

# ***Healthy Latter-Day Saint views of Sexuality***

**An Overview of inappropriate  
beliefs and suggestions for a  
better framework**

# *Topics*

- ◆ Same Sex Attraction
- ◆ Sexual Abuse
- ◆ Suggestions on how to teach Youth about Intimacy
- ◆ Intimacy between a Husband and Wife
- ◆ How to deal with a pornography addiction
- ◆ How to protect our family from the internet

# *Ground Rules*

- ◆ What I share tonight are my opinions and the opinions of others. While many come from experts and from Church Leaders, in the end it is up to the Holy Ghost to teach you truth.
- ◆ You are welcome to disagree with any part of tonight, but I would ask that you be willing to re-examine your held beliefs to see if they perhaps are what is skewed.

# *Same-Sex Attraction*

- ◆ Many members of the church have yet in their mind to separate Same Sex Attraction from
- ◆ Homosexual Behavior
- ◆ - Many people have inclinations within them that cause them to feel an attraction to people of the same gender. “Mitch Mayne”
- ◆ - We do not know whether these are choices, environmentally caused, a subliminal choice or a combination of multiple factors
- ◆ - Any opinion that says that those struggling with SSA choose this would be an incorrect blanket statement and would in the majority of cases be false

## *Quotes from General Authorities*

- ◆ **Elder Holland speaking to individual with SSA who has kept the law of Chastity** - ““As for why you feel as you do, I can’t answer that question. A number of factors may be involved, and they can be as different as people are different. Some things, including the cause of your feelings, we may never know in this life. But knowing why you feel as you do isn’t as important as knowing you have not transgressed. If your life is in harmony with the commandments, then you are worthy to serve in the Church, enjoy full fellowship with the members, attend the temple, and receive all the blessings of the Savior’s Atonement.”
- ◆ **Elder Dallin Oaks has stated-** “Persons ... struggling with the burden of same-sex attraction are in special need of the love and encouragement that is a clear responsibility of Church members.”

- ◆ President Hinckley stated we should not suggest these individuals simply get married and that will cure the issue.... more times then not it doesn't.
- ◆ President Hinckley also said - ““People inquire about our position on those who consider themselves so-called gays and lesbians. My response is that we love them as sons and daughters of God. They may have certain inclinations which are powerful and which may be difficult to control. Most people have inclinations of one kind or another at various times. If they do not act upon these inclinations, then they can go forward as do all other members of the Church. If they violate the law of chastity and the moral standards of the Church, then they are subject to the discipline of the Church, just as others are”

# *Sexual Abuse*

- ◆ Sexual Abuse is way more rampant than many of us are aware.
- ◆ - 1/3 of all females will have been sexually abused at some point in their life.
- ◆
- ◆ - 1/6 or higher % of males have been sexually abused
- ◆ - 2/3 of abuse occurred by someone the victim knew



## ***Thoughts for those who have been abused***

- ◆ #1. You are not alone.
- ◆ #2. This abuse has far reaching effects that can linger with us for a lifetime. Ex: Depression, eating disorders, substance abuse, mental disorders. This abuse can affect your future relationships including your marriage.
- ◆ #3. There is help available. Resource list for all topics is available at the end. You have to take the first move and talk to someone.



## ***5 tips to protect your children from sexual abuse***

- ◆ **1. Talk.** Talk often with your child and set a tone of openness. Talking openly and directly will let your child know that it's okay to talk to you when they have questions. If your child comes to you with concerns or questions, make time to listen and talk to them.
- ◆ **2. Teach.** Teach your child key safety principles. For instance:
  - ◆ Teach children the names of their body parts so that they have the language to ask questions and express concerns about those body parts. If your child is uncomfortable or if someone is touching them, he/she should tell a trusted adult immediately.
  - ◆ Let your children know that if someone is touching them or talking to them in ways that make them uncomfortable that it shouldn't stay a secret.
- ◆ **3. Empower.** Your child should know that s/he has the right\* \*to\* \*speak up if they are uncomfortable, or if someone is touching them. It's okay to say "no" even to adults they know and family members.
- ◆ **4. Implement.**
  - ◆ Implement Internet safety protocols, and parental controls through platforms such as the Google Family Safety Center. Work with older children to set guidelines for who they can talk to online, and what information can be shared. For instance, be cautious when leaving status or away messages online and when using the "check-in" feature on Facebook or Foursquare.
- ◆ **5. Educate.**
  - ◆ Educate yourself about the warning signs of childhood sexual abuse. Know what to look for, and the best way to respond.

# *How to Teach Youth about Sexuality*

- ◆ Find Courage to discuss it. They are getting sexual information at school – Your their best hope at getting the right view. Prepare beforehand – by being informed yourself. Resources included in the resource page.
- ◆ Overcome personal barriers
- ◆ Embarrassment, Lack of personal conviction of the goodness of intimacy within a marriage, Lack of knowledge, Fear that sexual knowledge will lead to promiscuity.
- ◆ Build a relationship with your children that when a question arises they will seek you out

# *How to Teach Youth about Sexuality*

- ◆ Take a Positive Approach – Intimacy, is good, it's fun, it's important, and approved by God – within Marriage.  
“NO LICKED CUPCAKE”
- ◆ What to Teach? - teach to age appropriate level
  - ◆ God's standards for sex and intimacy including modesty and dating standards – be positive
  - ◆ Sexual behavior can be controlled
  - ◆ Sexual fulfillment takes time and effort after marriage – correcting a false assumption
  - ◆ The blessings of righteousness

# *Intimacy Between a Husband and Wife*

- ◆ What is appropriate sexual behavior between a husband and wife?
- ◆ - That is a decision to be made between a husband and wife and perhaps best decided prayerfully seeking the guidance of the Holy Spirit.
- ◆ Some things to ponder when making these decisions.
- ◆ 1. False Preconceived notions – what you were taught
- ◆ 2. Good Girl / Good Boy Syndrome
- ◆ 3. Sexual Wiring in Men and Women

## ***Quotes from Church Leaders***

- ◆ **President Joseph F. Smith stated** - [T]he Church of Jesus Christ of Latter-day Saints has formulated no special rules governing the associations of married people. . . . [A]s to their mutual conduct in the marital relation, so far as sexual intercourse is concerned, they are left entirely free. [1]
- ◆ **President Joseph Fielding Smith stated when asked a similar question by an anonymous female member**
- ◆ *“The Brethren feel that the question which you raise is such as should be answered by you and your husband and in accordance with your own convictions. The Church has never believed it necessary to issue instructions pertaining to intimate relations between husband and wife.”*
- ◆ **Others Statements-** *“[S]exual relations within marriage are divinely approved not only for the purpose of procreation, but also as a means of expressing love and strengthening emotional and spiritual bonds between husband and wife.”*

*“Physical intimacy between husband and wife is beautiful and sacred. It is ordained of God for the creation of children and for the expression of love within marriage.”*



## *Other Thoughts*

- ◆ Some Leaders on occasion have shared their opinion or interpretation privately or have shared an opinion or interpretation not meant for the general membership. I would add that
- ◆ - the Holy Ghost is key. It really is the only way to know pure truth.
- ◆ - As Elder Neil Anderson said this past conference - “The doctrine is taught by all 15 members of the First Presidency and Quorum of the Twelve. It is not hidden in an obscure paragraph of one talk. True principles are taught frequently and by many. Our doctrine is not difficult to find.”
- ◆ - Also as Elder Christofferson said in the previous Conference –
- ◆ “a statement made by one leader on a single occasion often represents a personal, though well-considered, opinion, not meant to be official or binding for the whole Church.”

## *Other Thoughts*

- ◆ *While the church has not created nor declared a formal list of do's and dont's it certainly has given us principles to be guided by.*
- ◆ - We have been taught on multiple occasions to stay clear of unholy or impure practices.
- ◆ - Anything involving Pornography – Define Pornography ? – “I may not be able to define it, but I know it when I see it”
- ◆ - Anything that is not consensual or is done with coercion would be flat out wrong
- ◆ - Moving Goal Post – not a perfect answer – Get the spirit
- ◆ - If after confronting false perceptions, preconceived notions, and prayerfully pondering, and you are still uncomfortable with something going on in your bedroom then perhaps that is your answer.



# ***Pornography***

- ◆ **Science** has shown a Pornography addiction has the same hold as a drug addiction such as cocaine or heroine
- ◆ 50 – 70% of Christian Men struggle with pornography
- ◆ 38% of Christian Pastors admit having a Pornography addiction
- ◆ 73% of teenage boys admit to viewing Pornography at least once a month
- ◆ 80% of pornography addicts are men – so 20% are women
- ◆ - Do I have your attention?????

## *How to understand it*

- ◆ For the Sisters - Chocolate
- ◆ Those addicted never start the process of repentance by admitting there is a problem. Why?
- ◆ Spouses are angered by it, threaten divorce if they ever catch wind of it, unwilling to acknowledge how bad it is. They condemn those caught in it with such harshness, strugglers are frozen and isolated from admitting their problem and getting help.

## ***How to begin addressing it***

- ◆ abettermormon.com – sign up and take part in a credible program
- ◆ <http://addictionrecovery.lds.org/?lang=eng>
- ◆ Clear the house of triggers – Magazines with softporn (cosmo, SI Swimsuit issue, Victoria's Secret, Maxim, Redbook)
- ◆ Computer in Public Room – by a window
- ◆ Web Filter with Accountability Person
- ◆ **There has to be accountability and some sort of Program**

# *How To Protect your Family from the Web*

- ◆ Web Filters
  - ◆ - there are many – some cost money and some are free.
- ◆ Personal choice – K9Web Protection
  - ◆ - Person of Accountability in charge of password (no-one else to have password)
  - ◆ - What happens if they go into something inappropriate? What loopholes are there?
  - ◆ - To ensure loopholes are not found sign in and regularly observe internet activity? Also if those in the home have access to your email account they may be able to reset password. Check it regularly. Be aware of access and behavior
- ◆ **There has to be accountability and some sort of Program**