

# APPROPRIATE AGE GAPS FOR Sex Conversations

Hi Parents, after 15 years of pastoring NexGen children and young adults along with their families, organized multiple sexual behavior programs and purity events, surveys and test groups within the millennial, Gen-Z and Gen- Alpha community my team, including a professional Psychotherapist who primarily works with the NexGen community, have put together a sexual depth chart with scripture references for parents to consider regarding age appropriate sex conversations with their children. The Sex talk depth and the age of a child when these conversations are necessary has changed over time due to the immediate exposure that younger kids are prone to today. Please look through this sex depth chart and feel free to adapt and apply specifically to your child. The content and age group below that we suggest is accurate to the lingo and exposure children experience today.

Remember, how you choose to approach/address (time of day, place, tone, etc.) these conversations with your children is at your discretion. We placed age ranges for the content below because we understand that parents may not watch our parent connect video and/or obtain this document until their children have passed different age thresholds. We want you to start with the content that your kids age falls the day or soon after you receive this material. For example, a single mother whose son had just turned 14, received the sex talk material (Parent connect Video and this chart). She decided on a time to talk to her son after rehearsing the 12 - 18 sex talk conversation in her head. He stated to her that he had already been sexually active and that the conversation was beneficial and even asked her ten questions during their conversation.

Vernon King  
NexGen Pastor  
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IF YOU HAVE ANY  
QUESTIONS OR NEED ANY  
ADVICE ON STARTING THIS  
CONVERSATION WITH YOUR  
CHILDREN PLEASE EMAIL  
THE YOUTH TEAM:  
[YOUTH@SOJOURNCHURCH.ORG](mailto:YOUTH@SOJOURNCHURCH.ORG)

# Private Parts 0-5 YRS

## WHAT DO YOU NEED TO KNOW?

By this age, your kids should be aware of their "Private Parts" and the safety rules regarding their "Private Parts." This conversation needs to happen before they are enrolled in any daycare, pre-school programs, recreational programs, kindergarten, ESPECIALLY SLEEPOVERS! Tell them what to do if anyone ever tries to target those areas in any way.

1

### DO NOT TOUCH

No One should ever touch their private parts: "Ok, Johnny/Mariah you have something called, private parts. I am going to point towards the areas and I want you to point at them with me ok? This (pointing) is your boy/girl private parts and no one should touch you here, unless it's mommy or Daddy or someone we say can, ok?"

2

### DO NOT SHOW

No one should ever ask to see their private parts. "Ok, Johnny, you have something called, private parts. I am going to point towards the areas and I want you to point at them with me ok? This (pointing) is your boy/girl private parts and no one should ask to see these areas, unless it's mommy/Daddy and/or someone we say can, ok?"

3

### DO NOT TALK ABOUT YOUR PRIVATE PARTS

No one should ever ask them about their private parts. Point out the private parts and make sure they know where you are referring to.



# Male & Female Private Parts

# 6-8 YRS

## WHAT DO YOU NEED TO KNOW?

By this age you can have soft conversations with your kids not directly stating names of genitals, if you don't prefer, but ensuring they understand the difference between males and females and emphasizing to them again that no one should have any form of access too.



# 1

### **BOYS "THINGY" OR PENIS**

For boys they need to know at this age that they have a thingy or penis (your discretion), and it is different from girls. Tell them that this is how God makes boys and why there are only TWO DIFFERENT KINDS of people/genders that God has made. Male and female. Genesis 1:27 "So God created many in his image...Male and female he created them."

# 2

### **GIRLS "VAJAYJAY" OR VAGINA**

Girls need to know at this age that they have a "vajayjay" or Vagina (your discretion), and it is different from boys. Tell them that this is how God makes girls and why there are only TWO DIFFERENT KINDS of people/genders that God made. Male and female. Genesis 1:27 "So God created many in his image...Male and female he created them."

# 3

### **DO NOT SHOW, TOUCH, TALK ABOUT**

The same rules should be reemphasized at this age regarding their private parts.

# Address Sex Content with God's Plan

# 8-11 YRS

## WHAT DO YOU NEED TO KNOW?

95% of kiddos are exposed to different types of sexual situations by this age. This is also the age where sensation and biological development is evident with adolescent children. (NOTE: Feel free to adapt any conversations from the 12 - 18yrs with your children in this age range if they asks questions about sexual and/or if you discover any behavior that suggested they are already sexually active including watching porn).

# 1

### **USE ACTUAL WORDS EMPHASISING GOD'S PLAN**

Use the actual biological words: Penis for boys, vagina for girls, the word sex and mention to them that sex is an act that feels good, but it is supposed to be done in the framework of marriage or it could lead to bad consequences with your mind and heart. Hebrews 13:4 "Let the marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous"

# 2

### **WHAT IS SEX? (PRE-TEEN DEFINITION)**

Define the word sex as such: Sex is a word you may soon hear, have heard or may even accidentally see involving two people where their private part (penis and/or vagina) is involved. This is only supposed to be done in marriage. And when you see, hear or talk about it with others before marriage then it could lead to bad consequences for your mind and heart. 2 Corinthians 10:5 "Gain control over what you think about yourself and in life"

# 3

### **DEFINE INTIMACY AS HEART CONNECTION"**

Define "Heart Connections" Intimacy: This is any form of kissing, holding hands, or spending way to much time talking to or thinking about a boy/girl. Here is where you mention that God wants you to be focused on him because he will never fail you, but cute boys/girls will. This is where you teach your children that when they are allowed to date, to set boundaries regarding time, emotional situations, physical activity, and spiritual activity.

# Address Sex Content with God's Plan

# 8-11 YRS

## 4

### **DEFINE "SAME SEX" AS "SAME GENDER RELATIONSHIPS"**

Define "Same gender" relationships: This is where you tell your children that some people choose to be in a relationship that is not honoring to God. You may see two boys holding hands or kissing each other or two girls holding hands or kissing each other or putting their private parts together and that is not the plan of God, those types of relationships always end with bad consequences especially with your mind and heart (Point at their mind and heart as you make that statement) and your relationship with God.

## 5

### **EXPLAIN PORNOGRAPHY**

Parents, we recently did a survey with 800 students ages 11 - 19. We found out that 90% of those students had intentionally or unintentionally seen porn. Of those 800 students 630 said they were exposed by or slightly before the age of 9 years old. Please have the following conversation with your kids at this age. "Hey, you may see images or videos of sex, what we explained earlier. This is called porn, and it is very dangerous and unsafe for your heart, mind, and future relationships. Most people who watch these videos or images have anger issues, lack self control, fall into depression, and even suicidal thoughts. When you see these things immediately shut your eyes and do your best to not engage in watching those images or videos. remember any form of sex that you experience or engage in should only be in the context of marriage and kept between you and your spouse. If sex is on videos for people to see and experience and/or done outside of marriage it will lead to consequences and does not please God." PARENTS: If your child is experiencing addictive porn watching, please reach out to the youth team for more strategies on helping adolescent teens overcome porn. [youth@sojournchurch.org](mailto:youth@sojournchurch.org)



6

## DEFINE MASTERBATION

Parents this is a "tricky" one. Due to the biblical context of masturbation and the many question surrounding the issues, please reach out to us for an unlisted link, and other resources on this subject. As for pre-teens, lighter and strategic conversation might be necessary. Send your questions or request to [youth@sojournchurch.org](mailto:youth@sojournchurch.org).

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## HOW WILL YOU, AS A PARENT RESPOND TO MISTAKES?

If you are a parent that wants your child to approach you if they cross any of these lines. Have this conversation with them and remember these biblical principals as you parent your children through their sexual sin. Frist, tell your children that you WILL NOT shame them, that instead you will help them deal with their fear, regret, and/or embarrassment that may follow their choice. Second, tell your children that you will model the actions of God/Christ in the garden after Adam and Eve sinned. 1st, God/Christ came down in the cool of the day after they sinned (Gen. 3:8). Tell them you will also FIRST respond with a cool/calm attitude. 2nd, God/Christ made them garments to cover their nakedness for their sake/shame. God/Christ already knew they were naked before they "realized" it, so these garments were to help them with their shame and to move forward with life (3:21). 3rd, God/Christ protected them by kicking them out of the garden to keep them from eating from the tree of Life. God/Christ told them that if they ate from the tree of Life again, they would live forever in their fallen/sin state (3:22 - 24). After reviewing this story with them, be sure to ensure your children the following. 1. You will not get mad, or make them feel bad, but will do everything you can to help them get over any guilt, shame, fear or embarrassment. Tell them God/Christ reponds the same way, as you just covered, and that they can always turn to Him no matter what as well. 2. If any, you will always be honest about the risks and consequences that could arise due to their sexual sin behavior. 3. Finnaly, Make sure they know that just like God/Christ did with Adam and Eve you will always make sure they are covered and protected moving forward no matter the mistake or consequences.



# The Sex Talk

# 12-18 YRS

## WHAT DO YOU NEED TO KNOW?

This is where you layout the full plan of God for sex to teens. Many years ago, girls and sometime boys were forced to or chose to participate in the consummation of marriage between the ages of 12 - 15. One of the reasons why young marriages were a norm was due to their body and hormonal (periods was a sign) development. Of course science says a person's brain and body does not fully develop until later, so the social norm for marriage has increased the normality of marriage consummation until later ages.

# 1

### **DEFINE PENIS & VAGINA PENETRATION**

Define sex: This is where you can tell your child the following. "Sex is something God allows us to do within a marriage and it a good thing. It will lead to negative consequences though when done outside of a marriage. God's word says to be fruitful and multiply. This is when a man's penis goes into a woman's vagina and she can get pregnant with a child which is a good thing. But the consequences of sex outside of marriage is, pregnancy before you are ready, sexually transmitted diseases, heart and mind issues (you will feel stuck to that person even if they are evil).

# 2

### **DEFINE EJACULATION/SEMEN/SPERM (THE MAN'S SEED/CUM)**

When you have any "form of sex," which we will talk about later, he will have clear or white "stuff" come from his penis, and this is the seed that God gave men and necessary for a baby to be born. This event should only happen when in the context of a marriage. When this happens outside of marriage it could lead to negative consequences in your heart and mind.





# The Sex Talk

# 12-18 YRS

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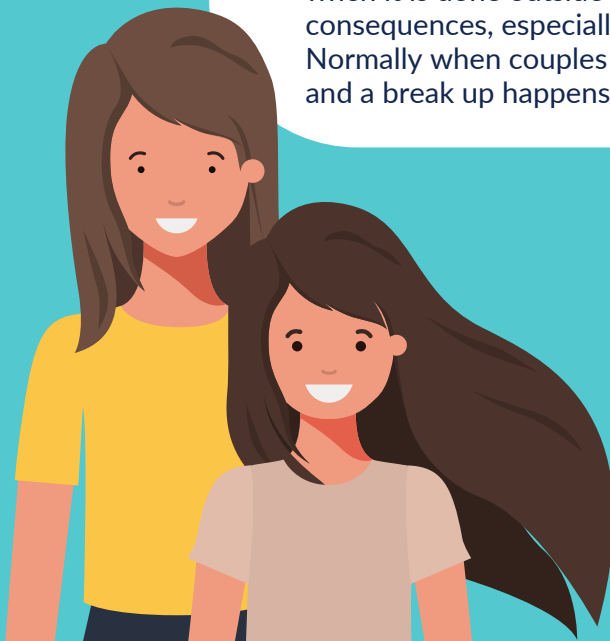
## DEFINE "CLIMAX" / "ORGASM"

This is where you tell your child (Boy or Girl) the following. You are going to hear people say this word called climax/orgasm. This is what a girl gets to experience with her husband during sex. And yes, it is a really good feeling. But experiencing this outside of marriage with a person always leads to consequences in the mind and heart.

4

## DEFINE FORMS OF SEX

If you have attended the parent connect titled, "How to talk to teens about sex" then you understand why this next portion is vital to discuss with your kiddos. During the meeting, Pastor Vernon or Moses Chism mentioned that oral, hand or tech sex is the NEW holding hands and kissing for unmarried young couples to feel connected at a minimal "safe" level now-a-days. These include the terms, fellatio/blowjob/eating out a girl, hand jobs/finger, phone/tech (messaging, etc.) sex. Today, teens need to be told the following. "You may hear or be asked to do some of these things. They are, fellatio/blowjob/eating out a girl, hand jobs/finger, phone/tech (text sex messaging, gaming sex messaging, etc.). The same "intimate connections" that happens through penis and vagina sex result in strongholds with these forms of sex as well when done outside of marriage. You can't get pregnant this way but your heart, your mind, and your body will feel the same after having these forms of sex and when it is done outside of marriage it will lead to negative consequences, especially in the heart and mind called strongholds. Normally when couples engage in this form of sex prior to marriage and a break up happens they are usually depressed and suicidal.





5

## **OVER DEFINE HEART CONNECTIONS & STRONGHOLDS**

5. What is a stronghold, or "Heart Connections." There are 4 ways that you can help your child understand "Why people in toxic relationships can't escape when they aren't even married." We call this strongholds, heart connections or maybe known "soul ties." When you spend too much time with a person, emotional safe haven (sharing all your emotional thoughts, and physical interaction (holding hands, kissing, etc.) and spiritual interaction. These create heart connections/strongholds/"soul ties." This is why you have to be careful that the bulk of your time and commitment is unto God. Of course when you are married God and your spouse. But before then set good boundaries to ensure you do not experience the toxic consequences of intimate behavior before it's time.

6

## **DEFINE MASTURBATION**

Parents this is a "tricky" one. Due to the biblical context of masturbation and the many question surrounding the issues, please reach out to us for an unlisted link, and other resources on this subject. Send your questions or request to [youth@sojournchurch.org](mailto:youth@sojournchurch.org).

7

## **EXPLAIN PORNOGRAPHY (AT THIS AGE)**

Have this straight forward conversation with your teens at this age regarding porn. 1. When you watch porn you will never be satisfied by your future wife or husband because your fantasy and satisfaction level will increase to a non-realistic point. Porn is also the leading cause to infidelity and abuse in marriages. Ask your child if they want to be known as a cheater? 2. Porn leads emotional instability as well. When you deal with stress and/or sex drive by watching porn you loose the ability to self sooth and cognitively/mentally encourage yourself without turning first to porn. You will turn to porn before God, people that love you, or anything that could actually help you during times of stress, hurt and pain." PARENTS: If your child is experiencing addictive porn watching, please reach out to the youth team for more strategies on helping adolescent teens overcome porn. [youth@sojournchurch.org](mailto:youth@sojournchurch.org)

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