

# *Healthy Sexuality Parent Guide*

TEACHING KIDS  
ABOUT SEX

Dr. Clifford and Joyce Penner

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# TEACHING KIDS ABOUT SEX

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## WHY TEACH KIDS ABOUT SEX?

- There is a need
- We can make a difference
- We are responsible
- We are teaching anyway: home is the primary place children learn about sex

## HOW ARE WE TEACHING?

- By our attitudes
- By our model
- How we relate
- What we communicate

## GET YOURSELF COMFORTABLE & CONFIDENT:

### Know Yourself

- Your History
  - View of sex as a child \_\_\_\_\_
  - View of sex 10 yrs ago \_\_\_\_\_
  - View of sex now \_\_\_\_\_
  - Best thing about you sexually \_\_\_\_\_
- Your Barriers
- Your Beliefs

## HELP KIDS MASTER THE STAGES OF SEXUAL DEVELOPMENT (see table next page)

**Infancy:** Bond through attachment (References 15, 41, 47)

**Toddlerhood:** Affirm genital discovery and mastery (1, 2, 22, 41)

**Preschool:** Answer questions; Prevent Molestation & Abuse-(8, 14, 23, 28, 29, 34, 38, 39, 41)  
Reinforce; Reflect; Review; Respond; Repeat

**School-age:** Nudity concerns – protect without shaming-(20, 24, 27, 30, 34, 40, 41, 46)  
Exploratory play – affirm curiosity and set boundaries

**Preadolescence:** Erotic Feelings and Bumbling Discovery (8, 9, 11, 13, 26, 32, 33, 41, 44)

By age 13, hope that kids have learned that:

1. Sex is Good and of God
2. Sexual Curiosity is Natural
3. Sexual Feelings are Automatic
4. Sexual Responsibility belongs to each person
5. The Biblical standards & Mutual respect are the guidelines for all sexual decisions

**Adolescence** – the decision-making years: affirm sexual desires; teach & guide active decision-making and responsibility for actions. (4, 21, 31, 41, 42)

**Parents can make a difference by communicating:** (3, 5, 7, 10, 12, 16, 26, 41, 43, 50, 51)

- Healthy attitudes about sex
- Comfort with sexuality
- Positive interaction and involvement with child
- Convey an empowering view of God

## MASTERING SEXUAL DEVELOPMENT

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STAGE	CRITICAL LEARNING	PARENTS' ROLE	IMPACT ON SEXUAL ADJUSTMENT
Infancy	Bonding	Attachment Parenting	Capacity for Intimacy
Toddlerhood	Touching, Naming & Control of Genitals	Affirm Genitals as God's special design & feelings; use correct names	Positive Acceptance of Genitals (user friendly)
Preschool	Question-Asking	Reinforce, Reflect, Review, Respond, Repeat. Prevent sexual molestation & abuse.	Open Communication About Sex
School Age	Exploring	Affirm Curiosity, Set Boundaries, Protect from Abuse	Sexual Awareness with Boundaries and without Shame
Pre-Adolescence	Erotic Feelings & Bumbling Discovery	Prepare for Changes, Protect from Pornography; Affirm God-given Responses, Systematic Education.	Self Acceptance & Competence in Relating to Opposite Sex
Adolescence	Decision-Making	Affirm sexual desire as God-given, Share Values, Guide Decision-Making, Listen!	Accept Feelings; Control Actions

# What Does the Bible Teach?

1 Corinthians 6:12 – 7:2 from *THE MESSAGE*

Just because something is technically legal doesn't mean that it's spiritually appropriate. If I went around doing whatever I thought I could get by with, I'd be a slave to my whims.

You know the old saying, "First you eat to live, and then you live to eat"? Well, it may be true that the body is only a temporary thing, but that's no excuse for stuffing your body with food or indulging it with sex. Since the Master honors you with a body, honor him with your body!

God honored the Master's body by raising it from the grave. He'll treat yours with the same resurrection power. Until that time, remember that your bodies are created with the same dignity as the Master's body. You wouldn't take the Master's body off to a whorehouse, would you? I should hope not. [You might give a current example, like pornography, rather than whorehouse.]

There's more to sex than mere skin to skin. Sex is as much spiritual mystery as a physical fact. As written in Scripture, "The two become one." Since we want to become spiritually one with the Master, we must not pursue the kind of sex that avoids commitment and intimacy, leaving us more lonely than ever—the kind of sex that can never "become one." There is a sense in which sexual sins are different from all others. In sexual sin we violate the sacredness of our bodies, these bodies that were made for God-given and God-modeled love, for "becoming one" with another. Or didn't you realize that your body is a sacred place, the place of the Holy Spirit? Don't you see that you can't live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body.

Now, getting down to the questions you asked in your letter to me. First, Is it a good thing to have sexual relations? Certainly—but only within a certain context. It's good for a man to have a wife, and for a woman to have a husband. Sexual drives are strong [emphasize that our sexual drives/desires are designed by God], but marriage is strong enough to contain them and provide for a balanced and fulfilling sexual life in a world of sexual disorder [We can make decisions about our actions – where, when & what we engage in; how we respond to God-given drive.]

*God designed sex and it was good; He designed it for marriage.*

## **Possible Scriptures to read together:**

Genesis 2:20-25	Proverbs 5:18-19	Proverbs 18:22	Song of Solomon 5:10-16
Song of Solomon 7:1-9	Hebrews 13:4	Matthew 15:19	Romans 1:24
Romans 13:13	1 Corinthians 6:18	1 Corinthians 7:2	1 Corinthians 10:8
2 Corinthians 12:21	Galatians 5:19	Ephesians 5:3	Colossians 3:5
1 Thessalonians 4:3	Jude 1:7		

# Communicating With Your Children

**Be Honest with Yourself.** Understand your own attitudes and values. What were you taught? What you believe will be communicated whether or not you intend to do so.

**Be a Good Model.** Make sure your actions match your words. Your children learn more from what you do than from what you tell them to do.

**Be Informed.** Children will ask questions about what you believe and think. While it is normal to not have all the answers, it is important to know where to find them!

**Help Your Children Feel Good About Themselves.**

- Be generous with sincere praise. Point out the positives.
- Show your appreciation and pride for positive choices before offering constructive criticism about what to avoid. *Help them discover what they can do well.*
- When they make mistakes, talk about how to earn back your trust. Never leave them feeling hopeless or shamed.

**Help Your Son/Daughter Make Choices.** Provide young people with ways to be both independent and responsible. Remember that children of all ages need structure, limits, adult guidance, and support, along with opportunities to make choices on their own.

**Clearly Communicate Your Values and Expectations.** Explain your values in a caring, yet firm way without lecturing or demanding that your children agree with you. Lectures and threats usually prevent meaningful communication, convey lack of respect, and tempt rebellion. Set high standards based on your personal beliefs and your faith. Tell your children what you believe they are capable of; their actions will often rise to meet your expectations.

**Be Accessible, Approachable and Willing to LISTEN.** Your children will question what you believe to be right and wrong. This is normal. Show respect for your child by listening. As you are able to listen, your child will be more likely to come to you with questions and concerns about sex and other tough issues. Honest answers build a foundation for your child to see you as a resource in the future.

**Give Your Son/Daughter Good Reasons for Making Positive Choices.** Young people tend to make decisions based on feelings. They need your logical, practical reasons they can relate to for making choices that will lead to health, happiness, and spiritual contentment.

**Remember You are Important to Your Child.** What you believe is right and wrong is important to your son/daughter, even though sometimes it may not seem like it is.

## Teaching to help Prevent Sexual Abuse

Sex is a beautiful gift from God, but when Sex is misused either because  
We violate God's standards for ourselves, or  
We are violated by someone,  
Sex causes incredible hurt & pain.

Your bodies are yours – you are a special gift from God.  
They are yours to share with that special person you will choose to give yourself to in marriage.

If anyone:

- touches you or has touched you
- makes you touch them or has made you touch them
- shows you sexual movies/pictures
- shows you their sexual organs (private parts)
- looks at you in a way that makes you feel weird

OR

If you happen to find sexual information or pictures or situations that trigger sexual feelings in you or leave you feeling confused, guilty or ashamed

**TELL AN ADULT**

Tell me/us - your parents; if we are not around, tell \_\_\_\_\_

Keep asking for help until someone listens and believes

### **I Corinthians 3:17 in *The Message***

As parents, empower your children to make decisions and take responsibility.

Be sure they know they have the right to:

- question authorities
- say, “No!” to adults
- not answer questions
- refuse gifts
- run away and get help if some asks them for help
- scream, yell, kick
- **PROTECT THEIR PRIVACY**

Teach them that if anyone ever has or ever does touch their genitals or breasts or kiss them, or make them touch them or watch sexual actions, or take pictures of them, or show them pictures or invade their privacy or give them uncomfortable feelings

**TELL YOU**

**YOU WILL BELIEVE THEM**

**YOU WILL PROTECT THEM**

God sent His Son to die for us so that even if we make mistakes or have been hurt by someone else's sin, His love and Grace can heal us and make us new and clean before Him.

## **Sexual Decision-Making**

Think before you act!

To make decisions about physical contact during dating: know your beliefs, know yourself, know what your parents believe and why, know the consequences of your sexual actions, know that sexual desires are natural, but sexual behaviors are in your control—**YOU CAN CHOOSE TO WAIT** and enjoy the benefits of that decision.

Sex is progressive! God designed it that way. Kissing, holding, caressing and petting lead a married couple to sexual intercourse. The Sex, God & Me curriculum<sup>1</sup> compares the degree of physical contact to steps on a ladder. Each step increases the desire to move to the next level. The higher up the ladder, the more tempting it is to go further and the more difficult it is to back down.

**Intercourse – total sexual experience including entry of the penis into the vagina, with ejaculation**

**Intercourse – total sexual experience with entry of the penis into the vagina, without ejaculation**

**Total sexual experience with ejaculation and/or orgasms, but without entry**

**Oral Sex – using mouths to stimulate each other’s genitals**

**Touching & massaging genitals without clothes**

**Caressing breasts under or without clothes**

**Passionate/intense full body rubbing over clothes**

**Intense upper body caressing/rubbing over clothes**

**Kissing with open mouths, using lips and tongues**

**Lingering kisses – long lip to lip without tongues**

**Peck kisses – short lip to lip kisses**

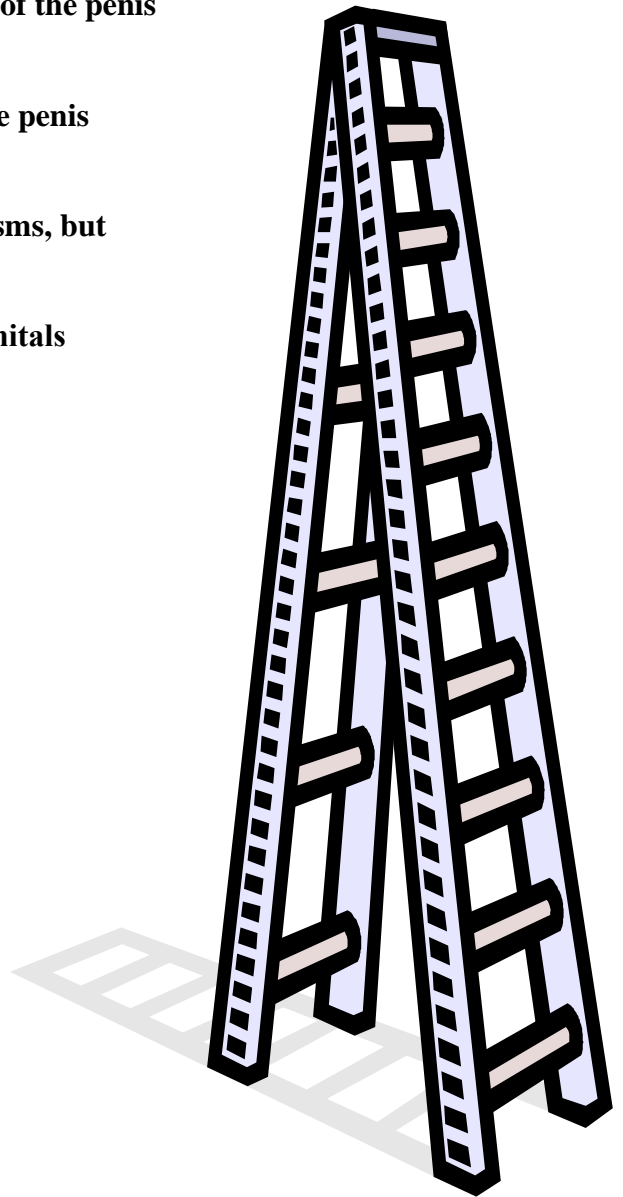
**Hugs – affectionate close body embraces**

**Arms around each other**

**Holding hands**

**No Contact**

**Decide and draw a line on the ladder where you plan to stop physical involvement.**



<sup>1</sup> Sex, God & Me, Middle School Curriculum, St. John the Divine Episcopal Church.

Having decided to what degree you see yourself being engaged in sexual activity, how are you going to be responsible for your decision?

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Who will help you keep to your decision?

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What will help you keep with your decision – the activities and where you choose to be together?

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What will hinder your keeping with your decision – the activities and where you choose to be together?

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# Teaching Kids About Sex

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