



SEXUAL INTEGRITY INITIATIVE

A resource of CPYU and Project Six19



5 TOOLS FOR PARENTING IN A SEXUALLY CHARGED WORLD

| By Jason Soucinek

Educate yourself.

Take time to know what is happening in your son or daughter's world. Talk to them and their friends, read the news, read their school newspaper, and pay attention to what is happening in your community. If your son or daughter is older, be aware of what they are posting to social media like Instagram, Twitter, and Facebook. The more you know the better you can respond.

Protect what you can and create a safe place for conversation.

Safeguarding every area of your children's life is almost impossible. But you can establish boundaries for your family with digital covenants that you each agree to, utilizing parental controls where you are able, and downloading accountability software as needed. These tools help protect your family in certain situations, but for those times when you cannot protect them, it is essential to maintain open streams of communication on this subject. This means treating discussions on sex as an ongoing dialogue rather than only a "BIG Talk."

Become the authority.

You, as a parent, should be the first and last place your children hear about sex and relationships. Typically the more religious a family is the less likely they are to talk about these things in their home. In a study conducted at Penn State, it was found that most students had never talked with their parents about sex, or if they had, it was a very elliptical discussion full of warnings and dangers. Breaking this cycle starts in the home where you can communicate



**Parents
should treat
discussions
on sex as
an ongoing
dialogue
rather than
only a
"BIG Talk."**

your value and repeat it often. Remember, your voice matters. Study after study shows that you have the most influence on your teens' sexual choices. Use it!

Put sex in its proper context. Teach on positive, biblical sexuality.

Wise Christians know that their faith is about a relationship with Jesus Christ, not simply a laundry list of duty-bound obligations. Our approach to sexuality should take this same view. Sex is meant to unite two people. It is meant to lead to children, foster intimacy, provide us with pleasure, and recall or even reenact the promise that God makes to us and that we make to one another in the marriage vow - a promise of fidelity. God's Spirit promises a presence that

will lift us up in a radical and crazy pledge of lifelong faithfulness. Over and over again this is the promise found in scripture and that is where we should be pointing our children.

Create a grace-based environment.

"Therefore, there is no condemnation in Christ," writes Paul in his letter to the Romans. Often times when difficult things happen in our kid's lives, we want to go after the behavior. More importantly, however, we need to go after the heart. Before effective conversations can take place in the home, you need to examine your own heart to ensure you are parenting from a place that is pure and free of any personal pain from your past. Only after controlling your emotions can you parent from a place that allows you to properly discourage the sin, not your child.

JASON SOUCINEK,
Executive Director, Project Six19



**SEXUAL INTEGRITY
INITIATIVE**
A resource of CPYU and Project Six19

**PROJECT
SIX19**



PHONE: (509) 993-7272

PHONE: (717) 361-8429

EMAIL: INFO@PROJECTSIX19.ORG

EMAIL: CPYU@CPYU.ORG

For additional information or resources to help kids navigate their sexuality, visit the Center for Parent/Youth Understanding and Project Six19's Sexual Integrity Initiative website at SexualIntegrityInitiative.com.

CPYU grants permission for this article to be copied in its entirety, provided the copies are distributed free of charge and the copies indicate the source as the Center for Parent/Youth Understanding.