

# Family Conversation Guide

## 'Sex'

Hi Kids Church Parents,

This week is our second last week in our 'Meant to be' series. This week we are looking at the topic of 'sex' and God's good design of our sexuality.

This is a really important topic to be discussing with your children in an ongoing way so that we can help them lay good foundations for understanding their sexuality. This was a really helpful quote from The Gospel Coalitions article "Talking with kids about sex isn't a box to be checked; it's a conversation to be started and sustained."

In our discussions about sex with our children our goal is to shape the character of our children, helping them to live under the Lordship of Jesus in all areas of their lives including their sexuality and relationships, and value the goodness of living in obedience to him.

*"Train up a child in the way he should go;  
even when he is old he will not depart from it."  
Proverbs 22:6*

### Resources

<https://www.thegospelcoalition.org/podcasts/tgc-podcast/how-to-talk-to-your-children-about-sex/>

<https://www.thegospelcoalition.org/article/kids-lets-talk-about-sex/>

### Book to Read as Parents:

How and when to tell your kids about Sex: A Lifelong Approach to Shaping your Child's Sexual Character (God's design for sex). By Brenna & Stan Jones

*This is one of the best books I've read for parents – recommend it!*

### Books we've read with our Kids:

The Birds and the Bees by the Book by Patricia Weerakoon

*This is a series of short books to read with your primary aged children on sex, body image, pornography. I've given this series of books to our older boys to read with us and by themselves, they liked reading them and they answered questions as well as generating good discussion.*

God made boys and girls by Marty Machowski

*Board book/picture book for preschool/lower primary*

## Family Conversation Guide

**Bible Passage to Read:** Ps139: 13-14, Genesis 2:24

Conversation Starters...

- What are some things that make boys and girls different?
- Why do you think you have to close the door when you take a bath/change your clothes?
- What do you know about where babies come from?
- What do you think it means for a husband and wife to be joined together? How are they joined together?

*Here's the sort of conversation I have had with our children to give you a guide for how you can raise and discuss sex with your children (our daughter is a toddler, we have 3 boys, in Year 1, Year 4 and Year 6).*

### Toddlers – A conversation guide

- God made our bodies, and they are wonderful
- There are so many things our bodies can do.
- God made boys and girls, mummies, and daddies.
- Boys' and girls' bodies are different. Daddy, Wesley, Lewis and Ewan are boys.
- You are a girl and one day your body is going to grow up to be like Mummy's and that is great!

### Preschool – A conversation guide

- God made our bodies, and they are wonderful
- God made boys and girls bodies different (you can discuss how they are different – boys have a penis, girls have a vagina, and when they get older, they have breasts)– this is good! Because our bodies are different, we can make and grow babies and enjoy being married.
- The parts of our bodies that make us a boy or a girl we treat especially carefully, that we don't let other people see or touch except if we need help from a parent like when we are going to the toilet, getting dressed, having a bath or if we need to see a doctor.

### Lower Primary - A conversation guide

- Have you noticed that God has made boys bodies and girls bodies different to each other? Why do you think that is?
- God made boys and girls bodies different – and this is good! Because our bodies are different, we can make and grow babies and enjoy being married.
- Do you have any questions about how babies are made?

Babies are made when a man and woman have sex. Sex is when a man puts his penis into a woman's vagina. They do this because it makes them feel close to each other and it feels nice. Sometimes when a couple have sex one of the man's sperm joins with one of the woman's eggs – this forms a baby. The baby starts of really really tiny, but it grows

and grows inside a woman's uterus until it is ready to be born. It is amazing how God has designed baby's to be made and grow.

- When you grow up, you might get married, then God says that its ok and fun for you to have sex, and for your husband or wife to see your body and touch it, but we save that just for when we are grown up and married.
- Until we are married, we don't let other people see or touch our bodies. We do this to keep ourselves safe and other people safe. Its ok though if we need help from a parent like when we are washing our hair or if we need to see a doctor.
- But we don't need to be embarrassed about our bodies – our bodies are amazing! If you have any questions about your body or about sex, we are always very happy to answer them.

### **Upper Primary – A conversation guide**

- Wow, Your body is going so much. You are going to do a lot of growing and changing over the next few years. This is part of how God's designed you to become a man or a woman, and in time if you are married to enjoy sex.
- I/We want to make sure you know you can talk to us about any questions you have about your body or about sex. We want you to know that sex is good, and a great thing that God has made for us to enjoy.
- Do you have any questions or things you'd like to ask us about sex or relationships?
- God has designed sex to be enjoyed in a marriage relationship.
- And I am so thankful that we know and have followed God's good way to enjoy sex, it has meant we really do enjoy being married and sex, and we have been saved a lot of pain, hurt and brokenness.
- In time, you are going to have friends who are having sex, who are going to be talking about sex and who watch pornography and people having sex. We want you to know that your friends are not living according to God's good ways, and we want you, as hard as it is at times, to learn to choose to love and obey God, in all areas of your life, including your decisions about sex and relationships. We want you to choose to save sex for marriage and choose not to look at things like pornography that will trigger the feelings of sex in your body and mind.
- God is good, and he is worth loving and obeying, particularly in this area of sex.