

# Parenting 101

“How to talk to your child about sex”

Ephesians 4:15

September 11, 2016

## Our Sermon Series

PARENTING 101		
A 7-Week Series on What the Bible Says About Parenting		
Date	Title	Bible Text
Aug 21	How to Build Your Child's Self-Esteem	Deuteronomy 6
Aug 28	How to Teach Your Child Responsibility	Ephesians 6:4
Sept 4	How to Build Your Child's Identity	Genesis 2:24-25
Sept 11	How to Talk to Your Child About Sex	Ephesians 4:15
Sept 18	How to Handle Technology with Your Fam	Philippians 4:8
Sept 25	How to Nurture Your Child's Spirit	Proverbs 22:6
Oct 2	How to Release Your Child	Psalms 127:4
Oct 9	The Church Has Left the Building	Living It!
Oct 16	20 <sup>th</sup> Birthday Celebration of the Church	Back Arena

**Deuteronomy 6:6-7** – *These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.*

**Ephesians 6:4** – *Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.*

**Genesis 2:24-25** - *Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. 25 And the man and his wife were both naked and were not ashamed.*

**Ephesians 4:15**

We must take back what the world has taken over in regards to the raising of our children!

For decades, movies and sitcoms have presented a caricature of the sweaty-palmed, birds-and-bees conversation in which Dad stammers through a convoluted description of sex to a preadolescent child — who, it turns out, knows all of the details already. The humor arises from the tension most parents feel about discussing sex with their kids. ("What if we tell him too much?" "Will this rob him of his innocence?" "What if he starts asking about what we do?")

- What isn't so funny is the reality that too many children learn about sex from everyone but their parents. Playground slang and obscenity, a distorted description of intercourse from the tough kid up the street, or worst of all, a look at some pornographic material on cable TV or the Internet often provides a child's first jarring glimpse of sex. What should be seen as the most beautiful, meaningful and private communication between a married couple becomes a freak-show curiosity. "Mom and Dad did *that*? More than once?!"
- Efforts by public schools to correct misinformation from the street and lack of information from home often leave out a critical ingredient: the moral framework within which the facts about reproduction should be presented. Without an ethical context, sex education becomes little more than basic training in anatomy, physiology, infectious diseases and contraception.

## It's Gods Design for our Children to Learn About \_\_\_\_\_ From Their Parents.

- God created sex and said it is very good (Genesis 1:27,31; 2:24-25; Song of Solomon; Proverbs 5:15-19)
- God created boundaries around sexuality – namely, that it is to be enjoyed within the context of a marriage between one man and one woman (Genesis 2:24-25; Leviticus 18; Matthew 19:4-6; 1 Corinthians 6:9-20).
- Having sex with someone you are not married to is wrong (Exodus 20:14; 1 Thessalonians 4:3-8; "sexual immorality" = fornication = having sex with someone you are not married to). Pornography is wrong (Matthew 5:27-28).

## \_\_\_\_\_ and \_\_\_\_\_ do I talk about sex with my children?

1. **Don't wait to tell your child everything you know about sex during a single, intense marathon session.** Doing so risks either waiting until it's too late or dumping more in the child's lap than he can process. Instead, information should be released gradually during many conversations over a period of several years. (The same principle applies to any other area of life — faith, values, responsibilities, relationships, handling money and so on — in which you intend to offer guidance to your child.

These subjects are too important to be confined to a single conversation.)

2. **Be calm and relaxed.** It's not easy to keep from cringing when your child asks you what a "boner" is. Just do your best to speak calmly, so you can respect your child's natural curiosity without being judgmental.

Each time you successfully tackle a sensitive topic, the anxiety level (for both of you) goes down. If you avoid these talks, your child won't learn your values about sex, but will develop her own from what she gleanes from friends and the media.

"The important thing is for a parent to explain difficult topics without seeming anxious," says Jerome Kagan, professor of psychology at Harvard University. "The child is picking up the melody line, not the words."

3. **What if your child asks you questions you can't answer?** Be honest, and then do some research. You gain far more stature in your child's eyes by showing candor than by bluffing. You may not have a detailed knowledge of the intricacies of the menstrual cycle or the developmental stages of puberty, but you're never too old to learn.

### Relationship Base That Fosters Q&A

- Intentional conversations (described above) foster an atmosphere where your children can ask questions as they think of them.
- Some of our best talks have been the spontaneous ones.

As you ponder the process of communicating to your school-age child about sex, remember that the primary message you need to give him — more important in the long run than the specific facts and figures — is the importance of respect:

- Respect for the body each of us has been given and for the Creator of that body.
- Respect for the wonder of reproduction.
- Respect for privacy in sexual matters, not only his own, but parents', friends' and others'.
- Respect for his future and an understanding that sexual activity can have a profound effect on his health and happiness for the rest of his life.

Respect for marriage as the appropriate context for sexual expression.

### Resources for Parents:

- I recommend the "God's Design for Sex" book series
  - Book #1 (ages 3-5)** – *"The Story of Me"* (Brenna/Stan Jones)
    - God's love; God's creation is very good
    - Differences between boys and girls
    - Proper names for private body parts
  - Book #2 (ages 5-8)** – *"Before I Was Born"* (Carolyn Nystrom)
    - Why God made boys and girls different
    - God's plan for loving marriages and families
    - The basic facts about intercourse presented in the context of marital love and intimacy
    - Conception and fetal development
    - Childbirth and breastfeeding
  - Book #3 (ages 8-11)** – *"What's the Big Deal?"* (S/B Jones)
    - Basic facts about sex
    - Why God made adults to want to have sex
    - God's boundaries for sex
    - The changes of puberty
    - What does gay mean? What is AIDS? What is sexual abuse?
  - Book #4 (ages 11-14)** – *"Facing the Facts"* (S/B Jones)
    - How God made women and men different
    - The changes ahead for girls
    - The changes ahead for boys
    - How does a woman become pregnant and give birth
    - Why save sex for marriage
    - Love and dating
    - Peer pressure, pornography, public school sex ed, masturbation, sexual abuse, homosexuality
    - What kind of person should I become
- Read "Wild At Heart" by John Eldredge for boys and "Captivating" by John Eldredge for girls.
- <http://www.focusonthefamily.com/parenting/schoolage-children/talking-about-sex-and-puberty/talking-about-sex-and-puberty>