



SEXUAL INTEGRITY

HIGH SCHOOL CONVERSATION GUIDE **FOR SGLs**

High schoolers only have a few years left before they leave the house, and they are becoming increasingly independent. You, as a small group leader, still have a critical role to play when it comes to helping them with sexual integrity. Remember that your goal isn't to give all the answers about sex and dating. Instead, get your students talking so that you can better understand their current realities and prove that your small group is a safe place to talk about anything. Including the awkward stuff, like sex.

When it comes to guiding your small group toward healthy sexuality in these turbulent years, your role is simple.

Now more than ever, you need to be available for them. Even though the conversations may be challenging, they need for you to show up to do one thing.

COACH THEM TOWARD HEALTHY RELATIONSHIPS

As their coach, there are probably some things you should say, and some things you shouldn't. Here are just a few.

WHAT TO SAY

- "I'm so glad you asked me."
- "Thank you for telling me. This is a place where you can ask or talk about anything." (Encourage conversation through your words, tone and body language.)
- "If you have any more questions about this, you can always ask me." (Keep the lines of communication open.)
- "What are some of your favorite things about (name of person they are interested in)? Do you feel like (name of person) respects you when you're with other people?" (Stay curious. Ask questions to help them clarify boundaries.)
- Some of the most important decisions you'll make in dating are decisions about your body.
- God isn't trying to make you miserable, he's trying to show you something better. When God says "no," it's because He has a better "yes" in mind.
- "Have you talked to your parents about this? Who is someone, besides me, you can reach out to when you need accountability? (Prioritize their relationship with their parents.)"

WHAT NOT TO SAY

- "I don't think we need to talk about that."
- "You will forget about this relationship in a year." (Be careful of overly minimizing what is significant.)
- "You've already messed up so there's no need to talk about it anymore." (Be careful that you don't close a relationship when they need you the most.)
- Nothing.

Make sure to involve professional counselors, as needed, as well as your ministry leader and parents, if you're not the parent.
