



BECOMING A CHAMPION

Your Game Plan for Sexual Integrity

Champions are winners!

To win on the football field or basketball court, you need to know the rules of the game. Once you know the rules and the way the game is played, you can develop strategies for success.

1. Principles governing sexuality:

1. Everyone is sexual: sexuality includes our thoughts, emotions, and body.
2. What you hear, see, or feel will affect the expectations for your sexual experience.
 - a. Music
 - i. CDs, Ipods, Top Ten Billboard Hits, Music Videos
3. Self seeking desires can never be satisfied; creating addiction and lowering inhibitions.
 - a. Desensitization leads to escalation to addiction to acting out in real life.
 - b. Media-produced fantasy is not relational reality.
 - c. Habits of mind, body or emotions formed before marriage will continue after marriage.
 - d. Habits developed are reinforced by powerful brain chemicals.

What is the Game Plan?

1. Find a Head Coach/Role Model
 - a. Admit to wrong thinking, attitudes, etc.
 - b. Receive forgiveness for past mistakes and start anew.
 - c. Accept new leadership in every area of life.

2. Retrain your brain

- Internet
 - i. MySpace, Facebook, YouTube, chatrooms, searches, downloads
 - ii. Filters, accountability software
- Television, Movies, Videos
- Magazines, Billboards, Posters
- Clothing
- Conversations to and/or about opposite sex

Be accountable

- Talk to a respected and mature adult.
- Develop a “team” of friends who have the goal of sexual integrity.
- Encourage yourself and others to pursue integrity.

