

How to Talk to Your Kids about Sex

It seems strange to consider talking to young kids about sex, but its important that you lay a solid foundation. First, please know it shouldn't just be one conversation. Talking to your kids about sex should involve multiple conversations over time. Second, be sure that you don't wait too long to start. You want to be the ones to teach your child about sex; If you wait too long your child may be exposed to sexual content by some kid on the back of the bus or he may see something inappropriate on his iPad. On average kids are being exposed to pornography by age 11 so that means in order to be ahead of it you need to start the conversation with your elementary aged kids. The encouraging thing to note is that when kids are in elementary school a talk about sex can be informative, not sensual. Give them the basic foundation so you can build on that when your child is older and its time to talk about temptation, sexual relationships, etc.

When talking to younger kids about sex be sure to set the right tone. Choose a time and place so your child can focus. Be sure to share that sex is an important topic you want to be able to talk about openly; Nurture a mature and open dialogue between you. Here's what you should try to cover:

- God created men and women differently
- Basic anatomy
- How sex works
- The purposes for sex and God's context for sex

Use clear language and the correct terminology for anatomy. Using visuals can help and also be sure to allow for questions.

Here is a curriculum I have used with my own son and strongly recommend to help walk you through these conversations with your child. There are three books in the curriculum:

7 lessons to introduce your child to biblical sexuality - ages 6 - 10

Changes - 7 biblical lessons to make sense of puberty - ages 8 - 12

Relationships - 11 lessons to give kids a greater understanding of biblical sexuality - ages 11 plus

These books are by Luke Gilkerson and are available online.