older say they have never come across porn.

(*Porn in the Digital Age: New Research Reveals 10 Trends*, barna.org)

FAQs

Can I help if I need help?

You definitely don't need to have a perfect record in order to journey alongside a student. The truth is, we all wrestle with our own areas of sin and brokenness. For many of us, it has been with this very thing. We like to think of this not as much as journey away from porn (it's important part of the process), but a journey towards Jesus. If the requirement for walking with students was being "sin-free" we'd all be unqualified! However, you should be further along in your journey towards Jesus than the student you're meeting with, and if the area of pornography is an ongoing struggle for you - we encourage you to have a conversation with your youth pastor/point person before committing to meeting with a student to determine the best plan forward.

All of us used to live that way, following the passions and desires of our evil nature. Ephesians 2:3 (NLT)

What if I don't know what to say?

Let's be honest, there will undoubtedly be a moment (or many!) during the course of this journey where you are at a loss for words. Now that we've got the "if" question out of the way - let us say this... it's okay! Students need someone who cares about them, will make time for them, and will listen. They don't need someone who has all the answers. It's okay to say "I don't know" and invite others to be praying for you as you journey through this guide with your student. Pray for wisdom, discernment, and pay attention to God's leading as you meet. Preparing well by looking through the session guide ahead of your meeting will help give you a good sense of where the conversation may lead, and we've included some leaders notes you may find helpful too!

How do I guard confidentiality?

This is an important question! As youth workers, we need to find that balance between being a safe place for students to share and prioritizing our student's safety. First of all, never promise a student that "you won't tell anyone", especially if they haven't shared yet. It's okay to let them know that there

are some things that you are actually required to share. We are required to go to the police/child services if a student shares that they are being abused, or are a danger to themselves.

It's also important to let them know that you are a safe place - especially when it comes to this topic. It's important that their parents know that you'll be meeting with them and working through this guide, but that's it. You won't be sharing what's discussed with them. There is an appropriate level of confidentiality.

If there is something that comes up as you are working through this guide with the student and you're not sure what to do, or if it needs to be shared further, your youth pastor/point person is a great place to start.

If it becomes clear that something does need to be shared with a parent, make sure the student is aware ahead of time. Give them the option to share that information if they would like to. Don't blindside them - that doesn't help build trust around a subject that can already be a difficult one to work through.

If you're unsure of what to do in a specific situation - always run it by your youth pastor/point person. They're there to support, help and encourage you along the way!

What if a student's struggle is a lot more serious than I thought?

Occasionally when we're working through these guides with a student it becomes clear that their struggle with lust and pornography is actually a much deeper sexual addiction that will require more professional help.

If you get a sense that this is the case, here are some helpful next steps:

- Don't freak out.
- Continue to journey with, love and care for that student.
- Loop in your youth pastor/point leader. (Make sure your student is aware that you'll need to include others in the conversation.)

- Parents will very likely need to be brought into the conversation. Work with your youth pastor/point person to do this in a way that allows the student to feel loved, respected and as safe as possible.
- Your youth pastor/point person should be able to find the right professional help who will know how to best address the sexual addictions your student is facing. Your job will be to continue your relationship as a mentor - someone who your student has relationship with, trusts, and knows continues to be for them. That is an awesome and important responsibility.
- Affirm your student for their courage in bringing this into the light. Make sure they know they did the right thing by coming to you and for being willing to get help.

Tools & Resources:

Websites:

- sexualintegrityinitiative.com (A resource from the Center for Parent and Youth Understanding)
- xxxchurch.com
- covenanteyes.com
- fightthenewdrug.org

Books:

- *Closing the Window on Porn* - Tim Chester
- *Eyes of Integrity* - Craig Gross & Jason Harper
- *Sex is not the problem, Lust Is* - Joshua Harris
- *How and When to Tell Your Kids About Sex* - Stan & Brenna Jones
- *Wired for Intimacy - How Pornography Hijacks the Male Brain* - William M. Struthers
- *The Purity Principle* - Randy Alcorn

Tech-proofing Your Home:

- xxxchurch.com
- covenanteyes.com



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All Scripture references are from the New Living Translation.

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