

Donna Freitas' *Sex & the Soul* (Section 5)

College students face either a battle between sex and religion (evangelicals) or alienation of one from the other (everyone else)

“When it comes to sex, the campus resources available to students—whether religious, spiritual, or otherwise—seem, for the most part, to be ineffective. The cultures, attitudes, and practices related to sex and sexuality at both spiritual and evangelical colleges are extreme: on one end is a free-for-all hookup scene and at the other a narrow, strictly monitored purity standard that forces many students to deny their sexuality altogether. While most evangelicals can't get enough traction when it comes to sexual freedom, virtually everyone can't get a foothold on sexual restraint” (p. 215).

Both sets of students share these experiences:

- 1. They are highly invested in their religious and/or spiritual identities**
- 2. They experience sexual desire and long to act on that desire**
- 3. Romance and experiencing a fulfilling romantic relationship are priorities**
- 4. They don't know how to reconcile 1-3**

Both sets of students these troubles:

- 1. They are anxious about sex**
- 2. They identify romance as asexual**
- 3. They don't know where to turn for advice, or if they can turn to anyone**
- 4. Reconciling sex and the soul is not only extremely difficult for them, it's rare**

Three types of students are trying to reconcile sex & religion: (1) heroic virgins, (2) sexually active seekers, and (3) born-again virgins.

Religion offers: (1) boundaries, (2) sense of right and wrong, (3) framework for discernment, and (4) forgiveness and redemption.

Spiritual colleges have an ethic of sexual freedom that offers (1) the possibility of yes and (2) tolerance of sexual diversity.