



CROSSWAY STUDENT MINISTRY

# SEXUAL INTEGRITY

MIDDLE SCHOOL

## CONVERSATION GUIDE

Your middle schooler is changing fast. Changing their friends, their style, their interests, and yes—changing physically. As with any change, you have three options. You can resist it, and inevitably fail. You can ignore it, and become increasingly disconnected. Or you can talk about it, and probably suffer a fair amount of eye rolls. It's ok, you'll both survive. During this phase, your role is to:

### INTERPRET

what is changing

So they will...

**RESPECT THEMSELVES &  
GROW IN CONFIDENCE**

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...

**INTENTIONALLY POINT OUT THE DIFFERENCE BETWEEN THE MEDIA'S PORTRAYAL OF SEX AND DATING VERSUS REAL LIFE.** This isn't a formal, one-time talk, but begin a conversation that you continue when you watch a movie, pass a billboard, or walk by a magazine stand together. Ask your middle schooler what seems real, appropriate, or likely to them as compared to the slanted way sex and dating are widely depicted.

**PRACTICE REACTION MANAGEMENT.** In this phase, your preteen might ask you questions or tell you stories that shock you. Remember, they're gauging your reaction to decide if you're a "safe" place to bring their comments and concerns. It's

okay to say, "Wow. That's a serious - but a REALLY good - question. Can I think about it before I get back to you?"

**FIND OUT WHERE THEIR CLOSEST FRIENDS ATTEND STUDENT MINISTRY AND GET YOUR MIDDLE SCHOOLER CONNECTED THERE.** It is critical to have like-minded adults and role models in your student's life. They need to know they can discuss potentially uncomfortable topics with a safe grown-up other than mom or dad. But don't stop there - stay involved in what's being taught to your preteen. Subscribe to the ministry's social media or newsletter. Get to know their leaders. When they do a sex and/or dating series, follow up with your middle schooler and continue the conversation.

## SAY THIS...

"That's a good question. I'm so glad you asked me." (Answer questions about sex in detail; if you don't, the internet will.)

"God made your body on purpose and you are beautiful" (Counter-act the negative things they are thinking about themselves. Increase positive affirmation and affection.)

"What does it mean to honor God with your body?" (Help them personalize boundaries.)

"If you ever feel like someone is wanting you to do something you don't want to do, you could always say..." (Help them script responses to difficult situations.)

"When John commented on your post, what did he mean by...?" (Stay curious about what's happening in their world.)

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