

# Family Legacy Institute

Tools For Families Building Godly Legacies

## Having That Pesky “Sex Talk” With Your Kid

By Dr. John P. Splinter

There’s a little joke that many have heard. Mom and dad say to their 14-year-old, “Joey, it’s time for us to have a talk about sex.” Joey replies, “Sure, what do you want to know?” The problem with that joke is that it’s often far too true.

Research finds that most parents will talk with their kids about smoking, drinking, and drugs, but not about sex. Yet today sex is easily the most potentially damaging issue shaping kids lives between the ages of 8 and 24. The porn industry is targeting children between ages 9 – 12. The average age at which kids are exposed to porn is eleven.<sup>1</sup> (One study found it to be eight.) Twenty-one percent of 9<sup>th</sup> graders have slept with four or more partners.<sup>2</sup> Twenty-six percent of girls age 14 –19 carry at least one STD.<sup>3</sup> We’ll provide more research as we try to help you have intelligent conversations about sex, with your kids. *This is not an issue that you may responsibly ignore as a parent.* Not in today’s highly sexualized world.

Here’s what you’re up against. Research finds that the average kid in America today receives approximately 14,000 sexualized messages per year. There is absolutely no question in this culture whether your child is going to be inundated with sexual information. It comes at them through TV, the Internet, cell phones, magazines, books, locker room conversations, corporate advertising strategies, and on and on. The only question on the table for you as a parent, is who is going to interpret the information your children learn. Hopefully, that person is you. If you choose not to speak with your children about sex, then your kids are basically adrift in a category five hurricane.

In the following pages we’ll teach you about what to do and what not to do in regard to sexual information, as you prepare your children for adult life. We believe that the best place a child can learn about sex, is in the home, from mom and dad. So in the following pages we’re going to empower you.

The least effective approach you can take with this material is to hand it to your kids and tell them to read it. You must lead them through the discussion if you want to influence them with what you believe. It may be difficult for you, but you’re an adult. Step up to the challenge, and may God use you well. Here are ten tips for having that pesky sex talk with your child.

**TIP #1: Don’t Have “The Sex Talk” With Your Kids.**

We're very serious about this. Do *not* have "The Sex Talk," if by definition it's a one-time thing, perhaps a day or a week before your kid starts dating. Research shows that this is a waste of your breath and your kids' time ~ having "The Sex Talk" has *no* impact on how your child will behave on a date, nor in regard to his/her management of their sexual drive. None.

So what's a parent supposed to do? Do this, and do it effectively. Have approximately 5,000 mini-chats with your kid about sex, beginning at age five and ending on the day they walk out the door into their own adult world. If your kids are already 8, or 16, start now. Integrate the subject of sex into dinner-time conversation. Talk about the newspaper article in which a 13-year-old girl who had a "secret friend" in a chat-room disappeared and was later found dead in a ditch in East St. Louis, raped and beaten. Teach about how pedophiles try to come along side kids, gain their trust, and then abuse them.

Talk about what's going on in the camera-man's head when he points the lens of his camera up the skirt of a cheerleader in a pro football game. Comment on the commercials that use sex to sell hamburgers ~ share what you and your spouse feel about them..

Weave the subject into breakfast talk-time. Talk about your values as a parent. Share an occasional story of mistakes you made, and how you'd do things differently today. Occasionally weave scripture into the discussion, but be careful not to beat your kids on the head with the Bible or they'll tune you out.

As you're driving around town, talk about people you know who have misused sex, and what the consequences are as seen in their lives (e.g., out-of-wedlock pregnancy, STDs, ruined marriages). As you're sitting on the beach enjoying the view, talk about how each human body is different, and how the most important thing God created wasn't the human body, but the human soul. Teach your kids that to look only at the body is to miss the whole point of human life.

Essentially, what we recommend you do is to teach your kids a Christian world view regarding sexuality. Don't just have a one-time talk with them. Discuss sexuality frequently – at least once a week, using five-second mini-bites rather than half-hour lectures.

## **Tip #2: DO Talk About God's Plan**

Talk about what you believe in. Don't just talk about what you believe – teach why you believe it. Share personal life experiences. Explain things that hurt you, why they hurt, and how your kids may avoid the same hurt. Share your experience of the beauty of sex (you don't have to be embarrassingly descriptive – talk in generalities). But your kids need to know why you believe what you believe, as well as how your belief has worked for you. Here are four messages to teach your kids:

### **Sex is beautiful!**

If you use scripture in your conversations, talk about the beauty of sex. For example, in Genesis 1:31 scripture says that God looked at everything he'd created (including sex), and said it was....