

How To Talk to Your Kids About Sex

Introduction

What we are going to cover is

- why we need to be the primary teacher
- what is biblical sexuality
- what to say when
- how to trust God with our kids sexuality

Our goal when you leave this class is that you feel motivated and equipped to establish this kind of dialogue with your kids.

Why we need to be the primary teacher

Proverbs 22:6

Train up a child in the way he should go; even when he is old he will not depart from it.

Proverbs 29:15

The rod and reproof give wisdom, but a child left to himself brings shame to his mother.

Proverbs 22:15

Folly is bound up in the heart of a child, but the rod of discipline drives it far from him.

If not us, other kids, music, movies, teachers, the internet, social media...

The ongoing wave of the sexual revolution...

- Some negatives the sexual revolution was reacting against
- Unhitching sex from marriage and commitment
- Sex is primarily for personal fulfillment
- If I desire it, it must be right
- Authority outside of your own desires is seen as repressive and unhealthy

Hyper-sexualized culture:

Deepening sexual confusion:

Sex means less:

Affects of sexual culture on youth, from Lost In Transition by Christian Smith:

- Average age for first sexual encounter: 16
- By age 18-23, 85% have had sex, with 3 oral sex partners and 3 intercourse partners
- The vast majority report some regrets about their sexual experiences
- All kinds of emotional & social consequences, beyond just getting pregnant or STD

- Depression, devastating breakups, inability to build healthy, lasting relationships
- Many report later of not having the wisdom to make good decisions when they were younger

Pornography Stats from Tim Challies:

- Average age of first encounter with pornography: 11
- 22% of pornography consumed by those under the age of 18 is by those aged less than 10
- 96% of young adults are either encouraging, accepting, or neutral in their view toward pornography
- In US, 70% of porn is watched on a smartphone
- 33% of women aged 25 and under go searching for porn once a month
- 62% of teens and young adults have received a sexually explicit image
- 36% of young adults watch pornography to get tips that they can apply in their own sexual relationships

Barna Research polled 13-24 year olds, 56% ranked failure to recycle as immoral, 48% ranked overeating as immoral, 38% ranked significant consumption of electricity or water, 32% ranked viewing pornographic images

At lot of stats on affects of pornography use as a kid, American College of Pediatrics:

- Increased callousness towards women and dissatisfaction with their sexual partner
- More openness to rape, extra-marital sex, more deviant pornography
- Decreased interest in marriage and children

Our Role:

1. What are we modeling?
2. Building an open, trusting relationship with our kids
3. Intention to have a series of conversations about the topic
4. Cultivate relationships beyond our family who reinforce a biblical approach to sexuality
5. Protect our kids in their technology use

The goal is to help them develop an inward conviction that they'll leave our house with. But, that might be a long messy process while they are under our roofs.

What is it we are teaching about biblical Sexuality?

With all the myriad of messages out there about sex and sexuality we thought it might be a good idea to say what biblical sexuality is. These are the truths we are wanting to instill in our kids.

Sex is God's idea.

Genesis 2:18-25

18 Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him." 19 Now out of the ground the Lord God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name. 20 The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But for Adam there was not found a helper fit for him. 21 So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. 22 And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. 23 Then the man said,
"This at last is bone of my bones
and flesh of my flesh;
she shall be called Woman,
because she was taken out of Man."

24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. 25 And the man and his wife were both naked and were not ashamed.

Sex is good.

Our sexual desires can become bent.

Sex is for marriage.

Sex is for babies.

Good sex is worth waiting for.

Sexual purity is not THE most important thing.

Big picture: Sex is a good gift given by God, and meant to be a delight within the covenant of marriage.

For younger children: "God created all things good. God created sex as part of marriage, and that means sex is good. God made it part of Mommy and Daddy being happy together, and sex is how you were made."

What to say when?

Planned Conversations

A series of planned, age-appropriate conversations, can start as early as 3. The ideas all cast a biblical framework that builds on itself as the kids get older. Parents should seek to ask and answer questions before the child even thinks to ask them.

Tone of the conversations: Not rushed, relaxed, comfortable, conversational, like reading a book together and talking about it. As they've gotten older, I tell them there is not anything they are going to hear that I don't already know about, so they can ask me.

Unplanned Conversations

Deuteronomy 6:6-7

These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

1. Their questions
2. Teaching moments
3. Their mistakes

Tech Tips

Protect kids of all ages (See Resource page). Teach older children to use tech wisely and with discernment.

Trusting God with our kids sexuality

God is our help.

Maybe you didn't grow up in a Christian home or a home where sex was talked about in this way. Or maybe you've made a bunch of mistakes sexually that you regret.

- God promises to be our help. (Psalm 63:7-8)
- Equips us for every good work (Heb. 13:21)
- Gives strength in weakness (Phil 4:12-13)
- Gives wisdom about our specific kids and circumstances (James 1:5)

It's never too late.

Maybe your child is a bit older and you are feeling like you have missed your chance and wish you had started sooner. It's never too late. None of us are perfect parents. There are ways in which all of us need God's grace to make course corrections in our parenting.

- Julie Lowe suggests going to them and admitting your weaknesses and oversights in this area. Perhaps your child is ten and you were going to bring up sex when he turns 12. If you go to him today, start with something like, "I wish I would have brought this up sooner, but I'm wondering if you have already heard about sex? What have you heard?" Then end the conversation with "Please forgive me for not teaching this to you sooner. This is my responsibility, and I regret that you have heard things from others but not from me. I'd like to keep having conversations like this one."
- If your child is a preteen or teenager and you have focused solely on what she should not do, approach her today and say something like "You know sweetie, I realized that I have focused too much on telling you what not to do when it comes to sex. I think I did that because I was scared that you would do something you may regret or that could hurt you. But I want you to know that sex is actually a really good gift from God. Sex is not bad, and I don't think it's bad. Will you forgive me for not telling you about all the awesome things there are to know about how God made sex?"

God can use mistakes for good

Maybe you are putting too much pressure on yourself or your kids to get it right.

- We need to be faithful
- God needs to change their heart to want his ways

When our kids make a mistake, and they will all make some mistakes, we need to trust that God can use it for good. Think about your own story. No one in here has a perfect sexual story. Hopefully when we have sinned in this area it has driven us to Jesus and helped us see our need for him. And hopefully that will be true for our kids as well, as we show them grace and mercy with their wobbles along the way.

Summary

Resource List

Book Series

Learning about Sex for the Christian Family Series

Why Boys and Girls are Different, age 3-5

Where do Babies Come From? Age 6-8

How You are Changing, age 9-11

Sex and the New You, age 12-14

Love, Sex, and God, age 14+

Preschool

Good Pictures, Bad Pictures: A simple plan to protect young minds by Kristen Jenson

Elementary

Good Pictures, Bad Pictures: A simple plan to protect young minds by Kristen Jenson

The Princess and the Kiss

The Squire and the Scroll

The Care and Keeping of You, Book 1 and 2, American Girl, Hygiene and Puberty

The Talk by Luke Gilkerson

Preteen/Teen

Passport to Purity, Dennis and Barbara Rainey, Family Life

So You're About to be a Teenager, Dennis and Barbara Rainey with Samuel and Rebecca Rainey

Tech Tips

Tim Challies The Porn Free Family Plan

<https://www.challies.com/articles/the-porn-free-family-plan>

How to Restrict Safari

<http://www.imore.com/how-block-specific-websites-being-accessed-safari-iphone-and-ipad>

Or consider using a more family-friendly web browser in lieu of Safari: KidRex, K-9, Safesearch

Adjust the restrictions on all of your kids' devices.

Consider getting a filter for your router. This means every kid who comes over to your house and uses your internet that their device will be filtered as well. Some allow you to set time limits, see a search history, and control access to certain social media.

Router Filters: The Circle by Disney, OpenDNS