

# Parenting 101

## “How to Talk to Your Child About Sex”

### Ephesians 4:15 – September 11, 2016

#### Overview of Our Study

<b>PARENTING 101</b>		
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

#### Today's Big Point

“The birds and the bees” is WAY more than a single, sit down talk. Rather it involves \_\_\_\_\_ at several key ages, and it involves a great relational base that allows for Q&A along the way.

- **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 4:15**
- **Ephesians 6:4** – *Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.*

#### Part of Training Our Children in the Lord is Teaching Them His Commandments Regarding Sexuality

- 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).

#### Five Intentional Conversations to Have With Your Children at Different Ages

##### 1. Talk #1: A series of conversations at different ages using \_\_\_\_\_

- 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

##### 2. Talk #2: A talk about \_\_\_\_\_

- I recommend having this talk (Dads to sons; Moms to daughters) around age 9 years old.
- Great example of this talk in Steve Farrar's “*Point Man*” in Chapter 10, pp.245-247.

- The toilet water analogy.
- Someone else's daughter and sister.
- Next Sunday: "How to Handle Technology with Your Fam"

### 3. Talk #3: \_\_\_\_\_

- I recommend having this weekend experience (Dad and son; Mom and daughter) the summer before 6<sup>th</sup> grade.
- I highly recommend the kit by Dennis and Barbara Rainey called "Passport to Purity"
- This experience is designed as a weekend getaway one-on-one. The kit includes a parent's manual to help you plan the weekend, 5 CDs to listen to together, 5 object lessons, a journal for your pre-teen with fill-in-the-blanks; a passport for your pre-teen to record his personal commitment.
- Key elements of the experience: fun outing together, teaching, object lessons, opportunity to make a purity commitment, opportunity for parent to communicate dating years expectations and boundaries, a gift, and words of affirmation through a letter.
- Leggett Family Dating Boundaries (communicated the summer before 6<sup>th</sup> grade):
  - Can participate in group outings (no couples) in junior high with adult sponsor
  - Can go as a group to 8<sup>th</sup> grade dance (no couples) with adult sponsor
  - Can go to 9<sup>th</sup> grade Homecoming and Sadie Hawkins with a date (with a group of 6 or more) with adults driving and sponsoring
  - Can start officially "dating" at age 16. Dates must be double dates. Can have boyfriend or girlfriend starting at age 16.
  - Can go on single dates starting at age 17.
  - For my daughter: Until you graduate from high school, any boy that wants to ask you out needs to come and talk to me. (Example of this talk.)
  - Boundary: Never be alone with your girlfriend. No watching movies alone upstairs after Mom and Dad have gone to bed.
- I do NOT recommend the Passport to Purity materials for 8<sup>th</sup> graders and older. More age appropriate material for 8<sup>th</sup> grade and above would be Tommy Nelson's "Song of Solomon for Students DVD Box Set"

### 4. Talk #4: \_\_\_\_\_

- We gave each of our children a purity ring around 8<sup>th</sup> or 9<sup>th</sup> grade as part of the culmination of a Student Ministry Purity Conference. (Now = Axis Conference.) We discussed the

conference together, asked if they wanted to make a purity commitment, gave the ring privately, and prayed over them.

- James Avery makes some really nice purity rings including one that says "True Love Waits"
- Very cool: Smith gave Ingrid his purity ring on their wedding day.

### 5. Talk #5: \_\_\_\_\_

- The purpose of this communication is to help equip your son or daughter with the mechanics and techniques of marital sex.
- I recommend giving them 3 resources: "I want to give you these 3 resources to help you with some of the detailed techniques and mechanics of marital sex. I am here if you want to talk about any of this."
  - "Before the Wedding Night" (by Ed Wheat, M.D.) – 3 CDs that can be ordered from Scriptural Counsel; 1-800-643-3477)
  - "Intended for Pleasure: Sex Technique and Sexual Fulfillment in Christian Marriage" (book by Ed and Gaye Wheat)
  - "A Celebration of Sex for Newlyweds" (book by Dr. Douglas Rosenau)
- Three wedding night tips:
  - Proactively talk through a wedding night plan before the wedding night.
  - Have tons of sexual fun that night, but consider saving intercourse for the next morning.
  - Stay in the city of your wedding for 24 hours before flying out. Do not schedule a 7am flight the day after your wedding!
- A challenge: Don't own a TV for the first 6 months of your marriage.

### 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.

**My Application** – Sometime in the next 3 days, draw up a game plan of intentional conversations you want to have with your children at different ages. If you are married, create and agree upon this plan as a couple. Pray. Then, work the plan.