



HIGH SCHOOL

CROSSWAY STUDENT MINISTRY

# SEXUAL INTEGRITY

## CONVERSATION GUIDE

Your high schooler has only a few short years until they're out of the house—and don't you both know it! They're becoming increasingly independent, and you're shifting as a parent from authority to influence. In push and pull, just remember you still have a critical role to play when it comes to helping them grow with sexual integrity. Don't disconnect. 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. During this phase, your role is to . . .

COACH THEM TOWARDS

**HEALTHY RELATIONSHIPS**

So they will...

**ESTABLISH PERSONAL  
BOUNDARIES & PRACTICE  
MUTUAL RESPECT**

As the conversation progresses, always keep this end goal in mind: **SEXUAL INTEGRITY**. Guarding potential for intimacy through appropriate boundaries and mutual respect.

**TRY THIS...**

**NORMALIZE CONVERSATIONS ABOUT SEX AND DATING.**

Not to say you should make light of either topic, or that it's okay to tease your student about crushes or relationships. Instead, create a safe place for your teen to voice their thoughts or questions by keeping a consistent dialogue on this topic. How? Initiate conversations while also allowing discussions to happen naturally. You may be surprised when your teen brings up sex and dating, but react in a way that lets them feel safe and encourage them to continue coming to you about these important topics.

**REMEMBER, THEY ARE THEIR OWN PERSON.** You knew that already. But remembering this in light of sex and dating is different. They will make mistakes and choices you wouldn't make and will probably disappoint you. Whether they get too serious with a boyfriend or girlfriend, go too far physically, become depressed when they feel like the only one not dating, engage in pornography, or send or receive inappropriate photos—chances are, your student isn't going to handle sex and dating perfectly. When that happens, your response is key. Avoid shame and silence. Your student needs you to talk to them, to reassure them, and most importantly, to forgive them.

**ACKNOWLEDGE THE AWKWARDNESS.** Sometimes, as kids get older, it becomes harder to discuss sensitive topics like sex with their parents. They're likely not going to tell you everything. Don't take it personally. Instead, invite other adults you both feel comfortable with, to join in the conversation—who will say the same kinds of things you would say.

## SAY THIS...

"What do you think about that?" (Give them a safe place to process values with you.)

"Do you think he is good for her?" (Let your teen process their thoughts of other healthy/unhealthy relationships they see.)

"Even if he texts you that he's here, invite him in to say hello." (Create opportunities for boyfriends/girlfriends to connect with you.)

"How often do you still talk with your other friends?" (If your teen is dating, help them think objectively about the relationship.)

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