



NEW GEN RISING

FREEDOM IN A PORN SATURATED CULTURE

EQUIPPING YOUTH AND YOUNG ADULTS TO
PURSUE A LIFESTYLE OF FREEDOM AND
RIGHTEOUSNESS IN A PORN SATURATED CULTURE

YOUTH AND YOUNG ADULTS

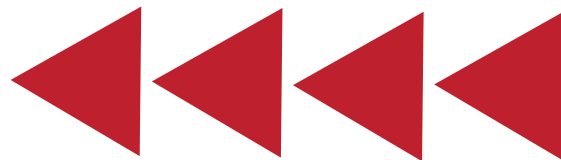
CHURCH LEADERS GUIDE



YOUTH WELLBEING
PROJECT

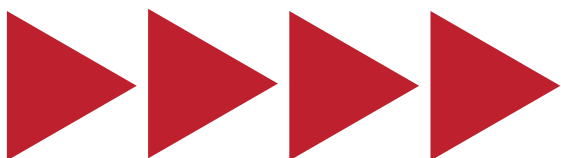
AIM

The aim of this program is to unpack the impact of pornography and porn culture on young people, equipping and empowering them to make healthy and sustainable choices for their relationships and future. The goal is to promote 'Shame free, fear free awareness.'



PORN CULTURE

Porn culture refers to a culture where the images, narratives, norms and stories of porn permeate into the mainstream, and are internalized and normalized. These cultural voices shape how the majority of the population understand identity, relationships and sex. In a porn culture, sexual violence is made 'normal', women are viewed as disposable sex objects undeserving of equality, dignity and agency, and men are framed as aggressive and domineering.



USERS GUIDE:

The resources, activities and structure provided are designed to be a guide for church leaders in addressing this issue with the maximum impact. Leaders are encouraged to tailor activities to suit the needs of their individual groups, without neglecting to address the key concepts explored.

STRUCTURE OF PROGRAM:

PREPARATION

There are 2 sections within PREPARATION that are designed to be run as an introduction to RISING ABOVE.

- 1) NORMS: Unpacks the messages made 'normal' through advertising, media and pornography.
- 2) TABOOS: Introduces and creates permission to have the 'off limits' conversations that might bring shame and guilt in certain circles.

★ **Sections include:** Video resources, scriptures & activities.

RISING ABOVE: EXPLORATION

There are 3 sections within RISING ABOVE which deepen the conversation.

★ **Sections include:** Video lessons, testimonies, follow up guide and activities

Depending on the time groups have available RISING ABOVE could be run in one of two ways:

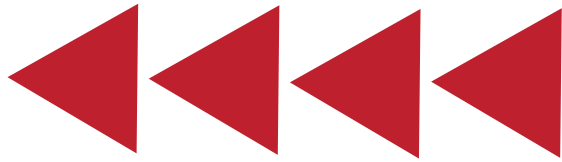
1 Lesson (15 min) & Testimony one week
Follow up & Activities following week

2 Lesson, Testimony & Follow up
on same evening.

If you choose to adopt approach 2, play the recorded teaching lessons in place of the 'watch' portion of each section.

PREPARED TO WIN

SECTION ONE



NORMS

Unpacking the messages made 'normal' by advertising, media and pornography.

RESOURCES

1) Dr. Gail Dines Ted Talk: Part 1 and Part 2

* Note: The versions provided have been edited to remove expletives

2) Activity 1: Norms Handout (Printing required ~ page 4)

3) Activity 2: I Want You to Know (Printing required ~ page 5)

4) Know Your Worth Spoken Word: <https://youtu.be/qu2DbYhXV3o>

INTRODUCTION

Group brainstorm: What are some of the forces (cultural voices) that influence us as people, that influence our understanding and behaviours? (e.g. Education/school)

Are these all positive influences? Are they equally significant/impactful? Why?

FOCUS IN

Social Media, Advertising, Media and Pornography have become significant cultural voices that have shaped how we as people understand **identity, relationships** and **sex**.

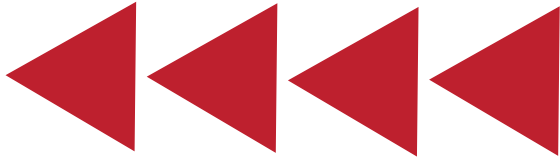
Watch the video from Dr. Gail Dines that unpacks some of the cultural messages made normal through advertising, media and pornography.

DISCUSSION

1. What aspects of Dr. Gail Dines talk did you agree with? What resonated with you as a male/female?
2. What did you not agree with or find challenging?
3. In what ways do you see the evidence of this 'porn rich' culture play out in your school/life? What attitudes/beliefs? What behaviours?

PREPARED TO WIN

SECTION ONE



NORMS

Unpacking the messages made 'normal' by advertising, media and pornography.

ACTIVITY 1

What Porn Culture Teaches & What God Teaches

Print A4 Pages to complete in pairs, or several A3 copies to be shared around the room and shared between small groups.

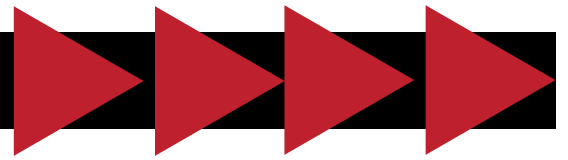
ACTIVITY 2:

I Want You To Know

A Letter to the opposite gender.

Split males and females. Print enough copies for each person.

- In pairs or as a whole group, explore what each scripture says and find additional scriptures that confirm our identity in Christ.
- Coach youth through writing a letter to the opposite gender.
- Ask groups to consider:
 - What should we ask forgiveness for?
 - How do we want to treat them differently?
 - How would we like to be seen and treated by them?
 - How might we need to change what we do/say?
 - What do we hope for them and for us moving forward?

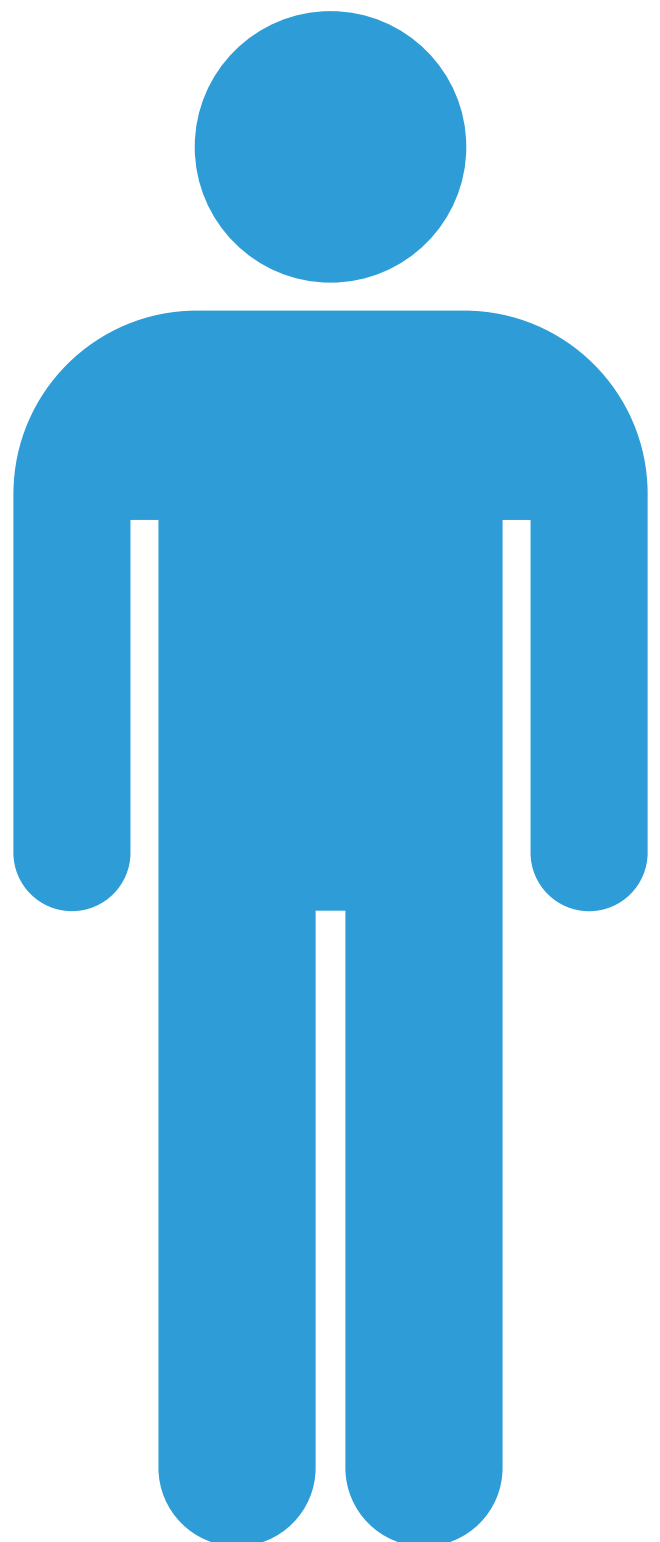
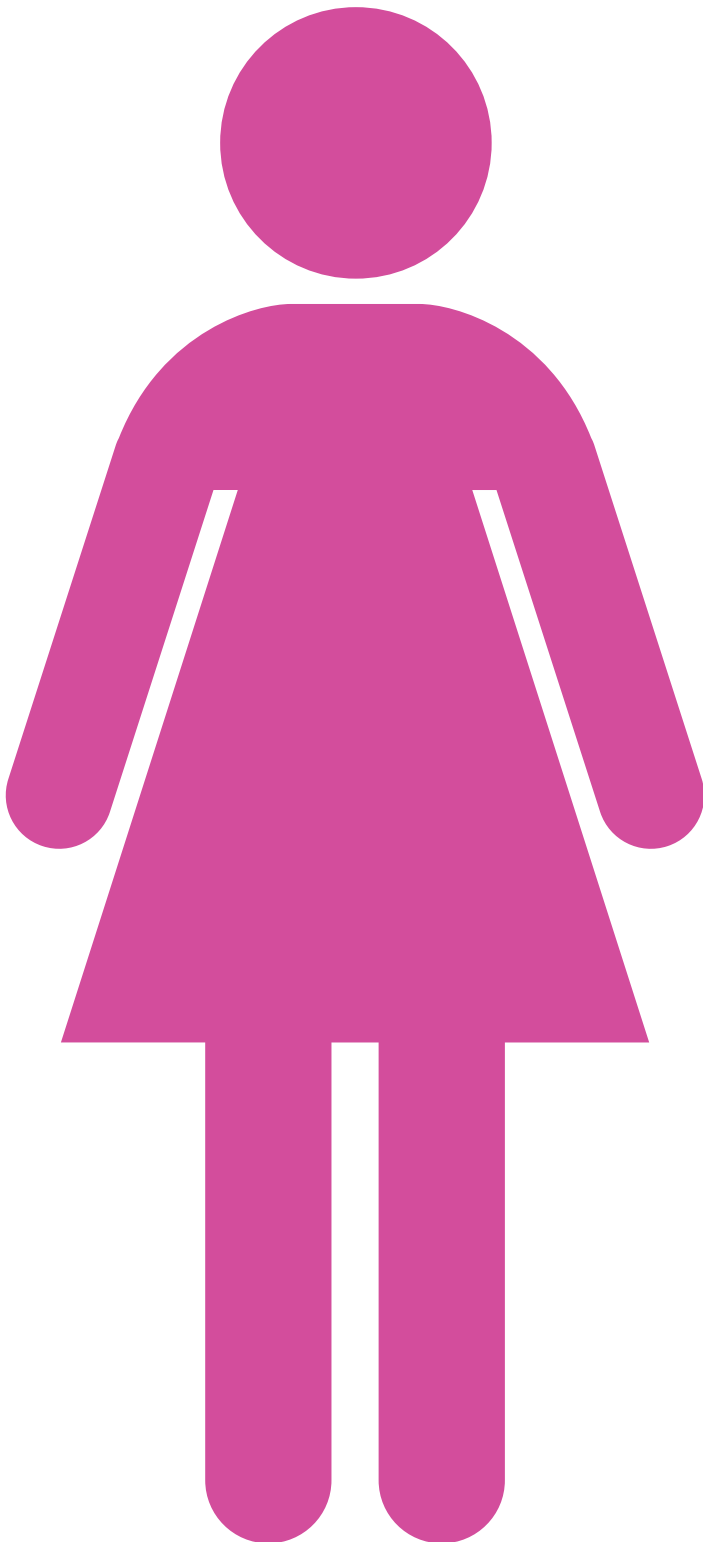


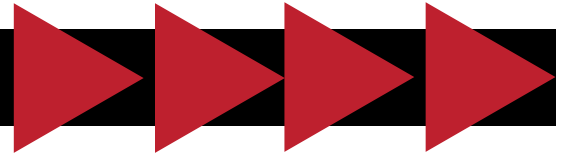
WHAT PORN CULTURE TEACHES

Inside each diagram, write the messages Porn Culture promotes about:

WOMEN, BEING A WOMAN

MEN, BEING A MAN





WHAT GOD TEACHES

What does the Bible teach about us as men and women?

- ▶ Genesis 1:27, Eph 4:24
- ▶ Psalm 139
- ▶ Eph 2:10
- ▶ Romans 5:8



Find other scriptures that describe the way God feels about us as people, and the truth of our identity.

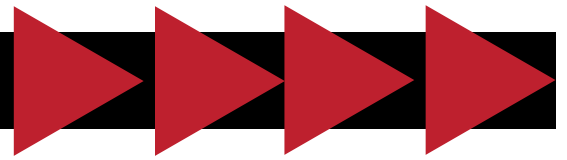


Listen to 'Know Your Worth' Spoken Word



A LETTER FROM US TO YOU...

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated ten times.



WHAT PORN CULTURE TEACHES

Inside each diagram, write the messages Porn Culture promotes about:

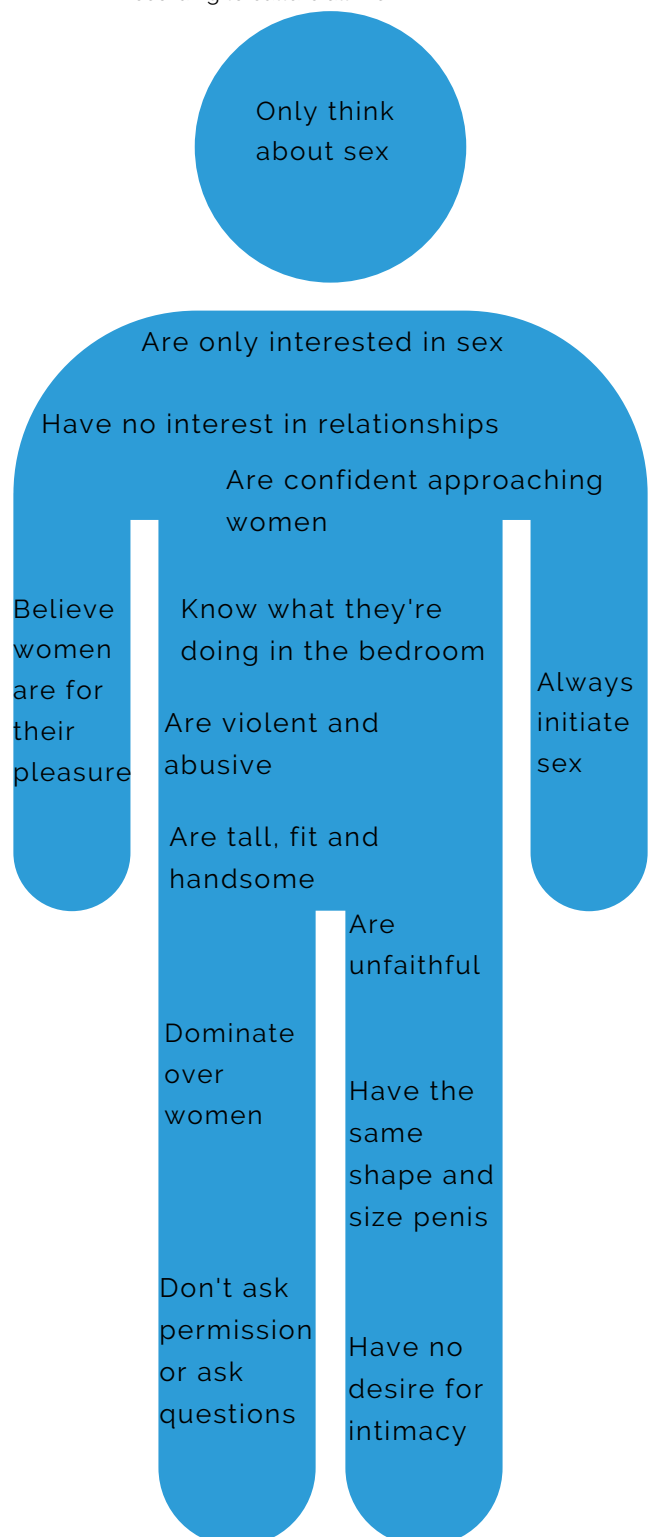
WOMEN, BEING A WOMAN

According to culture all women...



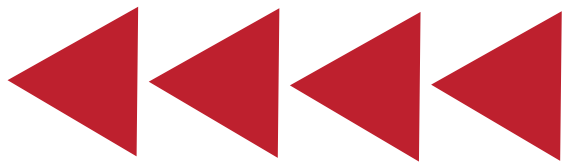
MEN, BEING A MAN

According to culture all men...



PREPARED TO WIN

SESSION TWO



TABOOS

Broaching the topics no one talks about..

RESOURCES

- 1) Large sheet of paper/white board & markers
- 2) Is Porn Addictive?: <https://youtu.be/i8s5waqEWZU>
 - * Note: This clip has been edited to shorten for the relevant section
- 3) Sex, Marriage, Fairytales Spoken Word: <https://youtu.be/l4OKgDmLpCY>
- 4) Activity 1: Redefining Healthy (Printing required ~ page 9)

INTRODUCTION

Group brainstorm: Divide a large sheet of paper/board into 4. Label the sections: Home/Family, School/Public, Friends/Peers, Church.

Brainstorm some of the topics that are off limits in each quadrant. Which topics are allowed or okay in some, and not in others? Why?

FOCUS IN

Topics like sex and pornography are topics which may or may not be 'acceptable' given certain parameters. Often schools only address the biology of sex, and how to prevent pregnancy. Rarely do we talk about how to have healthy relationships, or the role of intimacy and responsibility in relationships.

View: The quote from Michael Flood (expert on masculinity, gender and violence prevention).

Watch: The Teenage Brain on Porn



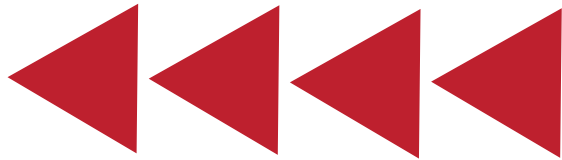
Michael Flood
@MichaelGLFlood

Follow

#Pornography: “Porn has become a default sex educator for many young people. If we want to help young people to build relationships and sexualities that are respectful, safe, mutually pleasurable and fully consenting, then we must tackle porn's influence.”

PREPARED TO WIN

SESSION TWO



TABOOS

Broaching the topics no one talks about..

DISCUSSION

- 1) Do you agree with Flood's comment, that Pornography has become the 'sex educator' of our day? Why/why not?
- 2) What might be some consequences of this?
- 3) If you could, what would you like to learn/talk about when it comes to sex and relationships?
- 4) Why do you think Gods law of love, places sex within the confines of a marriage?

ACTIVITY 1- REDEFINING HEALTHY

Print A4 Pages to complete in pairs, or several A3 copies to be shared around the room and shared between small groups.

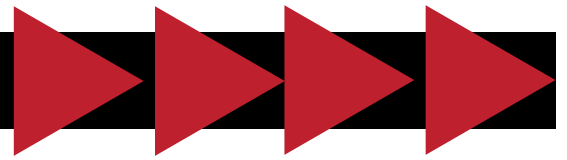
Coach groups through the various 'messages' promoted through our culture regarding sex and relationships. Encourage them to think about:

- Social Media
- Popular television and especially dating shows
- Pornography

And the messages these teach about sex and relationships.

REFLECTION

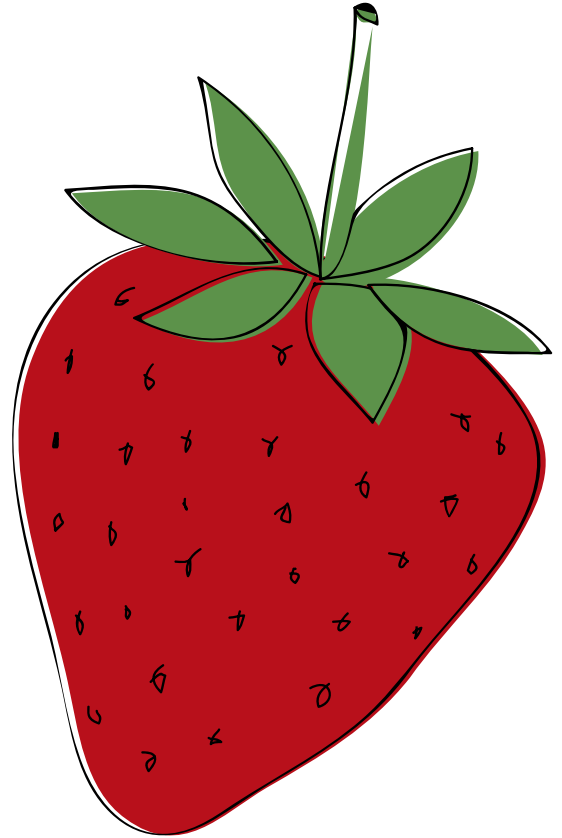
Ask groups to think about a real life example of a healthy and unhealthy relationship, and describe what it looks like/sounds like/feels like.



RE-DEFINING HEALTHY

List some of the 'unhealthy' things culture teaches about relationships & sex.

Describe a healthy relationship.



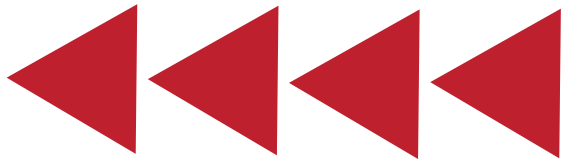
Listen to Sex, Marriage, Fairytales Spoken Word



REFLECTION: DESCRIBE SOME HEALTHY & UNHEALTHY RELATIONSHIPS YOU KNOW

Unhealthy

Healthy



PROGRAM FLOW

IMPACT

Unpacking the hard facts about Porn Culture.

VIDEO LESSON: FACTS & STATS

Explore the impact of Pornography on the Mind, Body and Relationships.

TESTIMONY: TURN AROUND

Select one or more testimony videos to view.

FOLLOW UP: RENEWING YOUR MIND

Biblical and practical tools to see Mind, Body & Relationship transformation!

PREPARATION

Print pages 12 and 13

RESTART

Unpacking sin, temptation and the gift of righteousness.

VIDEO LESSON: SIN & TEMPTATION

Exploring the difference between temptation and sin, and the gift of Righteousness.

TESTIMONY: RIGHTEOUSNESS

Select one or more testimony videos to view.

FOLLOW UP: NEW CREATION LIVING

Explore what Jesus has already done to give us righteousness, and how to partner.

PREPARATION

Print page 15

FREEDOM

Unpacking how to get free shame free, and stay free.

VIDEO LESSON: FREEDOM FROM SHAME

Explore forgiveness and freedom, breaking the silence of shame, and pursuing freedom.

TESTIMONY: FREEDOM

Select one or more testimony videos to view.

FOLLOW UP: AGENTS OF CHANGE

Biblical & practical tools to get free from shame and condemnation.

PREPARATION

Print page 17

IMPACT

RENEWING YOUR MIND

UNPACK PORN IMPACTS

Watch: 'Dr. Donald Hilton Explaining the Brain Science' clip.

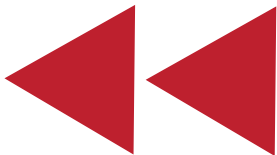
<https://vimeo.com/245120968>

*Alternatively play the recorded video lesson: Facts & Stats

Discussion:

- 1) How did you feel hearing about porn impacts? What was going on inside?
- 2) What surprised you about the impacts of porn on the brain, body and relationships?
- 3) What aspects did you already know or suspect?

Remember: You did not create the culture you were born into- so you are not to blame. But now you know, you **can** choose how you will respond.



**LOOK
BACK**

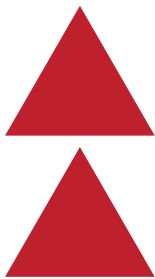
DISCOVERY BIBLE STUDY

Link: What does the Bible teach that might help to protect us from the impacts of a Porn rich culture?

Read: 2 Cor 10:3-5, Rom 12:1-2

- 1) What do these passages teach you about God?
- 2) What do these passages teach us about people/ourselves?
- 2) What is God asking us to do/obey?

The Bible talks about 'taking our thoughts captive' to Christ. This means making decisions for yourself what you will and won't allow in your mind.



**LOOK
UP**

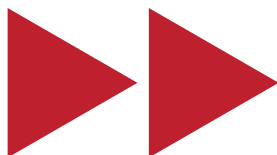
GOALS, TOOLS & RESOURCES

Goal Setting: (see handout - page 12 & 13)

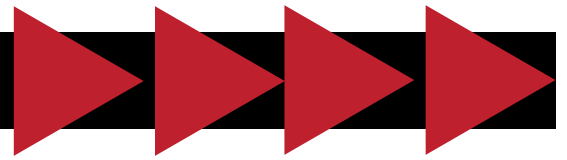
Help participants to set clear goals. Goals should start with I WILL... (e.g. I will read the Bible for 10mins before bed instead of Social Media)

Links to the following resources are available on participants Online Portal.

- 1) **Handout** on Renewing Your Mind
- 2) **Programs** to help teens get free from Porn Addiction.
- 3) **Filters** for phones and devices that help to limit access to unwanted sites.
- 4) **Apps** to help people struggling with Porn to rewire their brains.



**LOOK
AHEAD**



Finally, whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think on these things. Whatever you have learned or received or heard from me, or seen in me, put into practice.

And the God of peace will be with you.

Philippians 4:8-9

IMPACT

RENEWING YOUR MIND

BRAIN FOOD

You've heard a lot about Pornography and a Porn rich culture that may have scared or shocked you. But the good news is, YOU can choose what messages you allow to inform you and your beliefs. Just like your body, the 'food' you put in your brain will produce something in your body, influencing your actions and behaviours.



Good stuff in = Good stuff out

List some ideas of what good and bad brain food might be

Good Brain Food

Bad Brain Food



KICKING GOALS

Maybe you've never been asked to set a goal based on what you've read in the Bible, but it's an important part of renewing your mind and developing a lifestyle of freedom. Your goals should be as specific as possible, and start with I WILL, otherwise it's unlikely you'll do them. E.g. I will spend 10 mins reading the Bible instead of using Social Media before bed.

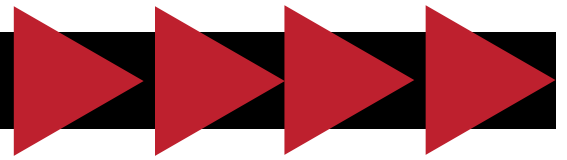
Set some goals by considering:

What will you do to feed your brain GOOD food this week?

I will _____

What will you do to protect your brain from BAD food this week?

I will _____



Therefore I urge you, brothers, on account of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God, which is your spiritual service of worship. Do not be conformed to this world, but be transformed by the renewing of your mind. Then you will be able to discern what is the good, pleasing, and perfect will of God.

Romans 12:1-2

IMPACT

RENEWING YOUR MIND



KILLING TOXIC THOUGHTS

Not all the thoughts in our head come from INSIDE of US. Many are 'fiery darts' from Satan. Taking these 'imposter' thoughts captive takes discipline but is easy once you know how.

- 1) **Identify** a thought as soon as it comes in. This will take some practice, so spend 1-2mins a day noticing your thoughts.
- 2) **Write** them down. Writing thoughts down will help you take notice of them. Examples: I'm a failure, I'll never..., No one will ever know, what's the point, I'm too far gone etc.
- 3) **Select ONE** thought that is most disruptive. Declare it out as a lie OUT LOUD. "I reject the lie that I am too far gone!
- 4) **Speak Truth:** any and EVERY time that thought pops in to your mind, speak the truth out instead. "I am a new creation, the old is gone, and the new has come"



PRACTICE

Spend 1 minute becoming aware of all the thoughts going in and out of your mind.

Now start writing them down:

Circle the thought that seems 'loudest' or most disruptive.

Is it

- a) A lie about you, what you can or can't do?
- b) A belief that has held you back?

What's the truth? What does Jesus/the Bible say?

RESTART

NEW CREATION LIVING

UNPACK TEMPTATION & SIN

Watch: Select one or more testimony videos to view.

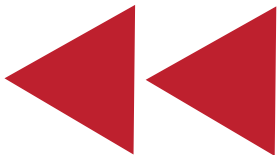
*Alternatively play the recorded video lesson: Temptation Vs Sin

Discussion:

- 1) What did you learn about the difference between temptation and sin?
- 2) How is this information helpful to you? What difference does it make?
- 3) What are your initial thoughts and reactions to the idea that you could live pure and free from sin?

Remember:

If temptation is OUTSIDE of you, you have a choice.



LOOK
BACK

DISCOVERY BIBLE STUDY

Link: You've probably heard the saying 'Sinners saved by Grace'. This is not a biblical description of believers in Jesus.

Read: 2 Corinthians 5:17-21, 2 Peter 1:3-9

- 1) What do these passages teach you about God?
- 2) What do these passages teach you about people/yourself?
- 3) What is God asking you to do to obey this passage?

The Bible often refers to sin as an OUTSIDE force, trying to get in. Before receiving Jesus we did not have the power to choose life, but now we do!



LOOK
UP

GOALS, TOOLS & RESOURCES

Goal Setting: (see handout - page 15)

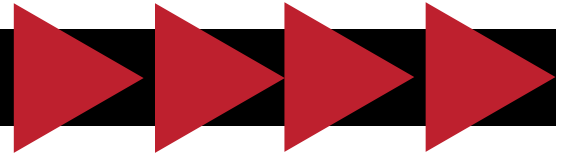
Help participants to set clear goals. Goals should start with I WILL... (e.g. I will state my identity declarations each morning for 5 mins)

Links to the following resources are available on participants Online Portal.

- 1) **Handout:** New Creation Living
- 2) **Programs** to help teens get free from Porn Addiction.
- 3) **Posters:** Identity declarations.
- 4) **Links** to great teaching on Identity and Purity from Christian world leaders



LOOK
AHEAD



Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!
2 Corinthians 5:17

RESTART

NEW CREATION LIVING

NEW CREATION?

As believers in Jesus the Bible explains that we have been more than just forgiven, but made new creations. Match the following passages with the descriptions they give of this 'new creation' experience.

Ezekiel 36:26

Romans 6:4

Galatians 2:20

Romans 6:6

2 Peter 1:4

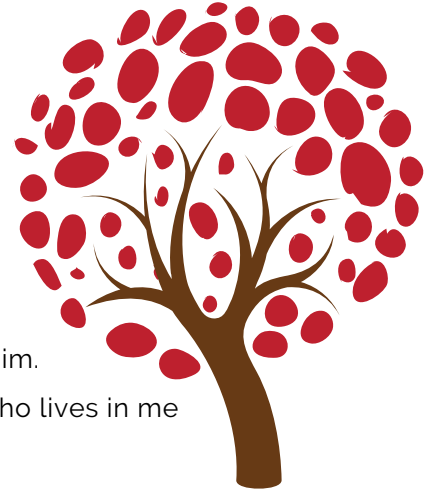
Buried with Christ, and rose with Him.

No longer I who lives, but Christ who lives in me

Sin is rendered powerless.

Partakers of the divine nature.

Heart of flesh instead of a heart of stone.



Receiving Jesus is more than just receiving forgiveness and a ticket to heaven! It's a BRAND NEW start, and an invitation in to intimacy with God!



KICKING GOALS

What do you feel God is prompting you to do, or change in response to the reality that you are now a new creation?

Set some goals by considering:

What are some 'old' ways or habits that aren't serving me or others?

I will _____

What will you do to cultivate your relationship with God this week? He's already done the 'work', but what can YOU do to respond and draw closer?

I will _____

How did you go meeting your goals last week? Are there any you want to revise or continue?

I will _____

FREEDOM

AGENTS OF CHANGE

UNPACK SHAME

Watch: Select one or more testimony videos to view.

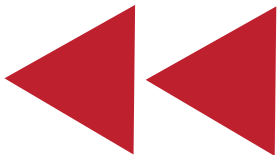
*Alternatively play the recorded video lesson: Living Shame Free

Discussion:

- 1) What happens for you when you feel shame? When do you feel it?
- 2) What did you learn about the difference between condemnation and conviction?
- 3) How does that distinction help you?
- 4) What might be some obstacles to someone getting free from condemnation and shame?

Remember:

Shame is a silencer, and where silence reigns, darkness thrives!



LOOK
BACK

DISCOVERY BIBLE STUDY

Link: Why do you think the enemy uses shame and condemnation?

Read: Luke 7:36-50

- 1) What do these passages teach you about God?
- 2) What do these passages teach you about people/yourself?
- 3) What is God asking you to do to obey this passage?

In this encounter we see how Jesus deals with the woman with a 'shameful' past. God is always willing to look beyond your past and in to your heart and your destiny.



LOOK
UP

GOALS, TOOLS & RESOURCES

Goal Setting: (see handout - page 17)

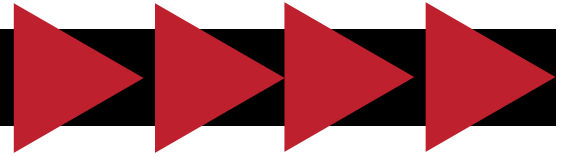
Help participants to set clear goals. Goals should start with I WILL... (e.g. I will state my identity declarations each morning for 5 mins)

Links to the following resources are available on participants Online Portal.

- 1) **Handout** Agents of Change
- 2) **Programs** to help participants get free from Porn Addiction.
- 3) **Apps** to help the mind renewal process
- 4) **Links** to great videos and resources to cultivate a 'freedom' lifestyle.



LOOK
AHEAD



So if the Son sets you free, you will be free indeed.

John 8:36

For freedom, Christ set us free. Stand firm then and don't submit again to a yoke of slavery.

Galatians 5:1

FREEDOM

AGENTS OF CHANGE

LIVING FREE

The Bible talks a LOT about freedom! In Jesus there are things we have been set free FROM, and things we have been FREED INTO. Read these scriptures, and create a list.

SET FREE FROM

SET FREE INTO



- Romans 6
- Romans 8
- Galatians 5:22-24



KICKING GOALS

What do you feel God is prompting you to do, or change in response to the passages you have read today?

Set some goals by considering:

Like Jesus, how can I demonstrate love and forgiveness this week?

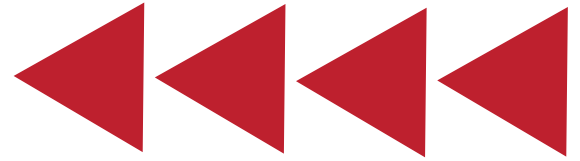
I will _____

What will you do to cultivate your relationship with God this week?

I will _____

How did you go meeting your goals last week? Are there any you want to revise or continue?

I will _____



KEEP THE CONVERSATION GOING...

It is our recommendation to have a concluding Q&A session. This will provide an important space for youth and young adults to seek clarification and open up further discussion on the topics of pornography, relationships and sex.

Bethel's 'Moral Revolution' is a wonderful resource to continue the conversation on a Biblical approach to relationships and sex.

<https://shop.bethel.com/products/moral-revolution-book>