

PARENT/STUDENT SEX 101 GUIDE

OBJECTIVE:

Have an intentional conversation with your student discussing the truth about sex.

OVERVIEW:

Back in the day, the 'birds & the bees' talk involved parents educating their young, innocent child. Now, most students will have seen nudity or sexual acts before parents can have the conversation about what it even is. We believe it is so import to sit down with your child to discuss this topic.

DISCLAIMER:

Approach this conversation with few preconceived notions about the knowledge that your student has on the topic of sex. Some of you will be completely blown away by the exposure and knowledge that your students have on the topic. Don't be surprised if they know more than you thought, because they are being taught about sex at every corner of their life. Also, don't be surprised if your student knows very little about this topic. The main point is to approach this conversation with an open mind and ready to answer whatever questions your student may have. Let them know there are no words or topics that are off-limits. Don't be afraid to use yourself as an example, whether good or bad, when it comes to talking about this. Students are looking for real, practical advice and not just rules.

Make sure you set a strong standard for them and never hold your children to a standard that is less than God's standard of waiting until marriage. Be clear that they will face temptations, but that with your encouragement and with God's wisdom they can navigate through temptations and give God their best. Your goal for when you leave this conversation is for your children to have **accurate information about the clinical definition of sex**, an **accurate view of God's plan**, and an **openness to address future questions or concerns**.

SUGGESTION:

Find some driving time or downtime to talk to your child about sex. It can be difficult and awkward to have this conversation. Use this time either in the car or doing an activity to have this conversation. It may make the conversation easier knowing that your student doesn't have to look you in the eyes when they are introduced to the concept of sex.

DISCUSSION:

TELL: I know this may feel like an awkward conversation, but I wanted to talk to you about sex. Sometimes the media, music, and your peers don't tell the truth about sex.

ASK: What have you heard about sex?

What words or phrases do you hear people use when they are talking about sex?

SHARE: I want to give you the real facts about sex. Take time to describe to your student the clinical definition of sex. *Use appropriate terms for the body parts and don't be ashamed to talk about directions, sperm, eggs, etc. The more that you leave up for interpretation, the more your child will be curious and need to seek out the truth from other sources.*

ASK: Are there any questions you have about how the sex process works?

SHARE: When God designed the sex process, he designed it to be different for boys and girls. A boy generally begins the sexual process based on what he sees or feels. When guys see images or get themselves involved in a situation where they are in romantic physical contact with a girl, their hormones begin to take over part of their thought process. A girl generally begins the sexual process based off of strong feelings of acceptance or with strong words of affirmation. It's typically more emotional and sentimental.

For guys, they usually need to control what they look at and what they listen to. He also needs to protect himself from getting into physically romantic situations. Girls need to typically guard their heart and be discerning when they hear how boys are talking about them. It is important to not compromise your standards or your sexual integrity when you get wrapped up in emotions.

ASK: (Guys): How can you avoid putting yourself in tempting situations? How can you help girls remain pure?

(Girls): How can you help guard your emotions? What can you do to help guys remain pure?

SHARE: God designed sex for a couple of reasons. The first and most obvious purpose of sex is for reproduction. God designed sex in a way for us to have babies and populate the earth. Another reason for sex is that God designed it for pleasure. Sex is a pleasurable way for a married couple to express their love for each other. God intended for us to only have sex inside of marriage and tells us that sex outside of marriage is a sin. It goes against his design.

READ: Hebrews 13:4 NIV, "Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral."

ASK: If sex is good & God created it, why do you think God wants us to wait until marriage to have sex?

What are some of the consequences of having sex before marriage? (Parents: your student may be quick to point out getting pregnant or STDs, but help them understand the emotional issues that can come from having sex with someone and then breaking up. What do we communicate to the next person we date/our future spouse if we didn't wait? The physical act of sex is directly tied with the emotional part of sex and that emotional part is directly attached to the spiritual aspects of sex. Sex before marriage isn't the unforgivable sin. However, there can be a lot of guilt and shame that is tied to it. The purpose of these conversations is to help prevent your student from the emotional hurt and baggage that can come from sex before marriage.)

SHARE: God doesn't tell us to wait to have sex until marriage because he wants us to follow rules and not have fun. God has a purpose, and his plan and purpose are always better than ours. He wants us to live our lives to the fullest, and that's what happens when we follow His plan. God always knows what is best for us and since He design sex, He knows the best way to use it. His plan is that you wait until you get married. I know that you will be told things about sex and pressured to give into your temptations before you're married, but I want you to know that I believe in you and I know you can wait until you are married. *(Take this time to share your personal story about sex).*

ASK: What can I do to help you in your pursuit to remain pure?

Would you be willing to commit today to being open and honest with me about any questions or temptations you will have about sex?

SHARE: I I love you and I'm so proud of you.

A few things that I love about you are . . .

I want you to know that I will be here for you and listen to you, always. I love you and nothing will ever change that. I promise I will not get mad or be shocked by your questions because I would rather you talk to me then try to find the answers out on your own or from your peers.

PRAY: Pray that God will give them wisdom, strength, and courage to stand strong and remain faithful when facing temptations. Pray for their future spouse.