

# Extreme Life Promises

**1** I will make Jesus both Savior and Lord of my life and serve and love Him joyfully with all my heart, soul, and mind.

2 I will honor God by obeying my parents and having a good attitude toward them.

3 I will stand up for what is right even if my friends and others disagree or make fun of me.

**4** I will guard my heart and mind by not watching unclean movies or pornography or listening to music with words of violence or sex.

5 I will not play computer games that emphasize sex and violence and will not use the Internet to look at pornography or participate in bad or dangerous chat rooms.

6 I will not smoke, drink alcohol, or use drugs.

7 I will not make fun of other boys or girls as their bodies change during adolescence.

8 I will honor members of the opposite sex by dressing appropriately and modestly, by not flirting, by not being physically aggressive, and by keeping my sexual desires under control.

9 I will not date until my parents say I am ready emotionally, physically, and spiritually.

10 Based on my answers to the chart shown below, I have decided that I will not go beyond \_\_\_\_\_ [fill in the activity] with someone of the opposite sex before marriage.

**11** I will remain pure and keep my sex gift for my spouse in marriage.

12 As I grow up I will protect unborn life by not having an abortion or by encouraging a friend to have an abortion.

Directions:

1. Using the descriptions of physical affection and sexual activity, make your own list on the lines provided of activities that go from least dangerous (by the cliff) to the most dangerous (off the cliff).
2. Place an "x" on the cliff (next to the arrow point for that activity) that shows how far you think the average teenager goes in expressing physical affection to someone of the opposite sex.

👉 lying down while passionately hugging and kissing

👉 kissing

☞ touching below the neck

👉 holding hands


☞ touching below the waist

👉 being alone with the opposite sex

👉 hugging and kissing passionately

👉 having sexual intercourse

👉 hugging

 removing clothes

Signature

Date \_\_\_\_\_

