

Teen/Young Adult Sexuality Covenant

By the Rev. Dr. Kevin E. Frederick

Because I have been created in the image of God and because God has blessed me with daily gifts of health and well being throughout my life to grow into mature adulthood, and because through Christ our Lord, I am called to the spiritual maturity of Christian discipleship;

I therefore pledge to:

- Acknowledge that my physical and spiritual well being is intricately tied together into the whole of my identity.
- Because of the sacredness of my sexuality, I vow to state clearly my boundaries of intimacy when involved in a dating relationship. When someone else pushes those boundaries or seeks to violate the sacredness of my own sexuality through teasing, discounting or pushing me to do something that I am not comfortable with, I promise to restate those boundaries and defend myself.
- Acknowledge and celebrate that the sexuality of other human beings is also a sacred gift and one that I must respect as part of the wholeness of that person. I vow to respect the sexuality of my friends and dating partners by honoring their dignity as a person, by refraining from putdowns or innuendos that diminish their worth, and by respecting the boundaries of my dating partner.
- Be attentive to the comments and concerns my friends raise about dating relationships, by being a good listener and by helping my friends connect with helpful adults that can address their issues. Knowing when to refer to an adult allows me to be a positive and supportive presence with my peers.
- Acknowledge and celebrate that my own sexuality as a male or female Christian is a sacred gift from God and that the full expression of that sacred gift is to be shared intimately only within the context of a mature loving and deeply committed relationship- ideally, marriage.
- Acknowledge that if I am in a situation with other friends or on a date where my sexual identity and integrity, or that of another person in my presence, is in any way compromised by the actions or coercions of those with whom I am with, then I will take appropriate measures to protect myself or to defend the integrity of another by removing myself from the offending parties and limiting contact with them; or in extreme cases by seeking help from a parent, another adult or a police officer if needed. And I will have an agreed upon strategic plan with my parent that I can call on at any time.

Signature of Youth _____

Signature of Parent _____

Signature of Youth Leader or Pastor _____