

*very good*  
**THE SEX TALK**

**APPROPRIATE TEACHING POINTS**

Early Childhood (Ages 3-5)

**PROTECT:**

- Remember your calling!
- Closely monitor media consumption
- Teach body privacy – while also teaching God’s beautiful design
- Discourage secrets (will never be told) – encourage surprises (will be shared shortly)!
- Watch for red flags of abuse: sudden change in habits, withdrawal, inappropriate fears or behavior

**MODEL:**

- Show affection and build trust
- Examine your own media consumption and habits
- Work on healing from past, if needed

**EQUIP:**

- Communicate God’s love and His design
- Affirm that they are special and beloved
- Give permission to say “No!” to physical affection from others

## BOOK SUGGESTIONS:

### Early Childhood (Ages 3-5)

#### **The Story of Me**

*By Brenna and Stan Jones, and Joel Spector*

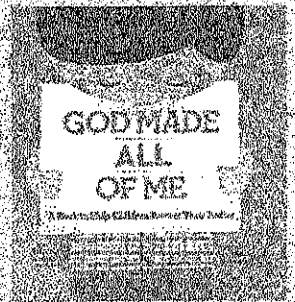
Authors share the wonderful story of God's love and the marvelous body he has blessed us with. Using straight talk, age-appropriate language and realistic illustrations, it addresses God's love and the goodness of all He has made, the nurturing family as God's context for love, appropriate names for genitalia, and the importance of a mother and father.



#### **God Made All of Me**

*By Justin and Lindsey Holcomb*

*God Made All of Me* is a simply-told, beautifully-illustrated story to help families talk about these sensitive issues with two to eight-year-old children. Because the private parts of our bodies are private, the home is the ideal environment where a child should learn about his or her body and how it should be treated by others. *God Made All of Me* starts from the fundamental truth that God created everything and applies that truth to kids and their bodies. It equips parents to talk with both boys and girls about their bodies and to help them understand the difference between the appropriate and inappropriate touch of others. *God Made All of Me* allows families to build a first line of defense against sexual abuse in the safety of their own homes.



*very good*  
**THE SEX TALK**

**APPROPRIATE TEACHING POINTS**

Elementary School (Ages 6-10)

**PROTECT:**

- Activate parent controls on all internet-connected devices
- Install filtering and monitoring software
- Discuss internet safety and boundaries with parents of your child's friends

**MODEL:**

- Show affection and build trust
- Consistently enforce tech boundaries for yourself and the family
- Demonstrate integrity and respect for others in your own life
- Continue work of healing in own life, if needed

**EQUIP:**

- Begin to introduce how human sexuality is part of God's plan
- Teach basics of physical boundaries
- Understand importance of guarding against harm or pornography
- Help your kids to express feelings appropriately

## BOOK SUGGESTIONS:

### Elementary School (Ages 6-10)

#### **Before I Was Born**

By Carolyn Nystrom

The authors use straight talk, age-appropriate language and informative illustrations to help children see sex as a special gift from a wonderful God to a husband and wife within the context of a marriage and family relationship. Topics covered include: why God made boys' and girls' bodies different, the basic facts about intercourse, presented in the context of marital love and intimacy, conception and fetal development, and childbirth and breastfeeding.



#### **Where Did I Come From? The Facts of Life without any Nonsense and with Illustrations**

By Peter Mayle

Now in use for a second generation, this easy to read and very explicit book with its silly but tasteful cartoon images covers the basic facts from love-making, orgasm, conception and growth inside the womb, through to the actual birth day. Gives the names and shows the important parts of the body.



*very good*  
**THE SEX TALK**

**APPROPRIATE TEACHING POINTS**

Late Elementary & Middle School (Ages 10-14)

**PROTECT:**

- Diligently guard against access and exposure to sexual content
- Set good boundaries on screen time and tech use

**MODEL:**

- Think critically about culture and technology – media discernment
- Model the pursuit of sexual integrity in your own life
- Create a tech strategy for you and your family
- Attend to family relationships through active listening and engagement

**EQUIP:**

- Continue to talk to your kids about God's purposes and design for sex
- Build your child's self esteem
- Discuss choosing friends with wisdom
- Grow on conversations surrounding pornography
- Be willing to step into conversations surrounding LGBTQ+

## BOOK SUGGESTIONS:

### Late Elementary & Middle School (Ages 10-14)

#### **What's the Big Deal? Why God Cares About Sex**

*By Brenna and Stan Jones*

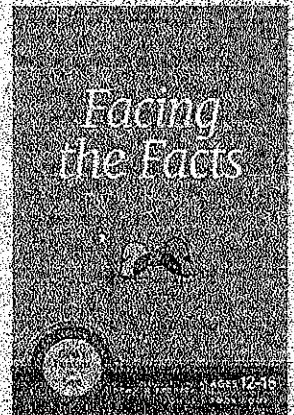
This book is designed for parents and children to read through and discuss together. Each chapter introduces an age-appropriate issue and provides "written conversations" between a child and a parent. It is recommended that the child read his or her part and the parent read his or her part. This method provides an excellent way for new and challenging issues to be raised and addressed with a child.



#### **Facing the Facts: The Truth About Sex and You**

*By Brenna and Stan Jones*

While this book is designed to be read by the child, it is highly important that each chapter/issue be followed with a personal discussion time with a parent. The book provides information to help children understand the changes they will be experiencing as they go through puberty. Issues such as puberty, pregnancy, and God's design for sex, marriage, love, and dating are just some of the many things tackled.



#### **What's Happening to Me? A Guide to Puberty**

*By Peter Mayle*

During the past 30 plus years, more than a million preadolescents and adolescents (and their parents) have benefited from the humor and honesty in this straightforward book. A few things are dated, e.g., the age of puberty has decreased, but reading it together continues to be a good way for parents to talk with children.



*very good*  
**THE SEX TALK**

**APPROPRIATE TEACHING POINTS**

High School (Ages 15-19)

**PROTECT:**

- Help establish healthy dating boundaries
- Understand the harm of pornography and how to watch out for it
- Willingness to give more freedom under protection of home

**MODEL:**

- Model the pursuit of sexual integrity in your own life
- Be willing to talk about your own struggles (past and present)

**EQUIP:**

- Be your teen's parent first; be their friend second
- Get to know your teen's friends and their parents
- Prepare them 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 your teen know they can come to you with any questions related to sex, sexuality, and gender

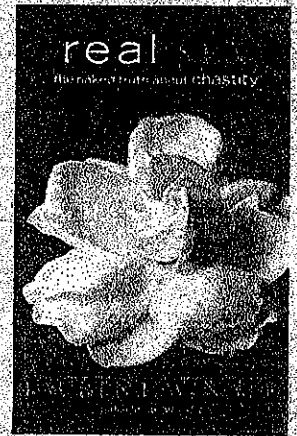
## BOOK SUGGESTIONS:

### High School (Ages 15-19)

#### **Real Sex: The Naked Truth About Chastity**

By Laura Winner

In *Real Sex*, heralded young author Lauren F. Winner speaks candidly to Christians about the difficulty--and the importance--of sexual chastity. With honesty and wit, she talks about her struggle to live a celibate life. Never dodging tough terms like "confession" and "sin," Winner grounds her discussion of chastity first and foremost in Scripture. She confronts cultural lies about sex and challenges how we talk about sex in church. Her biblically grounded observations and suggestions will be especially valuable to unmarried Christians struggling with the sexual mania of today's culture.



#### **Living in a Gray World: A Christian Teen's Guide to Understanding Homosexuality**

By Preston Sprinkle

In today's world, the topic of homosexuality seems to be part of everyday conversation in the media, in politics, and even inside churches, with pressure to accept one view or the other. And if you're a Christian teen, there seems to be few easy answers to the issues you regularly encounter, such as: Can you be friends with someone who is gay? What if your sister is a lesbian, or you sometimes wonder if you might be as well? Does the Bible really say homosexuality is wrong? What does God want us to do and say?

*Preston Sprinkle has encountered these same questions, and as a theologian and a college professor he has dealt with these issues firsthand. Through honest conversation, real-life examples, and biblical research, Sprinkle unpacks what we can know to be true, and how Scripture's overall message to us today allows us to move forward and find answers that align with God's intent.*

