



Types of sex education programs

## Description

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Sex education is an important part of any child's development. It is important to understand the different types of sex education programs available and how they can be beneficial to children from a Christian perspective.

## Types of Sex Education Programs

### 1. Abstinence-Only Programs

Abstinence-only programs are based on the belief that abstaining from sexual activity until marriage is the only acceptable form of sexual behavior. These programs emphasize the importance of waiting until marriage to engage in sexual activity and often use religious teachings to reinforce this message. Abstinence-only programs often include information about the risks of premarital sex, such as the risk of pregnancy and sexually transmitted infections (STIs).

### 2. Abstinence-Plus Programs

Abstinence-plus programs are similar to abstinence-only programs in that they emphasize the importance of waiting until marriage to engage in sexual activity. However, these programs also provide information about contraception and other

forms of protection against STIs. Abstinence-plus programs often include information about the risks of premarital sex, such as the risk of pregnancy and STIs, as well as information about how to use contraception and other forms of protection.

### 3. Comprehensive Sex Education Programs

Comprehensive sex education programs provide information about a variety of topics related to sexual health, including anatomy, reproduction, contraception, STIs, and healthy relationships. These programs often include information about the risks of premarital sex, such as the risk of pregnancy and STIs, as well as information about how to use contraception and other forms of protection.

### 4. Abstinence-Centered Programs

Abstinence-centered programs are similar to abstinence-only programs in that they emphasize the importance of waiting until marriage to engage in sexual activity. However, these programs also provide information about contraception and other forms of protection against STIs, as well as information about healthy relationships and communication.

## **Christian Perspectives on Sex Education**

From a Christian perspective, sex education should be approached with an attitude of respect and understanding. The Bible teaches that sex is a gift from God and should be treated as such. In 1 Corinthians 6:18-20, the Bible states, "Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

This passage emphasizes the importance of respecting our bodies and treating them as temples of the Holy Spirit. It also emphasizes the importance of waiting until marriage to engage in sexual activity. This is an important message for children to learn, as it can help them make informed decisions about their sexual health.

In addition to teaching children about the importance of waiting until marriage to engage in sexual activity, it is also important to provide them with accurate information about contraception and other forms of protection against STIs. This information can help children make informed decisions about their sexual health and can help them avoid the risks associated with premarital sex.

Finally, it is important to teach children about healthy relationships and communication. This can help them develop healthy relationships with their peers and can help them make informed decisions about their sexual health.

### **Quiz**

1. What is the main message of abstinence-only programs?

A. Abstaining from sexual activity until marriage is the only acceptable form of sexual behavior

B. Abstaining from sexual activity until marriage is the only way to avoid STIs

C. Abstaining from sexual activity until marriage is the only way to avoid pregnancy

D. Abstaining from sexual activity until marriage is the only way to avoid sin

2. What is the main message of abstinence-plus programs?

A. Abstaining from sexual activity until marriage is the only acceptable form of sexual behavior

B. Abstaining from sexual activity until marriage is the only way to avoid STIs

C. Abstaining from sexual activity until marriage is the only way to avoid pregnancy

D. Abstaining from sexual activity until marriage is the only way to avoid sin

3. What is the main message of comprehensive sex education programs?

A. Abstaining from sexual activity until marriage is the only acceptable form of sexual behavior

B. Abstaining from sexual activity until marriage is the only way to avoid STIs

C. Abstaining from sexual activity until marriage is the only way to avoid pregnancy

D. Abstaining from sexual activity until marriage is the only way to avoid sin

4. What is the main message of abstinence-centered programs?

A. Abstaining from sexual activity until marriage is the only acceptable form of sexual behavior

B. Abstaining from sexual activity until marriage is the only way to avoid STIs

C. Abstaining from sexual activity until marriage is the only way to avoid pregnancy

D. Abstaining from sexual activity until marriage is the only way to avoid sin

5. What is the main message of the Bible regarding sex?

A. Abstaining from sexual activity until marriage is the only acceptable form of sexual behavior

B. Abstaining from sexual activity until marriage is the only way to avoid STIs

C. Abstaining from sexual activity until marriage is the only way to avoid pregnancy

D. Abstaining from sexual activity until marriage is the only way to avoid sin

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. **Amen** If you prayed the above prayers kindly click here to get more information [https://www.xgospel.net/harvest\\_form/form/?page=0&salvation=true](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)

**Search for any text or verse in the bible**

Example: Joy, Love, 1 John 1:3

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### Discussion Questions

1. What are the benefits of abstinence-only programs from a Christian perspective?
2. What are the benefits of abstinence-plus programs from a Christian perspective?
3. What are the benefits of comprehensive sex education programs from a Christian perspective?
4. What are the benefits of abstinence-centered programs from a Christian perspective?
5. How can teaching children about healthy relationships and communication help them make informed decisions about their sexual health?

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

If you prayed the above prayers kindly click here to get more information

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### FAQs

Q: What is the main message of abstinence-only programs?

A: Abstinence-only programs emphasize the importance of waiting until marriage to engage in sexual activity and often use religious teachings to reinforce this

message.

Q: What is the main message of abstinence-plus programs?

A: Abstinence-plus programs emphasize the importance of waiting until marriage to engage in sexual activity, but also provide information about contraception and other forms of protection against STIs.

Q: What is the main message of comprehensive sex education programs?

A: Comprehensive sex education programs provide information about a variety of topics related to sexual health, including anatomy, reproduction, contraception, STIs, and healthy relationships.

Q: What is the main message of abstinence-centered programs?

A: Abstinence-centered programs emphasize the importance of waiting until marriage to engage in sexual activity, but also provide information about contraception and other forms of protection against STIs, as well as information about healthy relationships and communication.

Q: What is the main message of the Bible regarding sex?

A: The Bible teaches that sex is a gift from God and should be treated as such. In 1 Corinthians 6:18-20, the Bible states, "Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

## **Quiz Answers**

1. A
2. A
3. A
4. A
5. A

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