



SEXUAL INTEGRITY

MIDDLE SCHOOL CONVERSATION GUIDE **FOR SGLs**

Middle schoolers are changing fast. Changing their friends, changing their style, changing their interests, and yes—even changing physically. Talking about all of this can be awkward, especially in small group. As you may recall from your own middle school experience, your students' understandings and perceptions of sex might be all over the map. 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.

INTERPRET WHAT IS CHANGING

Even when they push you away, lean in. They need you to stay present and connected in order to interpret their changing reality. As you interpret the changes, 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.)
- Start to discuss relationship values by using phrases like these:
 - "Honor God with your body."
 - "Think about things that are good."
 - "Don't let anything or anyone control you."
 - "Don't sexualize a relationship."
 - "Guard your heart."
- "Remember that you guys are awesome/amazing." (Give authentic, positive affirmation and affection to the point of embarrassment.)
- Sex is good because it's made by God, but sex is also powerful, too.
- Technology is good, it can be an easy way for us to make bad choices.
- Do you think what we do online affects our real-life lives? Why do you think they seem separated? Remember that what happens online doesn't stay online
- Let's brainstorm together some guardrails that can help protect you and run away from temptation.
- Who is someone, besides me, you can reach out to when you need accountability? Can you talk to your parents?

WHAT NOT TO SAY

- "We don't need to talk about that."
- "Sex is a sin."
- "You're not supposed to be thinking about things like that."
- "Don't worry, right now you're just in an awkward phase."
- "It's not your fault, you just have raging hormones right now. You'll get over it."
- "Remember, kissing a boy will make you get pregnant."
- "Why aren't you dating anyone?"
- Nothing.

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