

Patricia Weerakoon presentations 2019

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Living with Sexual Integrity: Science, the world and the word of God

Christians of all ages and all relational states are called to live a life of sexual integrity and demonstrate it to a fallen world.

A life of sexual integrity for a Christian requires a Bible based rather than world-based sense of identity, including sexual identity. Building on this is an understanding of God's plan for a redeemed model of sex and sexuality, and the ability to understand and critique unhealthy world views on sex.

In this presentation Patricia Weerakoon, a Christian sexologist and author will explore the neurochemistry and biology of desire love and bonding and provide a Biblical framework for healthy sexuality that could be used to critique current cultural and social mores.

Sex, Gender and Identity

Trans, Bi, Pansexual, Gender, Fluid – Do these terms confront? confuse?

How should the church respond to these issues?

The presentation overviews three perspectives on sex and gender – medical, social, and Biblical – proposing that a model of gender identity informed by all three will truly lead to holistic personal and social well-being.

The discussion will conclude by exploring how Christians, who believe the Biblical-theological perspective of gender as an aspect of being embodied images of our creator God, can respond in compassion to people with gender confusion without in any way compromising their conviction of the Biblical-theological view and teachings.

Tea Makers Daughter:

(good evangelistic women's talk)

Patricia was born in the tea plantations of Sri Lanka, in the dying years of colonial ownership.

In this presentation she shares her faith journey from the conservative upbringing as the only daughter of first-generation Christian parents, to accepting Christ as her saviour at missionary boarding school and her introduction to the world of sexology in Hawaii.

This entertaining and informative presentation will be interspersed with excerpts from her novels 'Empires Children' and 'Snowy Summer'. You will also learn about tea manufacture and marvel at the beauty and majesty of central Sri Lanka.

Purity in a Pornified Culture

The Bible tells us we are created as male and female for relationships. And in the most intimate relationship of all is marriage – a committed other focussed sexual one-flesh of mutual trust and intimacy. Pornography distorts this Biblical pattern for relationship and sexuality. It replaces it with a second-hand experience of prurient self-gratification and vicarious orgasmic highs.

Use of pornography as a sexual stimulant rewires and reconfigures neurological pathways in the brain. It changes sexual scripts in the brain for desire, arousal and intimacy.

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Patricia Weerakoon, a Christian sexologist and author will explore the effects of porn use on children, teens and adults. She will discuss how the very neuroplasticity that leads to people becoming hooked on porn can be used for recovery.

Eros Intimacy and mind of God

Does scientific sex research contradict the Bible? Are we just a bundle of hormones? Is there a real connection between love, commitment and sex, or can I just 'do it' for fun? Is sex a necessity for life? Or a commodity for personal self-gratification?

Does God have anything to say about sex? Is the Bible-more than an old rule book on what not to do?

Do these statements sound familiar?

Patricia Weerakoon, a Christian sexologist and author will explore with you the challenges of living as a child of God in a super-sexualised cyber world where gender variance is the accepted norm.

Come and be challenged as she explores Gods plan for sex and relationships.

Young adults and youth groups:

'Brain, World and the Word of God'

Recommended audience: Suitable for youth and young adults both Christian and non-Christian.

Culture, social media and your friends challenge you to live a life of personal self-focussed gratification. Whether it be sex, or any other part of your life: it is your right, you are told. It is your life and your body: You choose what you like to do; even to be.

Is this true? Is there no moral or spiritual truth?

What about Science? Does it contradict the Bible? Are we just a bundle of hormones?

Patricia explores recent research on sexual desire (eros), attraction (love) and long-term attachment (bonding) and current cultural mores on sex. She provides a Christ focussed Biblical model of healthy sexuality and marriage to help interrogate and challenge both science and culture in the domain of desire, love and relationships.

Hot topics for teen sex

Sex is natural. It's fun. You need it to be happy. Everyone's doing it. You've got to be in it to be popular. What's wrong with experimenting anyway? How would you know what you like, even who you are if you don't check it out?

And what about sexting and selfies? Isn't that just a form of getting to know each other? And then there's pornography, fantasy and self-stimulation – surely that's completely harmless?

Do these statements sound familiar?

Have you ever wondered if God has anything to say about sex? Is God a killjoy who wants you to not enjoy sex? And the Bible-is it just an old rule book on what not to do?

Patricia Weerakoon, a Christian sexologist and author will explore with you the challenges of living as children of cybergeneration - The most digitally connected, socially informed, advertised and sexualised generation that ever walked this earth!

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Sex: What has God got to do with it?

Sex is natural. It's fun. You need it to be happy. Everyone's doing it. What's wrong with experimenting anyway? How else would I know what I like? Even who I am? You've got to be in it to be popular.

Do these statements sound familiar?

Does God have anything to say about sex? And the Bible-is it just an old rule book on what not to do?

Patricia Weerakoon, a Christian sexologist and author will explore with you the challenges of living as a child of God in a super-sexualised cyber world.

Come and be challenged as she explores Gods plan for sex and relationships.

Younger children:

Growing up: Body, Brain, Behaviour

Recommended audience: Suitable for boys and girls in years 5.6 and 7.

The presentation will explore:

Changes in the body with puberty and adolescence (each person develops differently. Identity is not dependant on what you look like)

Brain development (emotional brain and thinking brain. How what you feed your brain affects what you think and do)

When sex enters your life:

Understanding the feelings of sexual desire and falling in love,

What is sexual intimacy?

Taking care of your brain and your body (resisting pornography, social media, sexting, selfies...)

Developing an identity (Who am I?): Who influences decisions? Peer pressures, social norms (including social media) versus an identity based on Christ

Why do you need adults? The importance of significant adults as helpers (parents, teachers, youth workers in church).

Parents, Carers, Grandparents, (adapted for Teachers):

Sex Education in the Cyber-world

Children of today are the most digitally connected, socially informed, advertised and sexualised generation that ever walked this earth.

As significant adults in their life: parents, grandparents, youth workers, chaplains and carers, you have to be aware of the social milieu of their lives and be in a trusting relationship with them if you want them to grow as whole sexually healthy human beings capable of making informed Biblical decisions about life. Ignorance is no longer an option. You are their primary sex educators.

Patricia Weerakoon, a Christian sexologist and author will explore with you the challenges of parenting children in a super-sexualised cyber world.

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She will look at recent research on the adolescent brain and consider how you as parents understand and counter common myths of identity, sexuality and gender.

Parents/Carers of pre/primary-schoolers 'Birds and Bees by the book'

Children of the 'alpha generation' will grow up in a socially connected cyberworld. Parents have a primary responsibility to introduce and discuss the topics of sexuality, gender, pornography and healthy relationships with their children.

This presentation will use the books in the 'Birds and bees by the book' series to provide parents a model to do this.

Beyond Birds and Bees

This presentation is suitable for Christians and non-Christians.

Our children live in a sexualised environment. Magazines, media and the internet present a smorgasbord of sexualised images and acts. The age of first sexual activity and exposure to porn is now in the low teens and the rate of sexually transmitted diseases in our youth rapidly increasing. What is the role of the parent and family in sex education? Has the church a part to play in this? Why is so important that parents take an early role in sex education?

This presentation looks at the development of the teen brain and the significance of environmental and parenting. It will explore the effect of media, magazines, peer pressure, drugs/alcohol and pornography in shaping children's sexuality and gender. It is a challenge to parents to fully engage in their role in shaping and influencing your children to: manage their bodies, confront secular influences, and conduct their sexuality and relationships, in ways that are both Godly and healthy.

Women of all ages:

Empowering eve

Recommended audience: Suitable for Christian women and their non-Christian friends. Although relevant to women in all stages of life, it is most appropriate for women in a relationship.

This interactive women's-only seminar explores the female sexual response, and how it differs from the male response and the complementary nature of male and female roles in the home and the bedroom. Common myths and misconceptions will be discussed, and difficult issues – such as the use of erotica and internet porn – can be explored, if appropriate and requested. Some topics: What happens to our bodies when we get "turned on"? How can we communicate our desires to our partner? Can we enjoy sex even when we don't feel "sexy"? Is an orgasm essential for sexual satisfaction? What to do when sex is difficult? What sex variations are appropriate? What about sex toys?

Women of the Word in a sexualised world

What does it mean to be a Christian woman in today's highly sexualised culture?

Where do women place their identity? What gender roles are they expected to – and willing to live by?

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This seminar explores what it means to be a woman in today's culture which both challenges women to be independent, strong and self-reliant on one hand and yet confronts them to comply with sexualised images of womanhood?

Patricia will discuss the challenges Christian women face in marriage, singleness and friendship living in a super sexualised culture, including, lust, pornography, and male female relationships.

Marriage Seminar:

Good Sex and Godly Marriage:

Christians claim to know God and follow his guidelines for life. How do we understand and interpret this in our marriages in a seductive culture that encourages individualistic narcissism and selfish careerism?

What part does sex and intimacy play in a Christian marriage? Is it essential? Necessary? Or just nice?

This seminar will explore the science and worldview of sexual desire, romantic love and long-term attachment; and discuss the role of sex in marriage through the lens of a Christ focussed biblical worldview.

Patricia will explore, from a biblical perspective, the male and female sexual response cycles and discuss the meaning and interpretation of intimacy and sex in marriage and the activities that may or may not be acceptable in a couple relationship. As well as common concerns and dysfunctions. There will be time for a couples' communications exercise and a question and answer session.

Teachers:

'Hot topics for teen sex'

Children of today are the most digitally connected, socially informed, advertised and sexualised generation that ever walked this earth.

Their lives, identity and sexuality revolve around 24-7 connectivity and social media.

Patricia Weerakoon, a Christian sexologist and author will explore with you the challenges of teaching and mentoring children in a super-sexualised cyber world where individualism and pluralism is worshiped and gender variance is the accepted norm.

She will look at recent research on the adolescent brain and consider how you as teachers understand and counter common myths of identity, sexuality and gender.

Pastors, Ministry Leaders:

'Sexuality and the Church: Sex, Gender and Purity'

Recommended audience: Suitable for ministers, ministry leaders, pastors, school counsellors and chaplains.

Recommended format: Best conducted in a workshop format (contact Patricia for details)

In this presentation, Patricia discusses current issues in sex and sexual health through the lenses of scientific research, cultural trends and the Bible.

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Topics that will be explored include:

- Dealing with sexual desire: Lust, Premarital and extramarital sex, Pornography
- Sexual and relationship issues in married couples of all ages
- Developing a theology of singleness in the church.
- Understanding issues of sex, gender and identity.

Older adults:

Sexy and Sixty Plus

The Genesis relationship of man and woman in a one-flesh naked and no shame relationship has no use by date. Aging brings questions: How does sex change as we get older? Is there a male menopause? What do we do when sex doesn't happen spontaneously anymore? Is medication the only answer? What do we do when one person is disabled or unwell? How do we establish a new relationship? This presentation examines the changes in sexuality in aging and challenges mature adults to look beyond the media society portrayal of sex to a mutual intimacy based model of sex and relationship.

Patricia Bio:

Patricia Weerakoon is a medical doctor from Sri Lanka, academic, sexologist and writer. She is an evangelical Christian. She retired in 2012 from after a career as director of an internationally renowned graduate program in sexual health at the University of Sydney to pursue her passion for writing and public speaking. Her writing and speaking brings together her enthusiasm for sex and her love for the glory of God. Her nonfiction books are gold-standard guides for good sex for all ages. She also writes romantic fiction with a social conscience, bringing together her international experience in sexual health and her passion for her homeland of Sri Lanka.

As a Sexologist she has translated her passion to bring good holistic sexual health to all people into practical sex education, sex research and sex therapy. Patricia has a recognised media presence and is a popular public speaker and social commentator in Australia.