



What *Girls*
Need to Know
about *Guys*

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Chapter 3

Four Things You Should Know about Boys

JOHN— We’ve talked about some things you need to know about you—especially about who you really are. Now let’s talk about some things you should know about boys. Let’s face it: For a lot of young women, guys are a major influence in their lives. It can be helpful to understand the other gender a bit better.

We did some research and asked people what they thought young women should know about young men. We asked a lot of people—seminary students, missionaries, young adults, and even the checkout guy at Costco! One thing that was interesting was that across the board, the number one response we received was . . .

← funny conversation!

#1: Stay Away

That’s right, “Stay away.” Kind of funny, huh?

Now, we know that not all young men are bad. I think the comment to “stay away” is reflective of the fact that oftentimes young women connect a lot of their self-worth to the opinions of guys. And that is definitely something to stay away from.

For example, I know one young woman who couldn’t wait to turn sixteen. She was so excited to start dating. But nobody called her during her first week of being sixteen. And nobody called the second week. In

fact, she didn't get asked on a date that whole year. For her, it was a painful experience.

But I knew another young woman. Guys didn't ask her out either, but for some reason she didn't let it bother her. She was active in sports and school activities. She focused on her family. She didn't "stay away" from guys in the sense of avoiding them like they had cooties, but she did stay away from basing her sense of self-worth on whether or not they paid attention to her.

Lani — John's trying to be nice by saying "I knew another young woman . . .," but he's talking about me! I went on only one or two dates in high school, and I didn't even get asked to Junior Prom. But I didn't let it bother me! Looking back, I think it was one of the biggest blessings in my life that I did not really date in high school. I found that I did not need attention and approval from guys to feel confident and happy. The roller coaster of emotions that I saw friends ride as they played the "he loves me, he loves me not" game brought such sadness to many. Of course it is fine to date in high school, but remember—don't base your feelings of self-worth on what guys think of you.

Go look up
D&C 121:45
to see the
key for
confidence.



x+y = confidence

#2: Understand the Great Influence You Can Have on Guys

JOHN — It is amazing what young men will do to impress young women. You have an incredible effect on them. Use this power for good! One young man said, "Girls have no idea of the power they have over us."

Another young man said, "I was doing some stuff that wasn't very good. Then I met a girl who was so good that just being around her made me want to be a better person. She never told me that I needed to make changes, but I made tons of changes just because of who she was."

Young women—you have a powerful influence on others. One member

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of the Quorum of the Twelve even said that he might not have served a mission if it hadn't been for the encouragement of a young woman.¹

Think of your power, ladies! There are many ways you can influence young men besides encouraging them to go on missions. You can compliment them when they behave well and encourage them to earn their Duty to God or Eagle Scout awards. You can tell them how much it means to you when they honor their priesthood or do what is right. What a difference you can make!

In one seminary class I asked young men, "When was the last time that a young woman thanked you for being worthy to pass the sacrament?"

Every young man agreed that the answer was "Never!" A couple of them said that older women in the ward had thanked them, but never a younger woman. You could have a great influence on guys just by saying, "Thanks for being worthy."

Lani — As we visited with young men, it was tender to see how much they valued your opinion, and how much they cared about what you thought of them or their behavior. Girls will often tell us to tell the guys to be kinder with their words, but the truth is: guys have feelings too! They can be built up or torn down so easily by what a girl says. What you say has far more weight than what their guy friends say, or maybe even their parents.

★ You can say things like:

"I am so grateful for what you do to honor the priesthood."

"I love it when guys are kind to their mom and sisters. That is really important to me."

"I will marry only a returned missionary."

"I love seeing people who are as honest as you are—that is a rare trait to find these days."



SERIOUSLY!
DO THIS!
→

“The sacrament has become so important to me. Thank you for being willing and worthy to administer it.”

Ladies, you have been given power from God to be an influence on men. Find something you can do today to build up and encourage His sons. Now go do it.

#3: Know What the Guy’s Intentions Are

JOHN — This was the idea from the guy at Costco. Though it is sad to admit, some guys have bad motives. Dating a cute guy can be fun, but if his intentions aren’t right, you should get away! Consider this story told by a young man named Peter. Notice what his true intentions were.

The summer after I graduated from high school, there were two girls that I had crushes on. I was going out with both of them from time to time. Things were really serious with one; in fact, she was kind of my girlfriend.

Are you following this story? This is a guy who admits he is basically toying with the hearts of two young women. His motive has nothing to do with being kind or building up these individuals. He’s just trying to steal a kiss!

But when she went to college, I wanted to get more serious with the second girl, Amy. I really wanted to kiss her before I went to college. So I made a special plan. I asked a friend to buy some flowers and hide them in the forest. My plan was to take Amy on a romantic walk through the forest, “find” the flowers, and the mood would be set for romance.

Things didn’t exactly turn out the way I planned. As Amy and I were walking through the forest, I noticed that somebody was following us. It was deserted, and there shouldn’t have been anyone else there. At first I thought it might be my friend hiding the

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flowers, but then I started to worry that it was a robber and we were going to get attacked or something.

Either way, I was uncomfortable. Plus, I was beginning to realize that I was being a huge, selfish jerk. We got to the spot and found the flowers, but by this time, any romantic feelings had left me. So we just went home.

Lani — Now we can all be glad that by the end of the story Peter recognized that he was being selfish. But not all guys figure it out.

You should be aware that guys and girls often view hugging, kissing, and other acts of physical affection in different ways. To a girl, a kiss might mean, “I really care about you.” To a guy, it could simply mean, “This feels good. I’d like to do more of this.”

JOHN — A young lady was at a party when a young man she didn’t really know came up to her and said, “Can I kiss you?”

“No!” she said.

“Fine, be that way,” the young man said rudely. Although the young man was rude, the young lady was happy. By the boy’s actions, she had discovered what his intentions were, and she was doubly glad she had stuck up for what she felt was right.

If a boy is pressuring you to do something that you don’t feel good about, that’s a pretty good sign that his intentions aren’t good. Your parents can also be very good resources to help you determine what a guy’s true intentions are. Young women, be careful—if you are going to spend any amount of time with a young man, know what his expectations are!

By the way—we’re not telling you that you need to read the flipover part of this book that is for boys, but you might be interested to know that chapter 2 talks about the four different types of boys. That’s important for knowing what their intentions are!

#4: Don't Take Every Comment Seriously

JOHN—When we ask young men what they think young women should know about them, they often say, “Tell them not to take everything so seriously. Sometimes we’re just joking around.”

Interestingly enough, when we ask young women what guys should know about them, they frequently say, “Tell the guys not to put us down or make rude comments, even if they are joking.”

This is clearly an important point.

It’s easy to get upset when guys say something rude. But let’s face it—it’s going to happen. We love these words from President Gordon B. Hinckley: “Respect yourself. Do not feel sorry for yourself. Do not dwell on unkind things others may say about you. Particularly, pay no attention to what some boy might say to demean you.”²

Lani—I love this counsel because I remember myself as a Beehive, completely soaking my pillow with tears because of what “some boy” had said about me, and it happened again for something “some boy” had NOT said about me—can you relate? The instances I am referring to happened most often with my own brothers. But President Hinckley said to pay NO attention. The only way I know how to “pay no attention” is to remember the respect and love Heavenly Father has for me—to respect myself so much that I let negative comments just slide right off me. When I pray and ask to feel the love Heavenly Father has for me, security and confidence surround me, and then it doesn’t matter so much what some boy says or does not say.

JOHN—Of course, there are lots of other things to know about guys. We picked these four, hoping that they would help you make sure that you don’t allow guys to take away your feelings of divine worth. Remember—you are a daughter of God. You have great worth, no matter what boys say or do!

Bonus Scripture:

“Who knoweth whether thou
art come to the kingdom for
such a time as this?”

—Esther 4:14

Notes

1. Richard G. Scott, “Now Is the Time to Serve a Mission,” *Ensign*, May 2006, 89.
2. Gordon B. Hinckley, “How Can I Become the Woman of Whom I Dream?” *New Era*, November 2001, 8.



When it comes to guys...

- #1: Stay Away (at least until you are the right age)
- #2: Understand the Great Influence You Can Have on Guys
- #3: Know What the Guy's Intentions Are
- #4: Don't Take Every Comment Seriously



BE YE DOERS OF THE WORD

- Use your influence on boys to encourage them to be righteous. Find something specific you could say (like, “Thank you for being worthy to bless the sacrament”) that will lift up a young man that you know.
- Remember that boys will often rise to the expectations you have. Think about what expectations you can or should have for a young man.
- Choose another section of this chapter that will help you and then act on it.

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Chapter Six

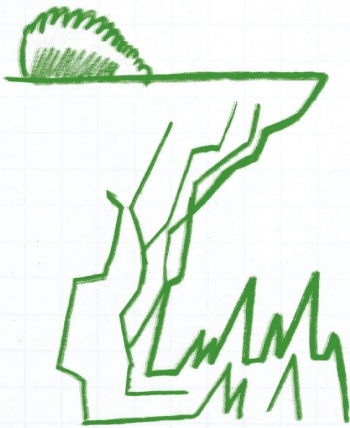
What about Kissing?

JOHN — Okay, guys, it's time for a man-to-man talk.

Lavi — May I join in too?

JOHN — Okay, we'll have a man-to-man-with-a-woman-also-in-the-conversation talk. When it comes to sexual purity, there is a simple concept that we want to teach you. Our friend Brent Fillmore taught it to thousands of youth and we hope that it will be helpful to you. Take a look at this drawing:

We don't expect you to read everything we wrote to the girls, but we do recommend you at least read the chapter "What about Kissing?" on the flip side of this book. It has some important information we didn't include in this chapter.



Notice that there is a hedge, a ledge, and spikes at the bottom that will hurt or kill anyone who lands on them. This picture is like the law of chastity. Simply put, if you break the law of chastity, it is like landing on spikes. *It will hurt you.*

The ledge represents the line of sin. Some people play around by the ledge, hoping they won't go "too far." Maybe they think, *I can always repent later.* They don't understand the pain that comes when you

land on those spikes. Obviously, it's incredibly foolish to spend time close to the ledge.

The hedge represents barriers that you put in place to keep yourself from getting too close to the ledge. As long as you stay on the correct side of the hedge, you don't have to worry about falling off the ledge.

When it comes to the law of chastity, the prophet has given us very clear guidance as to where the ledge is. *For the Strength of Youth* says, "Before marriage, do not do anything to arouse the powerful emotions that must be expressed only in marriage. Do not participate in passionate kissing, lie on top of another person, or touch the private, sacred parts of another person's body, with or without clothing. Do not allow anyone to do that with you."¹ If we cross this line, we are falling toward the spikes below.



Lani — Guys, you need to create a "hedge" for yourself to keep from ever getting close to the "ledge." A "hedge" is a personal standard that you set that will keep you from getting close to the line of sin. You can pray and get personal revelation on what these hedges should be for you. For example, maybe one of your hedges could be, "I'll never be alone in the car (or a house) with a member of the opposite sex." Another hedge could be, "I will tell my mom about everything I do physically with a girl." We're not saying you need to set these specific hedges, we are just encouraging you to pray and talk with God about the specific hedges you should set for yourself.

Sometimes guys (and girls) think, *Well, I can just have a little fun now and repent later. I can slide down the cliff just a little bit and not get hurt too badly by the spikes. I'll just climb out later.* Elder Glenn L. Pace used an analogy of a train to help us realize that this is not true. He said:

It is as if we are passengers on the train of the Church, which has been moving forward gradually and methodically. Sometimes we have looked out the

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window and thought, "That looks kind of fun out there. This train is so restrictive." So we have jumped off and gone and played in the woods for a while. Sooner or later we find it isn't as much fun as Lucifer makes it appear or we get critically injured, so we work our way back to the tracks and see the train ahead. With a determined sprint, we catch up to it, breathlessly wipe the perspiration from our forehead, and thank the Lord for repentance. . . .

I would propose that the luxury of getting on and off the train as we please is fading. The speed of the train is increasing. The woods are getting much too dangerous, and the fog and darkness are moving in.³

Does that make sense? The world is becoming increasingly wicked. It is harder to repent than it once was. Flirting with the ledge really can hurt you. Make a hedge!

Some interesting research has recently been done that helps us understand why a hedge is so important. A social scientist at the Massachusetts Institute of Technology asked college students questions about sexual issues under two sets of circumstances. First, he had them answer these questions when they were in a calm, rational state. Then, at a later time, he had them answer the questions while they were in a state of arousal. He found that their answers were very different when they were in a state of

High School Kissing

President Kimball said, "To kiss in casual dating is asking for trouble."³ Since most, if not all, dating in high school should be casual, what implications does that have?



Hmm...
NO!!!

arousal. In other words, things that they would have never done while in a calm rational state, they would do when they were aroused.

He summarized his research by saying, “Teenagers . . . must walk away from the fire of passion before they are close enough to be drawn in. Accepting this advice might not be easy, but our results suggest that

Walk away!

Beware of the Aggressive Girl!

One danger you will face is the aggressive girl. She might actively tempt you and tell you (with words or actions) that she wants to do things that you know are wrong. This situation isn't new—remember that Potiphar's wife aggressively tried to put the moves on Joseph, but he “fled, and got him out” (Genesis 39:12). When a girl aggressively pursues you physically, be a true man and get out of that situation.



it is easier for them to fight temptation before it arises than after it has started to lure them in. In other words, avoiding temptation altogether is easier than overcoming it.”⁴ Keep in mind that this is a non-LDS scientist at one of America's most prestigious universities telling teenagers that they need to create boundaries to keep from going too far. This is why we need that hedge—to avoid getting into a state where we make foolish decisions.

JOHN — Guys, let's be blunt.

If you really love a girl, you will protect her virtue. Mormon wrote that chastity is “most dear and precious above all things” (Moroni 9:9). President Spencer W. Kimball said this of boys who would try to rob a girl of her virtue:

Their lips say, “I love you.” Their bodies say, “I want you.” Love is kind and wholesome. To love is to give,

not to take. To love is to serve, not to exploit. . . . The young man who protects his sweetheart against all use or abuse, against insult and infamy from himself or others, could be expressing true love. But the young man who uses his companion as a biological toy to give himself temporary satisfaction—that is lust.⁵

Be a true man and protect the virtue of women.

We hope this chapter hasn't been too heavy for you—but we wanted to say it straight. Although the world tells you that to be a man you should be immoral, a real man stays sexually pure. We promise you that you will be eternally grateful for your choice to live the law of chastity.

Notes

1. *For the Strength of Youth* (Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 2001), 27.
2. Glenn L. Pace, "Spiritual Revival," *Ensign*, November 1992, 11–12.
3. Edward L. Kimball, ed., *The Teachings of Spencer W. Kimball* (Salt Lake City: Bookcraft, 1982), 281.
4. Dan Ariely, *Predictably Irrational: The Hidden Forces That Shape Our Decisions* (New York: HarperCollins, 2008), 101.
5. Spencer W. Kimball, *Spencer W. Kimball* [manual] in *Teachings of Presidents of the Church* series (Salt Lake City: The Church of Jesus Christ of Latter-day Saints, 2006), 182.



- You can stay sexually pure by creating a “hedge” to keep yourself from getting too close to the “ledge.”



BE YE DOERS OF THE WORD

- Pray and talk to Heavenly Father about what hedges you should create for yourself to keep from ever getting close to the ledge.
- Share what you've learned from this chapter with a friend who needs it.

THOUGHTS:

Lani Olsen Hilton is the fifth of twelve children. She was born in Hawaii and grew up in San Diego, California. She graduated from Brigham Young University with a degree in family life education and a minor in music. She loves being married, raising her children, and teaching gospel truths to youth, adults, and children. Some of her favorite high school memories are running cross country, taking a dance class with her mom, hiking Mt. Whitney with her siblings, and leading service clubs.

John Hilton III was born in San Francisco and grew up in Seattle. In high school, he played tennis, snowboarded, worked as a lifeguard, and participated in drama productions. He served an LDS mission in Denver, and got a bachelor's degree from Brigham Young University. He earned a master's degree from Harvard and a PhD from BYU, both in education. He has taught seminary and institute and spoken at BYU Education Week and EFY. One lesser-known fact about John is that in high school he won a pizza-eating contest, eating twenty-two pieces of pizza (they were small pieces 😊).



John and Lani have lived in Boise, Boston, Mexico, Miami, and, currently, Utah. They are the parents of five children.