

Talking to Your Kids about Sexual Integrity

Christian Assembly Church

Saturday, May 4, 2013

1:00-3:00p

1. Introduction

- a. Presenters, PSS, and HOPE
 - i. Pregnancy Support Services is a Christian ministry providing alternatives to abortion.
 - ii. HOPE – Helping Our Peers with Encouragement. Through the HOPE Program, we promote sexual integrity to middle and high school students in schools, churches, and local community organizations. We also teach parents, and that is why I’m here 2nite..
- b. My goal tonight: to encourage and equip you
- c. Disclaimer: I AM NOT A PARENT!
- d. There are so many things that I could’ve included tonight that I didn’t—STD education, the differences between what boys need and what girls need, the sexualization of young girls, sexting, pornography, etc. The reason I am not addressing these things at length is because there are so many resources out there from those who have taught these things and taught them well. So instead of trying to cram loads of info into 90 minutes, I feel like God has led me to do two main things: give you general principles for instilling sexual integrity in your kids and offer creative ideas that will help you engage your kids in discussions about sex. But before we get into all that, we should start with a game.....

2. Icebreaker: Too Many Voices

3. Why Your Voice Matters Most

- a. Scripture teaches that your voice is the most important – talk about the role of father as teacher
 - i. Look at Proverbs (chp. 5 for example) and see how the father talked openly with his son about sexual temptations; also Prov 31 is the advice of a mother to a son.
 - ii. Deuteronomy 6:5-9 “You shall love the Lord your God with all your heart and with all your soul and with all your might. **6** These words, which I am commanding you today, shall be on your heart. **7** You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. **8** You shall bind them as a sign on your hand and they shall be as frontals on your forehead. **9** You shall write them on the doorposts of your house and on your gates.”
- b. Your voice matters most because there are so many other voices out there ready to take your place. **Imade’s story of learning about sex from Christian music.** If your children aren’t learning about sex and relationships from you, they will be learning it from somewhere else.
 - i. And these are some of the questions they are asking.... **(questions on PP)**
 - ii. When? Tell Tiffany’s story of her parents starting early!
- c. The prefrontal cortex of the human brain which is responsible for mature judgment, associating cause and effect, decision making, and abstract thinking is not fully developed until the mid-twenties. For this reason, your adult brain is extremely important in guiding and teaching your teens. We can’t expect them to make adults decision when their brains are not yet ready. **(Draw their attention to the brochure)**
- d. The want to hear from you! 9 out of 10 teens say it would be much easier to postpone sexual activity and avoid teen pregnancy if they were able to have more open, honest conversations about these topics

with their parents. (*The National Campaign to Prevent Teen Pregnancy. Science Says; American Opinion on Teen Pregnancy and Related Issues 2003, Feb 2004*)

4. What NOT to Teach?

- a. **Ask for their thoughts-** What were some not so helpful things you learned about sex growing up?
 - i. That sex is bad
 1. "Sex is the most awful, filthy thing on earth, and you should save it for someone you love." -Anon.
 2. This is not biblical. If they believe that sex is bad before marriage, then they may find it difficult to all of a sudden believe that sex is good and blessed by God in marriage.
 3. Start with the good, with what God intended. (See Gen. 1-3)
 - ii. That sexual desire is bad
 1. "When I experience desire, I need not flinch in guilt, as if something unnatural has happened. Rather, I should follow the desire to its source, to learn God's original intent." -Yancey
 2. This causes feelings of guilt and shame.
 3. Sexual desire is not a sin. God put that drive within us. "...It's what we choose to do with desire and what we choose to do because of desire that makes it sinful" Do you indulge desire that can't be righteously fulfilled? Do you find ways to fulfill it that are not godly? "...also unrestrained desire...is sinful...it is wrong to harbor and nourish a secret internal desire for an illicit relationship." - quotes from Chip Bell
 4. Mention how we sometimes demonize male sexuality. Refer to "When Pigs Fly" article.
 - iii. That you are waiting for your future spouse. "I'm waiting for my husband/wife."
 1. It's good to want to share your sexuality with your spouse and to want that to be special, but it needn't be your biggest motivator. Why?
 2. Because your focus is your future spouse and not your present Savior
 3. Our obedience with regards to our sexuality (and everything else) needs to be out of a love for God.
 4. What happens when you start to think that a spouse will never come? Then your main motivator is no longer there. However if Christ is your motivation and your hopes for a spouse wane, you still have a foundation to stand on.
 - iv. Behavior modification – A focus on changing external actions to the exclusion of addressing the heart issues that lead to such actions. It's easy and fear based .
 1. What does BM look like wrt purity?
 - a. Teaching them to avoid sex, but never talking about the beauty of sex and sexuality
 - b. Focusing on what behaviors are okay and what behaviors are not
 2. Result of BM
 - a. kids become self righteous about their physical "purity"
 - b. an attitude of entitlement – this was me
 - c. complete disregard for purity of the mind and emotions -this was me

d. Could lead to belief that if we do sin sexually, it affects God's love for us; it leaves out grace; look at how Jesus treated those caught in sexual sin—John 4 and 8

3. The Law is Good, But we are Not

a. Yes, kids need to know the law of "no sex before marriage" because it acts to restrain impurity....

i. 1 Timothy 1:8-11 → But we know that the Law is good, if one uses it lawfully, realizing the fact that law is not made for a righteous person, but for those who are lawless and rebellious, for the ungodly and sinners, for the unholy and profane, for those who kill their fathers or mothers, for murderers and immoral men and homosexuals and kidnappers and liars and perjurers, and whatever else is contrary to sound teaching, according to the glorious gospel of the blessed God, with which I have been entrusted.

b. Nobody wants their kids to be in the category of lawless, rebellious, ungodly, and sinful. But the truth is that is what we all are until we come to faith in Christ. The great hope of every parent is that their kids will get to a place where they live purely because the law of purity is written on their hearts, not because purity is imposed on them externally.

BREAK HERE FOR FIVE MINUTES

5. **What TO Teach?**

a. Instead of fear and behavior modification, teach your kids about God, His character, His deeds, His commands and why these commands are in place. READ Psalms 78.

i. Note what we are to tell the next generation—the praiseworthy deeds of the Lord, his power, and his wonder.

ii. v.7 → our children putting their trust in God and not forgetting His deeds is what will lead to the keeping of His commands

1. What God has done for us = providing for our salvation!

a. He only tells us what to do after showing us what He's done

2. Don't let them forget. Keep the Lord ever before them.

a. Idea—keep a family prayer journal, notebook, record where you record prayers and praises

b. The Beginning – Adam and Eve (briefly walk thru Genesis 1-3)

1. This is starting with the good...what God intended...giving a vision

c. Why God reserves sex for the marriage relationship.

i. Because the marriage relationship paints a picture of our relationship with Him. (more for older kids)

1. We have a covenant rel.ship with God. Since we are called by His name we have intimate access to Him. Sex is an earthly glimpse of this level of intimacy we have

with God. (in Bible same Hebrew word “know” refers to knowing God and also to the intimate relations between husband and wife.)

2. The Theology of the Body series

ii. Body, soul, and spirit

1. Body: good to have anatomy and reproduction discussion early (**share about Chewing**); really young kids need to know proper names for body parts and good touch/bad touch; point to resources on STDs
2. Soul: briefly mention Hooked and brain chemicals and bonding; tell them how students really connect with this part of the presentation
3. Spirit: 1 Thessalonians 4:1-8; sex in marriage can draw us closer to God and in wrong context can provide occasion for deception

6. **How to Teach It?** → I wish I could give you a quick and easy formula that works all the time every time, but I just can't. Every child is different. Every parent is different. I have tried to give you general guidelines and principles, but I cannot script how they will be applied in your home. What I can do is spark your imagination and help you think of ways to connect with your kids on this subject.

a. **PRAY.** Allow Holy Spirit to guide you as you guide them. Take advantage of teachable moments.

b. **KNOW WHO THEY ARE** → In order to connect you have to know who they are. Who are they?

- i. People born between 1984 and 2002 are considered Millennials or Generation Y
- ii. Sense of entitlement, out of touch with reality, instant gratification, media overload, short attention span, upload generation, they love being a part of making things happen, used to multi-tasking and doing things themselves; very relational; want to learn from older people
- iii. These traits can be challenging AND advantageous in teaching sexual integrity/purity.
 1. Example: If you've never had to wait for anything, the idea of waiting for sex seems preposterous.
 2. Example: The fact that they want to hear from older ppl, opens the door for really honest conversations about sex.

c. **KNOW WHAT INFLUENCES THEM** → what is their world like?

- i. Quoted from “Hooked” by Joe S. McIlhany and Freda McKissic Bush: “In a report published in the Journal of the American Medical Association, Michael D. Resnick, Ph.D. and his coauthors showed that adolescents who were strong enough to avoid sexual involvement had three primary things in common:
 1. High levels of parent-family connectedness
 2. Parental disapproval of the adolescent becoming sexually active, and
 3. Parental disapproval of the adolescent using contraception.
- ii. Some specifics (ask parents for any influences that disturb them):
 1. CPYU Top Ten List (**point this out in their folders**)
 - a. Encourage parents to check out MTV, radio, etc so you know what's out there
 2. Talk briefly about the influence of porn—how it has worked its way into mainstream culture and how ppl are desensitized to it

- d. Be E.P.I.C. → an acronym to help you remember the teaching styles that appeal to young people today
- i. EXPERENTIAL – Offer lab experiences for them to observe, explore and learn from
 1. Visit a pregnancy care center or adoption agency
 - ii. PARTICIPATING – let them discover truth through discussion and participate in outcomes
 1. Teach them to pray Scripture—Ex. 1 Thess. 4:3-5
 2. Teach them to evaluate songs through the lens of Scripture
 - a. Choose popular songs, look at them beside Scripture (point to example in folder)
 - iii. IMAGE RICH – provide images through narratives, symbols, and metaphors (images over words)
 1. Point to metaphor use – Sex is like fire
 2. Scripture is full of rich narrative – Song of Solomon, Samson and Delilah, Proverbs, David & Bathsheba, Ruth and Boaz, etc.
 3. Your Story – Youth want authenticity. Letting your kids know you doesn't mean sharing the gory details of all your mistakes and weaknesses. Be honest, but age appropriate, and share how your experiences have impacted your journey.
 - iv. CONNECTING – utilize technology and furnish a safe environment for community
 1. Have other adults in your child's life who they would feel comfortable talking to
 2. Share what the Trinity moms did for their daughters
 3. Tell them that if they have questions that are too embarrassing they can text them to you
 4. Make sure they see healthy godly marriages

7. Other Pointers

- a. Don't get upset with them for asking
- b. Ask what they think about it or what they've heard so you can see where they are
- c. To minimize the fear/awkwardness you could say something like "oh I used to wonder about that too when I was your age." But only say it if it's true.
- d. How you talk about certain subjects around your kids (homosexuality, teen pregnancy, etc) will affect whether or not they feel comfortable coming to you if/when those issues arise in their own life
- e. Continual ongoing conversations, not a one time event

8. What about the Hard Stuff?

- a. Homosexuality
- b. Porn
- c. Masturbation
- d. Sexual Abuse

9. Q&A

10. Thank You

Psalms 78

1 (A) Listen, O my people, to my [b] instruction;
(B) Incline your ears to the words of my mouth.

2 I will (C) open my mouth in a parable;
I will utter (D) dark sayings of old,

3 Which we have heard and known,
And (E) our fathers have told us.

4 We will (F) not conceal them from their children,
But (G) tell to the generation to come the praises of the LORD,
And His strength and His (H) wondrous works that He has done.

5 For He established a (I) testimony in Jacob
And appointed a (J) law in Israel,
Which He (K) commanded our fathers
That they should [c](L) teach them to their children,

6 (M) That the generation to come might know, *even* (N) the children yet to be born,
That they may arise and (O) tell *them* to their children,

7 That they should put their confidence in God
And (P) not forget the works of God,
But (Q) keep His commandments,

8 And (R) not be like their fathers,
A (S) stubborn and rebellious generation,
A generation that (T) did not [d] prepare its heart
And whose spirit was not (U) faithful to God.

9 The sons of Ephraim [e] were (V) archers equipped with bows,
Yet (W) they turned back in the day of battle.

10 They (X) did not keep the covenant of God
And refused to (Y) walk in His law;

11 They (Z) forgot His deeds
And His [f] miracles that He had shown them.

12 (AA) He wrought wonders before their fathers
In the land of Egypt, in the (AB) field of Zoan.

13 He (AC) divided the sea and caused them to pass through,
And He made the waters stand (AD) up like a heap.

14 Then He led them with the cloud by (AE) day
And all the night with a (AF) light of fire.

15 He (AG) split the rocks in the wilderness
And gave *them* abundant drink like the ocean depths.

16 He (AH) brought forth streams also from the rock
And caused waters to run down like rivers. 17 Yet they still went on to sin against Him
by provoking *and* rebelling against the Most High in the wilderness (in the land of

drought).

1 Chronicles 12:32

From the tribe of Issachar, there were 200 leaders of the tribe with their relatives. All these men understood the signs of the times and knew the best course for Israel to take.