

Smart Love Seminar



Information on Puberty:

Puberty is a time of great upheaval for many of our teens, it's not surprising really when one considers the changes taking place within the body at this time. 'Puberty describes the time in life when the body matures sexually and the reproductive organs become functional. It is caused by a release of the sex hormones testosterone and oestrogen in the body. Most girls will begin puberty at 8-14 years of age, with the average age being 11. Girls develop more quickly than boys. Most girls reach full sexual maturity within four years of beginning puberty.

Boys tend to develop later than girls, and the development process usually takes longer. Most boys begin puberty at 9-14 years of age, with the average age being 12. Most boys reach maturity within six years of beginning puberty.

Puberty Causes:

- **Physical Changes** – including rapid growth spurts, the development of breasts in girls and an increase

in penis size in boys

- **Psychological Changes** – these can cause teenagers to become moody, self-conscious and aggressive

- **Behavioural Changes** – these can cause some teenagers to experiment with new and potentially

risky activities, such as smoking, drinking, alcohol and sex.

The 'Smart Love,' book written by Nancy Van Pelt, provides straight talk, when it is need most, giving youth the opportunity to openly consider the 'rollercoaster experience' of dating, it's highs, lows, potential pitfalls and areas of danger that are best avoided.

The Smart Love Seminar :

1. Making Friends With Yourself
2. The Dating Game
3. Breaking Up Is Hard To Do

4. The Young Adult's Number One Dilemma – How to tell if you are really in love
5. Touchy Situations
6. Close Encounters of a Dangerous Kind

Purchase the 'Smart Love', book by Nancy Van Pelt, directly from Stanborough Press, as this constitutes the seminar. The 'Smart Love', pack consists of 7 booklets, a CD with the 6 PowerPoint presentations, supplementary material by G Augustine, a promotional poster and the 'Purity Pledge'.

The seminar may be presented on a Sabbath over a period of four to five weeks. Sermons are to focus on some aspect of relationships, via various Biblical accounts., e.g., Joseph and Potiphar's wife/Samson/

Abraham and Sarah, etc. Conduct the seminar in the afternoon for the youth group 12–15-year-olds and later focus on the 16-25 year olds. The four-week approach has yielded great results, as youth invite their friends to the seminar; it also permits them to form discussion groups without the demand of rushing from one session to another. Alternatively, present the seminar over one or two weekends. The Seminar is to culminate with a Graduation Ceremony and a Banquet planned by the local church. The NEC Children's Ministries Department and the Youth Department sponsor this seminar. Contact the NEC Children's Ministries Secretary Maxine Campbell: maxinecampbell@necadventist.org.uk to provide Graduation Certificates, Pledges and a complementary copy of the 'Smart Love' book, to be presented to 'Smart Love', graduates within the NEC.

God Bless,
Pr Patricia Douglas