

parenting

CONVERSATIONS

Sex and Purity

Children are naturally curious about where babies come from, how sex works, and why Sarah has two mommies. Here's a quick guide including developmental markers on when to discuss topics related to sex, biblical passages you can reference to teach your child, and resources to help.

PRINCIPLES TO FOLLOW

- Begin the conversation early and talk about it regularly. By initiating conversations with your kids and discussing it regularly, you become the source your children turn to when they have questions. (**Ephesians 6:4**, **1 Peter 3:15**).
- Be straightforward and honest about details related to reproduction and sex. Avoid demeaning or immature language and joking related to difficult topics around sex (**Proverbs 8**, **Ephesians 5:4**).
- Sex is good and a gift when kept in the context of marriage! Discuss the implications of sex outside of marriage at each stage outlined below (**Genesis 1:27-28** and **2:25**, **Song of Solomon 8:4**, **Matthew 5:27-30**, **1 Corinthians 7:2**).
- If you personally have unresolved hurts related to sexual abuse or sexual sin, prioritize addressing those as you disciple your child and model humility and repentance as needed (see the Resources list on the back for ministries to help you heal).
- Obtain insights from your Community Group so your children know this is not a taboo subject, you can glean from others' experiences and wisdom, and you are not leading your children or healing from unresolved hurts in isolation.

WHEN AND WHAT TO TEACH YOUR KIDS

Below are specific principles to teach your kids by recommended ages. As with all parenting, it's important you take these as guidelines and adapt accordingly to the needs of your individual children. It might be imperative that you teach a principle to your child sooner or later than the recommended ages listed below.

Before Age 5 (Preschool)

- God's creation and love for each child in the womb (**Psalm 139:13-16**).
- God's desire for each child to know and love Him (**2 Timothy 3:14-15**, **Psalm 8:2**).
- All living things come from a seed (**1 Corinthians 15:37-39**).
- Anatomically correct names for male and female reproductive organs (i.e. penis, vagina, testicles, breasts, etc.).
- God created sex for marriage between a man and a woman for intimacy (**Genesis 2:23-25**), reproduction (**Genesis 1:27-28**), and teaching Jesus' love for His people (**Ephesians 5:31-32**).
- Appropriate boundaries for touching or nudity (**1 Corinthians 12:21-24**).
- God builds families biologically and through adoption (**Psalm 68:5-6**).
- The world uses its own standards for marriage, sex, and families which lead to more brokenness but Jesus desires to restore them (**John 3:16-21**).

Before Puberty (Ages 9-11)¹

- Reinforce principles from the previous stage of development (**Deuteronomy 5:29**).

¹ Children in public school will be exposed to this content through videos in 4th through 6th grades. If your child is in public school or interacts with children who are, it may be wise for you to address these topics so they hear from you first.

Before Puberty (Ages 9-11) — continued

- Puberty and how boys' and girls' bodies naturally change in preparation for reproduction.
- Specifics of sexual intercourse and how a new human is created at the point of fertilization then develops and is delivered including anatomical names such as: sperm, egg, erection, uterus, menstruation, implantation, embryo, fetus, etc.
- Implications related to premarital sex and separation from God (**Exodus 20:14, 1 Corinthians 7:8-9, Hebrews 13:4**).
- Implications related to media, pornography, and lust (**Job 31:1, Matthew 5:28, 1 Corinthians 6:13**).
- Implications related to same-sex attraction and the role of repentance to Christ's teaching as well as the witness of Christians (**Leviticus 20:13, Romans 1:21-2:1, 1 Peter 3:15**).
- Standards for a spouse and purpose of dating (**Proverbs 31:10-31, Ephesians 5:25-30**).

Before Age 15 (9th Grade)

- Reinforce principles from the previous stage of development (**Deuteronomy 5:29**).
- Purity extends to television, phone usage, conversations, masturbation, oral sex, and anal sex not just abstaining from intercourse (**Matthew 5:28, Proverbs 30:20, Genesis 19:1-38**).
- Rewards of sexual intimacy in marriage (**1 Corinthians 7:2-5, Song of Songs**).
- Abortion and its connection to infertility and post-abortion trauma (**Exodus 20:13, Exodus 21:22-25, Numbers 5:27-28, Jeremiah 7:30-31**).
- Your child's convictions regarding sex and marriage and the risks of compromise (**Acts 17:10-15, 1 Corinthians 13:11**).
- Birth control and the abortive potential and additional issues related to hormonal contraceptives such as the pill and IUDs.
- Sexually transmitted diseases and the consequences of sex outside of marriage.

To address situational issues like what to do if your teenager is pregnant, how to respond to a child struggling with same-sex attraction or gender dysphoria, go to the comprehensive compliment resource found at watermark.org/parenting. Email parenting@watermark.org for more information.

RESOURCES

Audio Resources | www.watermark.org/media

Exposed! Naked Truth about Sex Series by Harrison Ross

Teenagers and Dating by Todd Wagner

Same-Sex Bonding by Ricky Chelette

Reclaim Sex Ed by Jeanie Cox

Prep: How the Bible Preps Us for Pornography and Lust by Jonathan Pokluda

16 Things to Convince your Children of Before They're 16 by Todd Wagner

Re-Charge Message: January 20, 2018 by Callie Nixon (listed under Women's Bible Study)

Care and Recovery Ministries | www.watermark.org/ministries

MenD – Christ-centered support group for men who have been sexually abused or assaulted (For women who have been sexually abused, help is available through re:generation.)

re:generation – a biblically-based recovery program for healing, recovery and freedom

re|engage – reignite, reconnect or resurrect your marriage

Shiloh – Christ-centered support group for those experiencing infertility or a miscarriage

The Life Initiative – support and healing for women and men with unintended pregnancies and past abortions

Other Recommendations

Simple Truths: A Simple, Natural Approach to Discussing Sex with Your Children by Mary Flo Ridley (video series available through RightNow Media)

Passport 2 Purity by Family Life Resources

No Trespassing – This is My Body by Pattie Fitzgerald

How God Makes Babies by Jim Burns (for ages 6-9)

God Made Your Body by Jim Burns (for ages 3-5)

God Made All of Me by Justin and Lindsay Holcomb (for ages 3+)

God's Design for Sex (four-book series) by Stan and Brenna Jones

Questions Kids Ask About Sex by The Medical Institute for Sexual Health