

Sexual Integrity Resources Guide

Mountain Students | INTERNAL

We all want to pursue integrity and wholeness in all areas of our lives including sexually. Sexual integrity means guarding my potential for intimacy through appropriate boundaries and mutual respect. It's something that we are always working on. It doesn't stop when we get married. It's something we continue to work hard at.

*This guide is a collection of resources that will help YOU as a Group Leader be able to lead and disciple your few when it comes to this area of their lives. **This means that this guide is for INTERNAL USE.** Feel free to use the one found [HERE](#) for parents and parent figures.*

Highlighted Resources (if you're short on time)

[Guiding Values for Sexual Integrity Conversations](#)

[Mountain Students Team Podcast Episodes](#) - AVAILABLE WHEREVER YOU LISTEN TO PODCASTS

[MS Overview & Conversation Guide](#)

[HS Overview & Conversation Guide](#)

[Wrestling with Same-Sex Attraction](#)

"Let's Talk About Sex" Series (2023)

Week 1

- Bottom Line - The normalization of sex has created intimacy problems.
- Message + Groups Guide - [MIDDLE SCHOOL MESSAGE](#) | [HIGH SCHOOL MESSAGE](#) | [GROUPS GUIDE](#)

Week 2

- Bottom Line - There is grace, forgiveness, and freedom found in confession.
- Message + Groups Guide - [MIDDLE SCHOOL MESSAGE](#) | [HIGH SCHOOL MESSAGE](#) | [GROUPS GUIDE](#)

Week 3

- Bottom Line - Q/A Panel
- Message + Groups Guide - [GROUPS GUIDE](#)

[Parent Overview and Introduction Video](#)

More to the Story Series (2021)

Week 1

- Bottom Line - When it comes to God's plan for sex, there's more to the story.
- Message + Groups Guide - [MIDDLE SCHOOL MESSAGE](#) | [HIGH SCHOOL MESSAGE](#) | [GROUPS GUIDE](#)

Week 2

- Bottom Line - Sex isn't casual no matter how casually it's treated.
- Message + Groups Guide - [MIDDLE SCHOOL MESSAGE](#) | [HIGH SCHOOL MESSAGE](#) | [GROUPS GUIDE](#)

Week 3

- Bottom Line - Porn never tells the whole story.
- Message + Groups Guide - [MIDDLE SCHOOL MESSAGE](#) | [HIGH SCHOOL MESSAGE](#) | [GROUPS GUIDE](#)

Parent Preview Night - [VIDEO](#) | [AUDIO](#)

Development Resources

[RESOURCE - Sexual Integrity Lifemap from Parent Cue](#)

[RESOURCE - Middle School Sexual Integrity Conversation Guide from Parent Cue](#)

[RESOURCE - High School Sexual Integrity Conversation Guide from Parent Cue](#)

[BOOKS - Phase Guides](#)

[PODCAST - Sex Conversations Through the Phases from Parent Cue Live](#)

Resources for The Talk and Conversations Around Sexual Integrity

[RESOURCE - Middle School Sexual Integrity Conversation Guide from Parent Cue](#)

[RESOURCE - High School Sexual Integrity Conversation Guide from Parent Cue](#)

[ARTICLE - "The Right Way to Have 'The Talk'" from Parent Cue](#)

[ARTICLE - "How to Know if Your Kids is Ready for THE TALK" from Parent Cue](#) (*Elementary or MS Audience*)

[ARTICLE - "How to talk to your kids about sex \(with as little awkwardness as possible\)" from Fuller Youth Institute](#)

[ARTICLE - "Introducing Sex and Social Media Roundtable" from Fuller Youth Institute](#)

[PREMIUM RESOURCE - Christian Sexuality Curriculum](#) (does require purchase)

Porn + Sexting

[ARTICLE - "When and How to Talk to My Child about Pornography" from Parent Cue](#)

[ARTICLE - "My Child Was Caught View Porn! What Do I Do?" from Parent Cue](#)

[ARTICLE - "For Parents & Caregivers: How to Talk to Your Kids About Porn"](#)

[ARTICLE - "Parents, How Much Porn is Your Child Watching?"](#)

[RESOURCE - Let's Talk About Porn: Conversation Blueprint](#)

[ARTICLE - "Everything Parents Need to Know About Internet Filters"](#)

[ARTICLE - "Parents: What's Better than Internet Filters? Direct Conversations About Porn"](#)

Gender, Sexual Identity, and Same-Sex Attraction

Talk to the Lead Student Pastor for additional resources and guidance.

[VIDEO/PODCAST - Christian View of Marriage: Part 1 \(Theology in the Raw\)](#)

[VIDEO/PODCAST - Christian View of Marriage: Part 2 \(Theology in the Raw\)](#)

[WEBSITE - Center for Faith, Sexuality, and Gender](#)

[BOOK - A War of Loves](#)

[BOOK - Understanding Gender Dysphoria](#)

[BOOK - Embodied](#)

Axis Conversation Kits (Premium Resources)

These resources are available through [Axis.org](#) by purchasing a membership.

[RESOURCE - Sexuality Conversation Kit from Axis.org](#)

[RESOURCE - Porn Conversation Kit from Axis.org](#)

[RESOURCE - Gender Conversation Kit from Axis.org](#)

Mental Health Resources

[Mental Health Resources Guide for Parents](#)

If you or someone you know needs immediate help, please contact **911** and **a mental health professional**. These resources below are designed to help, but they are not designed to be used in an emergency or dire cases.

National Suicide Prevention Lifeline

- Phone Number - [1-800-273-TALK](#). (Calls made to this 24-hour hotline are routed to the caller's nearest crisis center.)
- Online Chatroom - [LINK](#)

Crisis Text Line

- Text [741741](#) to connect with a trained crisis counselor. This is for people who may be uncomfortable speaking on the phone. Texts are answered quickly 24/7.
- Website - [LINK](#)

Counseling Resources

Safe Harbor Counseling - [Erik Sundquist and Others](#) | 410-893-4600

Wellness and Co - [Kendra O'Hora and Others](#) | 570-689-8130 (Phone # is for Erin V. Newton who focuses on kids+teens)

Renewal Counseling Center - [Rachel Prezanno](#) | 410-671-2289

Jessica Gomel - [Jessica Gomel](#) | Go through [Care Pastor](#) to connect (Works extensively with trans teens & young adults)