



SEXUAL INTEGRITY INITIATIVE

A resource of CPYU and Project Six19



PARENTS' GUIDE TO TEACHING KIDS GOD'S DESIGN FOR SEXUALITY

| By Dr. Walt Mueller

A few years ago I led a Bible study on the topic of temptation with a group of high schoolers who didn't know much about the Bible. To bring the lesson to life I asked them to think about a time when they had been tempted sexually. Then I told them that God's Word had something to say about sexual temptation. "You mean the Bible actually talks about sex?!" one high schooler blurted out in amazement. "It sure does," I said. "There's an entire book in the Old Testament that is a graphic celebration of the beauty of physical love between a man and woman." They couldn't believe it! "Where?" they asked. I directed them to the Song of Solomon and watched them flip excitedly through their Bibles to find it. Needless to say, I don't think anyone heard anything else I said that entire evening. On the way out the door, one girl said, "This was great tonight. I learned that God doesn't think sex is dirty!"



***The sex education
that our kids so
desperately need
will lead them into
understanding
that God created
sex to be marvelous,
wonderful, and
fulfilling when
experienced within
the bounds of his
plan.***

For too long our children and teens have been subjected to sex education that is anything but correct. The messages of our culture teach them to express their sexuality freely. On the other extreme are churches and many parents who treat sex as a taboo subject, leading kids to believe that "sex" is a dirty word. Sadly, many kids (like those in the Bible-study group) are left not knowing the truth about sex. They grow up believing that sex is something that God is against, rather than something that God is for.

The sex education that our kids so desperately need will lead them into understanding that God created sex to be marvelous, wonderful, and fulfilling when experienced within the bounds of his plan. Research has shown that teens want to learn about sexuality from their parents, yet how many of us take the time to talk to our kids about sex on a deep and meaningful interactive level?

Here are some suggestions on how and what to teach your children about sexuality:



Thinking out loud with your kids on sexual rights and wrongs will equip them for a lifetime of thinking biblically for themselves.

First, give your children truthful answers to their questions in an age-appropriate manner. Discuss reproduction using accurate and correct terminology. Even though you might feel uncomfortable with the types of questions young children are asking these days, you *must* give them answers. Remember, they are growing up in a hypersexualized culture where sex education is taking place 24/7, even for the youngest of the young. If you remain silent, you risk being the last to be heard. Studies show that the more parents talk to their children about sexuality, the less sexually active their kids are.

Second, take time to understand and discuss God's design for sexuality. Spend time reading and studying God's Word, making note of passages dealing with sexuality that you can discuss with your kids. Be sure they know that the Bible affirms sex as a beautiful gift from God for one man and one woman to indulge within the context of monogamous, committed, covenantal, life-long heterosexual marriage. Sex is not dirty! God created sex and gives it to married couples as a way to consummate their marriage, pleasurably enjoy themselves, show their love for one another, and have children.

God's Word is full of passages that will help you in your efforts to teach your children. Use this small sampling along with others to get yourself started in talking about sexuality with your children and teens.

- Genesis 1:27-28
- Genesis 2:18-25
- 2 Samuel 13:1-20
- Proverbs 5
- I Corinthians 6:9-7:9
- I Thessalonians 4:1-8

In addition, be sure to recognize and address cultural messages on sexuality. They are everywhere. Celebrate and affirm those that uphold the Bible's view on sex. But be sure to challenge and correct sexual misinformation when you encounter it in the world. Thinking out loud with your kids on sexual rights and wrongs will equip them for a lifetime of thinking biblically for themselves.

Third, teach your children that God's guidelines for sex don't result from some divine desire to take all the fun out of life. Rather, they are given to make our sexual lives as fulfilling, safe, and enjoyable as possible. God has reasons for condemning fornication, adultery, and homosexual behavior, and those reasons flow from his perfect love. Teach them that living a life of sexual integrity is pleasing to God.

Finally, remember that the most effective teaching tool of all is modeling. Provide your children with an example of living out God's sexual will and way. If you are married, remain faithful to your spouse and work at building a strong marriage. If you are a single parent, don't give in to sexual temptation. Avoid engaging with media that promotes sexual values and practices that are beyond the bounds of God's plan for sex and sexuality. Kids need to see that it is possible to live a life that is faithful to God's sexual plan.

Christian scholar Carl Henry offers some straightforward and timely words to parents about teaching God's sexual standards to their children during these sexually-saturated and liberated times: "The Creator of life entrusted humans with responsible intercourse within monogamous marriage, both for procreation and pleasure. The cure for an unzipped and depanted generation is a dose of regenerative religion and biblical morality, a new generation that focuses on the greatness of God and on the primacy of His will rather than on the size of the human penis."

**This article is adapted from material in Walt Mueller's book, Youth Culture 101. To order your copy visit cpyu.org.*

DR. WALT MUELLER,

President, the Center for Parent/Youth Understanding



**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.