

Congratulations! You've downloaded this resource to help you navigate the difficult but needed discussion about sex that you need to have with your child. This is something that a loving and caring parent does.

While this is by no means an exhaustive list, we have included several other great resources on our website that will help you walk through these conversations over the years:

<https://lifewithfivepodcast.com/how-christian-parents-can-talk-about-sex-with-their-kids>

It's also important to remember that this is a guide, meant to steer you in the right direction. Ultimately, you know your child best and can exercise wisdom to know where they are at and what they are ready for.

With that, let's get started!

HOW TO TALK TO YOUR CHILD ABOUT SEX

Early Childhood

Areas to Discuss

- Basic Biology – Body Parts
- Difference between boy bodies and girl bodies
- Pregnancy & Childbirth – God's Design
 - Young children tend to be fascinated by pregnant bellies. This is a great opportunity to share what's happening at a basic level.

Read...

- Genesis 1:26-28
- Psalm 139:13-18

At this age, kids take things very literally. Everything tends to be concrete, as there isn't much reasoning at this age. This is a great

time to teach them the names of body parts and to normalize these conversations.

This is also a great time to introduce them to their faith with times of family worship or daily/weekly family devotions, as the principles they embrace will influence the actions they take.

Pre-Adolescence

Areas To Discuss

- Intercourse and the Gift of Sex
- Privacy & Discretion (especially in public settings)
- How Sex in Marriage Honors God and Each Other
- Appropriate Relationships with the Opposite Sex
- Biology of Pregnancy
- Masturbation & Pornography (based on exposure, curiosity & readiness)
- Periods/Wet Dreams (usually on the latter end of pre-adolescence)

Read...

- Genesis 2:18-25
- Exodus 20:14 with 1 Corinthians 6:18-20
 - Take extra time to explain beyond the “don’t”, to why sex in marriage honors God with their body

When children are of age to enter school, the chances of exposure and misinformation about sex increase drastically. In addition, this also marks a key time of cognitive development, as may be evidenced in an increased desire for knowledge, resulting in a plethora of questions.

It is also between the ages of six to eight that testosterone and estradiol are beginning to enter the body, and by the age of 10, attraction for boys and girls begins.

These factors are key to consider when discussing sex, as we move from more concrete to a level of abstract, influenced by hormones

and emotions. Be careful to avoid shame or even teasing about their feelings at this age, as they can have heavy influence on a child's relationship with sex later in life.

Adolescence

Areas To Discuss

- Sexual Intimacy – A Marriage Covenant
 - Explain that a covenant is a special bond, greater than just a contract between two people
- God Gave Us Sex As A Gift
- Sex Is Amazing!
- Questions Your Teenagers Have
- Godly Principles (why we believe what we believe about sex)

Read...

- 1 Corinthians 6:18 & Galatians 5:19
- Malachi 2:15

It's important to remember that most adolescents will naturally try to create separation from their parents during their teenage years. It's during this time that we must work to keep the dialogue going by initiating the conversation.

For many parents of teenagers, this is also a time filled with more complex questions. As those questions are asked, remember the value of listening and seek to help your son or daughter think through the process of their beliefs.

Depending on technology, phones specifically, you also have a very real battle with pornography. If your child does have a phone or access to a device, we highly recommend using some sort of software (we use Bark) to monitor it. This may come across as an intrusion of privacy, but this is where, as a parent, you must lovingly explain why you are moving in this direction. This can also be a great opportunity to open up discussions about the issues of sex.

A Final Word

This discussion guide is primarily meant to guide you through the conversation in a proactive scenario. However, we realize that for many parents and families, they are dealing with the pain of a child being abused or exposed to realities that deeply sadden our heart.

However, we are grateful for the hope and healing that we can find through the grace and love of Jesus. As a parent, hold onto this hope. Though the journey may be painful, God is present with you – this is His promise to us.

Lastly, do not feel like you have to go at this alone. Surround yourself with a loving church family, trusted mentors and resources who can help you in the journey. And for those who may be at their end, we have seen tremendous positive outcomes come through wonderful Christian counselors.

We know that as a mom, dad or caregiver, there is no limit to what you will do for your child. We're on your side and we're believing that God will redeem even the most difficult of situations.