



Broadcast Transcript

Broadcast: Hooked: The Consequences of Casual Sex – Part 2

Guest(s): Dr. Joe McIlhaney

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Dr. James Dobson: You're listening to Family Talk, the radio broadcasting division of the James Dobson Family Institute. I am that James Dobson and I'm so pleased that you've joined us today.

They don't know it's wrong today because the whole culture is doing it, everybody's doing it.

Dr. Joe McIlhaney: Everybody's saying it's okay.

Dr. James Dobson: Teachers are saying it's okay. Some pastors are saying that. It's the end of sin. You can't have consequences to sin if you don't recognize it as evil. If that's what has changed then what eats on my soul because I see us heading farther and farther in that direction where we don't even remember that there is right and wrong and that right is blessed and wrong brings on death.

Roger Marsh: Well, welcome back to Family Talk. I'm Roger Marsh. On today's program, we're going to hear part two of a broadcast featuring our own Dr. James Dobson and his special guest, Dr. Joe McIlhaney. Dr. McIlhaney is a board certified OB-GYN and the co-author of a book called *Hooked: The Brain Science on How Casual Sex Affects Human Development*.

On yesterday's program, Dr. Dobson and Dr. McIlhaney talked about the harm that casual sex has on neurochemistry and on the brain. They also discussed the correlation between the hookup culture and the increase in STIs and HIV cases as well as the negative influences of pornography and sexual content in entertainment. In just a moment, Dr. Dobson and Dr. McIlhaney will explain the importance of active and involved Christian parents in the lives of their kids, especially as it pertains to education regarding sex and sexuality. They'll also identify broken and conflicted families as the cause of many of the confused and troubled teenagers we find all around us in the culture today.

Now, before we begin today's broadcast, remember that this content discussed here on the program is for mature audiences only, so listener discretion is highly recommended. Here now is the conclusion of Dr. James Dobson's classic conversation with Dr. Joe McIlhaney right here on Family Talk.

Dr. Joe McIlhaney: I think your father sacrificed for you to help be a better father for you.

Dr. James Dobson: No question.

Dr. Joe McIlhaney: And I think that what parents may have to do today is sacrifice for the good of their children, which is a hard thing to do. For example, some really good researcher, brand new researcher came out showing that mothers need to be with their babies as much as time as they can for the first three years of life, and she has just been pilloried. She's a Jewish liberal person, but her research has clearly shown that babies need the calming effect of the mother to be with them to grow up without the anxiety. She thinks a lot of ADHD and these other problems that young people are having are because mothers are not there with their kids that first three years all the time.

Dr. James Dobson: Well, that's politically incorrect.

Dr. Joe McIlhaney: I know it. She says it's oxytocin in the mother's body that communicates to the children during those first three years, the calmness that they need to live a healthy life without all these problems that develop. My point there is your dad sacrificed for you, parents today may need to sacrifice for their goods of their kids. There's research that shows, for example, that moms need to be with those babies, those children the first three years of their lives to allow them to develop in a healthy way.

Dr. James Dobson: What you're talking about in regard to my father is a story I've told many times because it needs to be heard, but my 16th year I got pretty testy with my mother. My dad was an evangelist. He's gone a lot and I was pressing the limits a little bit and I was really on the edge. I could have gone farther. I never went into out broken sin. Shirley and I were both virgins when we got married. We didn't drink, we didn't smoke, we didn't do a lot of those things, but I was heading in that direction. My father saw it and he had four years slate as an evangelist in the larger churches of our denomination, and when he found out about it and my mother in a telephone conversation said to him, "I really do need you." He came home, sold our house, we went to South Texas, he took a church so he could be with me, and we hunted and fished together and he pulled me back.

Dr. Joe McIlhaney: Changed your life.

Dr. James Dobson: But guess what? He never recovered professionally because by the time I got through high school and he was ready to go back into the evangelistic field, and so his whole world changed. He never made a comment about it and never looked back because he poured himself into me and I'm telling you, he saved me.

Dr. Joe McIlhaney: Well, and look what a blessing through that commitment to you. He's been through you to millions of people, Dr. Dobson, and he has. His life is fulfilled through you.

Dr. James Dobson: Well, he's spent a lot of times praying for me. I can tell you that.

Dr. Joe McIlhaney: Our parents today need to realize that. As you've talked about that I've realized that most marriages today have started as cohabitation, but a lot of times cohabitation doesn't lead to marriage, more than half the time it doesn't. Kids born into these cohabiting relationships, you would never see that kind of sacrifice on the part of the parents of the kids. It just wouldn't happen in those cohabiting relationships. It happens in a marriage relationship where a mother and father have sealed that relationship with sex, yes, but also with a commitment to each other and then to their children to sacrifice for those kids, and I think that's what we're going to have to start seeing in this culture today to turn it around.

Dr. James Dobson: In Malachi 2:15, there is a verse that says, and I'm paraphrasing, "What was it that God wanted when he created marriage?" Simple answer. He wanted godly offspring. He wants us to pour our lives into our kids. That's the next generation. If you look at what Moses said to the children of Israel before they entered the Promised Land in the sixth chapter of Deuteronomy, it tells parents to give priority to teaching them who God is and where the Jewish people had come from and what he wanted of them. It's all so clear that is job one.

There is no message that I have spoken in these 42 years in ministry, none that comes close to that in importance. It's what you do with your children because that's the next generation and that's the reason I'm so concerned about this culture. I told you at lunch when we were together that a book that we wrote in 1990, Gary Bauer and I called *Children at Risk*, talked about the dangers of parents not raising their children properly and pouring themselves into them and introducing them to Christ, and that generation I said, was at risk and that is today's millennial generation. They didn't get that done, and so that generation knows not Christ for the most part, and guess what? They're not teaching their children and therefore we're going to lose a second generation and this nation will never come back from that.

Dr. Joe McIlhaney: Our whole culture will pay a price. It is paying a price now. It'll pay a worse price in the future.

Dr. James Dobson: You asked me in that lunch that we had, what can we do to turn it around? What can we do to see this nation begin to recognize moral values and principles and commitment to Christ and giving up this drug culture and this crazed toxic sexuality that you've talked about? You asked me what we can do. I gave you my answer. Let me ask yours.

Dr. Joe McIlhaney: Well, your answer was that we have revival and I think that's absolutely the answer for a huge change in this culture.

Dr. James Dobson: A new great awakening.

Dr. Joe McIlhaney: A new great awakening is going to be absolutely necessary to see this tumultuous change I think we ultimately must have. How much worse can it get Dr. Dobson? But we can't sit around waiting for that to happen. We need to take a hold of it as best we can. If we're a mother or dad, we need to hear what's going on with this program today. That is our responsibility. Every study we've seen shows that the primary influence on a kid for their behavior later on is the parent's influence on them. That does not happen outside of marriage, relationship and a family most of the time. There are lots of brave single moms and dads out there. They're doing a good job and a lot of those kids will do fine, but the best chance a kid has is to be in a healthy family that is the result of a marriage.

The name of this program, this place with you is Family Talk, right? We're talking family here. That's the basis of it. Some people may know that my wife had Alzheimer's and died a year ago. We moved into a Jewish retirement home. It's about 50% Jewish and 50% that's not. Passover is done in the family and it occurred to me that Passover has been done in the family. It's not in an auditorium, it's not with a whole bunch of other people, it's in the family. And it just made me wonder if the reason the Jewish culture, the Jewish race has persisted all these years in part besides the fact that God had that plan, that the Jews have been in their family celebrating Passover and celebrating the family year after year for these thousands of years, and I think that might be a lesson for us to say family is where it's at.

Dr. James Dobson: Well, you and I talked also in that conversation about the people who lived contemporaneously with Jews in the Old Testament, the Jebusites and the Parasites and all the other names, Hittites and others. They're gone.

Dr. Joe McIlhaney: They're gone.

Dr. James Dobson: They disappeared from the face of the Earth and the Jewish people didn't, and family played a key role in their longevity and as you said, God had a plan for them, but they stayed consistent with it.

Dr. Joe McIlhaney: They did. You're right, and they still do. I'm learning that with my Jewish friends there.

Dr. James Dobson: You have a Bible study for your Jewish friends there.

Dr. Joe McIlhaney: And for other people that aren't Jewish.

Dr. James Dobson: And they come.

Dr. Joe McIlhaney: Yeah, they come.

Dr. James Dobson: And they're not insulted by it.

Dr. Joe McIlhaney: No, because I love them and they love me and they know they trust me and they know I'm not trying to manipulate them and they don't mind me telling what people who follow Jesus believe. I just put it out there like that. Nobody can make anyone believe, but you can put the information, the facts and why you believe what you believe out for them and for people that aren't Jewish and don't believe in Jesus. There's such a powerful reason to believe in God who loves us so much. He sends His Son to literally die for us and then rise again, triumphant over sin and then give us guidance for how to live life triumphantly and that's what He's done.

Dr. James Dobson: Apart from that message, Joe, nothing will save us.

Dr. Joe McIlhaney: That's right.

Dr. James Dobson: I do not believe it. I believe America is gone if we do not return to first principles and biblical understandings. And no book's going to be written that's going to open our eyes and say, "Oh, we need to do things differently." Nothing's going to change people who are committed to the wickedness and selfishness and violence and all the things that are going on today. There is no hope for us apart from that spiritual renewal, that awakening, that repentance, that commitment to Christ and to what He has taught. It's all in the book.

Dr. Joe McIlhaney: Yeah, I agree. And something strikes me as you even say that, Jim. What else will draw those people from that other side who see nothing but the secular world? They don't believe there's anything above what they can see, feel and touch. What would draw them to our side, if you want to put it that way, to believe in Jesus without seeing in us honesty, truth, real meaning in life, a God that's really there? What else could bring them over unless they see in us those things? And also a love on our part toward them, even those people that don't agree with us.

Dr. James Dobson: That's also true of the homosexual community.

Dr. Joe McIlhaney: It is.

Dr. James Dobson: Many of them have been wounded, they've been made fun of. Boys have called them sissies. There's been this animus there. It has created a form of hate or resentment and we will never win them by doing that.

Dr. Joe McIlhaney: You don't know this Dr. Dobson, but my own partner was a lady who after she had been in practice with me and my other partner for several years called me into her office to say, "My psychologist has shown me that I'm a lesbian." And then lived a lesbian life, married her partner. I didn't kick her out of the practice.

I loved on her. I don't know that she ever really came to a belief in Jesus, but I didn't demean her.

Dr. James Dobson: You have to treat people respectfully whether or not they agree with you.

Dr. Joe McIlhaney: Well, Jesus told us to love those that hate us and that's hard to do. But besides that, even though her lifestyle was different than I would've chosen for, I still loved her and wished the best for her.

Dr. James Dobson: Well, we are guilty at that point because Christians have through the years been hateful to people, especially young people who were homosexual and they didn't know what to do with them. What do you do with that in the church when it occurs? And some of them have been driven out. That's so wrong. Jesus would not have done that, but you also cannot tolerate it. You cannot look the other way. You have to tell truth as it is.

Dr. Joe McIlhaney: That's exactly right. They need that. They need truth.

Dr. James Dobson: So do I. Don't we all? Joe, we've come to the end of our time together. We've been talking for those who tuned in late. We're talking about the book you wrote 10 years ago called *Hooked*, and it's about what illicit and casual sex due to the human brain and to the body certainly through sexually transmitted diseases, but also because of the hormones and how they affect the brain, and it is a permanent condition. You can't get away with sinning. There is no safe sex. You try doing it outside God's will and there are consequences, which are why he prohibited them in the first place. So you have talked about that in a dramatic way in your book *Hooked*. Now, we're 10 years farther down and you and I are on the telephone the other day when I asked you to come here and I said, what has changed? What is new and what does the research show that you didn't know to talk about 10 years ago?

Dr. Joe McIlhaney: The research has shown very much what we showed 10 years ago. So there's some really foundational truth that we find in research about the way the human body works. For example, with oxytocin, which is a bonding hormone. It lets women trust, it lets women transmit to their own children of calmness. The research on that has even been strengthened since we wrote this. I think what I've learned is in spite of putting out information, I think I've seen a deterioration in the sexual mores, the sexual environment of this country.

Dr. James Dobson: There's no doubt about that.

Dr. Joe McIlhaney: So we can put out information, but they will not necessarily make right choices because of that. I think that it's really vital therefore that parents do what we've talked about today, that they take their children in hand, teach them and instruct them and guide them. I think as we see the deterioration of choices that young people now are cohabiting more often than they're marrying to start with, we need to let them know that that can lead to real problems later on.

They're more likely to divorce later on. The children born in those families are more likely to be violated, to be experienced violence and so forth. But I think what it's going to take is our whole society realizing this and that we get this message out and that's why I so thank you because my life is sort of committed to this and I just thank you for continuing to put this information out for people.

Dr. Dobson, I will brag on you. You have over 1,300 stations around the country and outside this country listening to this. Thank you. You have been such a contributor to getting this kind of message out to people all over the country and I appreciate and thank you. God is using you.

Dr. James Dobson: Joe, at this stage of my life, it's why I continue to do this because I see the nation sinking into a sewer of sin and depravity. And I don't hear very many people talking about it, and I even hear pastors unwilling to wade into this because it's such controversial stuff. Let me make a statement then you tell me whether or not I'm going too far.

Dr. Joe McIlhaney: By the way, let me say this before you make the statement. Thank God for you and for what you've done.

Dr. James Dobson: Oh, thank you, Joe. I'm telling you, I appreciate so much you being my friend. We have stood together on this for a long, long time. Going back 10 or 20 years ago when you've been doing the writing we were talking about and before, what's changed it seems to me that in those earlier days, people were having sex, that's nothing new, having sex outside of marriage, but they knew it was wrong. They knew that they were doing something that was unconventional and something that might have consequences. They're still doing it, but they don't know it's wrong today because the whole culture is doing it. Everybody's doing it.

Dr. Joe McIlhaney: Everybody's saying it's okay.

Dr. James Dobson: Teachers are saying it's okay. Some pastors are saying that. Homosexual sex is now validated in some church communities. If homosexual sex is not wrong, what about heterosexual sex? It's the end of sin. You can't have consequences to sin if you don't recognize it as evil, and that's what has changed and what eats on my soul because I see us heading farther and farther in that direction where we don't even remember that there is right and wrong and that right is blessed and wrong brings on eventually sin and the wages of sin is death. I don't know if that summarizes the difference from me.

Dr. Joe McIlhaney: No, you're absolutely right. You know, Dr. Dobson, people make fun of the time in the United States when you and I were growing up. They say, "Well, kids were having sex just as much back then as they do now." They were not. We know by good data that it was not common back then for young people to be having sex outside of marriage unless they might've been having sex just before they got married. That did happen. Still, that wasn't the majority behavior of most young

people even back when we were growing up. Faith in Jesus Christ was much stronger. I think it impacted people's lives more back then. The 1960s were a tumultuous change in this society. That was when the birth control pill came out in 1960. The people that were pushing free sex with anybody, anytime, any way you want to do it felt like they'd been released to say, "Sex is safe now. We can do it all we want to with anybody." And it's not.

Dr. James Dobson: And God died.

Dr. Joe McIlhane: And God died.

Dr. James Dobson: Yeah. And marriage was severely damaged and has not recovered from it. And what went on in our nation's capital had a lot to do with the destruction of marriage. People have forgotten all this. In 1969, the Congress in its wisdom and the state of California under Ronald Reagan decided that those who were married and raising children and doing what they could to teach them and train them and care for them and feed them and educate them should pay higher taxes than those who were living together without benefit of marriage. That was the change that began and it continued all the way till George W. Bush became president and for a short period of time, he rolled back what we call the marriage penalty tax. It's now been reinstated and the government was against the family the whole way. Figured that one out.

Dr. Joe McIlhane: And those are people we elected, which brings up a whole different subject we don't have time to talk about, I'm sure, but that is how important it is for us to go to the polls and vote. Like I said earlier, my life is sort of committed to this and for you to give me the chance to get to say some of these things and for you to just do such a good job of getting this information out. Thank you so much.

Dr. James Dobson: That's why I called you on the phone the other day. I said, "I'm sending you a ticket. Get here."

Dr. Joe McIlhane: Yeah. I couldn't believe it. Thank you.

Dr. James Dobson: Keep up the good work, Joe.

Dr. Joe McIlhane: You too.

Dr. James Dobson: I love you, brother.

Dr. Joe McIlhane: I love you too.

Roger Marsh: Well, you've been listening to Family Talk and that was the conclusion of Dr. James Dobson's conversation with Dr. Joe McIlhane, a poignant discussion on the dangers of the hookup culture. Unfortunately, Dr. Dobson and Dr. McIlhane have seen the disastrous effects on this unrestricted sexualized culture. I hope that the wisdom that has been imparted over the past couple of

days has been a benefit to you and your family. By the way, if you'd like to learn more about McIlhaney and also get information about his book called *Hooked*, visit our broadcast page at drjamesdobson.org/familytalk. That's drjamesdobson.org/familytalk.

Here at the Dr. James Dobson Family Institute, we want to walk alongside you and help you and your family grow closer to God and to each other. Here at the Dr. James Dobson Family Institute, we want to walk alongside you and help you and your family grow closer to God and to each other. One resource you can utilize to get that ball rolling is to sign up for Dr. Dobson's monthly newsletter. It's absolutely free and you can sign up online. To do so, just visit drjamesdobson.org/newsletters. That's drjamesdobson.org/newsletters.

And before we leave the air for the week, another reminder that you only have a few days left to take advantage of the special \$300 matching grant that we have in place, thanks to some very special friends of our ministry. For every dollar you donate this month, your gift will be doubled for twice the impact. Now remember, you can make a secure donation online when you go to drjamesdobson.org. That's drjamesdobson.org. You can also make a donation over the phone when you call 877-732-6825. Now, if you'd like to make your donation through the U.S. Mail, you can do so, but you'll want to get that gift in the mail this weekend because our special matching grant ends next Friday. Our ministry mailing address is the Dr. James Dobson Family Institute, P.O. Box 39000, Colorado Springs, Colorado, the zip code 80949. Please know how much we appreciate your prayers and for your faithful financial support of this vital ministry.

Well, I'm Roger Marsh, wishing you a blessed and safe holiday weekend. Join us again on Monday for a special Memorial Day edition of Dr. James Dobson's Family Talk.

Announcer: This has been a presentation of the Dr. James Dobson Family Institute.

Roger Marsh: Hey, everyone. Roger Marsh here. When you think about your family and where they will be when you're no longer living, are you worried? Are you confident? Are you hopeful? What kind of legacy are you leaving for your children and their children? Here at Family Talk, we're committed to helping you understand the legacy that you're leaving for your family. Join us today at drjamesdobson.org for helpful insights, tips, and advice from Dr. James Dobson himself, and remember your legacy matters.