

## Sexual Integrity Strengthens Us Milk and Dish Soap Experiment

**Purpose:** To visually demonstrate to children how their commitment to sexual integrity can protect them in their life.

**Required Materials:** Milk – 1%, 2% or whole, a shallow plate, food coloring, cotton swab, liquid dish detergent

**Introduction:** To perform the experiment, gather all the required materials. If you would prefer, you can [watch the video](#) and then discuss with your children the ideas in the Discussion below.

### Directions:

- 1 Place your plate in the middle of the workspace.
- 2 Pour in enough milk to cover the bottom of the shallow plate. Explain to the children the milk represents them.
- 3 Add two drops of food coloring to the middle of the milk. If you have more than one color, apply it in the same spot. Tell the child(ren) the food coloring represents bad ideas, situations, thoughts, or emotions we experience.
- 4 Take the cotton swab and dab it in the liquid dish soap, just enough to cover the tip of the swab. Explain to the child(ren) the dish soap represents their sexual integrity. Ask them to watch closely as you put the dish soap covered cotton swab into the food coloring that is in the middle of the milk.



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- 5** Now touch the dish soap covered saw to the middle of the food coloring. The dish soap will cause the food coloring to leave to the edge of the plate.



(An optional way to perform this experiment is to heavily sprinkle pepper into the milk. Then drop the dish soap into the center of the plate of milk dispersing the pepper to the sides of the plate.)

### Read and Discuss:

The milk is white. White is a symbol of wholeness and represents being pure. That is why it represents you. The food coloring represents society and the world around us. Some contaminants or “stains” of society/the world include bad ideas, thoughts, images, or anything that encourages us to abandon our sexual integrity and engage in behavior we know to be harmful. The dish soap on the cotton swab represents our sexual integrity.

We may not be able to choose what happens to us, but we can choose our response and choose to act with integrity. Just as the dish soap moved the food coloring and made the milk clean and white again, our sexual integrity will help us stay clean and safe.