

04 Sex & Marriage

PARENT GUIDE

BIG IDEA:

Our conversations about sex should not be a list of “do’s” and “don’ts”; rather, they should show the beauty found in the created order. Sex is meant to point us back to our creator. It is also meant to be practiced in the covenant relationship of marriage between one man and one woman.

5 Minute Check-In with Yourself and/or Your Spouse:

1. How have you discussed, or how will you discuss, the concepts of pleasure, procreation, and bonding (from the mentor/parent video) with your child?
 2. How comfortable (or uncomfortable) are you discussing these concepts with your child?
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5 Minute Check-In with Your Child:

1. What stood out to you in this week’s teaching and/or small group time?
 2. What did you think about sex being more than just physical (that there are neuro-hormones that cause people to bond with each other)?
 3. How did the conversation about marriage strike you?
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Tips for Further Conversation:

The conversation about sex should evolve as your child grows older. When kids are young, the conversation is more concrete, more black and white. But as they get older, the conversation needs to allow room for the many complexities that life can bring. We’ve shared this before, but it needs to be repeated: Your goal is not to make your kids more dependent on you. Your goal is to help them

become more dependent on God. Remember this principle as you enter these conversations.

Below are some helpful guidelines for high-school-aged children:

Protect:

- Help them recognize the authority of God.
- Help them establish healthy dating boundaries.
- Help them understand the harm of pornography and how to watch out for it.
- Give them more freedom under the protection of home.

Model:

- Show your desire to lean in and grow in your faith.
- Model the pursuit of sexual integrity in your own life.
- Be willing to talk about your own struggles (past and present).

Equip:

- Be a parent for your teen first; be their friend second.
- Get to know your teen's friends and their parents.
- Prepare your teen to respond wisely in situations they may face.
- Discuss sex, pornography, and technology calmly, biblically, and frequently.
- Help them understand the prevalence of sexual abuse and rape.
- Let them know they can come to you with ANY questions related to sex, sexuality, and gender.

Additional Resources:

HANDOUT: 7 Thoughts on Talking to Your Children About Sexuality

TOOL: Weekly devotional

