

The autumn conference

for GB's children and youth leaders

7 November 2015

Didcot Baptist Church Centre,
Wantage Road, Didcot, Oxon, OX11 0BS

Including

volumise

– a resource for equipping leaders

Let's talk about sex!

What is this resource?

This resource for equipping leaders is based on a session held at Girls' Brigade's conference in November 2015 to equip leaders to explore issues with young people around relationships and sex.

This resource has been produced to help you as leaders to multiply the learning from this session with others leaders in your group, local area and region.

How should I use it?

There are four sections in the Volumise resource:

1. Engage – this section helps leaders engage with issues about relationships and sex
2. Equip – this section equips leaders to explore a positive Biblical understanding of sex
3. Empower – this section empowers leaders to talk about these issues confidently with young people
4. Enjoy – this section helps leaders to celebrate each person's God-given worth.

Each section is accompanied by an introductory video from GBEW's President Rachel Gardner. Check out the Volumise section within our website's Go leader zone to find four video clips equipping you to run the session.

The resource is flexible and can be used in a variety of settings:

- With your local GB leadership team
- In regional and district leadership meetings
- As an individual online.

Below are some suggested questions which can be used to equip leaders in your local, district or regional teams. In total, this session could last between 1 hr 30mins – 2 hours depending on the number of activities and questions you engage with. Feel free to pick and choose activities depending on time and relevancy.

Let's equip other leaders to continue to raise the volume of hope among girls by enabling them to have a healthy and Biblical view of intimate relationships and the gift of sex.

Let's talk about sex!

INTRODUCTORY VIDEO

To introduce the topic, watch the new koko video *Worth the wait*. Explain that 92% of young people feel that adults don't understand the pressure that they face to be sexually active. Discuss with the group:

- Did anything surprise you about the film? If so, what?
- Is there a word or phrase which stood out?

1. ENGAGE

This section enables us to identify some of the challenges we face as leaders when exploring with young people the issues around relationships and sex.

SPLIT INTO SMALL GROUPS AND DISCUSS:

- What are the difficult situations about relationships and sex that you've encountered when working with young people?
- What are the challenges that prevent some leaders from taking programme materials such as the *Sex and Sexuality n:counta* track out of the cupboard?

AFTER WATCHING RACHEL'S VIDEO, DISCUSS TOGETHER:

- Get a bunch of gossip/women's magazines together. What are the main messages you pick up from the magazines about relationships and sex?
- Rachel said: 'Research shows that talking about sex helps equip girls to delay sexual activity.' Do you find this surprising? Why or why not?

PRAY TOGETHER:

- Thank God for the young women that He has given us the privilege to journey through life with. Ask God to give us strength and courage to have the necessary and important conversations with young women about the issues that they are facing.

2. EQUIP

This section helps us explore the positive Biblical view of the gift of sex.

BEFORE WATCHING RACHEL'S VIDEO, SHARE:

- Your own experience of relationship and sex education when you were a young person in the church. Do you think that it was adequate?

Let's talk about sex!

AFTER WATCHING RACHEL'S VIDEO, DISCUSS TOGETHER:

- Read Genesis Ch.2:24, Song of Songs Ch.7:1-10, Mark Ch.10:5-9 and I Corinthians Ch.7:1-5. What does this tell us about the gift of sex?
- Do you feel that the Biblical view of sex is out of date and irrelevant to our lives today? Why? Why not?
- 'God has got good news for girls about their sexuality and their sexual desires.' Why do you think it can be difficult to promote a positive Biblical understanding of sex?

PRAY TOGETHER:

- Thank God for the power and truthfulness of His word and the guidance that it provides. Ask God for courage and discipline to model an alternative lifestyle which signposts faithfulness in a hypersexualised culture.

3. EMPOWER

This section enables us to explore how we can be equipped to be confident advocates of a positive Biblical view of sex.

BEFORE WATCHING RACHEL'S VIDEO, DISCUSS TOGETHER:

- Money and wealth – not sex – are for Jesus what is most likely to compete with God for our loyalty (Matthew Ch.6:24). Do you feel that the church is obsessed with sexual sin? Why? Why not?

AFTER WATCHING RACHEL'S VIDEO, DISCUSS TOGETHER:

- What do you think would be a hope-filled, gospel response to a young women in your GB group who shares that she is pregnant?
- What would you say to a young person asking why sex is best in a faithful and permanent relationship? (You may find it helpful to watch Rachel's personal response video before or after answering this question).

PRAY TOGETHER:

- Write out the names of the girls and young women in your GB group. Give a few names to each GB leader and ask them to spend some time praying for them.

Let's talk about sex!

4. ENJOY

We're all created in the image of God. This includes our sexuality, which helps us connect with others on a romantic, friendship or familial level.

AFTER WATCHING RACHEL'S VIDEO, DISCUSS TOGETHER:

- When was the last time each of you reached out to someone you didn't know to help them?
- Decide, as a leadership team, a way in which you can celebrate that God made you unique.

PRAY TOGETHER:

Take this time to pray with another leader. Thank God for their giftings and uniqueness. Thank God that He created us to be in relationship with one another.



The Girls' Brigade England and Wales
Cliff College, Calver, Hope Valley, Derbyshire, S32 3XG
Tel: **01246 582322**
Email: gbc@gb-ministries.org
Web: www.girlsb.org

The Girls' Brigade England & Wales is a registered charity, number 206655, and a company limited by guarantee, number 206877

koko is a mission initiative of GB Ministries. GB England & Wales commissioned the koko film and produced this resource as part of the Supporting Inclusion Programme, funded by the DCLG.