

True Love Waits is a youth movement that began in the USA in 1993 through the efforts of Jimmy Hester and Richard Ross of LifeWay Christian Resources and thousands of youth who wanted to make a difference through a commitment to sexual purity.

In 1994, True Love Waits as it is in the large presentation of this manual began in Uganda through the efforts of Larry and Sharon Pumpelly, Andrew Mwenge, and thousands of youth who wanted to change the history of their nation.

Sexual purity is God's idea from the creation of male and female. We believe that God put this manual together as we worked with youth beginning in Uganda and now in many other places. The presentation is an oral presentation and can be learned by someone else just by observing and participating. Many people contributed ideas to help with this presentation.

God has a purpose for all that happens in history. May we be faithful to bring glory to His name during this time in history.

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TRUE LOVE WAITS:

1. We desire to reach youth, challenging them to follow God's plan for sex and marriage by using biblical teachings and illustrations in a delightful and inspiring way.
2. We are an international campaign to challenge youth to build positive relationships with members of the opposite sex, saving intercourse for a monogamous marriage relationship.
3. We answer youth's questions concerning sex, HIV/AIDS, relationships, self-esteem, etc.
4. Since it began in the USA in 1993, True Love Waits has spread to many other countries around the world.

TRUE LOVE WAITS believes that:

- ◆ youth desire to be challenged to the highest and best;
- ◆ many youth wish to save sex for marriage but succumb to peer pressure;
- ◆ youth are capable of making and keeping a commitment to sexual purity;
- ◆ the primary reason for youth to save sex for marriage is because it is God's plan for them and it results in joy and peace;
- ◆ HIV/AIDS, teen pregnancy, STI's, etc., are only secondary reasons for challenging youth to delay sex until marriage;
- ◆ the result of committed, disciplined youth is a bright future for the family, Africa, and the world;
- ◆ the "safer sex" message is not the solution for the unmarried youth of Africa.
- ◆ it is possible, with God's help, for a boy or girl to grow to be a man/woman without having sex with anyone until the day he/she marries and only has sex with his/her spouse.

TRUE LOVE WAITS is for any person who desires to make a commitment from this day forward to sexual purity. Even those who have failed in the past or who are HIV+ can make a new commitment to sexual purity.

LEADERSHIP

Leadership of the group is very important. If you are leading a True Love Waits group, you must be personally committed to the principles you are teaching. Youth are very perceptive and if your words and behaviour do not agree, they will notice. If you are not living a life of purity and faithfulness, you can assist this effort by providing a meeting place for a new group or some other help, but DO NOT lead the youth meeting yourself.

➤ **Be Honest:** Perhaps you have struggled with sexual issues in the past. Do not lie. Also be honest about what you know and don't know. Youth need to know the truth, not myths about sex. Some adults are tempted to tell youth that sex is bad so they will stay away from it. Sex is very good because God created it, but it is meant to be expressed according to His standards. You may need to enlist the help of a medical person to answer some questions. Find one whose character and principles agree with TRUE LOVE WAITS.

➤ **Be Kind:** When it comes to discussing sex, we are often tempted to be harsh and judgmental. Our youth are struggling, and we need to rescue them. Some youth will be negative about such a message. Be patient with them. Do not allow them to control the group. Be firm, but with kindness.

➤ **Be Friendly:** Establish an open, caring, friendly atmosphere from the beginning. Youth will respond to friendship from anyone who will honestly offer it. They love to talk, so give them plenty of opportunity to ask their questions and share their thoughts. These materials are designed to help you do this. There will be a tendency for them to ask everything the first session. Provide a short time for questions, then save the rest for a later time.

➤ **Be Prepared:** Know all the materials in this booklet. Plan exactly how you will lead the group. Make additional notes of anything you want to include (personal examples, illustrations, etc.). Let prayer be an important part of your preparation.

➤ **Be Confident:** Have confidence in the youth to whom you speak, knowing that some will be touched by what you have to say

and will make and keep a commitment to sexual purity. You may be able to make a difference, perhaps for generations to come.

Leader's commitments:

1. I make a commitment to God and to the youth of my country to uphold the principles of True Love Waits in my own life. If I am married, I will be faithful in every way only to my marriage partner. If I am single, I will sign and keep the commitment of the True Love Waits commitment card.
2. I have already made a commitment to Jesus Christ as Lord and Savior and to living an active Christian life of integrity.
3. I commit to the leadership qualifications identified in the above section.
4. I believe that with God's help, it is possible for a boy or girl to grow to the time of marriage, never having sex with anyone until the day he/she marries and then only with his/her spouse.

Signature _____

Date _____

LARGE GROUP PRESENTATION

Aim: To present True Love Waits to large groups of youth and students in a way that challenges them individually.

You may be asked to present True Love Waits to very large groups. You need to request three or more hours to have time to present the material clearly. If possible, you may wish to divide the time, leading a morning and afternoon session or two visits in a row. Please try to meet with youth leaders, teachers, school officials, and other leaders prior to the presentation. This meeting may be 30 minutes to one hour in length so you can explain the purpose of True Love Waits and discuss what you will be presenting to the youth/students.

For a large group presentation, a team of three to eight trained members should participate. You want to be friendly and open.

True Love Waits wants youth to think through their choices so we emphasize asking questions rather than telling them what they should think or do. Remember...ASK rather than TELL. So, engage the youth rather than preaching to them.

Unless your position requires you to wear specific clothing, you will want to wear a casual shirt. If you wear a suit and tie, youth may not be as receptive, thinking you are coming to preach.

◆ **Begin to relate to youth through the Introduction**

Introduce the True Love Waits team.

Each team member needs to introduce him/herself and tell a little about him/herself in a short, personal, and friendly introduction.

Example: *Good afternoon. My name is Mary. I am not yet married. I work at*

*and I worship
at _____*

I am very excited about being here today and talking with you about such an important part of my life as relationships. (A married person might say, I have been married for 8 years and have three children. A single person might say: I made a commitment to abstinence before marriage in year .)

Introduce True Love Waits campaign.

Give a brief history of True Love Waits and the purpose of True Love Waits.

Example: *We are happy to be here today to share with you a program called True Love Waits. True Love Waits is an international youth movement that empowers youth to impact history. You will have an opportunity today to become a part of this movement which began in the US in 1993 and in Africa in 1994. You will have an opportunity at the end to make a commitment and sign a TLW commitment card which says, **(Hold up card and read through card)**. This commitment is available to everyone no matter what your past – how sexually active you have been - or your faith. We will not pressure anyone to make a*

commitment – it is your own choice. We hope all of you will enjoy yourselves and learn something new for your life!!

- **Create A Spirit Of Fun And Openness Through Singing And Activities (optional)**

Five to ten minutes can be spent getting the youth to relax with the team. Songs which include movement and fun activities are useful in helping youth relax and get involved.

1. MY DREAM FAMILY

Materials needed: Three chairs for activity #1

ACTIVITY #1 – ROLE-PLAY: Family. Team members or youth prepared in advance participate in this role-play. Keep it very brief.

Situation: School Fees Time

Family 1: Parents are sitting together, talking politely. Youth enters room and greets his parents politely and comfortably. They greet him pleasantly, then say, “*Dad and Mum, Its time for my school fees.*” Parents discuss together paying the school fees and encourage the youth. They say they will provide for the fees. (These actors leave.)

Family 2: Mum is sitting alone, obviously tired and irritable. Youth enters, greets quickly and then demands, “*Mum! I need my money for school fees!*” Mum looks disgusted and says, “*You’ll have to get it from your father. I have enough to worry about. And I don’t know where to tell you to find him. I don’t even know where he’s slept the last three nights. Now get out of here and leave me alone.*” *Youth walks out angrily.*

- Questions:**
1. How would you describe the first family?
 2. How would you describe the second family?
 3. Of which family would you like to be a part? Why?
 4. Are there families like the second family?

5. Do you think when they were your age they dreamed of having a family like the one they have now?

Say: If that was not their dream, then something went wrong. Today we will talk about how to reach your dreams.

ACTIVITY #2

Say: Think about the family in which you have grown up.

Questions: 1: What are two things you really like about your family?

(Ask each one to turn to his neighbour and share. Allow a short time for sharing, then ask youth who wish to volunteer to stand where they are and share one of their answers.)

2: When you make your own family (the one in which you are the wife/husband and parent), what are two qualities or characteristics you would like to be part of your family? (Ask each one to turn to his neighbour and share. Allow a short time for sharing, then ask youth who wish to volunteer to stand where they are and share one of their answers.)

Team members should help encourage youth to share when help is needed.)

Say: It seems that everybody wants to be part of a happy marriage and family and to raise children in a happy home. God has the same desire for us. In the rest of our time together we will try to help you see how you can reach the future goal you want.

2. THE MULTIPLICATION FACTOR

Aim: To ask participants about sexual practices among African youth and to use that information to demonstrate the degree to which they are sexually connected to one another.

Materials needed: Have ready 10 letter size papers, each with one number 1-10; 6 cups or glasses, each partially filled with water.

Say: I want you to answer a few questions for me. When I ask these questions, I'm not asking you to answer about your own life,

but to think about youth you know or youth in your country in general. (Try to get a general consensus.)

Question 1: Out of 100 youth you might meet in your area, how many are waiting until they are married to have sexual intercourse?

Question 2: Of those who are NOT waiting (the ones who are engaging in sexual relationships before marriage). . .

- a. What age are most girls when they have sexual intercourse the first time?
- b. How many different partners will a girl have before she marries – how many different boys will she have sexual intercourse with?
- c. What age are most boys when they have sexual intercourse the first time?
- d. How many different partners will a boy have before he marries – how many different girls will he have sexual intercourse with?

Question 3: Where does the actual act of sexual intercourse take place? (Where do youth go to have sexual intercourse.)

Question 4: If youth want to know something about sex or relationships, where do they go for information? Who do youth ask about sex?

****Presenter note: These questions can be handled in a variety of ways.**

1.) You can divide the youth into smaller groups and let them answer the questions in small groups. Younger youth may be more comfortable in a same gender (all girls and all boys) group. This is especially effective if there are a lot of adults present.

2.) You can dialogue with the group. Ask the questions and allow for answers. To get accurate answers to 2c and d, get a group vote and begin with 0 and continue up (1, 2, 3, etc.) until you get the greatest response verbally or by show of hands.

Do not be too concerned if youth become loud and talkative during these questions. Keep to the task of getting the answers; then move on.

Say: *Now, I want to tell you a story and it will involve most of you. Now remember, everyone in this story is just acting, we're not talking about their lives, but the lives of the people you told me about. To begin, I need two volunteers, a male and a female.*

(You need space, so you may need to move outside with this demonstration.)

(You will use 10 letter size papers, each with one number on it, 1-10. In the description below, what you do is in bold print, what you say is *italicized*.)

Choose a boy and a girl from the audience and ask them to come to the front, ask their names and then say that you are calling him Adam and her Eve.

Introduction: *In the beginning God created the world, the sun, moon, and stars, and all the animals. God saw what he created and said, "It is good". Then God created Adam and Eve and when God saw all that he created including man and woman, he said, "It is very good". God created sex to represent the most intimate of human relationships in which two people are connected not only in body, but in spirit. In fact, God said the two become one flesh. Whenever a person has sexual intercourse with another person, part of them – physically, emotionally and spiritually - becomes part of the other person. Remember, we are acting so that we can learn.*

Say: *If they were Adam and Eve in the Bible, the two would become one for a lifetime. They would live with the assurance that their spouse had never had sex with another person before marriage or was ever unfaithful in their marriage. They would share a oneness of spirit as well as body. **Give one cup of water to Adam and one to Eve.***

Say: *In the physical act of sex and the oneness that sex represents, it is important to remember that there is the mixing of body fluids - the semen from the male and the vaginal fluid from the female. To*

represent this oneness, and particularly at this point the physical oneness, I want Adam and Eve to take a sip of water and spit it back into the cup. **Have each spit in the cup and then pour part of each one's water into the other's cup.**

Ask: Now that I have mixed these, is it possible for me to unmix or separate them? **(No.)**

Say: But, if Adam and Eve have chosen to be one for life, not just in body, represented by the water, but in spirit and emotion also, then it is great that they cannot be separated. It is according to God's plan

for marriage. Just as it is impossible to separate body fluids after they are mixed, God desires for a man and woman to not be able to separate from one another emotionally or spiritually, but for the oneness of sex to represent a lifetime of oneness in marriage.

(Ask Adam and Eve to stand to the side and ask for another male and female volunteer ask their names and if you can call them Jacob and Abigail)

Say: Let's call this couple Jacob and Abigail, remember, we are acting so that we can learn. Jacob and Abigail aren't like Adam and Eve of the Bible, they represent the youth you told me about. Let's say that Jacob and Abigail meet. **(You can describe how they met according to what the youth have told you).** After they get to know each other, one day they go to the **(name a place where youth have sex)** and Abigail becomes Jacob's first sexual partner **(give Jacob a number 1).** Remember, in God's eyes the two have become one flesh. This is an emotional connection, but also a physical connection which is particularly evident in the exchange of body fluids... semen from the male and vaginal fluids from the female. Let me illustrate this mixing of body fluids. **(Give one cup of water to Jacob and one to Abigail. Have each spit in the cup and then pour part of each one's water into the other's cup.)**

Ask: Now that I have mixed the contents of the two cups can we separate them so Jacob had only his and Abigail has only hers?

Say: It is the same with body fluids. Once mixed, you cannot 'unmix'. So once our youth actors, Jacob and Abigail, have sexual

intercourse, the two have become one. Abigail's father gets a government position in name a large city and Abigail leaves. (Move Abigail behind Jacob) Abigail becomes part of Jacob's sexual history.

Bring up the second girl and a boy with her.

Say: *These two youth have a similar story to Jacob and Abigail, their names are (say the names you have given them, i.e. Joseph and Sarah) (as long as these are not their real names). Tell their story and when the two become one, have them spit it into the*

cups and mix them together. Leave Sarah's with her.)

Say: *After the relationship between Joseph and Sarah ends (move Joseph behind Sarah and put Sarah next to Jacob), Jacob meets Sarah. He has had one partner and she has had one partner. They both have a sexual history of ONE. They have sexual intercourse with one another and Sarah becomes Jacob's second sexual partner. (Tell their story until the two become one flesh and then mix the cups, getting rid of Sarah's. Give Jacob a number 2.)*

Ask: *How many other people's body fluids has Jacob become exposed to now? (1 + 1 + 1 = 3) If necessary remind them not to count Jacob's.*

Ask: *Do you understand how body fluids mix? Is it possible that Jacob is connected to someone he does not know? And remember, this is only part of the sexual relationship as God designed it, the physical part. But, you are also mixing the emotional and spiritual part of your life when you have sexual relations with another person.*

Say: *Now Jacob is sexually connected to Abigail; to Sarah and to Sarah's first partner. So Jacob has the body fluids of (help youth count, Abigail, Sarah, and Sarah's partner), ONE, TWO, THREE people in him. So Jacob has had two partners, but he is connected to three people sexually because he is also connected to Sarah's partner whom he may not even know. Now he gets tired of*

Sarah and she and her partner become part of Jacob's sexual history. (Move Sarah and her partner behind Jacob. Bring up another girl to be Martha and 2 boys and 1 girl with her to stand behind her. As you bring up new people remember to ask if you can change their names.)

Say: *I have changed her name because we are acting so that we can learn!*

Explain: *Martha also has had only two partners, just like Jacob, so she is connected also to three people because one of her partners already had a partner.*

Say: *Martha and Jacob dance together and eventually go to (name a place they said youth have sexual intercourse) and Martha becomes Jacob's third partner. Give Jacob the number 3.*

Say: *Jacob is connected to three people and Martha is connected to three people and the two become one.*

Ask: *How many people is Jacob sexually connected to now? Pause to give youth a chance to answer. (3 + 3 + 1 = 7).*

Say: *Martha's and Jacob's meeting is only brief and soon he is looking for another partner. So Martha and her partners and their partners become part of Jacob's sexual history (move Martha and her partners behind Jacob).*

Bring another girl from the audience to be Elizabeth and 7 people to stand behind her.

Say: *Jacob finds his next partner who is a beautiful girl named Elizabeth. Elizabeth has the same sexual history as Jacob and has had three partners and is connected to. . . ? (pause to let youth respond) yes, seven people.*

(Weave the story as you wish about Jacob and Elizabeth, emphasizing Jacob now has had four partners. Give Jacob the number 4.)

Say: *Jacob is connected to seven people sexually and Elizabeth is connected to seven people sexually and the two become one.*

Ask: *How many people is Jacob connected to now? 7 plus 7 plus 1 or (pause again to let the youth join in) 15. Jacob has ONLY had four partners but is now connected sexually to 15 people. $7 + 7 + 1 = 15$*

PARTNER #5: Continue the story as you wish. Bring another girl from the audience and call her Esther. She also has had only four partners so she is connected to 15 people sexually. Bring 15 people to stand behind her. Continue to weave the story, emphasizing that Jacob has had his fifth partner (give him the number 5), but is connected to 15 people plus the 15 Esther is connected to plus the two becoming one. Jacob, at five partners,

is connected sexually to 31 people. Be sure to involve youth in this dialogue/ demonstration. $15 + 15 + 1 = 31$

(Try to get as high as six or seven partners if possible. You can talk them through the rest of the numbers holding up the remaining numbers to indicate the numbers of partners.)

PARTNER NUMBER 6: Ruth also has had 5 partners and is connected to 31 people. Place 31 people behind Ruth. Give Jacob the number 6. Jacob's 31 plus Ruth's 31 plus their 1 flesh union makes 63. $31 + 31 + 1 = 63$

PARTNER NUMBER 7: Deborah also has had six partners and is connected to 63 people sexually. Place 63 people behind Deborah. Give Jacob the number 7 to indicate this is his seventh partner. Jacob's 63 plus Deborah's 63 plus their 1 flesh union makes. $63 + 63 + 1 = 127$

You can talk people through the last few from 7 through 10 and higher (if mentioned) just holding up the partner number:

PARTNER 8: $127 + 127 + 1 = 255$ **PARTNER 12 =** 4,095

PARTNER 9: $255 + 255 + 1 = 511$ **PARTNER 15 =** 32,767

PARTNER 10: $511 + 511 + 1 = 1023$ **PARTNER 20 =**
1,016,575

CONCLUSION:

Ask: *Do you remember the dreams we talked about earlier, the ones you shared with your neighbor? Would this kind of sexual activity help you reach your dreams? (NO) What problems might come that would keep you from reaching your dreams? Give youth time to answer, sometimes saying, “Can you think of anything else?” until they have named unwanted pregnancies; STI’s; HIV/AIDS; broken hearts; lack of trust, etc*

Say: *I want to talk to the girls now. I want you to know, when someone asks you to have sexual intercourse, that the consequences of sex are NOT FAIR!!!! No boy drops out of school because his girlfriend is pregnant. STDs hide more in the female than in the male and therefore, cause more damage before they’re detected. Some can cause sterility, some cause cervical cancer; some take the pleasure away from sex. Please note that not every couple who cannot bear children has had STDs, but some may. Also, girls under the age of 20 have the highest risk of getting HIV because the lining of the vagina at that age is very porous. So, when a guy approaches you, remember that the consequences of sex are NOT FAIR to females.*

Say: *Guys don’t think you get off totally. Remember that some STDs can make you sterile and you might not be able to become a father, even after you are married. With herpes, you will lose much of the pleasure of sex when you have an outbreak, because it is not curable. And one STD, HPV, significantly increases the possibility of cancer of the penis and the only cure is to have the penis surgically removed.*

Say: *Now let’s suppose Jacob decides to choose a young girl who has never had sex. Choose a girl from the audience. He tells her he has ONLY had seven other partners. She thinks she is having sex only with one partner, but she is really connecting herself to him and 127 other people sexually. Can you trust that none of your partners’ other partners is HIV positive or that all used a condom properly? It is important to know the truth of sexual behaviour BEFORE you become involved. What would happen to our numbers if one of the girls had slept with a “sugar Daddy” who had been with many women? Or what if one of the boys had slept with a prostitute??*

Draw attention back to Adam and Eve and make a comparison of what they have experienced to what Jacob has experienced.

When you finish with this section, thank the actors and clap for them for helping you.

3. WHAT ARE THE CHOICES?

Aim: To encourage abstinence as the best and more responsible option for youth.

Materials: 10 fried donuts, rolls or oranges in a plastic bag and a syringe filled with colored or clear water to the 1ml mark.

Say: *There are those who do not understand HIV or some of the sexually transmitted diseases. They say if you choose a very healthy looking partner that you will be safe to have sex with them. (Hold out one of the fried donuts on a serviette or paper.)*

Say: *Who would like to have this to eat? I know someone must be hungry. **When someone wants one, say:** First, let me inject it with this poison that I have in my syringe. This poison may not kill you, but you will be so sick you may wish you were dead.*

(Inject the fried donut/roll/orange. Ask some youth to look at it to see if they can find the point of entry for the poison.)

Say: *Just like you cannot see the poison in this (fried donut, roll or orange), you cannot see the HIV infection. A person with HIV may be a perfectly lovely, tasty sex partner.*

Ask: *What is another way that is promoted so that you can avoid the consequences of multiple sex partners? You may see billboards promoting this. (Answer: Condoms – once you hear this answer go on from here, you are not looking for multiple answers)*

Say: *There are those who would tell you that the best way to deal with the problem of many partners is to use condoms. Condoms were intended for use by responsible married people. But we are talking about youth who have sex in (**Name a few places they gave you where youth have sex**). What are some of the*

differences between the use of condoms by youth and the use of condoms by a married couple?

- *Using condoms requires great self-control. Experts disagree on the effectiveness of condoms. Youth who rely on condoms need much self-control but are engaging in behavior that shows little self-control. The security of the marriage relationship gives the opportunity for self-control and well planned sexual experiences.*
- *Results at Voluntary Counseling and Testing Centers show there is little difference in the HIV infection rate of those who use a condom sometimes and those who never use a condom. Most studies use married couples where one is HIV+ and the other is not rather than youth to determine the effectiveness of condoms. You can imagine the difference between a man who is HIV positive and uses a condom to protect his HIV negative wife so that she will live to raise their children and a youth who has multiple partners over a period of time in a variety of places. Furthermore, most youth admit that after using a condom with a girlfriend 3-4 times they think they know each other well enough to stop using a condom altogether. Other guys think sex is better without a condom and do not use it, sometimes making the girl believe they did use one.*
- *There is a difference between a wife and a girlfriend. In the security of marriage the wife can ask questions about the condom: Is it a good condom? Bought at a reputable place? Is it new (never used)? Most girlfriends are unaware of these things and put their whole futures and their lives in the hands of the boy and whatever condom he has and however he chooses to use it or even if he really uses it!!*
- *Remember when we talked about the possible problems with multiple partners? Condoms offer no protection from a broken heart, an attitude of distrust, guilt, shame, loss of self-esteem, regrets and even some STDs. A married couple does not have to worry about these things. Most importantly, such behavior falls short of God's plan for your life.*

- Condom use **is not a 100% guaranteed effective** choice. Remember your dreams? How important are your dreams to you? Are they of such value that you will do whatever it takes to reach your dreams – even denying yourself sex now for fulfillment of your dreams later? An African president made this comment: I do not want to trust the future of my country to a small piece of latex!!! It is countries like these that promote Abstinence and **Be Faithful** first before **Condoms** that see the greatest reduction of HIV infection rates. What will you choose for yourself? What are you worth?

Say: What about our friend Jacob? He wants to keep behaviour that shows no self-control and chooses to trust a condom which requires much self-control. He thinks he will always use a condom in the same way as a married man with his wife, but he has his eye on this very beautiful girl. Every time he approaches her, she ignores him. All the while he has a condom in his pocket – **JUST IN CASE**- she decides to say yes. One evening, at a club, she winks at him, smiles and signals for him to follow her. She leads him into a dark stairwell. He tries to get out the condom but she laughs at him and knocks it from his hand.

Ask: What would you think Jacob would do next- will he just stop and walk away from the girl???

Drop the ‘poisoned’ fried donut/roll/or orange in the bag and shake the bag.

Ask: Who would like to try and choose a (donut, roll or orange) that is not poisoned and eat it. Remember, nine of these are good, but one of these will make you really, really sick if it doesn’t kill you.

If someone wants to choose one from the bag, ask the group: Would you like to watch your friend die if he chooses unwisely and eats the poisoned one?

When they say, “no”, Say: When you encourage someone to make a wise choice, you are creating “positive peer pressure.” In every area of life, you should help each other by encouraging the best choice.

(You may also allow a person to choose and eat one of the items from the bag, if you have someone on your team who is good at scolding someone when they act foolishly.)

Ask: *What if I called a dog and told it, “Here are 10 (donuts, rolls or orange). One is poisoned. Choose wisely”? Place the bag with the donuts on the floor. What would the dog do? (Eat them all.)*

Say: *Dogs are created by God, but humans, you and me, are created in the image of God. That means we are able to think through things and make choices. When you knew one of the (fried donuts/rolls/oranges) was poisoned, you made a choice, no matter how much you might have wanted to eat one or how hungry you were. Just like hunger, sex is a physical desire, but when you think of the risks ahead of time, your mind can make a healthy decision over your body’s desires. You can make right choices concerning sex when you know the facts and decide what you want. But, in the heat of things and already compromising like Jacob, is the wrong time to think about your choices.*

Say: *A Godly prophet said, “I know the plans I have for you , declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future” (Jeremiah 29:11). God has a plan for you concerning sex that will give you a hope-filled future.*

4. BEAUTIFUL WATER/BEAUTIFUL SEX

Aim: To help youth discover God’s boundaries for sex and to encourage staying within those boundaries as the wise choice.

Say: *You have one life to live and it is all about choices and risks.*

Ask: **(Wait for responses after each question.)** *Is a girl more likely to be attacked and raped if she walks alone at night or walks with a group of friends? So, what is the best choice? Is a boy more likely to be beaten and robbed if he carries his money in his pocket or if he shows off all the money he has? So, what is the best choice? Choices require thoughtful examination and wisdom for the best choice for you. That’s why we are discussing choices that help you reach your dreams.*

Say: *We are going to talk about the best choice. God gave King Solomon wise words. As you hear these words, listen for words that have something to do with water. (The words are underlined.)*

READ (or quote) PROVERBS 5:15-18:

Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, your streams of water in the public squares? Let them be yours alone, never to be shared with strangers. May your fountain be blessed, and may you rejoice in the wife of your youth.

Ask: Can you name the water words that you heard? (See passage.)

Discuss the passage with them using the following questions:

Ask: *Is this passage talking about water or something else. (It is talking about sex.)*

Ask: *If God uses water words to talk about sex, does that mean He is embarrassed to talk about sex? (No) Why not? (He created sex.)*

Say: *If God would use water words in the Bible to talk about sex, what could He want us to learn from it? Let's work through the passage together.*

Ask: *What is good about water? (Answer: it brings life; it gives life to people, animals, crops; it helps build our houses and other buildings; it is refreshing and cleansing.)*

Ask: *What is good about sex? (Answer: it brings life; it gives life to a marriage; it builds a family; it is refreshing.)*

Ask: *What happens when water is tainted or impure? (Answer: it brings sickness and death)*

Ask: *What happens when sex is tainted or impure? (Answer: it brings sickness and death)*

Ask: *What would happen if a huge flood swept through here? What would happen to us? To this building? To our crops? To our animals? (Answer: it destroys or kills everything.)*

Say: *So everything water gives life to, water has the power to destroy. Is that right?*

Ask: *What happens when a man or woman's sex life floods outside the home? Is anyone hurt? (Answer: It destroys the family; everyone is hurt)*

Say: *So sex, just like water, has the power to destroy everything it gives life to.*

Ask: *How much of the world's surface is water? (Answer: 70-75%)*

Ask: *If over 70% of the world's surface is water, why doesn't all that water destroy us? (Answer: God put water in boundaries because He loves us and doesn't want to destroy us.)*

Ask: *What are some of the boundaries God put water in? (Answers: lakes, rivers, oceans, etc.)*

Ask: *Is it possible that God also put sex in boundaries because He loves you and does not want you to be destroyed? What are the boundaries God put sex in? (Answer: Only marriage)*

Ask: *When you bathe how many of you throw the water on the floor and roll around in it and that is how you get clean? Or, do you go to the well and try to carry the water back in your arms?*

Say: *Of course no one does that!! That sounds foolish doesn't it? Every person on earth has chosen to be wise like God about water. God said water is best used in boundaries and you agree with Him because you put water in a cup or basin. To let your sex life flood is just as foolish as rolling around on the floor trying to bathe. You can choose to be wise like God about sex, just as you are about water. God has not given us the boundaries for sex to imprison us but to protect us and to give us true love and a full life so that sex, like water, can be beautiful and powerful and used for our good.*

Say: *Imagine a man builds a house for his family just outside the town and pays for water pipes to be connected to his house. The family moves in before the water is connected. On the day the water is to be connected, they are so excited they will have water in their house. When the workers come,*

the man says, “Don’t hook the water pipes into my house; just turn the pipes into the road and let the water run there.”

Ask: *What would you think of such a man? (Foolish/stupid)*

Say: *The passage I read/said agrees with you. It says, “Should your springs overflow in the streets; your streams of water in the public squares? Let them be yours alone, never to be shared with strangers.” In God’s eyes, it is just as foolish for the man to give away his family’s water as it is for a man or woman to have sex outside of marriage. God says having sex with anyone you’re not married to is having sex with A STRANGER. It does not even matter if you are getting married tomorrow. Today, outside of marriage, you are strangers.*

Say: *You can return sex to its proper boundaries through repentance and faith in God. You can make a commitment to God, yourself, your family, and your friends to save sex for marriage and then to have sex only with your marriage partner – one man and one woman for life. You have the power to make that choice. You have the freedom to choose to have sex God’s way. As God has wisely put water in boundaries, you can also wisely keep sex in the right boundaries. Even if you have failed, you can bring your sex life into God’s boundaries with His help.*

(This is a good stopping point for a 2 day presentation OR to add the OPTIONAL Wicked Dr. AIDS presentation that follows.)

WICKED DR. AIDS

This was developed by TLW teams in South Africa under the training of Andy and Gay Wilkinson. One of the team members wore a black robe and black knitted cap and spoke in an evil voice. This is a very powerful addition and can be inserted in the main presentation just before “What is True Love?” Statistics need to be changed as appropriate for each country.

Write out the questions on individual slips of paper and give to various youth in the school/church/community

group. As the youth ask the question, wicked Dr. AIDS answers, using his wicked voice.

Wicked Dr. AIDS makes a dramatic entrance, laughing, moving around the room, in people's faces throughout the skit.

Script:

What's the first question!

(1. What is your mission in life?)

My Mission? My mission? It's very clear... I have come to steal, kill, and destroy! I like to steal happiness and purpose in people's lives. I like to destroy family relationships! I like to KILL! That's my mission! What's the next question?

(2. How do you infect people?)

In sub-Saharan Africa the primary way that HIV is contracted is through sexual activity between a male and a female.

Penetrating sexual contact with an infected sex partner allows the virus to enter the body through the lining of the sex organs and the transmission of body fluids—the male semen and the female vaginal fluids. See how wicked I am, I've turned something so life giving into something that steals your life away. THE NEXT QUESTION! NOW!

(3. Why are you so powerful?)

Because I am invisible—you cannot see me! I disguise myself and hide inside very, very inviting people... watch... (Takes off robe and cap, then smiles). Aren't I clever! Keep the questions coming!

(4. Can people be cured of you?)

Oh that's a good one!!! And here's the answer! NO! (laughing) There is no cure! There is no vaccination. There is certain death! NEXT!

(5. What is your real name, and what does it mean?)

My real name, you mean besides certain death? My real name is Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome. HIV is the virus that causes AIDS. As a virus I attack the God-given immune system which fights diseases and keeps a person well. Then the immune system becomes weak and the infected person becomes sick. That makes me able to keep the defence system out of commission. And when

the defence system fails to protect someone, I invite in a collection of various diseases and symptoms to attack the person, like TB, pneumonia, and some times even cancer, which eventually causes death. Aren't I clever! OK, keep them coming! Next question!

(6. If you are HIV + (positive) do you have AIDS?)

No, No, No, No. That's one of the tricks I play. I eat your immune system so that you can no longer fight off diseases that healthy people fight off. HIV will eventually develop into AIDS. This usually comes seven to ten years after the infection of the virus when the body can no longer fight diseases. Then I've won! What's next!

(7. Why do you defeat and discourage people?)

That's my favourite part... discouraging and defeating. I do that by crushing their hope and convincing them that there's no use in taking care of themselves. Hopelessness and not taking care of yourself physically causes the disease to progress faster by making a person physically and emotionally rundown. Isn't that a great plan, I not only attack them physically, I attack them emotionally... OK, I want a good question this time! Bring it on!

(8. Why do you send out contradictory messages about how to get AIDS?)

Oh, that's a good one. And it's a simple one. Confusion! I have come to KILL, and the more I can confuse people, the more people I can cause to be infected. Ha Ha Ha! Come on, give me another one!

(9. Why is HIV/AIDS so high in this country?)

Where shall I begin. There's so many good answers! Ignorance of the disease, behaviour patterns such as sexual promiscuity, unfaithfulness in marriage, peer pressure, unhappy families, rape, incest, stigma, prostitution, poor communication, wrong or misleading messages, and lies... Lies, and more lies! My favourite is that you can get rid of me by having sex with a virgin! Thing about what I've gotten away with because of that one (pause). OK, you're starting to get the picture right! What else?

(10. What do you make people feel like when you infect them?)

Terrible! Don't you get it! I make them feel terrible! I give them all of the things you dread getting! They lose weight, have swollen glands, they have persistent yeast infections, skin rashes, short term memory loss, painful nerve diseases like shingles, frequent mouth sores and sores on the genitals. They get nausea, vomiting, abdominal discomfort, diarrhoea, fatigue, headache, anaemia, liver poisoning, fever, and skin cancers. That's just to name a few. Last question!

(11. How is HIV diagnosed?)

Oh, so you want to know how you find out if I've invaded your body! So, you want to know do you! Well, then you can get your blood tested to show whether you are infected with HIV or not. See, I told you I'm tricky, I hide, so you cannot tell by looking at someone or from the way you feel. Honestly, every person should get tested if they have had any exposure to blood or sexual fluids. The test is called VCT. It is the law that all testing be accompanied by counseling. But, of course, I would not want you to go for such testing because then you might make choices to keep from getting HIV or to keep from passing HIV on to someone you know and care about.

I'm taking no more questions! I've given you too much information. The more you learn, the less effective I can be! So, I'm out of here!

5. WHAT IS TRUE LOVE

Materials needed: Bible, a cut out paper heart, masking tape, and 11 pieces of paper with the following phrases written on them:

Love is..., Love is not..., Lust is..., Rude, Self-seeking, Easily angered, Delights in evil, Patient, Kind, Rejoices in truth, Always hopes, Always protects.

Say: *If you are going to wait for True Love, it is important to know what true love is.*

Know II Samuel 13:1-15 well enough to tell the story. It is a long passage and better told than read. As you tell the story, call Tamar and Amnon by name rather than “his sister” or “her brother”, so youth see that the story is about 2 youth rather than emphasizing they were siblings. You may tell it like this:

There was a king named David who had a handsome son named Amnon. He also had a beautiful daughter named Tamar who was a virgin and had not been with any man. Amnon and Tamar did not have the same mother; they were half brother and sister. In that time in history, it was acceptable for a half brother and half sister to marry so as we look at this story, remember that it would have been acceptable for Amnon and Tamar to marry, as if they were unrelated.

Amnon fell in love with Tamar but he did not think he could get to her because she was a virgin. He was so in love with her that he lost sleep thinking of her. Amnon had a shrewd friend named Jonadab who scolded him. “Why are you losing sleep over this girl? I have a plan for you!” And then he told Amnon his plan to help him get to Tamar. Amnon put the plan into action by pretending to be sick in bed, and sending for his father, the king. When his father came to check on his sick son, Amnon made a request. He asked his father to send Tamar to make food for him in his presence and feed him from her hand. The king spoke to Tamar, and this beautiful virgin kindly came and prepared bread in front of Amnon. Once it was baked, Tamar brought it to Amnon. There were many people in the bedroom with the prince so, before he ate Tamar’s bread, he told

everyone else to leave. As Tamar offered him the bread, he grabbed her arm and said, “Come to bed with me!” Tamar said, “No, I could not do such a thing! I would be disgraced and you would be considered a fool!” Amnon persisted, grabbing her arm and pulling her toward him. She tried again to convince him to wait. “Ask the King,” she said, “I am sure he will let us marry.” But Amnon was stronger than Tamar and he overpowered her and raped her. Suddenly, he felt a tremendous hate for Tamar. The hate he felt for her was greater than any love he had ever had for her. He looked at her in disgust and said, “Get up and get out!!!”

Ask: Do you believe that Amnon was truly in love with Tamar? **(no)** What indicated he did not truly love her? **(He was deceptive; his feelings made him sick; he was disturbed that Tamar was a virgin and he could not have sex with her; he raped her; once his desires were satisfied, his love feelings left).**

Ask: What role did Amnon’s friend Jonadab play in encouraging rape? **(He helped him come up with a plan)** What does that tell you about choosing friends? **(You want to choose friends who lead you to doing honorable actions not pursuing harmful behaviors)**

Ask: Did Tamar sin? Was Tamar guilty of any wrongdoing? **(No).** Is there any way she could have been wiser? **(She could have refused to stay in the bedroom with him when he sent everyone else out.)**

Say: In many cultures, girls are taught to be polite. But it is very important for a young woman to protect herself by also being with a group of people, including some girls, to never be in the house alone with someone, even a cousin or uncle. Being in a group of people reduces a girl’s vulnerability to rape.

Say: I want to tell you another story about two other young people. Before I tell the story, I want you to know some things about their culture. Like in many African cultures, marriages were arranged, but when the couple came of age to marry, they could confirm the match. After that, there was a celebration

and they were officially engaged or betrothed. Their engagement or betrothal was a

very serious commitment which lasted one year. They were not fully married during the year of engagement, in that they did not live together or have sexual relations. But, if the man died during the year, the woman was considered a virgin widow. A widow because of the seriousness of their commitment; a virgin because they had not yet had sex.

KNOW Matthew 1:18-25 well enough to tell the story. You may tell it like this:

Mary and Joseph were betrothed or engaged to be married. But before the year of betrothal was over, Mary became pregnant. Joseph, a righteous man, decided that he would separate himself from Mary privately so as to not embarrass her. An angel of the Lord came to Joseph in a dream and told him that he could go ahead and take Mary as his wife because the baby within her was God's child, conceived by the Holy Spirit. The angel told Joseph, "Mary will give birth to a son and you are to call him, Jesus." Joseph followed the angel's instructions and took Mary as his wife, but did not have sexual relations with Mary until after that baby Jesus was born.

Say: *Joseph had fallen in love with a pure, young virgin girl, and they had publicly pledged themselves to each other in a formal introduction. After this Mary became pregnant.*

Ask: *Young men, if you were Joseph, what would you think if you found out that this girl had become pregnant and you knew you had not touched her? (You may have to emphasize that no angel had spoken to Joseph yet. Make sure they realize that Joseph would feel betrayed and heartbroken).*

Say: *According to law that Mary and Joseph's people followed, as it says in Leviticus 20:10, Joseph had the right to take Mary outside the city and have her stoned to death. He could show he was really a man!!*

Ask: *But what did Joseph want to do with Mary? (In his righteousness he was kind to her, even when he himself felt betrayed. He showed selflessness and true love. Once he knew the truth, he married Mary.)*

Ask: *Once they were married, do you think that Joseph wanted to have sex with Mary? He probably saw her dress and probably slept beside her, so would Joseph want to have sex with his wife? (yes) Everybody already believed they had had sex and everyone knows that married people have sex, so what difference would it have made? Who would have known? Give time for responses.*

Say: *God would have known and Joseph in his righteousness did not demand sexual relations with her so she could fulfill what God had for her to do. He put God's desires for Mary above his own desires for her.*

Activity: *Read or quote 1 Corinthians 13:4-7, or have someone read the passage. Choose two boys from the audience. Select one to be Amnon and the other to be Joseph. Using key words from 1 Corinthians 13:4-7, ask the audience which one of the characters is rude. Ask them how Amnon was rude and then tape the word to Amnon's shirt. Ask which one is patient and ask how Joseph was patient. Then, tape patient to Joseph. Continue using words for Amnon and Joseph. After having the audience choose which character goes with each word or phrase, ask the audience which one "Love is..." and which one "Love is not..." and label each person accordingly. Then explain that a better way to describe Amnon rather than "Love is not..." is "Lust is..." and tape this label over "Love is not..." This will emphasize the difference between love and lust.*

Say: *True love involves commitment. Many girls ask, "Why do boys demand that we show them that we love them by having sex with them?"*

Ask: *How would you answer this question? (wait for some responses, like immaturity, lust, etc.) Once lust is satisfied, it*

loses its feelings for the other person. True love is willing to wait for marriage to express itself. Such love is based not on feelings, but on commitment. Marriage is not easy. Look at what Joseph faced with Mary. He was willing to do all that was required of him. In marriage today, commitment is hard work, but it is necessary for true love to survive.

Point to the phrase “self-seeking” on ‘Amnon’.

Say: *One way you can distinguish lust from love is by understanding motives in your relationship, not just the other person, but your own. Girls, do you want a boyfriend because he will make you feel good about yourself; you will become more popular; or other girls will envy you? Those are self-seeking or lustful motives. Guys, do you want a girlfriend because you will be more of a man; you will be able to have your physical desires met; or you will be able to boast to the other guys even if some of it is not true? Those are self-seeking or lustful motives.*

Point to the phrase “easily angered” on ‘Amnon’.

Say: *Sometimes you will hear girls say, “Oh, I know he loves me because he gets angry with me when I talk to someone else or he gets jealous” (also in 1 Cor. 13). But anger and jealousy do not show love. There is a common thought in many African cultures that it is OK for a man to beat his wife because otherwise she would not know he loves her. That is not godly, biblical thinking!! It is an excuse to be self-seeking and lustful and it delights in evil. So, ladies, when you say, “I know he loves me because he gets angry with me,” you are hurting love and degrading yourself. It you want to be treated with love, you have to act and think like a person who understands the beauty and power of love!!*

Point to the word “patient” on ‘Joseph’.

Say: *The key to true love is patience. Think about how impatience can lead you to a wrong choice. As you think of the dreams you have for the future, those dreams include children and family. As*

you build a relationship with someone of the opposite sex, there are questions you want to be asking:

- a) How does this person treat older people? I want to know this because someday my parents may come and live with us.*
- b) How does this person act toward children? Does he/she get angry easily or is harsh? Is the way he/she treats children the way I want my children with this person to be treated?*
- c) Does this person worship the same way I do? I want to know this because I want my family to worship together.*
- d) How does this person view money? If my goals are to own a house and I am willing to save for that future, do I want a partner who spends all the money on frivolous things?*

These, and more, are great questions to answer as you move forward in relationships, BUT they take patience to find the answers. If you are always alone with the other person, if you are in a physical relationship that separates you from others, will you watch how this person acts with other people, including your friends, older people and children?

Say: *Making a commitment to save sex for marriage is an act of true love and will help your future marriage. You will learn how to keep commitments. By controlling your body's sexual desires, you will learn to stay faithful in marriage. Practicing true love in family and friendships will equip you to put true love into practice in your marriage and with your children in the future. You will have a pure heart to give to your mate.*

Illustration: Hold up the paper cut in the shape of a heart.

Say: *Let's talk about Jacob again. When we talked about the mixing of body fluids and how they cannot be separated, we saw that, just as body fluids cannot be separated once mixed, that God intends for the whole oneness to never be separated or hindered once two people come together - because He planned for that to be the oneness of marriage. When 2 people have sex God intends that they become one emotionally, spiritually, and physically. Unlike animals, sex for humans has a deeper meaning than just the physical relationship because we are created in God's image and*

when we share that level of intimacy, we share a part of our heart with that person. While a condom may provide some physical protection, there is no condom to protect your heart. **Hold up the heart.**

Say: *What is this? (It's a heart). In most countries, a heart represents love. I want you to think of this heart as representing your innermost being - that place where you can give the most intimate and deep love to another person.*

Ask: *Who was Jacob's first partner? Tear off a piece of the heart.*

Say: *When Jacob became one with Abigail, he gave away a piece of his heart – his innermost self. (Drop the piece for Abigail on the floor. Continue to tear off pieces of the heart for each of Jacob's sexual partners until you have talked about each girl and torn up Jacob's heart, and it is lying on the floor.)*

Say: *Now Jacob finds the girl he wants to give his whole heart to.*

Ask: *What does he have to offer her? (Pieces of a broken heart.)*

Say: *Imagine this is your heart. You wanted it to be filled with true love. You dreamed of the person you will someday give your heart to. But, what happened to your heart when you shared yourself with others before marriage? When you give yourself to someone, you give them a piece of your heart. What will you have when you are ready to give your WHOLE heart to the person you wish to marry? Perhaps you are like Jacob and have a heart which is in pieces or broken. There is One who can heal a broken heart.*

If the situation allows, one of the team can give a testimony on how he/she was healed from a broken heart when he/she committed his/her life to Christ then.

Say: *God has the power to heal a broken heart (2 Corinthians 5:17). God can make your heart new. Many stories throughout history are of true love; love of a parent for a child; love between a man and a woman; love for country or friends; love for God. God is the creator of love. He expresses His love to us in many ways. The greatest expression of His love for us was through His Son, Jesus Christ. You don't have to be a follower of Jesus Christ in*

order to participate in True Love Waits, but Christ can give you the power to keep a commitment to sexual purity.

Ask: *What does Jesus have to offer as an example of true love? (Go on without waiting for answers if you don't get one quickly)*

- *He was tempted just as we are, but without sin (Heb 4:10). Jesus experienced the sexual development you experience. His body went through the changes any boy's body goes through to become a man. It means he noticed young ladies and admired them. But he did not think impure thoughts or follow any impure actions.*
- *He died so that we can be free from sin and have the power to withstand temptation (Romans 8:10). If you need help in your commitment to save sex for marriage or healing a broken heart, ask someone to help you understand better how Jesus can help.*
- *He helps us to be able to repent rather than to only be sorry for our broken hearts and past mistakes.*

Say: *There may be people here today that feel bad because they have already started having sex. What should they do? Others think that they can't change their actions because they are so used to doing them. What should they do?*

Say: *God wants to forgive you, and give you the power to change. Many people don't understand repentance or how to change their behaviour. To repent is more than feeling sad or being sorry. Feelings of guilt and being sorry may come because of having sex outside of God's plan. To feel sad or bad does not heal a broken heart. The meaning of repentance is to receive the forgiveness of God and to turn around and start a new life, as you are given a new heart.*

Say: *Let me give you an example so you can understand. (for this example pick two towns or villages that are east and west of you and then use the name of those towns wherever it says east town or west town.) Let's say that I told you I am going to east town. You told me that you would like to go with me and visit family. I welcomed you and was happy to have you along. We started our*

trip, but I started going towards west town. You say to me, “Excuse me, we are heading toward west town,” but I don’t turn the car around. After a few minutes you ask me again, “You said we were going to east town, but now we are going towards west town.” I say, “Oh, no! Please forgive me!” But I do not turn the car around. Again, you ask me, crying, “Where are we going? east town? west town? I need to get to east town.” This time I start crying and say, “Please forgive me, I am so sorry!!” But I still have not turned the car around. Have I repented? (No)

Now, let’s start our trip over. We are on our way to east town. We get in the car and I start driving to west town. You ask me, “Where are you going? You said we’re going east town, but now we are headed towards west town.” I say, “Oh, I am so sorry, please forgive me.” This time I stop the car, turn the car around, and we head toward east town. Have I repented? (Yes, I have.)

God will give you the power to repent rather than just being sorry. When you repent and ask God to forgive you and give you the strength to repent and turn your life around in another direction, He will hear you and answer your prayer.

If there is time, give an opportunity for youth to ask questions. Be sure the questions are answered according to the values of True Love Waits.

6. TRUE LOVE WAITS: Commitment Cards

Materials needed: commitment cards and ink pens.

Say: *TRUE LOVE WAITS believes in youth. It believes youth can follow God’s plan for their lives, including their sexual desires and behaviour. God’s plan emphasizes sexual purity through abstinence before marriage and desires to create positive peer pressure through the emphasis of positive values of God, family, and friendship.*

Say: *We want to challenge you to make a commitment to live by this standard and to confirm your commitment by signing TRUE LOVE WAITS commitment cards. We want you to understand the*

*commitment. It is a covenant between you and God; it is a serious commitment that will need much support and encouragement. TRUE LOVE WAITS lessons and discussions will help you understand the commitment you are making. **Read the card through entirely; then break it down as follows:***

Believing that TRUE LOVE WAITS, I make a commitment to God. . . *Commitments are important and reveal real strength of character. When we choose to live by God's standards, we choose the highest and best for ourselves. God is a God of commitment to us and He is the one who can help us make and keep commitments.*

Myself: *Lust and sexual pleasure are often substitutes for meeting real heart needs. They leave one feeling guilty and lonely and often afraid. The True Love Waits programme will help you to develop high self-esteem, learn how you are uniquely male or female, and discover your gifts and talents.*

My Family: *Many families are suffering because they have not sought to have pure lives. Yours may be one of them. Almost every parent wants the best for their child and wants them to succeed and reach their dreams of having a good family themselves so that they don't suffer from the consequences of bad choices. Making this commitment will help these dreams come true.*

My Country: (name of country) *desperately needs a generation which is healthy and embraces moral principles. Such a generation has the power to change the history and reputation of the country for generations to come.*

My Friends: *True Love Waits encourages youth to love and to live. Your commitment will challenge your friends. The True Love Waits programme will teach you how to have fun with your friends, how to communicate, and how to deal with conflict.*

My Future Spouse and My Future Children: *Your dream of a happy family and a happy home depends on your behaviour today. The True Love Waits programme will help you acquire skills that will help you establish a happy home. Research shows the more one participates in pre-marital sex, the less likely sex in marriage will be fulfilling and faithful. Give yourself, your spouse, and your children the joy of a faithful marriage.*

To A Lifetime of Sexual Purity: *Purity is the highest standard and includes what you think, what you read, the situations you are in, etc. It means avoiding enticing situations and fleeing sexual immorality. This commitment is not for virgins only. Anyone can make a commitment from this day forward to sexual purity.*

Waiting Until the Day I Give Myself Only to My Marriage Partner in a Faithful Marriage Relationship: *Purity in abstaining becomes purity through faithfulness in marriage. True Love Waits extends to a commitment to faithfulness in marriage.*

Read the card through one more time.

PRAY FOR THE WHOLE GROUP.

After you have prayed, **Say:** *Those who want to make a commitment may stay, while the rest are dismissed.* **OR, Say:** *If you want to make a commitment, come back in after everyone has been dismissed and then you can make a commitment and sign a commitment card.*

DO NOT MAKE SIGNING CARDS EASY. To do so will cheapen the commitment and does not challenge them to face the negative peer pressure they will later face.

Ask each youth who desires to make this commitment to sign all three parts of the card. The first one is for them to return to the presenters for follow-up. The second one is for them to keep. The third one is wallet sized so that they can keep it in their wallet.

Suggestions:

1.) This is a voluntary commitment. Just before youth sign you may ask, “*Now you understand this means NO SEX before marriage and ONLY with your marriage partner after marriage?*” We want to encourage youth to make a commitment, but we do not want to coerce anyone into a false commitment.

2.) After cards are signed, have all youth read their cards in unison, each one saying his/her name after: *Believing that True love Waits, I, name, make a commitment...*

- 3.) Challenge youth to keep the card in a place which will serve as a constant reminder, i.e., with their identity card, on the mirror, in their Bibles, or in their photo album.
- 4.) Encourage each youth to begin today to pray for his/her future, and if that future includes a mate, that God will keep and protect him/her (even if that person is presently unknown).
- 5.) Challenge each one to give the card to his/her marriage partner as a part of the wedding ceremony, affirming that from this day forward they waited and prayed.
- 6.) Ask each youth to find two others of the same sex who have made the same commitment to meet together as a group once a week to encourage each other and be accountable to one another.
- 7.) Give youth other pointers on keeping this commitment:
 - a. Join a True Love Waits club or attend follow-up lessons, if possible.
 - b. Be careful of what you put in your mind through books, magazines, videos, etc.
 - c. Thinking about this commitment in terms of the years before marriage may seem overwhelming. But youth can keep this commitment one day at a time. In Luganda there is a proverb: “Kamu, Kamu, gwe muganda “ which means, One by one makes a bundle. In Swahili, it is “Haba na Haba hujaza kibaba” which means Drop by drop fills a bucket. Encourage youth to keep this commitment one day at a time and eventually they will find that they have covered many years and are committed, pure adults.
- 8.) When youth return the copy of the commitment card for the campaign, check each one as you receive it to be sure an address or contact information is on each one for the purpose of follow-up. You may wish to record names and addresses or give them to a responsible leader to follow-up.

Always stress the seriousness of this commitment: If signing a commitment card is made easy, the commitment for all youth loses its power. If other youth see that anyone can sign a card, but those who have signed continue in sexual activity, then the campaign

True Love Waits has no meaning and many others will take the commitment lightly. It is very important that youth sign out of their own conviction; that the cards are not just freely passed out to everyone; and that they understand that the commitment is very serious. When those who do not want to sign are dismissed, it is sad to sometimes see 50% or more of the youth leave. But when others see the change in the youth who make a true commitment, True Love Waits—following God’s way—gets a good reputation! We want His ways honoured!

Addendum #1

Tips for TLW Presenters/Trainers (non-exhaustive)

General tips

- Always try to draw the crowd out and involve them in the presentation.
- When someone gives you a good answer, tell them it was a great answer or affirm them for giving you a good answer.
- If the answer someone gives isn't quite right, try to reword it so that it is right and then affirm them.
- Arrive at the venue at least 20 to 30 minutes before the presentation. Use the time to talk and, if possible, pray with the people in charge, to check the room arrangement and make any changes necessary, and to set out the props in an orderly way.
- At the end of the presentation, thank the people who invited you to come.
- Arrange in advance who will lead the follow-up Bible studies and when they will be held. The leader can either be you or someone from the community whom you prepare to lead the Bible studies.

Introduction of TLW Team

- Be sure to tell them that you made a commitment to abstinence and when you did that. If you are married tell them that you have made a commitment to faithfulness.

Introduction of TLW

- Stress that they can ask questions, even the ones that might be embarrassing.

Ice Breaker

- Get them into pairs at the end of the activity or throughout the activity.

1. My Dream Family

- Be sure people in the role play understand their role and are prepared in advance for this section (during the Ice Breaker is a good opportunity).
- Make sure that family No. 1 is not “perfect” just “healthy.” Stress that it’s not that they have a lot of money, but they planned or know the importance of education.
- Get the audience to applaud the job that the actors did in the role play.
- When asking them questions, if they don’t answer right away, be prepared to give an answer about your own family.

2. Multiplication Factor

- Get one of the other presenters to help you by handing you numbers, filling and handing out the glasses, etc.
- One way to handle having them answer 2c and 2d is to tell them that you’re going to count starting at one, and you want them to raise their hand when you get to the number that they think is correct, and then leave their hands in the air. When half of them have their hands in the air, use that as the average.
- If someone says the average girl or boy has sex with only 1 partner, call them on that. Make it fun, go to them, remind them we’re not talking about them, or even necessarily church people, but the average person in their community. Remind them of the age that boys/girls start having sex and let them know that you don’t believe that a girl or boy starts having sex at 13-14 and only has sex with one partner before getting married.
- Ask people their names as they come up to participate, if their real name is the same as the one you are going to give them for the role play, change the name in the role play.

3. What are the Choices

- Tell them what you are doing when you put the poison in the donut, roll or orange.
- After you show them that they can’t see the poison, ask them if there is anyone who would like the donut, roll or orange now.

- Beautiful Water/Beautiful Sex is actually part of the Choices section, but is separated because of its significance in decision making. It stands out as the ultimate wise choice.

4. Beautiful Water/Beautiful Sex

- If you think they may have a hard time reciting the water words, read the passage from Proverbs and then read it a second time and ask them to raise their hands each time they hear a water word... you raise your hand too. (It's better not to have someone else read this passage)..
- Stress how much water and sex are alike.
- When talking about bringing your sex life into God's boundaries through repentance, share a personal testimony if you are prompted to do so.
- Taking a short break after this exercise is a good idea. This is also a good time to do Wicked Dr. AIDS if you are going to do the skit as a part of the presentation.

5. What is True Love?

- When telling the story of Amnon and Tamar, explain in the beginning that a brother and half-sister could marry at the time. So, they are just like any two youth. After that do not call them brother and sister, saying, "his sister" or "her brother" because we do not want youth to them about siblings but about boyfriends and girlfriends. So after the initial explanation, only call them by their names, Amnon and Tamar.
- Give the "Love is..." cards to various participants to stick on Joseph and Amnon as you call out the word.
- Read the "Love is..." and "Love is not..." descriptions together and then re-read the "Lust is..." description.

6. True Love Waits Commitment Cards

- To make sure that participants make the commitment for the right reasons, dismiss all of the participants, and then ask youth

who want to make a commitment to come up on their own initiative.

- As you are sharing about the follow-up Bible studies, announce who is leading the follow-up Bible studies along with when and where they will be held.
- Make arrangements in advance for which presenters will talk with those who make a commitment to abstinence, and which presenter will talk with those who don't want to sign commitment cards.
- Have a follow-up bible study sign-up sheet and direct people to sign up for the follow-up Bible study if they would like to participate in the Bible studies. This is open to those who have signed the cards and those considering abstinence.
- Have the participants sign all three of the cards. They return the first card to you, they keep the 2nd card (with many hearts on it) and can put it in a safe place to keep to give to their future spouse, and they can put the smallest card (card 3) in their wallet to remind them of their commitment.

Addendum #2

How to Teach Someone to Present True Love Waits

Selection of Potential Presenters

There are four essential beliefs/commitments that all True Love Waits (TLW) presenters must make:

1. A commitment to Jesus Christ as Lord and Savior and to living an active Christian life of integrity. The basis of True Love Waits is scriptural; therefore presenters must have a personal relationship with Christ in order to be effective as a presenter. Each presenter must be someone who can stand with integrity before others as an example of a person who has a growing relationship with Christ.
2. A commitment to purity. The purpose of True Love Waits is to challenge youth to live a life of purity, pleasing to the Lord, for His glory and their blessing. In order to be a presenter, that commitment must be lived out on a daily basis.
3. A commitment to the leadership qualifications identified in the Facilitators Manual, including honesty, kindness, friendliness, preparation, and confidence.
4. A belief that, with God's help, it is possible for a boy or girl to grow to the time of marriage, never having sex with anyone until the day he/she marries and then only with his/her spouse.

Training Process

True Love Waits is an oral programme, therefore, it is important for presenters to be familiar with the presentation. The Facilitator's guide provides a detailed plan for how to present TLW to a group. In preparation for becoming a TLW presenter, it is important to be familiar with each of the activities in the presentation and their purpose. The more familiar you are with each of the activities, the more natural you will be when you actually stand before a group and present.

We use the principles in 2 Timothy 2:2 as a guide for training. "And the things that you have heard me say in the presence of many

witnesses entrust to reliable men who will also be qualified to teach others.” You must learn from someone who is familiar with True Love Waits material and has led presentations several times with youth. Then you must also present True Love Waits to groups of youth as you are taking others along so that they are also qualified to teach others.

The training process includes four phases:

1. Observation of at least one entire presentation—All potential presenters must observe a True Love Waits presentation in its entirety.
 - a. Discuss with trainers the purpose of each of the activities
 - b. Ask questions for clarification on the presentation.
2. Help lead a presentation—Work with an established team to present a portion of the presentation to a group.
 - a. Receive feedback from other team members.
 - b. Ask questions for clarification on the presentation.
3. Lead presentation as a team—Work with a team to present the entire presentation while being observed by someone who has trained others.
 - a. Receive feedback from other team members.
4. Identify other possible presenters
 - a. Take others along to observe and then help present True Love Waits.

Addendum # 3
MEDICAL SCIENCE ANSWERS FIVE QUESTIONS ABOUT
AIDS

1. What is AIDS?

- It stands for *acquired immune deficiency syndrome*.
- It is caused by a viral infection, the HIV virus.
- It weakens the immune system.
- It can damage the stomach, bowels, skin, chest, muscles, and brain.
- Medicines can help, but there is no cure.

2. Is AIDS a big problem in Africa?

Yes, it is a big problem in Africa and is increasing in other parts of the world. An increasing number of healthy people are infected. Millions of people have died of AIDS and many more will die. There is no vaccination for prevention. There is no cure and none is expected in the near future.

3. How is the infection spreading?

The HIV virus is invisible from the outside of the body so infection is passed. . .

- Mainly by people who feel and look healthy and do not know they are infected
- Mainly by sexual relations outside of marriage, that is, adultery, homosexuality, premarital relations, etc.
- From mother to their newborn babies or through breast feeding
- From untested blood or unsterilized needles for injections

4. Are there other ways to get the infection?

- **NOT** by touching, holding hands, or sharing food or water.
- **NOT** by clothing, toilets, eating utensils, or bedding
- **NOT** by being near or touching or taking care of people living with AIDS
- **NOT** by mosquitos, bedbugs, or other insects

5. Who is most likely to get the infection?

- People who have sexual relations with people who have sex with others.
- People who have sexual relations with different partners.
- People who use sex outside of marriage for money, recreation, prestige, or favours.
- People who cannot say "no" to others who demand sex.
- People who do not know if they are infected and who have sex with someone who does not know if he/she is infected— even within marriage.

GOD'S WORD ANSWERS FIVE QUESTIONS ABOUT AIDS

1. What is God's plan for sex and marriage?

- Sex is only for a husband and wife together; sex outside of marriage is foolish and deadly (Proverbs 5:1-12).
Also read Proverbs 5:15-23 and Proverbs 7.
- Sexual immorality is like living in darkness; sex in a loving marriage is wisdom and light (Ephesians 5:6-9,25-33).
Also read 1 Corinthians 6:9-20 and Romans 13:12-14.
- Whoever rejects God's teaching about sex and marriage rejects God Himself (1 Thessalonians 4:1-8).

2. How can I control my sexual behaviour?

- Knowing what is right is not enough; doing what is right is only possible through the Holy Spirit (Romans 7:14–8:6).
- You can choose a life controlled by human nature or life controlled by the Holy Spirit (Galatians 5:16-22).
- Do not be influenced by your past mistakes; get a new start through confession and forgiveness. I John 1:8 - 2:6

3. What is my responsibility toward people with HIV or AIDS?

- Care for them as you would Jesus Himself; give food, drink, clothing, shelter, nursing care and comfort. Matthew 25:31-46
- Care for them as your neighbour; be filled with pity and give medical care. Take care of their physical needs. Luke 10:30-37
- Care for them as for yourself; prove faith by actions. John 2:8-9, 14-17.

4. How can I receive comfort if I have HIV or AIDS?

- God is still God; trust in Him. Psalm 23:1-4.
- Nothing can separate you from God's Love. Romans 8:28-39.
- God's love and forgiveness are greater than all sin and guilt. Psalm 103:8-13
- God controls life, death and eternal life. John 11:20-27
- Live by faith and not by sight. 2 Corinthians 4:13 - 5:6
Also read: John 14; I Peter 1; Luke 5:12-26; Psalms 25, 27, 40-41; I Corinthians 15; Hebrews 4:14-16

5. How can I live forever if I am dying of AIDS?

- Repent of your sins. Acts 2:32-42
- Put your faith in Jesus. Romans 3:21-26
- Be born again in the Spirit. John 3:3-17
- Receive assurance of eternal life. I John 5:11-15

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