

# A Young Person' Guide to Sexual Honesty in four simple steps

By and Based on the Books of Robert J. Cormier ([www.thefaithkit.org](http://www.thefaithkit.org))  
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## Step #1: Know the rule

Before we say anything about “rules,” let’s take a second and be clear about why rules are important. Rules help us to know what will lead us up or down. They teach us about what the human race has learned—often the hard way!—about what is good for us as individuals, and what is good about us as people whose actions affect others.

Because of this, we can say that rules help us to know what God wants us to do, and what He wants us NOT to do.

In the case of sex, the rule is: *Don’t lie with your body.*

To have sex—to make love—is to do the most personal, powerful thing a person can do to say, “I love you.” If, indeed, you have the most personal, powerful love that a person can have for someone else, you are saying, “I love you with all my heart and I am going to care for you for all my life.” (It is ridiculous to pretend that you can love someone with all your heart and NOT want to care for him or her for the rest of your life.) This means that unless you have made a real commitment with real consequences, sex is a lie.

If you give yourself to someone anyway, you have been used—or perhaps you are the user. Either way, your heart has been given away (and you will never get it all back), and sex will never have the same power to unite you to someone you might really love.

Oh yes, and there is also the possibility of sickness, pregnancy, and a ruined reputation.

And, please, don’t say that you know you “really love the other person.” Really? Enough to get married? Not old enough? But, then, how are you old enough to know you really love the other person... and always will... no matter how he or she might change in two years, or five...?

Please, how many times have you heard someone else say, “I know I will love him (or her) forever”; and forever ends up lasting two or three weeks?

Please, even if you've been together for more than two or three weeks—maybe it's been two or three years—don't think this means you can be sure of anything. Anyone who has been with someone for years and is still too young to make a real commitment (get married) is still too young to make a physical commitment. Both people are sure to change many times over as they continue to grow up and learn about life *and meet other people*.

Three more things to consider:

A person who cannot wait is like a baby and just as self-centered.

No one who really loves you will try to pressure you into doing something you believe is wrong.

A person worth loving (as a companion) has the same high principles you have.

## Step #2: Consider the consequences

In order to gain strength to live what you say you believe about sexual honesty, please, *consider the consequences*. Think about how you will feel if something happens and you have to tell your family that you are sick or pregnant.

Think about how you will feel for the rest of your life if you give in to the temptation of an abortion.

Think about how you will feel when you have to give up your dreams because of a baby who just keeps crying, a child you will (somehow) raise alone, another kid who has no father.

Think about how you will feel when someone you might have loved finds out that you come with someone else's kid, or a disease.

Anticipate the tears that you have seen in others.

Isn't doing things right worth NOT facing that?!

### Step #3: Learn to believe in yourself for the right reason

One of the main reasons that people mess up is that they are looking for attention, looking for someone to make them feel important.

Another big reason that people mess up is that they are worried about how they look to others (who invariably claim that they are having sex with anybody and everybody all the time).

There is only one antidote for this poison, and this is to believe in yourself so that you do not need somebody's attention to feel like someone, and you couldn't care less about what other people might say or might be doing.

And there is only one right reason to believe in yourself—because God has made you who you are.

Please, go back to Panorama and download “Believing in Yourself for the Right Reason: because God has made you who you are” from the mini-book menu.

## Step #4: Remember, the first thing that goes is your judgment

In order to live successfully what you say you believe about sexual honesty, remember, when you let yourself be aroused, *the first thing that goes is your judgment*. Wrong becomes right. Dangerous becomes safe. Stupid become necessary. This can happen to anyone. Therefore, please, watch the situations you put yourself into. Decide in the day where you are going at night. (Or what movie you will watch, or what you will be drinking, or talking about....)

And, if despite this good advice, you are not where you belong at night, and you start up, and you keep going, and someone says, “are you OK?” he or she is not.

Either way, once your heart or breathing starts racing, get out.

A special point about feeling “frustrated” (sexually): Yes, sometimes you will be. And, sometimes people give in because they believe that the urges will only get stronger until they explode. This, however, will not happen. Sexual feelings are cyclic; they are based on bodily cycles. They will get stronger and stronger, and then they will come back down. Be strong; things will get better.

## One More Thing

*Respect your privacy.* This society that uses sex to sell, and to get attention in general, has confused people. It has given people the idea that others have a right to know about the details of their personal lives. In fact, the details of your personal life are absolutely nobody's business, and you respect yourself when you keep it that way.

This shouldn't need to be said but: Just as no peer has the right to know what you've done, none has the right to know what you haven't done. And that is exactly what you say to someone who knows no better than to ask.

By the way, the best way not to get these questions is not to ask them.