

A photograph of a woman from the chest down to the waist, wearing a red tube top and black pants with a silver buckle. She is holding a black rectangular sign in front of her. The sign has the words 'SEXY GIRLS' written on it in a stylized font. The 'S' is red, and the rest of the letters are white.

SEXY GIRLS

How Hot Is Too Hot?

HAYLEY DIMARCO

BEST-SELLING AUTHOR OF *MEAN GIRLS* AND *DATEABLE*

*SEXY GIRLS*  
How Hot Is Too Hot?

HAYLEY DIMARCO



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# INTRODUCTION

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You might not claim to be sexy. You might not even want to be sexy. But if you're a normal, red-blooded girl, then I bet you want to be attractive to the opposite sex. You want the attention of guys, and you do certain things to get it. You wear that cute baby doll top. You pick jeans that make you look just so. You know exactly what to wear to accentuate your good parts. It's natural, you know, to want to attract the opposite sex. The trouble is that sometimes we don't really realize what we are doing to the opposite sex in this dance for attention. *Sexy Girls* is all about helping you understand your body and how guys look at it. It's not an attempt to tell you not to be cute and stylish and hip. And it's not an attempt to make you a sexy bombshell. But it *is* a place for you to start to better understand your sexuality and how it impacts the guys around you.

I want you to be the best that you can be, and I won't ask you to join the army to do that. But I will ask you to consider how you are currently dressing and acting and to think about how you might want to change to create a better overall package that fits your life goals. *Sexy Girls* is a book that will help you better define who you are and how you can attract the opposite sex without losing sight of your faith and your commitment to purity. So are you ready to find out how hot is too hot?

“It’s hard to speak to your hearts when all I see is your parts.”

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—Confessions of a Youth Pastor

## CREATING THE PERFECT IMAGE

“So who’s your agent?”

What is sexy? Are you? Do you wanna be? Should you be sexy? And ultimately what is the goal of being sexy?

On my first day of first grade, my mom let me pick out my outfit. It was the end of summer, so I had all these cute summer clothes that I still loved. I chose a cool little outfit that was made of a little bitty skirt and a top that was really short, like a bathing suit top. I was only five, remember, so all I thought about was how much I liked that outfit. I was a clotheshorse even then.

Well, when I got to school and got into my classroom, a memory became forever etched in my head. My teacher took me aside and told me to go to the principal’s office. I was improperly dressed, and my mom needed to come get me. I remember being completely embarrassed. Would I forever be the outsider now that I had made the fatal mistake of misdressing? I mean, I was five, how was I to know what was appropriate for school and what wasn’t? My sole goal was to wear my favorite outfit, and so that’s what I did, without having a clue that it was inappropriate for school. Ah, the tragedy of youth!

Things didn’t get much better from there. My sophomore year in high school, I decided that it was time for a change. Up until then I was the nerd. I wore two long, blond pigtails every day. And I only wore pink. Every single day of my life, only pink. But my sophomore year I got tired of being the fluffy pink geek, so I went for a more sexy look. I wasn’t trying to be a sex queen or anything. I just wanted to be cute and to be thought of as hip. So I hit the stores running.

My mom gave me \$400 to revamp my wardrobe, and that’s what I did. I remember the first day of school that sophomore year—suddenly all the guys were looking at me. They had never looked at me before. I was suddenly in, or so I thought. I was now the hip dresser. Styles were different then, of course, but they were still designed to make girls sexy. And so I became, without giving much thought to the ramifications, a sexy girl. I started on a kind of campaign to remake my image, but the trouble was that I didn’t really realize what I was now advertising. My newfound sexiness did get the attention of many a boy, but then what? I didn’t know what to do with it. So I got labeled a tease (more on that later). I had advertised something I couldn’t deliver. Trouble was, no one explained sexiness to me. I had no idea what it was doing to the guys in my rearview mirror. I didn’t know the message I was sending. Let’s face it, I was clueless when it came to sexy.

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**Sexy**, according to Webster's dictionary, is "something that is sexually suggestive or stimulating." So if you're looking sexy, don't be surprised when guys get that drooling, glazed-over look.

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**In Hollywood every starlet knows you have to have an image consultant.** You have to hire someone who will help you craft an image that you want the rest of the world to buy. You want the world to get who you are as a star by how you dress, where you go, and who you are seen with. An image consultant, together with a PR agent, is the starlet's best friend.

But starlets aren't the only ones who have an image to sell. Every day, whether you know it or not, you put together your own PR package. You decide every morning what image you want the rest of the world to see in you. You say to yourself, *Fancy or casual? Sporty or revealing?* You make choices that define your image. Everyone has one—an image, that is. And if you don't get it yet, think about it like this.

Think about all your friends, enemies, acquaintances. Think about all the girls you know, and then start to think about what image they project. Your image is what other people think about you when you aren't around. It's that impression you leave them with when you walk out of the room. And everyone has one. Whether you show up buttoned up and covered up or looking like you just jumped into the laundry basket and came out all dressed, you project an image that other people are picking up on. Like most people, you probably don't have the benefit of a full-time image consultant, but hold on because *Sexy Girls* is comin' to the rescue! I want to help you figure out your image—who you are, who you want to be, and who you want others to think you are. After that we'll craft a look that will present you to the rest of the world just the way you want to be presented. Your PR agent will be yourself. No exorbitant fees! No kissing up to you because you're loaded! Just a great PR package that will help you define who you are and how you want others to respond to you.

## MARKETING 101

See, it's all about marketing. Just like Sprite or A&F have a certain image that they want their target market to get, so each one of us has an image we want our target market to get. For most of you, your target is the male population at your school. Maybe when you were younger, your target audience was your best friends. Either way, every day when you get dressed, you create an image and marketing campaign that tells your target market what they get when they "get" you. Are you hot, sassy, playful, exciting, shy, seductive, or athletic? As I've said, you've probably never really thought about this accidental marketing, but you do it. So why not take charge of your marketing campaign and make it what you want it to be and not some big accident—or one waiting to happen? Let's start off with a little image consulting. This is the prep work we need to do before we dive into "what sexy really is" and how we manage our own sexiness.

## IMAGE CONSULTING

Before we get started, let's define your current image. What do you say to the rest of the world, either intentionally or accidentally, by the way you dress? This is the fun part! Look at these pics and circle the one that's the most like you most of the time.

If you could identify with any of these styles, then you already have the makings of an image. Now



ask yourself a few questions before we dive into the total image analysis (and maybe even makeover) that you might be screaming for right now. ~~Sexy Girls~~ is your chance to figure out who you want the rest of the world to see and then to figure out how to create that image. You aren't at the mercy of anyone when it comes to your image. You might need to give it a little creativity and energy, but you can make an image that you'll be proud of and that will really portray who you are. So before we dive into what's sexy and what's not, let's have a look at you.

First, pick three adjectives that describe who you are and who you want others to see in you:

- Funny
- Playful
- Athletic
- Smart
- Casual
- Sexy
- Flirtatious
- Hard to Get
- Easy
- Valuable
- Spiritual
- Confident
- Conservative
- Quirky
- Creative

Okay, now let's look at your style. Do you want to be (circle up to three):

- Artsy
- Stylish
- Traditional
- Goth
- Preppie
- Athletic
- Trendy
- Revealing
- Sexual
- Brainy
- Other: \_\_\_\_\_

When it comes to what people see, do they think of you as (circle one from each line):

- Experimental or Conservative
- Worldly or Innocent
- Traditional or Daring
- Romantic or Purely Physical

When it comes to your spiritual life, do you want to be thought of as (circle one from each line):

Spiritual or Nonspiritual

Godly or Worldly

Open-Minded or Traditional

When it comes to your social life, are you more likely to:

Stay up late with friends or Stay up late with your books

Date around or Date one guy exclusively

Sneak out of the house late or Go to bed early

If you could have the life of any starlet, who would it be?

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**You might be wondering why all the self-analysis**, but I'm not going to tell you just yet. You'll refer back to this section later on in the book. So for now, good work. Hope you were honest, because it's really hard to create an image that fits if you are lying to yourself about who you are.

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## QUIZ

### How Sexy Are You?

- 1. Most of my tops don't come all the way to my pants.** True False
- 2. I think it's okay to show a little bit of my stomach.** True False
- 3. I don't have any tops that show my cleavage.** True False
- 4. I have at least one body piercing.** True False
- 5. I think tattoos are cute and sexy.** True False
- 6. I dress in what I think is cute. My goal isn't to get the attention of guys.** True False
- 7. I like it when guys look at my chest.** True False
- 8. My parents keep telling me I dress too sexy.** True False

9. I try to buy tops that aren't too revealing.

True

False

10. I think it's hard to find clothes that aren't too sexy.

True

False

### SCORING:

1. True = 2, False = 1 \_\_\_\_\_
2. True = 2, False = 1 \_\_\_\_\_
3. True = 1, False = 2 \_\_\_\_\_
4. True = 2, False = 1 \_\_\_\_\_
5. True = 2, False = 1 \_\_\_\_\_
6. True = 1, False = 2 \_\_\_\_\_
7. True = 2, False = 1 \_\_\_\_\_
8. True = 2, False = 1 \_\_\_\_\_
9. True = 1, False = 2 \_\_\_\_\_
10. True = 1, False = 2 \_\_\_\_\_

Your score: \_\_\_\_\_

**20–17: You're Hot.** And everyone knows it! You definitely have a sexy edge about you. You might not be aware of it, but you are turning on guys right and left. Read on and find out why. You might just start to rethink things.

**16–14: Sexy Sometimes.** I bet you turn a few heads some of the time. It's not 'cuz you're having a good hair day. They like looking at the body you've got showing. If you don't realize how your sex appeal is affecting guys, you soon will.

**13–10: Can Anyone Say Cute?** You think carefully about how you look and care what guys are thinking about your body. It looks like you've learned the power of your flesh and are using it wisely. Well done.

stage one

# Your Accidental Image

# YOUR TARGET MARKET

What are guys thinking?

## QUIZ

### Guys and Sexy

Let's see what you know about guys and sexy:

**1. Guys think about sex:**

- a. several times a day
- b. whenever they see a little flesh
- c. no more than girls do
- d. both a and b

**2. Guys are turned on by:**

- a. the girl they like
- b. all girls
- c. girls who show their cleavage
- d. all of the above

**3. Guys are easily excited by what:**

- a. they hear
- b. they see

c. they do

**4. Guys think that if you are showing midriff, you are:**

- a. a really cute dresser
- b. easy
- c. looking for attention
- d. a sexual girl
- e. b, c, and d

**SCORING:**

- 1. a = 2, b = 2, c = 1, d = 3
- 2. a = 1, b = 2, c = 2, d = 3
- 3. a = 2, b = 3, c = 1
- 4. a = 1, b = 2, c = 2, d = 2, e = 3

Your score: \_\_\_\_\_

**12–10: Manderstanding.** You have it. An understanding of men. You already know that how they think about sex and how we think about it is totally different. Nicely done.

**9–8: Guy knowledge.** You have a bit of it. They are definitely different than us, but do you know how different? Keep reading and you'll be surprised.

**7–4: Clueless.** But don't sweat it. Guys are hard to figure out. They are so totally different. Who would have thought?

As part of creating your image and determining what's an appropriate level of sexiness, we have to think about your **target audience**. I'm going to assume for the purpose of this book, that it's **guys**. Guys you go to school with. Guys within your age range. Let's say teenage guys.

Now for the tricky part. Your target market is the teenage guy. You want to attract him. You want his attention and ultimately, I will assume, you want him to like you and maybe even date you. He's the reason for any hint of sexiness you might be showing. He's the pot of gold at the end of the rainbow. Don't get all feminazi on me now and start saying you aren't looking for a guy, because if you picked up this book, then you must be concerned about your sex appeal, and sex appeal is for one purpose and one purpose only: to get guys. But if you aren't about the guys and you don't want to date till you're like 30, hold on. You might just need to hear all the same stuff.

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DEAR HAYLEY, I don't want to dress sexy. I want to be cute, but I don't want guys drooling all over me. But shopping for clothes that aren't too sexy isn't easy. All the tops are too short and the pants are too low. What can you do? There's nothing out there to wear but sexy stuff. That's why everyone does it. Alyssa

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I know there can be more to this than just wanting to attract guys. The truth is that most of us girls just want to be cute. We want guys to think we're cute; we want other girls to think we're cute. We

just want to feel cute. You can't walk through the mall anymore and feel good about yourself unless you look like the models in the windows. And so you load up on all the latest fashion. For some of us the worst thing can be to not fit in, to not dress like the rest of the world. Believe me, I know. The trouble is that you then become a slave of the fashion world, wearing whatever they design just because it's all there is.

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DEAR ALYSSA, Believe me, I know how hard it is to find cute stuff that isn't totally revealing. But it can be done. Trust me. It just takes extra work and some creativity. Layering is a great way to cover up. Also go up a size or two till you find a tee that's long enough. You could just give up and say it's not possible, but that would be a lie. It is possible; you just have to work at it and not compromise when it comes to your fashion. Hayley

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See, the fact of the matter is, regardless of how cute you just want to be or who you want to attract or not attract, all (straight) guys are attracted by different parts of your body that you may or may not have exposed. They aren't all sex crazed—well, maybe they are, but it's natural to some extent. I mean, they have these things called hormones, which do somewhat color how guys see the world, and by that I mean your body. So whether you are targeting them or not, they are looking, and they are assuming that what you're showing them is on the menu you have laid out for them.

## THE EYES HAVE IT

Trust me when I say that: guys are visual creatures. **They are turned on by what they see.** You show them a bit of your boob or some of that long leg of yours and *bam!*—Testosterone City! They are instantly dreaming of what they saw. It might seem gross, juvenile, or impossible that a guy would want to touch your breast just because he can see a part of it, but trust me, it's true. I've talked to hundreds of guys about girls, and it's the same whatever state, country, or province I'm in. They are turned on by your flesh.

We girls are so used to our flesh that we don't think anything about it. We undress in front of each other, we share a dressing room, we sleep together in our T-shirts, and we think nothing of sexual stuff. And so it can seem so strange to us that guys see a little flesh and they go all sexual on us, but it's true. That's why guys are more likely to *not* share a bed, king size or not, with another guy when crashing at a friend's house or on a road trip. *Way too visual for them.* They aren't casual about our bodies like we are. Any hint of flesh they see and it's daydream city, for better or for worse.

So if you are showing the very tippy-top of your cleavage because you think, *Who cares, it's not like they can see my breasts*, funny thing—no, they don't actually see your breasts, but they do start to imagine what they look like. Their minds start to wander down lower and lower. So show them a whole lot of cleavage and suddenly they're salivating over your entire chest. They can't help but create a mental image of what the rest of you looks like. (Well, they *can* help it, but it's really, really hard. It's instinct, this stuff.) It's the same with your waistline. When you wear your pants down real low on your hips so that your skin shows below your shirt, they are imagining what's down lower. Show them your cute underwear, and it's all over. They're already salivating as if you're wearing nothing from the waist down. This is no joke. Guys' eyes see more than you show them. So the less you are showing, the less they will imagine.

I don't know about you, but I don't like the idea of any ol' guy walking down the hall thinking all fantasy-like on my body and imagining us doing things together. It's kinda gross. Sure, you might feel

good about your target guy drooling you up, but **he's not the only one in the hall with testosterone**, is he? And besides, the Bible makes it pretty clear that causing someone else to stumble (i.e., to fantasize about you) is not cool with God:

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Be careful, however, that the exercise of your freedom does not become a stumbling block to the weak.

1 Corinthians 8:9 NIV

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But I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.

Matthew 5:28 NASB

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It is better not to eat meat or drink wine *or to do anything else* that will cause your brother to fall.

Romans 14:21 NIV, *emphasis added*

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DEAR HAYLEY, **My stomach only shows when I raise my hands. That makes my T-shirt raise up, but other than that, I'm covered. Is it okay if my stomach only shows some of the time?** Trying

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Now that you know that your aggressive exposure of your fleshly parts is a stumbling block to the guys around you, what excuse do you have for flaunting your girly parts? It's really crucial to get this. It's a huge part of your image. Are you claiming to be a believer? Do you worship God, talk about prayer and your relationship to Christ, and then tempt every guy who comes across your path? If we want to develop the perfect image for you, we really have to figure out what that image should be, according to your faith, and then how to achieve it. So this chapter has just been an exercise in understanding the male part of the species that populates this planet with us so that you can better portray the girl that God has designed you to be.

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DEAR TRYING, **I call that a peep show. It's a subtle part of sexuality, a hint of it from time to time popping out. And believe me, guys are looking for it. That little bitty peek can get men all excited. So check out your clothes and make sure that when you bend over, your cleavage doesn't suddenly overflow your top and that when you raise your hand, your skin isn't flashing everyone. If you want to be obedient to God's Word, then take your body seriously. Even a little glance can lead a guy astray.** Hayley

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## REMEMBERING THE “**UNDER**” IN “UNDERWEAR”

Ever think it's a cute and sexy little trick to lift the top of your underwear ever so slightly above your



waistband? Or what if your undies just happen to show when you sit down? That isn't so bad, is it? I mean, it's not that sexual, is it? Look at it from the guy's perspective. When you show off your underwear, the first thing a guy thinks about is what you look like with just your undies on, and the second thing he thinks is that if you are so willing to show him *part* of your underwear, then you're probably willing to show him *all* of your underwear. In his mind you immediately become, well, sexual—and he will treat you accordingly, which means he will show you attention, but it's purely sexual. That's not to mention all the guys that you don't even know are using you as their own personal peep show.

Basing your image or your relationships on pure sexuality is a recipe for disaster. Guys don't take sexual girls seriously. They just don't. They think about using them until their next conquest. They are so clouded by your body parts that they won't see you for the amazing girl that you are. So be careful when you play around with an image that is “free enough” to expose all your delicacies. Besides, you probably didn't buy them at “Victoria's Public Knowledge”! It's not wise to use your freedom, or shall I say flaunt your freedom, in front of guys. It might seem like a cheap thrill, but in the spiritual scheme of things it's a trip down a messy road that can lead to spiritual, physical, and emotional destruction.

## MYSTERY GIRL

The truth of the matter is that guys are more attracted, long-term, to the girl who is a bit more mysterious. They like a chase. Think of the caveman: his job was to go out and chase down wild things. It's part of who men are; they love a good chase. Things that are a challenge are much more fun than things that are easy. I mean, he'd much rather play a really challenging game of basketball than an easy game of Candy Land. He likes the challenge. He likes the chance that he might lose. He likes the idea that you aren't that easy to get and that should he get you, he'd be doing something that no other guy (or at least not a ton of them) has done. So **every time you make it too easy on him** by showing him how willing and ready you are, **you lose out**. He starts to think of you less and less as a potential girlfriend and more and more as a great hookup or onetime make-out session.

The key to understanding what guys are thinking is to understand their competitive, adventure-seeking side. Make the pursuit of you more difficult and watch him melt at your feet.

“Talking  
to the girls  
in my group is  
the most difficult  
part of my job.”

—Confessions of a Youth Pastor

## IS YOUR CLOSET TOO HOT?

You are what you wear.

Now that you can start to see how guys are totally visual, the next thing to think about is **who all is copping a visual on you**. This can get really creepy, so hold on. Teenage guys aren't the only ones who have those masculine hormones raging in their loins. It's guys, men, of all ages. From the 22-year-old clerk at the checkout line to the 43-year-old pastor behind the pulpit, they are all men, and they are all turned on by what they see. So it's like this: if you go out sporting your sexiest top that shows just enough of your voluptuous chest and your totally hip miniskirt ever so slightly revealing your lacey undies placed just above the waistband, don't be surprised when I tell you that not only is the hottie down the hall checking you out but every guy from 13 to 83 is catching a glimpse, and their mouths are watering. Sure, some of them might try to look away. But it's hard work. And then they have to fight with their minds and those memories of your supple body. That means that if you walk down the street and see a bench lined with 70-year-old men, they are looking at your breasts and smacking their lips. You are every bit as sexy to the old guy as you are to your target guy. And you think that's gross? Just think about the poor pastor who has to stand in front of his congregation all morning and talk about God while trying to avoid seeing your breasts popping out from your baby doll top. A guy is a guy is a guy, and so if what you're showing ain't on the menu, keep it covered up.

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“She looked as if she had been poured into her clothes and had forgotten to say ‘when.’”<sup>[1]</sup>

P. G. Wodehouse

Sexy Girl Translation: Wear clothes that fit!

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**Showing off more than you're willing to give to a guy is what we call false advertising.** A girl who shows off her tummy has to understand that guys think that means she's ready and willing for him to run his hands all over it. He's got sex on his mind as soon as he sees that the doorway to her intimate self says “open for business” like that.

Two kinds of girls wear tops that don't quite connect to their pants. One is the girl who wants guys to want her for her hot stomach, belly button ring, or sexy bottom. She's the one who is ready for action. What she's showing *is* on the menu, and she's proud of it. But the other kind of girl—and this is probably most of you—is the girl who doesn't realize what her sexy tummy is doing to every man

**that she sees.** She doesn't realize that the tummy is the doorway to, well, the parts guys are longing to see and touch. She thinks it's just the style. **"I look cute, and who does it hurt?"**

Hmm, let me answer that: It hurts the guy who thinks he might get something from you because of what you've got on the menu but then finds out when you reject him that you're just a tease. It hurts the Christian guy who wants to honor God with his thoughts but can't quit thinking about your body. And it hurts you when you suddenly sink to the status of "nice stomach" and are overlooked as a beautiful, intelligent, sensitive, and caring human being. It reduces you to a piece of meat on a menu. It becomes all about the body, and nothing else even comes into focus. Face it, this kind of style is causing another person to stumble just because, well, you have "a right to dress however you want to

T-shirts that say something across your breasts are meant to draw attention to them. You don't have to be revealing flesh to get guys to think about your flesh. Be careful what you display across your breasts; you might just be getting the wrong kind of attention.

If you have something written anywhere, it's so people will look. Words written on your bum are very sexy and get guys to think all kinds of things. It's like an offer to open the package. Don't put advertising somewhere unless that's what you're advertising.

A lot of girls get mad when guys treat them too sexually. When guys call them names, or make rude advances, or say nasty stuff to them, they get all in a huff. "How could he talk to me like that? What does he think I am, a piece of meat?" And the answer is yes. That's exactly what he thinks you are because that's how you've marketed yourself. **The sign in front of your establishment screams "sex."** The banner on your ad yells "use me." Guys' eyes become clouded by the flesh, and they lose all sight of the girl inside that flesh. So if you show off parts of you that turn guys on, don't be all upset when they treat you like a sex object. Don't blame them for your PR campaign. You designed it and created the image you wanted to sell to the world, and they're just hoping to get a chance to purchase or steal a piece of you.

Revenue generated by sales  
of thongs to 7- to 12-year-old girls  
in 2000: **\$400,000**

Revenue generated by sales  
of thongs to 7- to 12-year-old girls  
in 2002: **\$1.6 million**

Revenue generated by sales  
of thongs to 13- to 17-year-old girls  
in 2002: **\$152 million**

Source: *Time*,  
September 29, 2003

We can't get mad at guys for being guys. We can't blame them for following us down the path of objectification when that's the package we've put together. When you create your own PR package, you have to decide how you want to be treated. What parts of yourself do you want to be considered valuable? Do you want to be just another body for him to take advantage of, or do you want to be something more special? All these things have to be considered every time you get dressed in the

morning.

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**Take a look at this example from *Dateable: Are You? Are They?***

Check it. I am walking down the street wearing a policeman's uniform. I have the hat, the shoes, the badge, the whole deal. I'm walking down the street, minding my own business, when someone runs up to me shouting, "Help! I need help! I was just robbed!"

"Hey, lady, I can't help you," I say.

"What do you mean? You're an officer, you have to help."

"Oh, no. I'm not an officer. I just dress this way."

Translation: *I'm not EZ, I just dress that way.*<sup>[2]</sup>

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You are what you wear. We do judge a book by its cover. One of the major ways people figure out who you are and what you're like is by how you dress. So don't lie to yourself. You really are what you wear.

## GOD'S TAKE ON THE SITCH

But don't just take my word for it. We have a better source than that, thank God. And he has a lot to say about your sexuality. Let's take a look so we don't get too far off track:

But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.

Ephesians 5:3 NIV, emphasis added

"A hint of sexual immorality." Does that ring any bells? Can you think of anything about your wardrobe that might *hint* at sexual immorality? You don't have to *be* sexually immoral; you just have to *hint* at it. Are your shorts super short? Why? Is your top low cut enough to show cleavage? What's your goal? What about your tummy? Have you pierced it? Tattooed it? Or are you just showing off how tight it is? All of these things are to draw the attention of the male so that he will find you sexually attractive. Bam! A *hint* of sexual immorality.

Dang. Bet you didn't see that coming, did you? I know I didn't the first time I got it. I used to think, *Well, fashion is fashion and low-cut, high-cut, short-cut stuff is in. In fact, it's all I can find. So what's a girl to do?* And I gave in. But when I finally figured out what it was doing to guys, that it was giving them a hint—maybe just a small one, but a hint all the same—that I might be up for some sex play, things got more serious. Because God makes it perfectly clear: NO! You can't play with sex that way. You can't hint around about it or slightly suggest that you might be good in bed by hinting, "Look at this great body." Don't deny it. You know it's true. Heck, even though I was a sworn "virgin till I marry," when I was in school I still found it exciting for guys to think that I was sexy. I still wanted them to want me—that is, until I figured out what it all meant to their spiritual lives and to my psyche. I can remember thinking, *I have to look sexy so guys will like me, and then eventually I can pick the one I want to marry.* But in the meantime I confused a lot of guys who thought what I was showing was on the menu.

I know how hard it is to resist that cute little mini and how great you look in that tight baby doll tee. I know how hard it is to find clothes that don't false advertise, but I also know it has to be done.

God makes it clear, **we can't play around with our sexiness.** It's a powerful tool that should be used for good, not for fun.

God has a purpose for everything. Even your sexuality. And that purpose is the marriage bed. Any other kind of sex or hinting about sex is out of bounds. In fact, it's sinful. "Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality" (Galatians 5:19). Your sexiness isn't something to be played with or taken lightly. So if what you're showing ain't on the menu, keep it covered up.

"Sometimes I scratch my head and wonder,

**'What kind of guy is this girl trying to attract?'"**

—Confessions of a Youth Pastor

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**"If most of us are ashamed of shabby clothes,...let us be more ashamed of shabby ideas and shoddy philosophies....** It would be a sad situation if the wrapper were better than the meat wrapped inside it."<sup>[3]</sup> Albert Einstein

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## Judging Your Self-Esteem?

What you think about yourself is important. Your thoughts manifest themselves in all kinds of ways: how you walk, how you talk, how you carry yourself. What you think about you is really important. And I know that how you dress has a huge effect on how you feel. I mean, having a bad hair day can totally ruin your day. Walk by a mirror and see yourself in old clothes, and suddenly you feel depressed and ugly. I know how it is. We're all girls, and we all have a tendency to be hard on ourselves, but is self-esteem really where it's at? I mean, can you build your self-esteem by having the cutest clothes on the planet or by looking like a hot rock star?

Self-esteem is a precarious thing. It can go up and down based on the outfit of the day. So maybe you should **start thinking about a different kind of esteem.** After all, God's Word never tells us that we should esteem ourselves. Instead we should be humble, not thin king too highly of ourselves (see Romans 12:3). The meek, not those with high self-esteem, shall inherit the earth (see Matthew 5:5). Yeah, something tells me that self-esteem isn't where we should put all our eggs. Self-esteem is too hard to keep up. It's too hard to manage.

But what if there were another kind of esteem that was more rock solid, less likely to change with the currents? The way I see it, self-esteem is a weak foundation, and the only real foundation for a good mental outlook and a joyful spirit is *God-esteem*. When you put your esteem in him and his plan for you, you are never disappointed. Bad things can be said about you, and you aren't fazed because you are hooked up to the Creator of the universe, and he says different of you. **God-esteem definitely has more power than self-esteem.**

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**...the only real foundation for a good mental outlook and a**

## joyful spirit is *God-esteem*.

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So if you are planning your wardrobe and your look in an effort to build your self-esteem, to make you feel better about yourself, you might want to rethink that. It's just too fleeting. Just one incident can pull the rug out from under you. But if you can focus your mind on what God wants for you, who he made you to be, and who he is, then you will never slip or fall. Your spirit will soar. When people try to put you down, you won't be affected, because your esteem isn't in whether others accept you. When you have a bad hair day, you will blow it off, because in the grand scheme of things, your hair doesn't matter. Yep, God-esteem is where the power is. **Let go of tending your own self-esteem and let God become your focus,** and you will find that dressing and getting ready every day will become a whole heck of a lot easier.

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**“If you could only learn** the lesson of absolute self-forgetfulness, it would save you a great deal of trial. Out of self and into Christ are the two essential steps always, and the last cannot be fully taken without the first. For just so far as we dwell in self, we are not dwelling in Christ, and just to that degree, therefore, all goes wrong.”

Hannah Whitall Smith

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**“Maybe** your purity pledge should start to include where you **shop!**”  
—Confessions of a Youth Pastor

# THE ART OF THE BODY

## Tattoos and piercings.

Another thing you have to consider in creating your image is body art. You can do so many things to your body to “improve” it, I guess. Lots of people just can’t feel complete without a few more earrings, an eyebrow ring, and a tattoo of their favorite animal. And it’s all part of the marketing campaign that tells the world who we are and how we want to be thought of. For the purposes of this book, I’m not going into the ethical value of using the body as a blank canvas. If you feel a need for eyebrow piercings or a nose ring, you’ll have to take that up with your parents and any prospective employer that might have a hard time hiring someone with metal all over his or her face. Some people can handle it; others can’t. But what I am going to talk about is piercings and tattoos that are sexual in nature.

Yes, **some body art is created for sexual arousal, not just fashion.** The **belly button ring**, for example. It isn’t just the latest fashion statement; it’s a sexual statement. It’s like this: Remember how what you’re showing immediately goes onto a menu that guys feel they can now choose from? Okay, have you ever been to a restaurant where they put little icons by their best-selling items so they can get your attention with the best of the best? Well, getting a belly button ring or a **tattoo in the small of your back** just above your pant line is like putting up a sign for the special of the day. It lets everyone know that this area is your featured best seller. In your marketing campaign it’s the one thing you want the world to know about you. I know, to you it just looks cute and cool and oh so hip, but to the rest of the world it’s just a featured item symbol. Those sexual kinds of body art were created expressly to sell the sexuality of the area where they are placed.

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DEAR HAYLEY, I really want to get a belly button ring. Lots of my friends have them, and I just think they are really cute. What do you think about belly button rings? Curious

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The **tongue ring** is a blatant example of the sexual body art piece. When a guy sees your tongue ring flashing from between your teeth, he’s imagining how amazing it will feel on his body. If that’s not what you got it for, then you might be totally grossing out right now, ’cuz that’s exactly what it’s for. And if you knew about this little nugget of information before you got your tongue ring and you got one anyway, you’re either a tease or a sexual girl. If this is you, don’t expect your romantic dreams to come true. Don’t expect guys the world over to be so excited that they all want to shower you with gifts of affection and battle for your undying love. To make yourself a sexual object is to ki

a part of you that was created expressly for relationship. God didn't create you to be some boy's toy. He didn't create you to meet the sexual needs of random guys. He made you to be a girl with purpose someone who will change the world for good just because she lives in it. He made you for one man and one man only, and that man won't be too happy to know that you shared yourself with other men just to get the feeling of being loved.

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DEAR CURIOUS, Belly button rings are cute, I agree. They are not only cute but they are sexy. My one question for you is, what is your goal in wanting one? To show it off? I mean, really, why get one if you aren't going to show it off? But the trouble with that is, it gets guys all excited. A belly button ring is a sexual decoration, plain and simple. You might say, "I'm not going to show it. I'll just know it's there." To that I say, but I bet you're going to tell people about it. And that's almost as bad as showing it. It's a tummy tease. You don't need a belly button ring unless you want to make your stomach more sexy. And sexy stomachs drive men crazy. So it's up to you. What's your goal? And who do you want to be? Hayley

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Here's how God's Word puts it: "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" (Romans 12:2 NIV). So change. Get over what the world says you were created for (the sexual fulfillment of guys) and start to explore what God says you were created for—much, much, much more than that! "'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future'" (Jeremiah 29:11 NIV).

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Neither the American nor the Canadian Red Cross will accept blood donations from anyone who has gotten a body piercing or tattoo in the past year because **both procedures can transmit dangerous blood-borne diseases.**<sup>[4]</sup>

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**"My wife just started a girls' group to help them look at the way they dress. She calls it 'The Navel Academy.'"**

**—Confessions of a Youth Pastor**

All right, I've had my rant. I'm done harping on the little hottie who wants to sexually excite every guy she sees. I want to get back to the average girl, the one who didn't mean to turn on every guy she encounters. The girl who really wants to be obedient and follow the commands of God. I want to get back to the believer who knows God's Word to be true but just didn't know how it applied to everyday things like body art. If you have pierced or tattooed and are starting to feel convicted, don't let the enemy take you down. What you did before you knew the truth is forgiven. It's over. It's water under the bridge. The only thing you have to do now is to repent—that is, to change. To go in a different direction. If you have a sexy tattoo, keep it covered up. Don't flaunt it anymore. If you have a belly button ring, take it out. The only reason you need it is to solicit the sexual attention of guys. And if you don't want to be about that anymore, then be done with it. I don't know how to put it any more clearly. **Any piercing or tattoo that is strategically placed on a sexual part of your body achieves only one thing: it gets sexual attention.** If you want to change your image, then get rid of the old ways. Become a new person.



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