

Back to the BASEX: Teaching Healthy Sexuality from a Biblical Perspective

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LIBERATE..... EDUCATE..... ELEVATE..... CELEBRATE

EXTREME MAKEOVER

R _____ Jeremiah 31:3-4
R _____ Isaiah 11:11
R _____ Psalm 103:4
R _____ Joel 2:25, 1 Peter 5:10
R _____ 1 Peter 1:3, Philippians 3:10

GET COMFORTABLE & CONFIDENT:

Know yourself; Own your sexual history:

Your view of sex as a child _____

Your View of Sex 10 years ago _____

Your View of Sex Now _____

Your Beliefs _____

Your Barriers (if you have some; make a plan to break down barriers) _____

The Best thing About You Sexually _____

Penner & Penner, "Healthy Sexuality Parent Guide" www.passionatecommitment.com

"You can't teach what you don't know; you can't lead where you won't go!"

Deuteronomy 6:6-9

"Home is indeed where life makes up its mind. It is there - with fellow family members - we hammer out our convictions on the anvil of relationships. It is there we cultivate the valuable things in life, like attitudes, memories, beliefs and, most of all character."

Chuck Swindoll, Living Insight

Why should parents be the ones to talk to their kids about sex?

_____ % kids want them too, only _____ % do!

YOU ARE THE MOST SIGNIFICANT SEX-EDUCATOR IN YOUR CHILD/TEENS LIFE

"The quest for character requires that certain things be kept in the heart as well as from the heart. An unguarded heart spells disaster. A well-guarded heart means survival. If you hope to survive the jungle, overcoming each treacherous attack, you will have to guard your heart as you seek to keep it on the right path."

Chuck Swindoll, Living Insight to **Proverbs 23:19**

EDUCATE

EQUIP

EMPOWER

Why Should Talk To Your Children About Sex?

"Sexual Neglect is the failure to teach children about sexuality, leaving them at the mercy of playmates, media, their own imagination and other potentially dubious sources o learn about what sexuality is and how it applies to their experience and relationships. Sexual neglect includes not teaching children basic information about the emotional, physical, mental and spiritual aspects of sexuality and how these aspects change throughout the life and relationship cycle. It includes the absence of appropriate supervision at various developmental levels of children involved... Sexual neglect involves not teaching how to set boundaries, risks, and dangers of certain sexual choices and behaviors. As children reach appropriate maturity levels, sexual neglect includes lack of information about sexual abuse and pornography in society, and lack of education about how to handle potentially sexually abusive situations." Staci Sprout, "Sexual Ethics: Beyond the Basics" presentation.

IF PARENTS DON'T TALK ABOUT SEX WITH KIDS:

- * The culture will shape their value system
- * Children will assume your silence means sex is too bad to talk about; or that you're indifferent or inadequate to help them in the area of sexuality
- * They will assume you don't understand their sexual struggles and won't come to you with questions or concerns
- * Teens will form conclusions based on their own imaginations, desires, fears or peer influences
- * They will have an increased vulnerability to becoming sexually active or victims of sexual assault (because they don't have a safe relationship in which they can talk through their questions, challenges or concerns). They need your wisdom and guidance.

HEALTHY CONCEPTS OF BIBLICAL SEXUALITY:

Sex is Good and of God
Sexual Curiosity is natural
Sexual responsiveness is automatic
Sexual responsibility belongs to each person
Mutual respect and biblical standards are the guides to all sexual decisions

What's important when talking to your children:

Begin the dialogue _____

Use _____ terminology

Know/celebrate differences between _____ and _____

Dealing with awkward moments; _____ NOT _____

Keep the conversation _____

HELP KIDS MASTER THE STAGES OF SEXUAL DEVELOPMENT...chart next page

Mastering Sexual Development

STAGE	CRITICAL LEARNING	PARENTS' ROLE	IMPACT ON SEXUAL ADJUSTMENT
Infancy	Bonding	Attachment parenting	Capacity for intimacy
Toddler-hood	Touching, naming & control of genitals	Affirm genitals & feelings as God's special design; use correct names	Positive acceptance of genitals (user friendly)
Preschool	Question-asking	Reinforce, Reflect, Review, Respond, Repeat	Open communication about sex
School Age	Exploring	Affirm curiosity; set boundaries; protect from abuse	Sexual awareness with boundaries and without shame
Pre-Adolescence	Handling erotic feelings & bumblng discovery	Prepare for changes; protect from pornography; affirm sexual responses; provide systematic education.	Self acceptance & competence in relating to opposite sex
Adolescence	Decision-making	Share values; guide decision-making; listen!	Accept feelings; make informed decisions
Single Adulthood	Becoming whole; developing intimacy	Support growth & independence	Capacity for intimacy with opposite sex; affirm desire; control actions

Dealing with the Difficult Issues:

Masturbation
Pornography
Sexually active teens
Peer pressures
Technology and Social Media
Homosexuality
Gender Identity and Transgender

KNOTS

There is something I don't know
that I am supposed to know.
I don't know **what** it is I don't know,
and yet am supposed to know,
and I feel I look stupid
if I seem both not to know it
and not know **what** it is I don't know.
therefore I pretend I know it.
This is nerve-racking
since I don't know **what** I must pretend to know.
Therefore I pretend to know everything.
I feel **you** know what I am supposed to know
but you can't tell me **what** it is
because you don't know that I **don't know what** it is.
You may know **what** I don't know, but **not**
that I don't **know** it,
and I can't tell you. So you will have to tell me
everything.
R.D. Laing

Recommended Books:

How and When to Talk To Your Kids About Sex Stan and Brenna Jones

4 companion books for kids

The Story of Me for ages 3-5

Before I Was Born for ages 5-8

What's the Big Deal for ages 8-11

Facing the Facts for ages 11-14

Teaching Your Children Healthy Sexuality Jim Burns

Sex Facts for Family Clifford & Joyce Penner

Your body Belongs to You Cornelia Spelman*

I said NO! Zack & Kimberly King*

No Trespassing, This Is MY Body Pattie Fitzgerald*

Do You Have a Secret Jennifer Moore-Mallinos*

Your Kids At Risk Meg Meeker, MD

Hooked McIlhaney and McKissic, Bush

Unprotected Miriam Grossman, MD

The New Age of Sex Education Jennifer Weeks*

Soul Virgins Doug Rosenau and Michael Wilson

Unhooked Laura Sessions*

Understanding Sexual Identity Mark Yarhouse

Understanding Gender Dysphoria Mark Yarhouse

Homosexuality and the Christian Mark Yarhouse

*books are not written by Christian authors, yet the material is excellent

Web Sources:

www.protectyoungminds.org

www.just1clickaway.org

www.fightthenewdrug.org

www.yourbrainonporn.com

(not a faith based site; but good information on the impact and negative effects of porn)

Filters:

x3watch

Norton Family

Covenant Eyes

K9 web protection

PhoneSherriff

MyMobileWatchdog

Content Protect

Mobicip

