

## SEXUAL CHALLENGES

From the age of 12 onwards our bodies start having physical and mental changes. One of the major changes is growth of some body parts and development of sexual feelings. These feelings are natural, they are not to be ashamed of however how you handle them will determine your present life and future. They get so intense 14 years onwards and many teenagers make mistakes during these years.

During this time, teenagers learn about sex and engage in one or more of the following:

- Strong attraction to opposite sex
- Lustful feelings
- Starting relationships
- Fornication (engaging in sex before marriage)
- Start accepting touches from opposite sex, kissing, caressing
- Learn to read romantic novels/ material
- Watching romantic/ pornographic films
- Masturbation
- Homosexuality

All these affect your mind negatively.

What to do now:

- Get active in constructive activities that will occupy your mind e.g. sports, youth clubs etc.
- Avoid any thing, friends or environments that cause you to think about sex
- Practice self- control i.e. you are in charge of your body, not the body in charge of you.
- Honor God with your body and mind. Don't accept junk to go into your brain or anyone use your body.

*Remember you are responsible for the decisions and consequences that happen to you. Life is a sum total of all the decisions that we make. Therefore, make right choice concerning your mind and body.*