

# PARENT/STUDENT SEX 101 GUIDE

## 5th Grade Conversation

### OBJECTIVE

Have a very important conversation by sharing with your child the truth about sex.

### THE 411

TV, YouTube, music, movies and the internet are talking to our kids about sex — and our children are all ears, are we listening? Back in the day, the “birds and bees” talk involved a red-faced parent fumbling about to educate their young innocent. Now by the time most moms and dads sit down to have “the talk,” the child has seen simulated sex on a YouTube video, downloaded a vulgar song or watched someone lose their virginity on prime-time TV.

- Adolescents exposed to sexual content in TV, music lyrics, movies and other media are nearly twice as likely to have sex at an earlier age.
- Children with a TV in their bedroom are more likely to have sexual activity as early teens. On the other hand, those whose parents limit their TV viewing were less likely to engage in early sex.
- Early exposure to sexual content doubled the risk of teen pregnancy.
- Studies show teen magazines devote an average of 2.5 pages per issue to sexual topics.
- In one study, 40 percent of song lyrics contained sexual material, and only 6 percent contained healthy sexual messages.
- The average age of first sexual experience in the U.S. is 16.5 years. This is an average figure, which means some kids may have sex as early as 11 or 12, and others will wait until they are adults. You can reasonably expect that children may be aware of other children having sex by the time they're in fifth or sixth grade. If you talk to kids about sex early and often, knowledge of another child's sexual experience can help you assert moral authority and delete teach the values about sexual activity you want them to learn. Children will be exposed to conflicting values, so continuing to encourage questions will help guide your children according to your family's values.
- When parents tell their teenagers they want them to wait, their sons or daughters are more likely to wait. Parent Power: What Parents Need to Know and Do to Help Prevent Teen Pregnancy; Washington, DC: National Campaign to Prevent Teen Pregnancy, 2003.

### IMPORTANT DISCLAIMER

Approach this conversation with very few preconceived notions about the knowledge that your children already have on the topic of sex. Some of you will be completely blown away by the exposure and knowledge that your students will have on the topic of sex. Don't be surprised if they know more than you thought, or more than you, because they are being taught about sex at every corner of their life. Also, don't be surprised if your kids know very little about the topic. They may just be completely naïve and believe that sex is completely made up like Santa Claus, or that babies come as a result of getting married, visiting the doctor and eating the combination of pickles and ice cream. The point is you need to approach the conversation with an open mind and be ready to answer whatever questions your children may have. Be sure to let your kids know that there are no words or topics that are off limits. Don't be afraid to use yourself as an example, whether good or bad, when it comes to talking about this topic. Students are looking for real, practical advice and not just rules.

Make sure you set a strong standard for them and never hold your children to a standard that is less than God's standard of waiting until marriage. Be clear that they will face temptations, but that with your encouragement and with God's wisdom they can navigate through temptations and give God their best. Your goal for when you leave this conversation is for your children to have **accurate information about the clinical definition of sex**, an **accurate view of God's plan**, and an **openness to address future questions or concerns**.

## SUGGESTION

### OPTION #1

Take your student away on a weekend trip. Take them camping or maybe to the amusement park, but make sure you tell them ahead of time that on the weekend you will be talking about sex. Let them be prepared so they are not shocked when you start asking questions and so they are prepared to ask you questions in response. It is up to you to decide whether both parents and genders are represented in this conversation or not. In some ways the conversation is going to be more comfortable when dads speak with sons and moms speak with daughters about the clinical definition of sex. However, if you choose to have only one gender present during the initial discussion, or if that is the only option, make sure that you have both genders present during future discussions so that your student can get accurate information about the emotional and physical implications of sex. Also, when using this option, beware of the "what happens in Vegas, stays in Vegas" principle. It's easy when you come back from the weekend for your student to say, "Let's never speak of it again!" Make sure you make a regular habit of having continued discussions about sex, so you keep an open line of communication and sex doesn't just become the forbidden topic that is never discussed. That can lead to an unhealthy view of sex and many more questions for your child.

### OPTION #2

Find some driving time to talk to your child about sex. Often it is difficult to look your kids in the eye and, quite frankly, it's tough for them to look you in the eye because they are already feeling awkward about the idea of sex. Use the time in the car to have the discussion so that you are having shoulder to shoulder time, and it may make the conversation easier knowing that your student doesn't have to look you in the eyes when they are introduced to the concept of sex.

## DISCUSSION

- ASK:
- What have you heard about sex?
  - What words do you hear people using when talking about sex?
  - What questions do you have about sex?

### SAY SOMETHING LIKE:

I wanted to talk to you today so that you can learn the truth about sex. Sometimes the media, music, and your friends don't tell the truth about sex, so today I want to share the truth. *Take some time to respond to some of the statements or questions that your child talked about that were not true.*

Now that you know some of the things that aren't true, I want to give you the real facts about sex. Take time to describe to your student the clinical version of sex. *Use appropriate terms for the body parts and don't be ashamed to talk about erections, sperm, eggs, etc. The more that you leave up for interpretation, the more your child will be curious and need to seek out the truth from sources other than you.*

ASK: Are there any questions you have about how the sex process works?

SAY SOMETHING LIKE: When God designed the sex process, he designed it to be different for boys and girls. A boy typically begins the sexual process based on what he sees or feels. When guys look at images and get themselves involved in a situation where they are in romantic physical contact with a girl, their hormones begin to take over part of their thought process and the sexual process begins to start working in guys.

Girls are different. Typically, girls are more emotional and sentimental. The sexual process in them can begin with strong feelings of acceptance or with strong words of affirmation. It's important to recognize what starts the sexual process in boys and girls so you can know how to help fight temptations and remain pure until you are married.

For a boy that means he needs to control what he looks at and what he listens to. He also needs to protect himself from getting into physically romantic situations.

ASK: What do you think are some ways boys can avoid putting themselves into tempting situations?

What are some things girls can do to help boys remain pure?  
(They can dress modestly and be encouraging to those boys who maintain high standards of sexual integrity.)

SAY SOMETHING LIKE: Girls need to guard their hearts and be discerning when they hear how boys are talking about them. It's easy for girls to be willing to compromise their standards or their sexual integrity because they get wrapped up in the emotions of being accepted.

ASK: How do you think a girl can guard her emotions?

What is something boys can do to help girls remain pure?  
(They can watch their words and not play around with girls' emotions. They can encourage girls for things other than just outward beauty.)

SAY SOMETHING LIKE: God designed sex for a couple of purposes. The first and most obvious purpose of sex is for reproduction. God designed sex as a way for us to have babies and populate the Earth. The other reason for sex may not be so obvious to you yet, but God designed sex for pleasure. Sex is a pleasurable way for a married couple to express their love for each other.

READ: **Hebrews 13:4 (NIV)**

"Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral."

SAY SOMETHING LIKE: God intended for us to only have sex inside of marriage, and He tells us that sex outside of marriage is sin. It is against His will.



**ASK:** If sex is good, why do you think God would want us to wait to have sex until we get married? What do you think could be some consequences of having sex before marriage? *Parents: Your student will be quick to point out getting pregnant and STDs, but also help them understand the emotional issues that could come from having sex with someone and then breaking up. How would your relationship affect the other person's family? What do we communicate to the next person we date if we didn't wait? Could choosing to wait for your future spouse communicate a more committed relationship with that person? Would that commitment earn trust and comfort in your future marriage? Make sure you point out that the physical act of sex is directly tied in with the emotional part of sex and that emotional part is directly attached to the spiritual aspects of sex.*

**SAY SOMETHING LIKE:** God doesn't tell us to wait to have sex until marriage because He wants us to just follow rules and not have fun. God has a purpose, and His plan and purpose are always better than ours. He wants us to live our lives to the fullest, and that happens when we follow His plan.

**READ:** **John 10:10 (NIV)**  
 "The thief comes only to steal and kill and destroy; I [Jesus] have come that they may have life and have it to the full."

**SAY SOMETHING LIKE:** God always knows what is best for us and since He designed sex, He knows the best way to use it. His plan is that you wait until you get married. I know that you will be told things about sex and pressured to give in to your temptations before you are married, but I want you to know that I believe in you and know you can wait until you are married.

**ASK:** Would you be willing to commit today to being open and honest with me about any questions you will have about sex?  
 Do you think you can commit to remaining sexually pure until you get married?  
 What can I do to help you in your pursuit to remain pure?

**SAY SOMETHING LIKE:** I love you and I am proud of you.  
 A few of the things that I love about you are ...  
 I am so proud to be your parent, and some of your great qualities are ...  
 I want to commit to you today that I will be here for you and listen to you. I know that you will have more questions in the future and you will hear more words and terms used at school. Let's make sure we have this conversation again, and please know you can talk to me about anything. I won't get mad or be shocked by your questions because I would rather you talk to me than try to find the answers on your own or from your friends who probably don't really know the truth.

**PRAY**

Spend some time praying that God would give your children the wisdom, strength and courage to stand up to the temptations that they will be facing. Pray for their future spouse and pray that God would also help them remain faithful in their effort to remain pure.