



*for parents*

*Creating an Environment for Responsible Sexuality,  
Starting with the Heart*

*Based on the Planned Purity seminar  
presented by PurityWorks®*

by Jennie Bishop  
author of the best-selling children's book  
*The Princess and the Kiss*

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*Planned Purity® for parents*  
*Creating an Environment for Sexual Purity, Starting with the Heart*  
by Jennie Bishop

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To all the readers of  
*The Princess and the Kiss*  
whose passion to save the kiss  
inspired *Planned Purity*



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## INTRODUCTION

“Mom, all my girlfriends have boyfriends. I need a boyfriend. Someone already stole somebody else’s boyfriend!”

In 1999 our family lived in the sleepy city of Anderson, Indiana, where I worked as an editor at a little publishing house while my husband, Randy, took on the role of stay-home dad for our two little girls. The oldest made this urgent declaration after school one day. She was in kindergarten.

As parents we were trying very hard to be intentional about raising our daughters. We wanted them to be comfortable with their sexuality in appropriate ways as they grew. But we hadn’t expected to deal with boyfriends in kindergarten!

That night as our little girls, ages three and six, snuggled in their beds, I prayed. I had painted a bright jungle fantasy on their violet bedroom walls to wrap them in beautiful dreams as they slept. But I was anxious about them being caught off-guard in a jungle of real-life risks. How could Randy and I teach them now about the importance of friendship over romantic relationships? Was it even realistic, with these kinds of early influences, to expect them to “save themselves” for marriage?

Little did I know that the plan set in motion that night would contribute to addressing the concerns of parents all over the world.

The first answer came in the form of a children’s story I wrote, titled *The Princess and the Kiss*. The picture book featured a princess saving her “kiss” (portrayed as a ball of light) for a prince.

What does it mean to “save a kiss”? This ongoing conversation is one of my favorite discussions, one I carry on through written resources and talks with boys, girls, children and adults all over the world. More than 350,000 books later, I am still wrestling with that question.

Though I love the thought of saving one’s first kiss for the commitment of marriage and have been present at such beautiful events,

the “kiss” in my children’s book symbolizes so much more than lips touching. In giving over their kisses, the Princess and her husband are

*The pursuit of sexual abstinence is vital, but must be precluded by the development of a good heart.*

surrendering themselves to each other, body and soul. This concept goes far

deeper than a simple kiss (although I’d love to see the practice of kissing be returned to its status as a sign of commitment and not just a recreational pursuit or casual exchange).

My hope is to broaden this discussion of the kiss, of purity, and of abstinence through this book. *The pursuit of sexual abstinence for a season and honorable purpose is viable and even vital, but must be precluded by instruction and the development of a good (others-centered) heart.*

Included here is a concept for the development of families and children of integrity and respect who honor the sexes and their differences deeply, deeply enough to question present practices of dating, casual sex and even emotional intimacy.

I am not writing this book to convert you, if you are not a Christian. Though biblical concepts are presented here and of course I care about spiritual wellness, I have no wish to present this message to a Christian community alone. I believe it is suitable for people of many faiths.

I am not in this for the money. (I wish!) I am a child of Midwestern farm life, and being a traveling speaker is not necessarily what I envisioned for my life. On many days I would be glad to sit on my back porch and watch flowers bloom.

But now I’ve seen too much, read too much, lived through too much. I really can’t stay on that porch anymore, and in spirit I have left it for good.

I have seen teens of my friends with babies of their own. I’ve seen Ukrainian orphans who have been bartered for sexual favors. I’ve seen AIDS rampant in Africa and across the globe. I’ve seen pornography creep over the world like a cancer and infect my own life and the lives of my family.

But I’ve also seen the difference that a good heart AND responsible abstinence can make, in my life and in others’. I’ve seen couples at the altar share their first kiss (and report incredible married sex lives). I’ve seen orphan girls in North Ukraine freed from fear because

someone explained to them what happened during menstruation and how babies were made. I've seen African college students ignited by a desire to be free of immorality and AIDS. And I've seen restoration from pornographic habits and histories of immorality in our own family.

I believe that men and women with good hearts can change the world. I believe good hearts are the answer to personal problems, social problems and global problems like the AIDS crisis. I believe that *a good heart is the critical foundation for sexual abstinence outside marriage*, and that any parent can train their children to guard their hearts and bodies.

My children are older now and our home is in a metropolitan area instead of a cornfield. But in both the girls' rooms there is a bell jar with a glowing "kiss" inside (a hidden light bulb), fashioned by their father and reminiscent of the kiss in *The Princess and the Kiss*. These kisses are a constant reminder of how our family's hearts have been changed and how others' hearts are being changed all over the world.

*A good heart is the critical foundation  
for sexual abstinence outside marriage.*

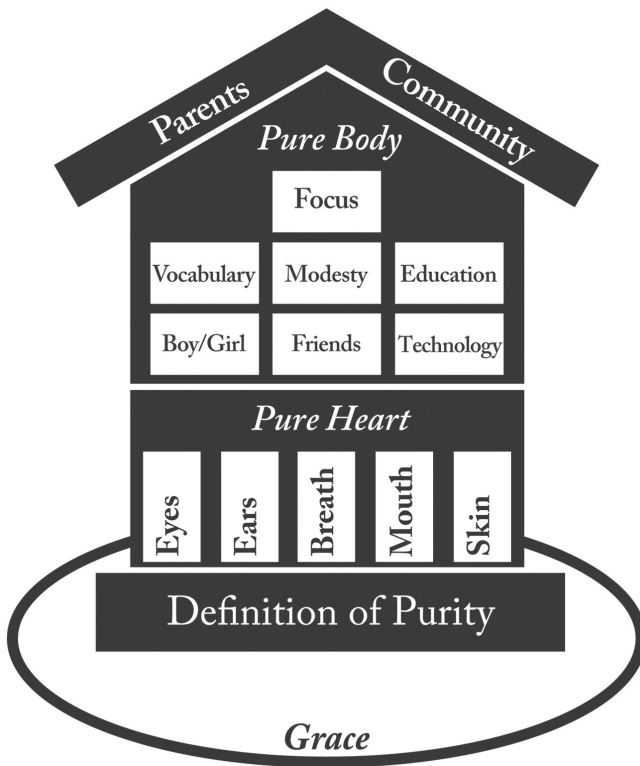
The pursuit of a good heart is a path available to all of us. May these concepts lead you and others to freedom and peace, and may all "kisses" be spent well and wisely.

*Jennie Bishop*



## Part 1

# The Ground—Preparing to Build







## Chapter 1

# Planned Purity



Most of the world seems to plan for sexual *activity*, not for sexual *responsibility*. Condoms are becoming more available for middle and high school students. Entertainment shows young children involved in romantic relationships. Parents give sexual advice saying, “when you’re ready,” rather than, “when you’re married.” Many take their daughters to doctors for birth-control pills.

The definition of *responsibility* includes being obligated and/or willing to give account. Responsibility includes the consideration of the well-being of a member of the opposite sex that one truly cares for. With the variety of sexual diseases transmitted simply by touch, the deep emotional problems that can result (especially in women) from “hook-ups,” the now-proven dangerous effects of pornography (brought starkly into light in the book *Pornified* by Pamela Paul) and the obvious opportunity for an unexpected pregnancy and the resulting impact on the child’s life, it should be obvious that casual sex is irresponsible, even in the extreme. But American culture (and others) has decided to ignore statistics that favor long-term responsibility in favor of immediate personal gratification. This is an indication of a disorder of our hearts.

Many experts accept sexual activity as a fact of life. For example, a mom who suspected that her daughter was engaged in sexual activity asked for advice from a well-known expert on teen behavior. The expert responded: “To forbid your daughter to have sex or to deny her contraception is naïve. . . . Telling a sexually interested or active teenager to not engage in sexual activity is like shoveling sand against the adolescent tide.”<sup>1</sup>

In other words, the expert said, “Give up! It’s impossible for teens to follow a standard of purity.”

I believe as parents we can push *against* those norms. Parents are capable of planning for responsible abstinence—rather than promiscuity—for their children. That’s why this program has been presented under the title of Planned Purity and not Planned Parenthood.

Sexual abstinence for teens is a hot issue for concerned parents. Consider these statistics from the National Campaign to Prevent Teen Pregnancy:

- Nearly one in five adolescents has had intercourse before his or her fifteenth birthday (this does not include figures for other kinds of sexual activity). At age twelve, 4 to 5 percent have had sex, increasing to 10 percent at age thirteen, and 18 to 19 percent at age fourteen.
- Approximately one in seven sexually experienced fourteen-year-old girls report having been pregnant.
- Parents tend to be unaware of what their children are actually doing sexually—only about a third of parents of sexually experienced fourteen-year-olds knew that their child had sex.
- Dating in general (defined as an unsupervised social outing) and dating someone older, in particular, greatly increases the chances of having sex.<sup>2</sup>

Fear and a desperate desire to keep kids sexually innocent have resulted in a variety of teen abstinence programs, focusing on the age when sexual issues begin to obviously appear.

Programs for teens are excellent and necessary. They sometimes make the difference in motivating a teen to abstain from sex until marriage. But abstinence training for teens may not be as effective as hoped. Statistics show that an “abstinence pledge” alone only delays sex for about eighteen months, with 88 percent of pledge makers eventually choosing otherwise.<sup>3</sup>

*Abstinence training in the teen years, important as it is, is not the whole answer.* First of all, heart formation needs to begin in the younger years as a foundation for the embrace of true sexual responsibility. In addition, emphasis on teen abstinence has overshadowed the need for continued integrity and abstinence *after* high school, during college and into single or married adulthood. It isn't enough to be "pure" *until* marriage—a *good heart and responsibly abstinent body is important in every age and stage of life!*

Before your child's teen years arrive, much information is available to help you guide him or her on a path of sexual responsibility for a lifetime, not just upon entrance to high school. That is real, transformational purity: a lifetime pursuit, starting with the shaping of the heart.

Now—if you're the parent of a teen, don't lose hope because you feel as though you missed training in the younger years. It's never too late to start, even if virginity has been lost. Picture your situation this way: your child has a boat that will carry them through the waters of life. Training during the younger years mostly consists of fortifying the boat so it can be sent into adolescence watertight. If training begins during the teen years, you will need to repair some leaks in the boat (misunderstandings about responsible sexuality or early forays into sexual activity). The job can be done either way, but different tools are needed. The good news is: it absolutely can be done.

*Abstinence training in the teen years is not the whole answer to sexual purity.*

### ***Visualize the Goal***

The first step toward training your child is to visualize your goal, which is to build a household of purity for you and your family. Remember that a key part of the training will be implementation of the strategies for yourself as well as for your children.

This book will show you how to build this structure from foundation to roof. You'll find tools for training young children and also ways to add missing "bricks" if you begin training in later years. You will be equipped to make the pursuit of a good heart and sexual responsibility a daily exercise rather than a one-shot experience that may or may not result in a lasting impact.

To help you visualize this process, the book is organized according to the Planned Purity diagram that you see at the beginning of this chapter. At the beginning of each section, a certain area of this diagram will be highlighted, reminding you of which part of the “house” we’re working on at the time. Once you’ve been through this training, you’ll easily be able to use the diagram to explain it to your family and others.

Here is a brief description of what you’ll gain from each part.

### **Part 1: The Ground—Preparing to Build**

No developer builds a house without preparing the plot of ground. This section introduces intentional planning, healthy relationships and an awareness of the inner life. It describes the relational “site preparation” necessary for building effectively.

### **Part 2: The Foundation—Understanding Purity**

The foundation for Planned Purity is having an accurate definition of *purity*. It’s so much more than choices about sexuality!

### **Part 3: The First Floor—Five Doors**

The first floor shows the formation of a good heart through guarding input from the Five Doors (senses). The Five Doors concept is the most basic and vital element of Planned Purity training, and easy enough for a very young child to understand. At the end of each door lesson, you’ll get specific action steps for making it real in your household.

### **Part 4: The Second Floor—Seven Windows**

The second floor discusses practical standards relating to sexual responsibility. These may be implemented after purity of heart is understood, and even during its pursuit. The boundaries described in the second floor need the support of the first floor to be effective. At the end of each window lesson, you’ll get a list of specific opportunities for taking action on the lesson.

### **Part 5: The Roof—Accountability**

A roof provides protection for the entire house. In our model, the roof represents the protective role of parent and community in providing authentic modeling, accountability, mentoring and evaluation of resources.

## Part 6: The Fence—Security in Grace

Finally, like a white picket fence, grace surrounds the entire house. Mistakes made inside the fence of grace can always be opportunities to learn something new.

## Part 7: Starting Construction—Practical Steps

Starting Construction will explain how to implement what we've learned from our completed diagram. The appendices, or Toolbox, will provide a host of resources to do so.

At the end of key chapters, you will find a list of Building Materials that point you to the exact resources from the Toolbox that you need for that lesson. (Some are designated with stars because I personally recommend them.) You can also scan the Toolbox at any time to find books, web sites, key Scripture references, scripts for challenging conversations, object lessons and more.

You'll also notice that many areas of the book prompt you to journal about your specific situation. When ideas come to mind, write them down! These will create your family's personal strategies for building a unique strategy for the pursuit of purity in your household. I probably do not know you or your family, but you are the expert. You are the most qualified to create your own solution!

*The goal of this book is to equip you to build intentionally.*

The goal of this book is to equip you to build *intentionally*. *You are starting a journey that will produce terrific rewards.*

Let's get started!