



Teen Girls Book Club

Project Proposal



Every Young Woman's Battle

By Shannon Ethridge & Stephen Arterburn

Summary

Objective

You have read the book *Every Young Woman's Battle* by Shannon Ethridge and Stephen Arterburn. Your understanding of "sexual integrity" should be clearly rooted and grounded in God's Word. Hopefully, you have walked away from this reading understanding that YOU ARE NOT ALONE in the struggle for purity and that sexual purity is possible through Christ's overcoming power and your steadfast intimacy with Him first and foremost.

Goals

You are going to take what you have learned and apply it to a project of your choice so that you can SHARE THE SECRET! One of the foundational concepts you should embrace from the book is found in John 8:31-32 and your understanding of God's truth. With that in mind, you will complete one of the following projects (or both if you want) to solidify the spiritual commitment you have made in your journey through this book.

While sex is a difficult conversational topic, it is one that you will either have appropriately or inappropriately at some point. These projects will help you address the issues you will face in your dating life in very different, and more importantly, very healthy ways with someone you can trust.

Celebrate the reality that your confidence is in Jesus first and trust Him for His perfect plan for you!

Choices

To wrap up your study of *Every Young Woman's Battle*, you should choose one of the following projects to complete. As stated earlier, being honest removes the stronghold and power that sexual temptation holds over you. So these projects are meant to be shared with 1) your mom; 2) a close adult, female family member; or 3) a trusted female mentor in spiritual leadership.

Project Themes: Truth AND Dare

Shannon talked about the common childhood game “Truth or Dare” and our willingness to take a risk simply to avoid talking about something private or embarrassing. Are you prepared to play Truth AND Dare? With these two projects, you don’t have a choice: you must be transparent AND you must take a risk. Are you up to the challenge?

Project #1 Take the Music Challenge

- 1) Choose 9 close friends to take the music challenge with. Be sure to choose female friends.
- 2) Collect their email addresses to use in your electronic survey you will create.
- 3) Make a list of questions to ask about the content of their iPod, iPhone, or MP3 music libraries. Questions can include the ones below, but you should also write at least 3 questions of your own to add to this list. Questions should consider how the lyrics and content of music can impact a young woman’s personal thoughts OR influence the way others view YOU as a teen girl.
 - a. How many songs in your music library contain the word “sex” or “sexy”?
 - b. How many songs in your music library ALLUDE to sexual activity (not only to intercourse but other types mentioned in the book as well) without saying the word?
 - c. How many songs in your library speak of women in a negative/degrading manner?
 - d. How many songs in your library portray sexual attraction based upon the LOOKS/PHYSICAL APPEARANCE of the female?
 - e. How many songs in your library depict the male in a sexually powerful role and the female in a hesitant role in regard to engaging in sexual activity?
 - f. How many songs portray a same-sex relationship?
 - g. Add question 1 of your own
 - h. Add question 2 of your own
 - i. How many songs do you currently have in your music library?
 - j. Your opinion: Sexually explicit music influences teens to have sex earlier than other teens? Yes/No
- 4) Set up a Survey Monkey free account to keep track of the data you receive from your friends. Be sure you also include YOUR OWN personal data for the project as well. Here are the instructions:
 - a. Go to www.surveymonkey.com.
 - b. Click on “Sign Up Free.” Choose a user name (avoid using ANY personal information). Choose a password you can remember (write it down).

- c. Log in. Click on “Create Survey.”
- d. Give your survey a title like “Music Survey Inventory.”
- e. For the category: choose “Just for Fun.” Click on “Continue.”
- f. Choose a color scheme that you prefer and one that will engage your participants.
- g. Click on “Add Question.” Type a question from the list into the box.
- h. Choose the “Question Type” from the dropdown box. You will choose “Comment/Essay Box.”
- i. Click “Save and Add Question” until you finish with all 10 questions. After the last question, click on “Save and Close.”
- j. Preview the survey to see how it looks. When you like it, click on Send Survey.
- k. Scroll down to the bottom where it says, “More Ways to Send,” and click on “Add.”
- l. Click on “Start” to add the emails for all the participants you have selected.
- m. Type one email address on each line in the box, and then click on “Save and Continue” in the top, right corner.
- n. Then create a personal message you want to go with your survey. Then “Save and Continue.”
- o. Be sure you click on “Send Verification Email” now so that you can verify your personal email address is correct. Log into your email, open the email from Survey Monkey, and click that you are verifying. Then you can go back and finish saving your survey.
- p. After all survey information is complete, you will want to analyze the results.
- q. Go back to Survey Monkey, click on your survey, and click on “Analyze Results” in the top right corner.
- r. Make a PowerPoint slide or a poster that represents the data in your survey. Be sure to figure out what percentage of each person’s music contains sexual content. For example, if a person has 179 songs total and 87 contain the word “sex” or “sexy,” you would take 87 divided by 179 to equal .48. Move your decimal point two places, and you would see that 48% contain those words. Calculate the percentage for each question. You can use this information to make your poster. Be creative and original, choosing interesting colors to represent each question and the percentage for each. You can represent your data for each question in graph or artistic form.

- s. Share your poster with your friends. Challenge one another to delete music that is in opposition to the Christian perspective and is degrading to YOU as a young Christian woman. Take the challenge!

Project #2: **Have “The Talk”**

- 1) One of the first question asked when you began the book was whether it was easier to talk about sex with a parent or watch something with sexual innuendo (suggestions) or content with a parent. Most teens would answer that the “the talk” is painful if not impossible. So taking this project challenge will require a great commitment on your part.
- 2) Choose an adult female family member with whom to complete this project, preferably a mother or mother figure.
- 3) Provide a challenge for that person as well: “The Talk” is an Eight-Part open discussion on matters that will affect your present AND your future. Ask if she is willing to take the challenge.
- 4) Remind your mentor that each part will require a 30-minute commitment. Feel free to spread out the project based on the schedule that works best for both of you.
- 5) Set appointments for each session on BOTH of your calendars. You’ll be more likely to prioritize this project if you are proactive in scheduling.
- 6) Preview the materials in the workbook for “The Talk” on pages 227-281. Do a quick preview and then loan the book to your mentor to do the same.
- 7) Plan the format: Do you want “The Talk” to be informal, complete discussion OR do you want to add a REFLECTION component to the mix: a follow-up on how “The Talk” has helped you after each discussion? This is completely up to the two of you!
- 8) Get started! Use each workbook chapter as your discussion guide. Talk to your mentor about ways you can help others as you share what you are learning about together. Remember to use your Bible to highlight scriptures that will help you in your Christian walk and witness.