

Attuned & Engaged

How to talk to your kids about Sex

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>> **YOU are the most important influence in your child's life!**

They need your guidance on the topic of sex.

God picked you for them and picked them for you.

>> **Truths:** Parenting can be hard.

Talking about sex can be intimidating, but your kids are worth it!

GENERAL TIPS:

- Trust and celebrate God's good design
- Don't let them see you sweat
- Be approachable
- Answer questions truthfully and age appropriately
- Praise the ask
- Ask questions to engage
- Look for opportunities
- Talk early and often
- Anticipate conversations ahead
- Don't forget the gospel!

>> **The culture has a lot to say:** Media, Pornography, Gender Debate

>> **Consequences of a sexualized culture:** Abuse and trafficking, STI's, Unplanned pregnancy and abortion, adolescent access and sexual behavior.

WHEN SHOULD YOU START TALKING ABOUT SEX?

THINGS TO CONSIDER:

- You want to give them a biblical foundation and understanding
- Chronological, developmental, and emotional age
- Exposure and curiosity level
- First impressions matter (Proactive vs Reactive)

AGES AND STAGES:

>> Birth through Early Elementary (0-8)

- Safety & security,
- Knowledge of God and family values,
- Curiosity about babies, boys and girls
- Conduct & privacy
- Language.

>> Late Elementary (8-11)

- Puberty
- Sex
- Prep for opposing worldviews
- Internet safety

>> Middle School through Early Adulthood (11-25)

- How to apply what you have taught them. Reinforce. Keep talking.
- Everything else they want/ need to know. Mature topics.

GIVE THEM THE WHOLE PICTURE:

• **Spiritual**

- Biblical Foundation
- Discipleship
- God's Intention for sex

• **Social**

- Friendship
- Dating & Marriage

• **Emotional**

- Big feelings (Good & Bad)

• **Mental**

- Thoughts & Choices
- Attachment: Bonding & Addiction

• **Physical**

- Anatomy
- Physiology



REMEMBER:

- You are critical
- Your kids are worth it
- If you don't teach them, someone else will
- It's not one single talk, it's decades of conversations
- Model the gospel
- Be attuned and engaged, it's all about the relationship

SURVEY



Parent Resource List

Web Resources



American College of Pediatricians <https://acped.org>
Adolescent Health



Mary Flo Ridley <https://birds-bees.com>
Course, podcast and information for parenting topics through age 10



Fight the New Drug <https://fightthenewdrug.org>
Pornography

Parent Guides for Books and Media



Common Sense Media: Age-Based Media Review (app available) <https://www.commonsensemedia.org>



IMDb -Parents Guide (in free app) <https://www.imdb.com/title/tt9006564/parentalguide/>



[Kids-In-Mind.com](https://www.kids-in-mind.com) [Kids-In-Mind.com](https://www.kids-in-mind.com)

Books to Read With Your Kids

"The Talk Series" - Luke Gilkerson (Changes, Relationships, Biblical Sexuality)

"Good Pictures Bad Pictures", "Good Pictures Bad Pictures, Jr." - Kristen Jenson (Porn-proofing)

"God Made All of Me" - Justin & Lindsey Holcomb

Books for Parents

"More Than Just the Talk" - Jonathan McKee

"Screens and Teens" - Kathy Koch

"How & When to Tell Your Kids about Sex" - Stan & Brenna Jones

Books about Neuroscience and the Brain

"Battle of the Sexes" - Dr. Joe Malone

"Hooked" - Joe s. Mcilhaney Jr. & Freda Mckissic Bush

"The Teenage Brain" - Frances E. Jensen