

Relationships, Dating And Talking About Sex

Key Ideas

- Culture is having a never-ending conversation with our kids about sex. Because of the internet and the smartphone, culture is starting that conversation earlier than ever. We can no longer afford to have only one sex talk with our kids or give them a book to read when they hit puberty. We must start the conversation about sex early, and we must continue that conversation as our children grow.
- Parents avoid talking to their kids about sex for a number of reasons. But our kids need us to move past any reluctance we have and to face the challenge head-on. The more we talk to our kids about sex and their bodies, especially if we start when they're young, the less awkward it will be.
- Tailor the conversation to the life stage of your child.
- Every family and every person is unique. How you go about talking to your kids about sex will depend on what works best for your family and the personalities of your individual children as well as their age. But there are principles you can follow and creatively apply in your home:
 1. **Make sure your kids know that no topic is off-limits.**
 2. **Be direct.**
 3. **As your kids are learning their body parts, use the actual names for those parts, and avoid unnecessary euphemisms when you're explaining sex to them.**
 4. **Be proactive (start early).**
 5. **Don't rely on scare tactics.**
 6. **Emphasize that sex is good and beautiful and that it is God's idea.**

Practical Applications

- If applicable, have a conversation with your spouse and formulate a plan for how you're going to have ongoing conversations with your kids about sex and their bodies.
- Familiarize yourself with how to have conversations with your kids based on the phase of life they're in (see handout).
- Use the list of questions we've provided to begin having conversations with your kids about sex and their bodies.
- Scan the QR code on the back to access the Phase Life Map that can help you customize your approach to your child based on their current phase of life.

Reflection and Discussion Questions

- *How did your parents/guardians have “the talk” with you? How was it a good or bad example for you as you now have these conversations with your kids?*
- *What is the biggest challenge for you in having conversations with your kids about sex and their bodies? How can you push past that resistance?*
- *How can you create a culture in your family where no topic is off-limits?*
- *Are you and your spouse on the same page about these conversations with your kids? If not, what needs to happen?*
- *Where would you go in the Bible to show your kids that sex is a creation of God and is actually a good thing in the right context?*
- *See the separate handout for suggested questions for you to ask your kids based on their life stage.*

Resources

- *Everyday Talk About Sex and Marriage: A Biblical Handbook for Parents* by John Younts
- *The Story of Me: God’s Design for Sex* by Brianna Jones
- *Axis.org* and their conversation guides
- *Touchy Subjects: Talking to Kids about Sex, Tech, and Social Media in a Touchscreen World* by Craig Gross
- *“Talking to Your Kids about Sex: A Parent-Child Bible Study”* from Covenant Eyes
- *“7 Things Your Seven-Year-Old Should Know about Love and Sex”* from Protect Young Minds

NOTES

