



Broadcast Transcript

Broadcast: The Vulnerability of Our Girls: Protecting the Ones We Love – Part 1

Guest(s): Dr. Joe McIlhaney and Dr. Freda McKissic-Bush

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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.

Roger Marsh: Welcome to Family Talk. I'm Roger Marsh and at the start of today's program, I want to let you know that the following broadcast is intended for mature audiences. Listener discretion definitely advised. Now on today's edition of Dr. James Dobson's Family Talk, we're addressing the issue of sexual promiscuity and its consequences. Now we're not here to heap guilt on anyone who's made a poor decision in the past. Instead, we're here to encourage parents to help your teens and preteens develop a healthy biblical view of sexuality so that they can navigate the questions and peer pressures of adolescents with wisdom and confidence. Our guests today here on Family Talk are Dr. Joe McIlhaney and the late Dr. Freda McKissic-Bush. Together they wrote an eye-opening book called *Girls Uncovered*, which presents scientific research on the development of young girls in today's promiscuous landscape. Dr. McIlhaney is a board certified OBGYN, who founded the Medical Institute for Sexual Health back in 1992 and Dr. McKissic-Bush was a retired board certified obstetrician gynecologist who dedicated her life to advocating for women's health and sexual integrity. Sadly, Dr. Bush passed away in January of 2023, but her legacy of compassion and truth continues to impact countless lives even today. Now during the conversation you're about to hear with Dr. James Dobson, you'll hear both doctors share research, hope and encouragement for parents raising girls in today's challenging culture. So let's get into today's edition of Dr. James Dobson's Family Talk.

Dr. James Dobson: I tell you; I've been working my way through this book and there is so much information here and there is just a tremendous wave of illness and problems associated with sexual behavior. Parents really do need to understand it. Dr. Bush, I'm going to give you the first question and ask you about the book. The title is *Girls Uncovered* and that's kind of an odd title to put on a book. I think it explains itself a little bit in the subtitle when it says *New Research on What America's Sexual Culture Does to Young Women*. But when you sat down to write this with Dr. McIlhaney, what was the primary theme you were trying to get across, especially to parents? This is aimed at parents, isn't it?

Dr. Freda McKissic-Bush: Yes. We wrote this book to arm and inform parents with information that they can use to help protect their young girls from the lies that our society has

presented to them. One of the principle lies is that we have normalized sex for teens as long as they protect themselves, and that protection is basically defined as condoms and contraception, forgetting that sex involves the total person. It's not just a physical act. It involves the head, the heart, and the spirit of the person as well. Culture makes it appear as though there are no risks associated, that it's all recreation and it's all enjoyment without understanding the value of it. The second thing I was going to tell you is that the girls' aspirations and dreams for themselves include completing high school, having educational aspirations that for many includes obtaining higher degrees, doctoral degrees, they want to be married. Study on the future of young people have shown that most of them acknowledge that they want to marry, stay married, and have children within marriage.

Dr. James Dobson: And expect to.

Dr. Freda McKissic-Bush: And expect to.

Dr. Joe McIlhaney: A huge percentage of them.

Dr. Freda McKissic-Bush: A large percentage.

Dr. Joe McIlhaney: 90% of girls in high school expect to be married. Essentially all of them expect to have the same husband the rest of their lives. It's phenomenal that almost all girls want marriage.

Dr. Freda McKissic-Bush: And yet we know that one of the ways to sabotage that is to get involved in sexual activity early, to have multiple partners because you're not only putting yourself at risk physically for sexually transmitted infections or for out of wedlock pregnancy, but you're also becoming emotionally involved and you're injuring or damaging your ability to sustain a long-term relationship when you're ready to begin one. Sex is not just a physical act, it involves a whole person, body, mind and spirit, and we are blindsided when we forget that.

Dr. James Dobson: Joe, the hopes and dreams of young girls are being lost. The possibility of achieving what they really want, which is to be loved and be loved for a lifetime by one partner. That is undermined by what's happening in the culture today.

Dr. Joe McIlhaney: Yeah, it really is. The Medical Institute's been accumulating data and information about this specific thing for a long time and for example, as far as the desire to be married, which 90% of the girls in high school want, and actually about 90% of college girls want too. The data clearly shows that if they cohabit before they marry, they're more likely to divorce than when they do get married. So they're undermining their whole future by the cohabitation and there are more girls at that age around 20 who are cohabiting than there are who are married. So the movement in our society is in a direction that would undermine those desires that are so important to young women. That's really why we name this book *Girls Uncovered*.

- Dr. James Dobson: Well, describe that. What's the meaning of that title?
- Dr. Joe McIlhaney: What society's always done in the past has been to protect young women's sexuality because it's so important to the tribe, for example, that their young women to be able to reproduce otherwise the tribe would die out, and the same is certainly true for all of society. Western culture now is the first society that has abandoned that role of protecting the sexuality of their young women and essentially we are leaving girls uncovered, unprotected, naked before the desires of guys before their own inherent desires to be involved. Like Freda was talking about. We all desire to be hugged and loved and to have sex even most of us, and yet that desire and the future good potential in our lives for that is being destroyed. By the way, it's been distorted by western culture and modern society.
- Dr. James Dobson: They're not being told about the disease and infections that come along with that. If you have six partners, like you just mentioned in the college years, you have a sexually transmitted disease, don't you?
- Dr. Joe McIlhaney: Yes.
- Dr. Freda McKissic-Bush: The risk of you getting infected goes up with the number of partners and the earlier that you start having sexual behavior because that also is going to increase your partners. But the latest statistics from the Center for Disease Control states that 50% of the STIs in the United States are in 15 to 19 year olds. Now, what's interesting about that is 15 to 19 year olds only make up 25% of the population. There is a lot of sexual promiscuity and a lot of it is involved with drugs and alcohol. The hooking up culture really is fueled by use of alcohol or drugs because to feel that comfortable with relating sexually with somebody that you just met, it usually takes the alcohol to decrease your inhibitions which are normally there.
- Dr. James Dobson: You gave an illustration in your book of what often happens as a prelude to the hookup event. Young man or woman is going to college, they go off to a bar someplace and they get half drunk and their inhibitions are lowered and then they go off some private place and have sex and they walk away as though it was nothing more than a meal together.
- Dr. Freda McKissic-Bush: And I know that that fuels the sexually transmitted infections also because you can't look at someone and tell that they have an STI. 50% of the STIs are asymptomatic. They don't know that they've got them either. So unless you get tested on a regular basis, including every time you change partners, you may have a disease. Chlamydia, gonorrhea, HPV, HIV. One point I want to add back on the HPV when I mentioned that is the fact that because we have a lot of oral genital and anal sex, the virus is transmitted by skin to skin, so wherever it enters the body, you can have an effect. There is an increase in head and neck cancers now that are positive for HPV.

Dr. Joe McIlhaney: An increase in anal cancers

Dr. Freda McKissic-Bush: And an increase in anal cancers.

Dr. James Dobson: And oral cancer as well.

Dr. Freda McKissic-Bush: That is correct.

Dr. James Dobson: I have read that sometimes men will develop throat cancers for behavior that took place 25 years ago.

Dr. Joe McIlhaney: That's exactly right.

Dr. James Dobson: And they're in their forties now and they develop cancer and they didn't even know they carried the disease.

Dr. Freda McKissic-Bush: That's exactly right. Had and neck cancers used to be attributable to just smoking or excessive alcohol. But I did have a young lady in my practice that was 19 years old that was referred to me by an infectious disease physician because she was HIV positive. She had done a free screening at her local college, had a positive HIV test. In taking her sexual history, she had only had two partners in her lifetime. The first was her boyfriend in high school who was HIV positive. The second was her husband who was HIV negative, and you can best believe she wondered if only I had waited.

Dr. James Dobson: Dr. McIlhaney, one of your passions through the years is that schools and educational facilities are not warning young people of what's at stake here and not educating them about it, implying that if they are mature enough to make this decision, it's right for them and they don't know what's at stake.

Dr. Joe McIlhaney: That's right. Matter of fact, the thing that drove me out of practice to become involved full-time in this and leave my practice, which I loved by the way, my practice was primarily in fertility, working with the couples who couldn't get pregnant, but when I started seeing how many of those infertile patients in my office had become infertile because of sexually involvement back in high school or college mostly from chlamydia, it just really bothered me. And I started looking at our medical literature. We weren't having articles in our journals about prevention. Even though the American Society for Reproductive Medicine said that the most common reason for a woman to be infertile was sexually transmitted disease, we still weren't having research studies reported and done to prevent it. I just felt it was so unfair that young women not be told that their sexual involvement back in high school or college could hurt them. And as a matter of fact, this was back in the eighties, almost all the sex ed programs were saying, just use condoms and you're fine. 98% prevention. If you use your condoms, you're okay. We knew that wasn't true. As a matter of fact, the Texas Department of Health criticized us for saying that condoms were not that effective. And yet the data since that time has proven that we were right and

that the Texas Department of Health and other health departments were wrong about what they were saying.

Dr. James Dobson: Have they admitted that?

Dr. Joe McIlhaney: No.

Dr. James Dobson: They still don't tell the truth.

Dr. Joe McIlhaney: They still are not actively teaching how much condoms fail. They still are saying kids are going to have sex. The best we can do for 'em is give them condoms. And this is part of what we're saying about the fact that our society is not giving good guidance. It's leaving our girls susceptible to the diseases. It's leaving them susceptible to the emotional impact, and it's leaving us susceptible to damaged marriages later on because we're not really teaching them what the truth is about healthy sexual involvement, which is in marriage and really having only one partner for life as much as possible.

Dr. James Dobson: Before we started this program, I prayed about this broadcast because I feel so strongly about it and I worry about the parents whose kids are involved sexually and they're worried about it. The culture is taking them to Hell and they find it so difficult to do anything about it, or at least they fear they do. This book can help. And in my prayer I said, Lord, frankly, the challenge of this interview, and I hope it will continue next time, is there is so much in here. How do we get this across to parents? I mean, the statistics that you have in here are shocking and alarming. You almost want to reach through these microphones and grab people by the shirts and say, listen to us. This is critically important. The future, the hopes and dreams of your girls and boys, but especially girls because they pay the biggest price for immorality and for the behavior that you're talking about here. Think of a 17 or 18 or 19 or 20-year-old girl who hasn't really tasted life at all and marriage is probably in her future. At least she hopes it is. And that's going to change everything.

Dr. Joe McIlhaney: That's right.

Dr. James Dobson: What's the percentage of girls that have a sexually transmitted infection of any kind of all of them together? I mean, you take syphilis, gonorrhea, chlamydia, herpes, on it goes.

Dr. Freda McKissic-Bush: We do know that 50% of the STDs in the United States are in young people 15 to 19 years of age. So I'm not sure how they would extrapolate into a girl, but I can tell you that one of the fastest growing HIV infected age groups is also 15 to 24 year olds. So some of the diseases don't have symptoms and you can cure them, some of them you cannot.

Dr. Joe McIlhaney: About 20% of Americans have herpes infection. 10% of sexual active teens are infected with chlamydia. About 50% of sexually active people are infected with

human papillomavirus. So you really could say almost all young people who have had sex with more than one or two partners are infected with a sexually transmitted infection of some type.

Dr. James Dobson: It will happen to you.

Dr. Joe McIlhaney: Essentially.

Dr. James Dobson: I mean if you sleep around just a little bit, it will happen and you'll find yourself with one or more infections. Well, what this means in effect is there's not only misinformation out there, but there are lies.

Dr. Joe McIlhaney: We can talk about what the media says and what those lies are.

Dr. James Dobson: Alright, tell what are the lies? What are the myths? Let's call 'em myths.

Dr. Joe McIlhaney: Let's start off with the first one that Freda was bringing up and that is that condoms will protect. The chairman of our board for many years was a guy named Dr. Tom Fitch, a pediatrician in San Antonio.

Dr. James Dobson: Great friend.

Dr. Joe McIlhaney: He's a great friend of all of us and matter of fact, we call him the condom king. His wife doesn't like that very much, but he really is. He knows more about condoms than anybody in the world literally. And it just drives him nuts when he sees in the media, the statement that condoms protect because they do not protect. They may reduce the risk for someone if they will use the condoms consistently and correctly, which is mostly a lab thing. The second lie, and they are lies really, and that is that all a girl has to do is use contraception and it'll keep her from getting pregnant. Even for married couples using birth control pills on a regular basis, there is about a 6% per year pregnancy rate using birth control pills. Now, teens don't use 'em nearly as well as married women do. Then there's the lie that these things really won't hurt, and I think that's one of the worst lies because they hurt not only as we've talked about with sexually transmitted disease. They hurt without of wedlock pregnancy, and one that we haven't talked about yet, but I think we probably will before this is over, is how they hurt the emotions of the young person.

Those are lies to say that young people can be involved sexually and it doesn't hurt. And then finally, I think that it really does hurt them spiritually. And we mentioned that before too.

Dr. James Dobson: Dr. McIlhaney talk about the consequences of abortion and there's another myth that is bandied about that there are no consequences to abortion, but we now know that's not true.

- Dr. Joe McIlhaney: Yeah, I think you're familiar with an organization called the American Association of Pro-Life OBGYNs for about abortion. That organization is very much like the Medical Institute is about sexually transmitted disease, pregnancy and all these other things. They have the best data out there and they show that there probably is a direct relationship between abortion and breast cancer. They show that there is clearly a direct relationship between a woman who's had an abortion and a greatly increased risk of her being on drugs and alcohol and having depression. There's a very clear relationship between a woman having an abortion and ill health later on, even shortened life. There's almost for sure a direct relationship between an abortion and a woman's increased risk of attempting and committing suicide.
- Dr. James Dobson: And what you've just said is really evidence-based medicine. You can see the statistics. I mean they will speak for themselves and yet women are not told that there could be very serious consequences to abortion.
- Dr. Freda McKissic-Bush: And there has been a very large meta-analysis that has been published recently by Priscilla Coleman that outlines the psychological emotional effect of abortion and it is covering all of the literature that is available in the world. And so it is evidence-based that there is a significant effect emotionally and psychologically.
- Dr. James Dobson: Is that information suppressed?
- Dr. Freda McKissic-Bush: That information is not supported in the news media though medically journals. It is peer reviewed, published information. There's also a study that shows that there's an increased risk for premature labor and premature infants are at greater risk for infant mortality. So in the African-American community in particular, they talk about our high infant mortality rates, but we also have a high abortion rate. So it's not rocket science really to connect the two dots.
- Dr. James Dobson: It turns out that God knew what he was doing and He gave guidelines for us and commandments to us In the Scripture, I'm looking at 1 Thessalonians 4: 3-8. "It is God's will that you should be sanctified, that you should avoid sexual immorality, that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen who do not know God, and that in this matter, no one should wrong his brother or take advantage of him. The Lord will punish men for such sins as we have already told you and warned you, for God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man, but God who gives you His Holy Spirit." That's pretty clear, isn't it? That ought to be taught to every teenager.
- Dr. Joe McIlhaney: That's right.
- Dr. Freda McKissic-Bush: And it's also important to know that God created sex and He did it for a purpose. He made it enjoyable so that people would want to do it. They would repeat that behavior because pregnancy was expected to occur as a result of

that behavior, and it would also attach or bond the two people, the mother and the father together to take care of the children that were the offsprings of that act. So He made it enjoyable. He made you want to repeat it so you would get pregnant and take care of the children and the society would continue. So He designed it, He commanded it, but He gave you the ability to do it and to do it well.

Dr. James Dobson: And within the context of marriage.

Roger Marsh: God's design for intimacy is not restrictive. It's actually protective. And when we embrace his boundaries, we discover the freedom and fulfillment he always intended. You're listening to Dr. James Dobson's Family Talk and a sobering yet hope-filled conversation featuring Dr. Dobson and his guests, Dr. Joe McIlhaney and the late Dr. Freda McKissic-Bush. Now, if you missed any portion of today's broadcast or if you want to share it with a parent who needs to hear this message, go to drjamesdobson.org/familytalk. And while you're there, you'll also find more information about the book called *Girls Uncovered*.

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Well, I'm Roger Marsh and on behalf of all of us here at the JDPI, thanks so much for listening today. Be sure to tune in again next time right here for part two of our conversation featuring Dr. Dobson and his guests, Dr. Freda McKissic-Bush

and Dr. Joe McIlhaney, talking about the vulnerability of our girls, protecting the ones we love. That's coming up on the next edition of Dr. James Dobson's Family Talk, the voice you can still trust, for the family you love.

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