



birdsandbeestea.com

BIRDS & BEES TEA

w o r k b o o k





ABOUT A BIRDS & BEES TEA:

Do you have a daughter that is approaching puberty? Are you unsure how to approach the new and different changes that are coming?

The thing is, God has designed our bodies to go through these changes and SO many more. I know this topic can feel super overwhelming and we often feel underprepared as parents to handle the topic well.

During the Tea, we will talk about what the Bible says about the basics of the male and female bodies, the changes they undergo, sex, and protecting their bodies. The goal for the Tea is to create a foundation for you and your daughter that is Biblical and Biological. We have a time of teaching and discussion for each mother-daughter pair.

Our goal is to equip and empower the mother-daughter team to begin this lifelong conversation as you both grow together! If you have had "the talk" or even part of it, this could be a good refresher. I promise to minimize the awkwardness and maximize the fun with giveaways and snacks! This event is geared towards girls in 3rd through 7th grade.



ABOUT ME, KATEY TOLLER:

I am a wife and mom to five amazing children in Virginia Beach, Virginia. I am the local Director of a ministry for 3rd- 6th-grade girls called VESSELS @ Virginia Beach.

Equipping young girls for bringing God glory and honoring Him is a passion I live out at home and in our community daily! Over the last few years, I have heard many VESSELSvb mamas expressing their concern about broaching the subject of puberty. The truth was, I had no clue how to either! So years ago, I did the research and developed the Birds & Bees Tea. I have taken a group through it each year and we have had such great feedback about its value! Since then I have been approached about taking this show on the road!

Are you interested in bringing a Birds & Bees Tea to your town for a conference?

CONTACT ME!

vesselsvb@gmail.com

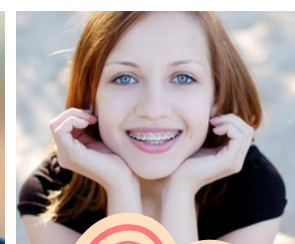




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LESSON ONE: DESIGNED FOR CHANGE

THE BIBLE SAYS...

41 Every year Jesus' parents went to Jerusalem for the Festival of the Passover. 42 When he was twelve years old, they went up to the festival, according to the custom. 43 After the festival was over, while his parents were returning home, the boy Jesus stayed behind in Jerusalem, but they were unaware of it. 44 Thinking he was in their company, they traveled on for a day. Then they began looking for him among their relatives and friends. 45 When they did not find him, they went back to Jerusalem to look for him. 46 After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions. 47 Everyone who heard him was amazed at his understanding and his answers. 48 When his parents saw him, they were astonished. His mother said to him, "Son, why have you treated us like this? Your father and I have been anxiously searching for you." 49 "Why were you searching for me?" he asked. "Didn't you know I had to be in my Father's house?" 50 But they did not understand what he was saying to them. 51 Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart. 52 And Jesus grew in wisdom and stature, and in favor with God and man.

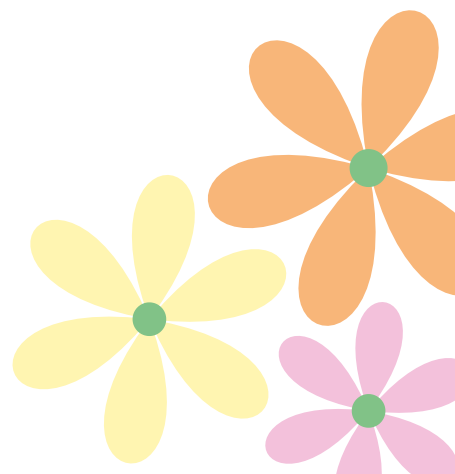
LUKE 2:41-52

LET'S TALK ABOUT IT!

- Jesus is 100% God. But, also 100% human. He went through all that we go through.
- Like Jesus, we were designed to grow in wisdom, stature, and favor with God and man.
- God designed our bodies for change.
- Puberty is one of the times of change for our bodies.

DID YOU KNOW?

YOU HAVE SOMEONE WHO'S BEEN THROUGH ALL THESE CHANGES SITTING RIGHT BESIDE YOU, DON'T FORGET TO ASK MOM IF YOU HAVE ANY QUESTIONS!





LESSON TWO: UNIQUELY CREATED

THE BIBLE SAYS...

24 And God said, "Let the land produce living creatures according to their kinds: the livestock, the creatures that move along the ground, and the wild animals, each according to its kind." And it was so. 25 God made the wild animals according to their kinds, the livestock according to their kinds, and all the creatures that move along the ground according to their kinds. And God saw that it was good. 26 Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground." 27 So God created mankind in his own image, in the image of God he created them; male and female he created them.

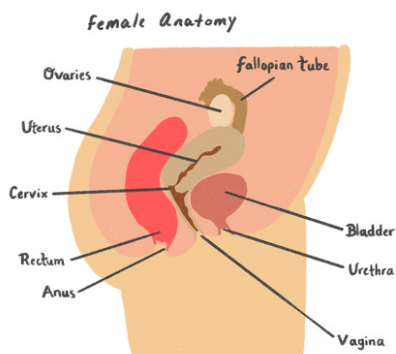
GENESIS 1:24-27

LET'S TALK ABOUT IT!

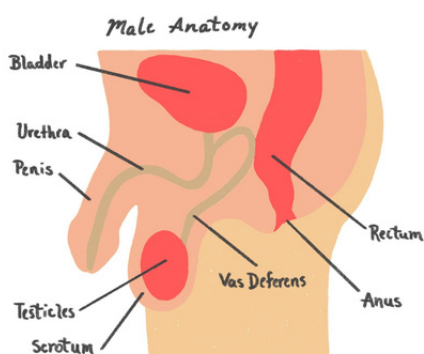
- Male and female is created by God.
- We were created in God's Image.
- We are similar and different.



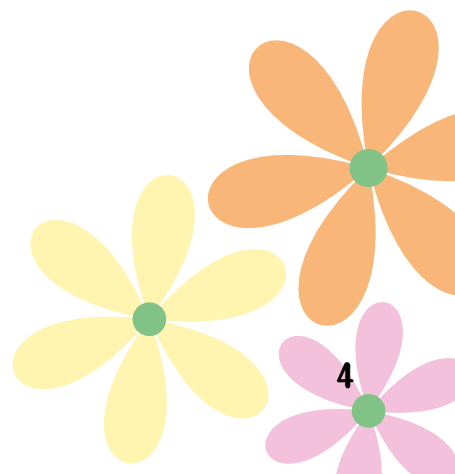
FEMALE ANATOMY:



MALE ANATOMY:



USING THE CORRECT ANATOMICAL NAMES FOR PRIVATE PARTS IS THE NUMBER 1 THING PARENTS CAN DO TO PROTECT THEIR CHILDREN'S BODIES.

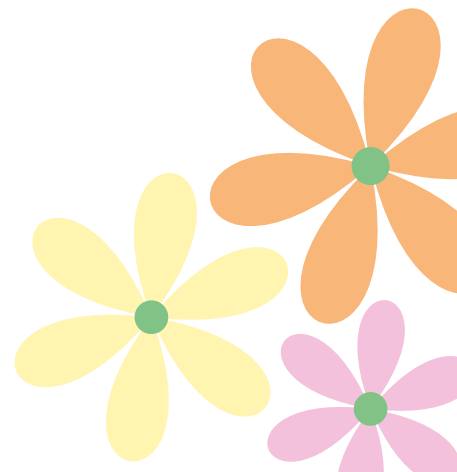




QUESTION & ANSWER: BREAKOUT #1

LET'S CHAT!

- God has designed our bodies for change in wisdom, stature, and favor. What are examples of each of these changes?
- Have you noticed any changes in your body or in the bodies of friends or family?
- What does being created in God's image mean?
- What is one new thing you learned about your own body? What's one new thing you learned about the male body?





LESSON THREE: CREATED TO MULTIPLY

THE BIBLE SAYS...

28 God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground." 29 Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. 30 And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground- everything that has the breath of life in it- I give every green plant for food." And it was so. 31 God saw all that he had made, and it was very good. And there was evening, and there was morning- the sixth day.

GENESIS 1:28-31

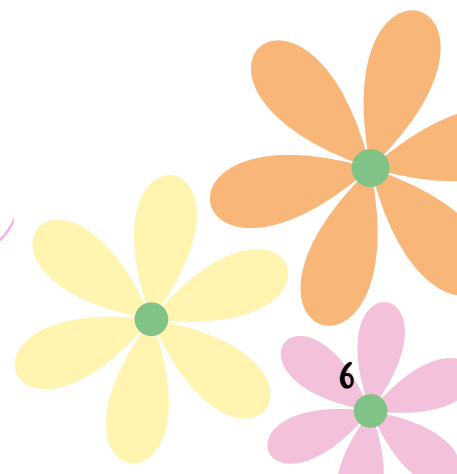
LET'S TALK ABOUT IT!

- God's first command was for Adam & Eve to multiply and fill the earth.
- Sex was created by God to fill the earth.
- Sex was also created to unify a husband and wife.



The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." 24 That is why a man leaves his father and mother and is united to his wife, and they become one flesh. 25 Adam and his wife were both naked, and they felt no shame.

GENESIS 2:24-25- 23





LESSON FOUR: KNIT BY GOD

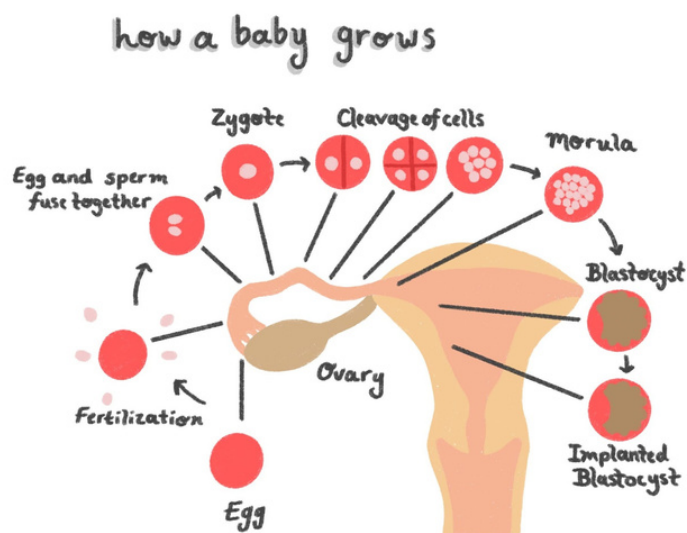
THE BIBLE SAYS...

13 For you created my inmost being; you knit me together in my mother's womb. 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. 15 My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. 16 Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. 17 How precious to me are your thoughts, God! How vast is the sum of them! 18 Were I to count them, they would outnumber the grains of sand- when I awake, I am still with you.

PSALM 139:13-18

LET'S TALK ABOUT IT!

- God put us together and placed us in our mother's wombs.
- Pregnancy & birth

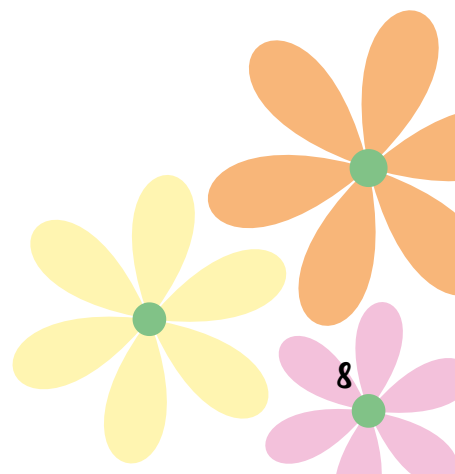




QUESTION & ANSWER: BREAKOUT #2

LET'S CHAT!

- Why does God want people to have babies?
- How does sperm get inside the woman's body to fertilize the egg?
- Where in the mom's body is the baby implanted?
- How long does it take for a baby to grow in a mother's belly?





LESSON FIVE: PRICELESS TO GOD

THE BIBLE SAYS...

18 Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 19 Do you not know that your bodies are temples of the Holy Spirit, who is in you. Whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.

CORINTHIANS 6:18-20

LET'S TALK ABOUT IT!

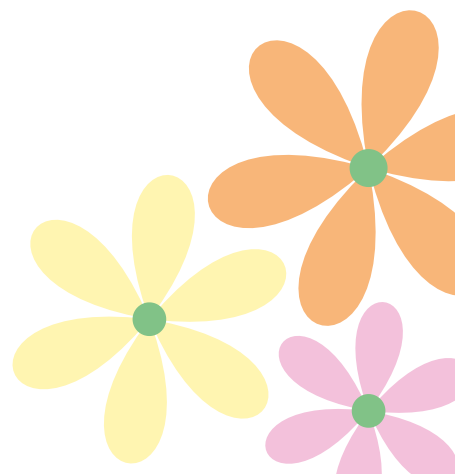
- God bought us with a price and wants us to be treasured.
- Beauty requires boundaries
- God's rules for sex



IF SOMETHING HAS OR DOES HAPPEN - COME TO A PARENT!



**GOD ISN'T MAD AT YOU, HE IS BROKENHEARTED WITH YOU AND VERY ANGRY WITH THEM.
YOU ARE HIS TREASURE!**





LESSON SIX: BECOMING A TEEN

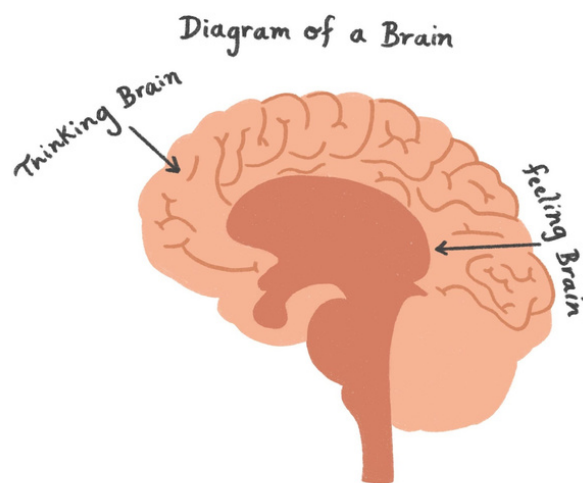
THE BIBLE SAYS...

The glory of young men is their strength, and the splendor of old men is gray hair.

PROVERBS 20:29

LET'S TALK ABOUT IT!

- Hormones are the catalyst for your body to go into puberty.
- Hormones may influence us but they shouldn't control us!
- Thinking Brain vs. Feeling Brain
- Changes puberty brings



HORMONES MAY INFLUENCE
US BUT THEY SHOULDN'T
CONTROL US!

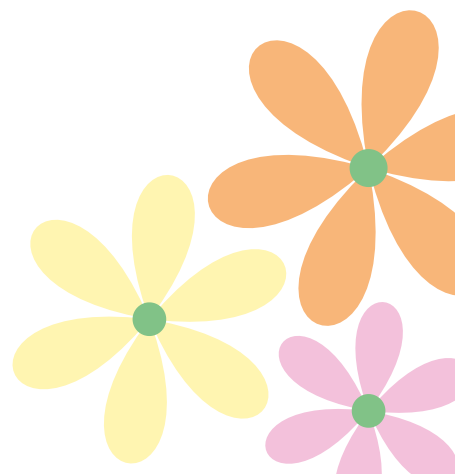




QUESTION & ANSWER: BREAKOUT #3

LET'S CHAT!

- Why is it important to remember that we are bought with a price?
- Let's commit to talking regularly to make sure you are being treasured.
- Can you think of a time your feeling brain took the lead? What happened? (you too Mamas)
- Do you feel any changes in you that hormones might have brought?





LESSON SEVEN: BEAUTIFUL INSIDE AND OUT

THE BIBLE SAYS...

3 Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. 4 Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

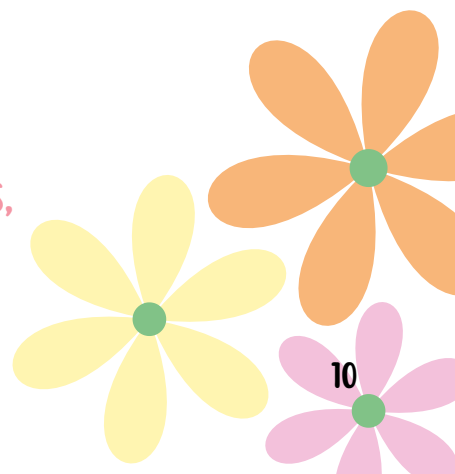
PETER 3:3-4

LET'S TALK ABOUT IT!

- Hormones bring changes to our bodies emotionally & physically
- Even though these changes can feel strange, you can have confidence in God's design of you!
- Spend more time working on beauty inside instead of outside

DID YOU KNOW?

**EVERY BODY CHANGES AT DIFFERENT RATES,
BUT EVERY BODY DOES CHANGE!
DON'T PLAY THE COMPARISON GAME!**





LESSON EIGHT: GOD'S GIRL

THE BIBLE SAYS...

Charm is deceptive and beauty is fleeting, but a woman who fears the Lord will be praised.

PROVERBS 31:30

LET'S TALK ABOUT IT!

- Friends
- God
- Mom
- Family

REMEMBER



ALWAYS REMEMBER THE 5-YEAR RULE!
WHO ARE YOUR 5-YEAR FRIENDS?

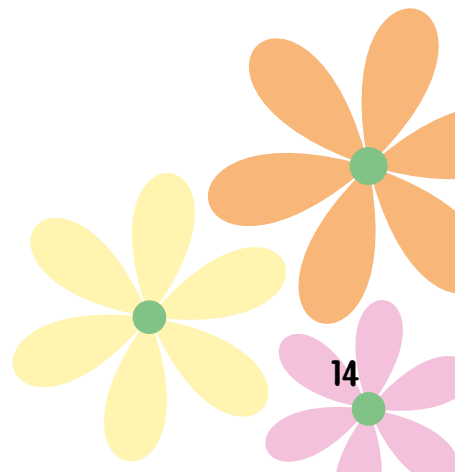




QUESTION & ANSWER: FOR THE RiDE HOME

LET'S CHAT!

- What parts of caring for your body do you want to work on together?
- When do you feel your inner beauty shining most? (You too Mamas)
- Of all the changes coming, which one sounds the strangest to you?
- Do we need to talk about making any changes to prepare for puberty?
- Let's both walk through the 5-year rule together, which relationships are the most important for each of us?
- What's one thing that stands out to you that you learned today?





**ARE YOU INTERESTED IN BRINGING A BIRDS & BEES TEA
TO YOUR TOWN FOR A CONFERENCE?**

CONTACT ME!

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