

Resources for Talking to Kids about Sexual Health

God's Design for Sex series by Stan and Brenna Jones; www.christiansexed.com

Jones, S., & Jones, B. (2019). *How and when to tell your kids about sex: A lifelong approach to shaping your child's sexual character*. NavPress.

Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids by Kristen Jenson;
defendyoungminds.com

Talking to Kids about Gender Identity by Mark Yarhouse

Start Talking to Your Kids about Sex and *Talking with Your Teen about Sex* by Julia Sadusky

Yes, Your Kid: What Parents Need to Know About Today's Teens and Sex by Debby Herbenick

When Children Come Out: A Guide for Christian Parents by Mark Yarhouse and Olya Zaporazhets

Single and Sexually Whole by Doug Rosenau

Online Resources:

Amaze.org - Sex education videos and resources for kids of all ages

ProtectYoungEyes.com and CommonSenseMedia.org – resources to inform parents about media and technology

SexualDiscipleship.com – Juli Slattery's resources on navigating sexual issues with gospel-centered truth

EducateEmpowerKids.com – articles and resources on helping parents discuss a range of topics

Questions for Exploring Your Sexual Story and Building Confidence for Conversations:

1. What are the inherited stories I received about sex? How was sex characterized by my parents, my grandparents, peers, media?
 - How might those stories affect my ability to have good conversations with my child about sexual health?
2. What aspects of my sexual history do I have the most shame around?
 - How might that affect the way I engage or disengage my child about sexual health?
3. What were the sexual messages I received about body image, role of women, role of men, nudity, marital sex, pre-marital sex, masturbation, pornography, adultery, male genitals, female genitals, femininity, masculinity?

- What are my comfort and confidence levels in engaging these topics with my child? What do I need (personal work, resources) to address each of these topics without shame and fear?
4. What did I learn regarding boundaries about sex?
 - What physical, emotional, and spiritual boundaries do I want to teach my child regarding sex and sexuality?
 5. What have been my thoughts and feelings about sex throughout my childhood, teenage years, singleness, adulthood, marriage? How did my parents contribute to these feelings?
 - How do I want to contribute to my child's feelings about sex and sexuality? How will I communicate to my child to express God's heart for sex and sexuality?
 6. Were there any crucial events or experiences in my childhood/teen years that have shaped my feelings about sex? Can I remember specific messages or incidents that created some of my attitudes, values, and priorities about sex and sexuality? (e.g., harassment by an older peer or sibling; walking in on a parent watching pornography; shamed by a parent; sexual play, etc.)
 7. What do I wish my parents would have told me about sex?
 8. What are the sexual messages I believed and acted on?
 - How do I want to communicate God's grace and forgiveness and redemption for any mistakes I made?
 - What lessons have I learned that I want to pass down to my child?

Next Steps (adapted from resources by Jay Stringer):

1. Define what sexual integrity means for you and your family. What does it mean to honor God with our bodies as followers of Christ? (1 Cor. 6:20)
2. What resources do you need to pursue to become the go-to source for your child?
3. What sexual health topics has your child already asked you about?
4. What sexual health topics do you need to be proactive about in the next year?
5. "In the next month, I will talk to my child about _____."
6. "In the next three months, I will make a goal to talk to my child about _____."
7. **I will be the go-to source for my child about sexual health: YES / NO.**