

Sex Education in the Christian Family:

A Life-Long Approach to Shaping Your Child's Sexual Character

Stan and Brenna Jones

*Session #1: Sex and the Christian Life, OR
"What Does GOD Think About Sex?"; and
Session #2: Understanding Your Child's Sexual Character*

I. Understanding the Biblical Drama

Creation

Fall

Redemption

II. God's Purposes for Sex

Procreation

Union

Pleasure/Gratification

Instruction

III. The Three-Stranded Cord of Christian Morality

Consequences

Obedience

Unity

IV. A Preview of Your Child's Character.

Needs

Values

Beliefs

Skills

Supports

V. Twelve Principles of Sex Education in the Christian Home.

Principle #1 Sexual education is the shaping of character.

Principle #2: Parents ARE the principle sex educators.

Principle #3: Stories are as powerful or more powerful than principles or "logic" as a teaching tool.

Principle #4: The best teaching of a child occurs at "teachable moments;" we should strive to become "askable" parents.

Principle #5: First messages are the most potent.

Principle #6: Accurate and explicit messages are far better than cryptic, vague ones.

Principle #7: Positive messages are more potent than negative messages.

Principle #8: We can "inoculate" our children against negative influences.

Principle #9: The closer and more positive the relationship between parent and child, the greater the parent's influence upon the behavior of the child.

Principle #10: Repetition is critical; the most important messages about sexuality rarely "get through" on the first try.

Principle #11: Sexuality is not the most important thing in life; we must strive to put sexuality into its proper perspective.

Principle #12: Our God can heal and redeem anything.

Suggested Homework: To gain more insight into yourself and your child, we suggest you reflect on the following questions:

1. What were your past basic attitudes about sex; those inherited from your family, early religious education and experience, marriage, and elsewhere?
2. In what areas do you need to grow, to change, in these basic attitudes about sexuality?
3. Pick a significant strength or weakness in your child's character. How can you better understand that strength or weakness using the five aspects of character?

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Session #4: Building the Structure: The Elementary School Years

"Kimberly [a 21 year old mother of 8 and 2 year old children] learned about sex from her boyfriend. *'When you're in middle school and you run into a boy who's 19 and cute, he can teach you about sex in a few minutes. You don't want him to be the one who teaches your kids about sex, but if you don't, he will.'*"-- Quote from a Newsweek article about teen sex.

- I. How do you explain intercourse?
 - Explaining the physical realities
 - Explaining the moral realities
- II. How do you protect against destructive moral messages?
 - The principle of INOCULATION
 - Negative moral messages to work against
- III. How do you deal with school sex ed?
- IV. How do you prepare your child for puberty?

Suggested Homework: To gain more insight into yourself and your child, we suggest you reflect on the following questions in the next week:

1. Can you explain the physical AND moral realities of sexual intercourse comfortably to your children? If not, who could you practice with to gain confidence?
2. What has been your typical style in dealing with destructive moral messages so prevalent in our society? Which do you feel are threatening enough that you need to inoculate your child against them?
3. How has school sex education affected your child?
4. What aspect of your child going through puberty is most difficult for you to handle positively?

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Session #5: Weathering the Storm: Puberty Into Adolescence

- I. The Four Best Predictors of Teen Sex, and What To Do About Them
 - A. Closeness to a Parent
 - B. The Power of the Peer Group
 - C. The Teen's Personal Faith
 - D. Achievement and Significance
- II. A Covenant of Chastity
- III. Preparing for Dating
 - A. The Purposes of Dating
 - B. Guidelines for Dating
- IV. Teaching About Petting, Masturbation and Contraception
- V. The Healing Power of God

Suggested Homework: To gain more insight into yourself and your child, we suggest you reflect on the following questions in the next week:

1. What can you begin to do today to further develop a healthy closeness with your teen?
2. Begin to sketch out your gameplan for handling dating for your teen.
3. What will you tell your teen about petting, masturbation and contraception?
4. How will you handle your own past as you come to talk to your kids? Have you fully drawn upon God's forgiveness and healing in putting your past behind you? ("... and that is what some of you were. But you were washed, you were sanctified, you justified in the name of the Lord Jesus Christ. . ."; I Corinthians 6:9-11)