



# TEACHING YOUR CHILDREN HEALTHY SEXUALITY



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HOME  WORD

HELPING FAMILIES SUCCEED



## HELPING FAMILIES SUCCEED

### HOMWORD'S 4 CORE VALUES



#### STRONG MARRIAGES

Building strong marriages is the cornerstone to a comprehensive family ministry approach because strong marriages usually mean stronger parenting and stronger families.



#### EMPOWERED KIDS

We believe in a generation of kids and youth who will take ownership of their faith and be empowered to live it out in their daily lives: in their schools, churches, sports and activities, and their communities.



#### CONFIDENT PARENTS

When parents thrive, so do their families. Ministry leaders and churches have the opportunity to build confident parents with intentional steps and tangible support.



#### HEALTHY LEADERS

Most ministry leaders want to nurture healthy families, yet are often too overwhelmed to nurture their own family, let alone find the resources to nurture others'. We believe that healthy ministries are grown when leaders are living in balance and attentive to the needs of their own families.

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# TEACHING YOUR CHILDREN HEALTHY SEXUALITY

## PARENTS:

All studies show that the more positive, healthy, sex education taught from home, the less promiscuous our kids will be. The problem is that most parents did not receive healthy sex education from their parents so we don't know what to say or how to communicate important Biblical values on this subject. This seminar will help you to teach and encourage your kids to live a life of moral purity. We will cover topics like the dangers of pornography, how culture affects our kids, developing a healthy sexuality, proper age development issues, dealing with flirting, modesty, and "how far is too far?" This seminar is for parents with kids of any age. Parents will also be introduced to and learn how to communicate the Purity Code which says:

In honor of God, my family, and my future spouse, I commit to sexual purity.

This involves:

- Honoring God with my body
- Renewing my mind for good
- Turning my eyes from worthless things
- Guarding my heart above all else

*Teaching Your Kids Healthy Sexuality* is a fast paced, practical seminar that will give you confidence to help your kids face the ever-changing culture with a healthy, Biblical view of their sexuality.

## Seminar Notebook

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## The Purity Code

In honor of God, my family, and my future spouse, I commit my life to sexual purity.

### **This involves:**

- Honoring God with your **BODY**

*“The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.” (1 CORINTHIANS 6:13B)*

- Renewing your **MIND** for good

*“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing, and perfect will.” (ROMANS 12:2)*

- Turning your **EYES** from worthless things

*“Turn my eyes away from worthless things.” (PSALM 119:37)*

- Guarding your heart above all else

*“Guard your heart above all else, for it determines the course of your life.” (PROVERBS 4:23)*

## The Facts/The Sexuality Crisis

- Secular Perspective
- Christian Perspective
- Instant Intimacy Perspective



*Kids are making sexual decisions based on three reasons:*

1. Peer Pressure
2. Emotional involvement that exceeds their maturity level
3. Lack of information

## Mixed Messages

Kids receive mixed messages when it comes to sexuality, which results in a great deal of confusion.

- Parents
- Church
- Culture

### **WHEN TO BEGIN TALKING WITH YOUR KIDS**

Make it developmentally and age appropriate

- God Made Your Body (ages 3-5)
- How God Makes Babies (ages 6-9)
- The Purity Code (ages 10-14)
- Talk about EVERYTHING (age 14 and older)

## For Further Reflection

**Teenagers today are asking questions... here are just a few that we've heard**

1. How far is too far?
2. Is it possible to get the pill without your parents knowing?
3. How often do married people usually have sexual intercourse?
4. Is oral sex ok?
5. How do girls masturbate?
6. How do boys masturbate?
7. At what age do boys have their first erection?
8. When is a girl's most dangerous time of the month? Is the pill expensive? Is the pill dangerous?
9. What types of STDs are there?
10. I'm afraid of AIDS. What can I do to not get it?
11. If you participate in oral sex, are you still a virgin?
12. Will God condemn you if you have premarital sex? Or will He forgive you?
13. What can a guy do if he has a problem of lust toward other guys? How can you handle it without having to be gay?
14. Does God forgive Christians who have had abortions?
15. After someone has been sexually abused and hasn't told anyone about it, and it has gone on for about five years, how can someone try to forget and deal with it?
16. What can I do if I think I might be addicted to pornography?



## The Foundation: *Developing a Healthy Sexuality*

### God created sex.

*The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." Now the Lord God had formed out of the ground all the beasts of the field and all the birds of the air. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. So the man gave names to all the livestock, the birds of the air and all the beasts of the field. But for Adam no suitable helper was found. So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and closed up the place with flesh. Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man. 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." For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame.*

**GENESIS 2:18-25**

### He sees it as good.

*Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground." God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.*

**GENESIS 1:26-31**

### Adultery

*"You shall not commit adultery."* **EXODUS 20:14**

### Fornication

*It is God's will that you should be sanctified: that you should avoid sexual immorality.*

**I THESSALONIANS 4:3**

### One Flesh

*"Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? So they are no longer two, but one.*

*Therefore what God has joined together, let man not separate."* **MATTHEW 19:4-6**

### Sexual Purity

*Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.*

**I COR. 6:18-20**

## For Further Reflection

### What to talk about checklist

- Definition of puberty
- Changes in hair, voice, muscles, skin, and body odor
- Body size and shape
- Menstrual periods
- Sexual organs
- Emotions
- Sexual attraction
- Masturbation
- Pornography
- Sexual harassment and teasing
- God's design for sex (following the plan of God, who designed sexuality and proper sexual expression: I Corinthians 6:16–20)
- Sexual intercourse and virginity
- Pregnancy
- Sex expresses love and commitment
- Dangers of sex (physical and emotional)
- Why wait for sex? (abstinence and purity)
- Other



## Body

- Changes in Their Body
- Is Sex Safe?

## Mind

- The Most Important Sex Organ: Your Mind
- Radical Respect
- The Powerful Influence of Friends

### AGE OF DATING    % WHO HAVE SEX BEFORE GRADUATION

12 years.....	91%
13 years.....	56%
14 years.....	53%
15 years.....	40%
16 years.....	20%

## For Further Reflection

*The aim of this section is to bring to light the many consequences of having sex outside of marriage. In his book, **The Purity Code**, Jim Burns mentions the following:*

### Physical Consequences

- Pregnancy
- STDs

### Emotional Consequences

- Guilt
- Regret
- Fear Depression
- Worry

## Eyes

- The Dangers of Pornography

### THE PORNOGRAPHY ESCALATION

1. Viewing pornography
2. Addiction
3. Escalation
4. Desensitization
5. Acting out sexually

- Flirting, Modesty, and How Far is Too Far?



## Heart

Grace and Forgiveness

Handling Their Emotions

Developing a Healthy Self-image

Sexual Abuse - What I Tell Kids

1. It's not your fault.
2. Do not suffer in silence - seek help.
3. There is hope.
4. God cares.

**Back to the Purity Code**

### THE PURITY CODE PLEDGE

*“Do you know that your body is a temple of the Holy Spirit,  
who is in you, whom you have received from God?  
You are not your own; you were bought at a price.  
Therefore, honor God with your body.”*

(1 CORINTHIANS 6:19-20)

#### **The Purity Code Pledge**

In honor of God, my family, and my future spouse, I commit my life to sexual purity.

This involves:

- Honoring God with my body.
- Renewing my mind for good.
- Turning my eyes from worthless things.
- Guarding my heart above all else.

Signature

Date

## For Further Reflection

### Signs and Signals of Sexual Abuse

#### Younger children

- Bed-wetting
- Sleep disturbances
- Nightmares
- Lack of appetite
- Clinging with a fear of being left alone or with someone they have been alone with
- Depression
- Sexually acting out or sex play with dolls or toys
- Drawing naked pictures
- Acting seductively
- Acts of sexual aggression

#### Older children

- Learning problems in school
- Poor peer relationships
- Self-destructive behavior, suicidal, medicating their pain with drug and alcohol abuse
- Nervous, aggressive, disruptive, destructive (perhaps acting out their hurt to secure attention)
- Running Away
- Seductive and promiscuous behavior while other kids shot down sexually and emotionally
- Lack of trust and hostility toward authority figures
- Fear of going home, fear of being left alone with the abuser
- Severe depression
- Pain, itching, bleeding, bruises in the genital area
- Extremely low self-esteem

**This is just a partial list and it is very normal for most kids to have some of these symptoms and not be sexually abused. If many of these symptoms are in their life, then an assessment is the next move.**

# Thanks for Coming

We hope you enjoyed *Teaching Your Kids Healthy Sexuality* and the materials in this seminar notebook.

***And if you are looking for more help and assistance, HomeWord can help you:***

***Visit our online store***

Perhaps you can start with a few friends and do a small group together on *Teaching Your Kids Healthy Sexuality*.

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# Seminar Evaluation

Thank you for attending today's *Teaching Your Kids Healthy Sexuality* seminar. We trust you found it worth the time and money that you invested to be here, and we hope that many of the ideas and principles presented today will benefit you and your family in the future.

We would appreciate your answering the questions on this page and handing it in at the end of the seminar or mailing it back to us at your earliest convenience. Your feedback will help us to improve the seminar and to make any changes that may be necessary.

You can write your answers below, remove this page from the handout and mail it: or just hand it in.

You can also e-mail your feedback to us at [contactus@homeword.com](mailto:contactus@homeword.com).

❶ On a scale of 1 to 10 (with 10 being "excellent"), how would you rate the content of today's seminar?

1   2   3   4   5   6   7   8   9   10

❷ On a scale of 1 to 10 (with 10 being "excellent"), how would you rate the presentation of today's seminar by your seminar leader?

1   2   3   4   5   6   7   8   9   10

❸ What did you find most helpful about this seminar? What did you learn?

❹ Which "point" would you have liked your seminar leader to spend more time on?

❺ Which "point" would you have liked your seminar leader to spend less time on?

❻ Was there a question or concern of yours that was not addressed at today's seminar?

❼ In your opinion, what can we do to improve this seminar?

❽ How may we serve you?  Add my name and email to your mailing list.

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# HELP & HOPE FOR PARENTS



## UNDERSTANDING YOUR TEEN: SHAPING THEIR CHARACTER, FACING THEIR REALITIES

Parenting teenagers is one of the biggest challenges parents face. New realities make becoming independent more difficult. Teens are traveling a different road and are moving at a different pace than those of previous generations.



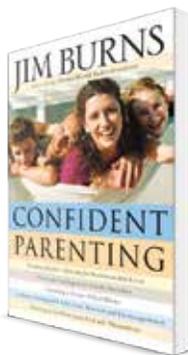
## UNDERSTANDING YOUR TEENAGER 6-SESSION ONLINE COURSE

Understanding Your Teen is an online course designed to show parents how they can shape behavior and character, navigate social media challenges, and communicate and resolve conflict in a healthy way. We want to encourage you to cultivate an environment of grace, transparency and humor.

*"Jim's message is filled with hope and healing. I highly recommend it."*

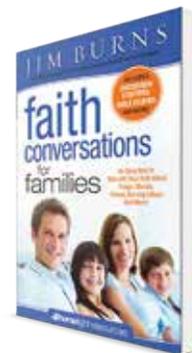
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## CONFIDENT PARENTING

Jim Burns offers time-tested advice and strategies for today's busy families. Infused with his signature candidness and practicality, each chapter explores a different aspect of parenting including discipline, overcommitted families, and building a legacy of faith.



## FAITH CONVERSATIONS FOR FAMILIES

Pass on a legacy of faith to your kids. This resource will equip parents to start important faith conversations with their kids and make it easy to initiate "God conversations" in the home. There are 52 unique topics on issues of morality and Godly values, with more than 150 easy-to-follow dialogue outlines.



## INTENTIONAL PARENTING WORKBOOK

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