



## theALLEY – EQUIP SERIES 'HOW TO TALK WITH YOUR KIDS ABOUT SEX' Jon and Lisa S

Disclaimer: This handout is intended for generating discussion. It is neither comprehensive nor complete. The topics brought up in this handout often require personal reflection and discussion with spouses, health care professionals, pastors, counselors, and others.

Our perspective is grounded in the importance of giving our children to God (they are His), loving unconditionally, forgiving always, and focusing on a Christ-Centered life as an example to our children and as the foundation for our relationships. Talking with our children about sex is not a one-time thing ... it is ongoing throughout our whole lives. "Christ-Centered Relationship which contains Unconditional Love" is the key in our opinion. It is messy, it is every moment of every day, it is imperfect, it is difficult, it is frustrating, but oh how glorious as we follow Christ.

### **Biblical Basics**

1. Our Children Belong to God (I Samuel 1: 11, 20-28)
2. The Lord Builds the House (Psalm 127)
3. Train Up a Child in the Way He Should Go (Proverbs 22: 6)
4. Children Can Understand the Mysteries of Heaven (Matthew 18: 1-5; 19: 13-14)
5. Mothers (Proverbs 31: 10, 25-31)
6. Fathers (Ephesians 6: 1-4)

### **Ideas for How to Develop a Proactive Plan for Parents**

- God created sex and it is good.
- Sexual curiosity is natural.
- Sexual responsiveness is natural.
- Sexual responsibility is individual.
- Mutual respect and biblical standards are guidelines for all sexual relationships.
- Be prepared for surprises

## **Suggestions for Age Relevant Topics to Consider and Discuss:**

### Ages Birth to 5 years old

- God created life
- Children are created in God's image.
- God loves us just the way He made us.
- What makes a boy a boy and a girl a girl?
- Open discussion about terms when appropriate (penis, vagina, vulva, breasts)
- Why are some body parts private?
- Sex education is a process which includes respect for authority.
- Children should feel good about their gender.
- Babysitters
- Television viewing
- Strangers
- Natural teaching opportunities
- Normal sexual curiosity
- Family make-up

### Ages 6 to 10

- Be aware of each individual child's interest level.
- Acknowledge each parent's discomfort level.
- Character development is critical
- Modest dress
- Common courtesies
- Language
- Pornography
- How body parts work and why (ovaries, testicles, umbilical cord, uterus, penis, erection, sperm, egg, vas deferens, fallopian tubes, ovulation, menstrual cycle, intercourse, etc.)
- Family make up, divorce, marriage, partners, unique family composition

## Ages 11 to 15

- purity
- shaping core convictions
- understand that peers will have different convictions about what is right
- grace, forgiveness, love are unconditional
- bodily changes, puberty, menstruation, hair, voice, muscles
- strategies for resisting temptations
- influencing peers
- intentional about privacy for conversations between parent and child
- manner of dressing
- how to carry and present oneself
- self-confidence
- self-esteem
- erections
- wet dreams
- masturbation
- birth control
- homosexuality, gay/lesbian/bisexual/transgender (GLBT)
- composition of families vary and why
- language (use of slang words)
- Importance of parents modeling appropriate hugging.
- How God designed males and females to respond to sexual feelings
- What is dating?
- Principles for dating (spiritual, emotional, physical, character qualities, kissing, sexual attraction, etiquette, clothing, manners, age, limits, dancing, music, touching, making out, etc.)
- Testing of convictions
- Importance of prayer and grace
- Pornography
- Swearing
- Know your teen's friends
- Make your home the place to be
- "yes" because I trust you .... "no" because I love you.

## Ages 16 to 20

- Kissing
- Driving
- If you are in trouble, your parents are always available to get you out of a bad situation. We are a phone call or a text message away.
- Benefits of “waiting until marriage”
- Keeping it pure
- Parents being available to talk
- Avoid compromising situations
- Boundaries are necessary. Set them ahead of time.
- Flee immorality
- There is no such thing as safe sex.
- Birth control
- Create accountability
- “yes” because I trust you .... “no” because I love you.

## Ages 21 and older

- God’s perfect plan
- Attraction
- Male sex Drive
- Emotional Affairs
- Being above Reproach
- Accountability
- Purity
- Love and Submission
- Respect and Dignity
- Mutual Understanding
- Anger
- Communication
- Pornography
- Language
- Idols, Selfishness
- Experimentation

### **Advice from Teens with Whom We Consulted:**

- talk about day first
- be clear, tell it like it is
- health book approach, not a movie approach
- be an example about how you talk about sex
- there is no such thing as “the talk”
- admit that you aren’t perfect
- love unconditionally

### **Insights:**

- tell your children early on that you are praying for their future spouse
- marriage – can do more for God together than each person alone
- for girls – at about 10 years old, give ‘key to your heart’ necklace (use this as a focus point for talking about husband/wife relationship)
- for boys – husbands, love your wives as Christ loves the Church (they are watching you)

### **How to bring this topic into conversation:**

- whenever the child asks a question
- when they take health class and science class
- visits to the country, zoo, farm, state fair
- nature
- state fair ‘miracle of birth’ center
- where does food come from
- comments “I wonder if our dog plays with himself when we are gone.”
- Car rides (especially one-on-one)
- Movies, tv and radio programs
- Condom / banana
- Discussions about relationship, dating, marriage, being treated with respect
- Discussions about thinking ahead regarding where you draw the line