

GOSPEL CENTERED CONVERSATIONS AT EVERY AGE

Age 3-5:

- God made your body; every part of your body is special.
- God made girls and boys, some parts of our body are the same, some are different.
- Girls have vaginas. Boys have a penis. (use correct medical terms)
- Introduce private parts (under underwear or swimsuit)
- Body Boundaries: Who can see/touch my private area?
- Warn against games or secrets with private parts
- Come tell mommy or daddy (important to remain calm)
- Self-exploration normal, not sexual
- Modeling and reflecting feelings
- Celebrate God's design for gender (boys and girls are equal and different)

Age 6-9:

- God made your body and our bodies can do really cool things like make babies
- Explain all reproductive organs for boys and girls. (Uterus, testicles)
- Part from Mom, part from Dad, (sperm, egg)
- Where baby grows, where baby comes out
- Erections for boys
- Good pictures vs. bad pictures
- Body Boundaries. How to use the word No. Your no means no
- Kids are curious about other kids' body parts. Respecting and honoring others' bodies
- Our private parts stay private (not because we are ashamed of them, but because we want to honor them)
- Recognizing and honoring feelings

Age 10-13:

- Puberty (information about both genders)
- "Sex talk"
- Masturbation. God created our bodies to feel pleasure. That pleasure was designed for marriage. Curiosity and self-exploration are normal
- Pornography (most kids are exposed to porn in this age range)
- Slang terms for body parts, sexual acts, etc.
- identity and sexual confusion are now common in this age range
- Touching and oral sex are not uncommon in middle school
- STDs
- Cyber safety

Age 14-18:

- Normalize Desire
 - Hormones
 - Talk about stewarding God's gift of sexuality
 - Sexual wholeness (body, mind, soul)
 - Sexual integrity vs. sexual purity
 - Emotional and physical consequences (not fear based)
 - Honoring your brothers and sisters in Christ
 - Attraction, orientation, and identity
 - Dangers of pornography
 - Grace in the struggle
 - Recognizing and honoring feelings
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GENERAL TIPS IN PARENTING SEXUALITY

- Good touch/Bad Touch Vs Safe Touch/ unsafe touch (bad touches can feel good)
- Important to be the kid's advocate if you can tell if your child is uncomfortable. Kids should not be required to give hugs/kisses to adults if they do not want them
- Boundaries with social media, internet use (phone use in bedroom), sleepovers, etc.
- Sexual integrity instead of sexual purity
- Avoid legalistic rules, be gracious when your children stumble because we are all sexually broken
- Keep a positive tone. Remember sex is good and of God
- Create a safe space for kids to express struggle, create a category for this and be ready and willing to offer grace
- Don't always wait until your kids ask questions. Find ways to have positive conversations about sex/sexuality in everyday life
- Have conversations early and often. Frequent conversation is normalized conversation
- Show healthy affection in front of your kids
- Show healthy affection to your kids
- Respect their body boundaries, their no means no