



Helping Parents Talk About Sex

Helping Parents Talk About Sex

Where do your kids go with their questions about sex?

Think about that one for a moment. At school they hear someone mention something about a sexual act or position. Believe me. It happens more than you think. Or they're watching a movie at their friend's house and one of the characters makes a crude sex joke about something they haven't heard before. Now your son or daughter is wondering about it. Where do they go for answers?

The number one place young people go to for answers today is Google.

Do you have any idea what they'll discover when they type "anal sex" into the search engine? How come they don't ask Mom or Dad? Well... would you have asked your mom or dad?



In the last month I've spoken to 12-14-year-olds about sex twice, at churches in two different states. Both times young people came up to talk with me afterwards, with specific questions, articulate questions... embarrassing questions.

In these situations if ever I ask, "Have you talked with mom or dad about this?" I always get the exact same reaction, a laugh, and then a stare clearly communicating, are you kidding?

In author Shaunti Feldhahn's book, *For Parents Only*, she asked teenagers about their communication with their parents. Three out of four kids in her survey said they would like to share things with their parents—as long as they were sure they wouldn't overreact. In others words, "I'd like to ask Mom this question, but I'm pretty sure she'd flip out."

Think about how it would look in your home.

“Mom, what’s oral sex?”

“What!!! Where did you hear that?!! Was it Chris? I knew I should never let you hang out with that boy!”

And we wonder why they go to Google.

The plain truth is, the key to talking to our kids about sex is creating a climate that cultivates calm and continual conversations. (Nice use of alliteration, huh?) Our kids might be a little more inclined to approach us with these questions if we can prove to our kids that we’re not only a good source of discovering the truth, but a safe source.

Don’t get me wrong. This doesn’t require us to “sell out,” set morality aside and just tell them what the world is telling them. “Have sex whenever it feels right!” That won’t do them any favors in the long run. Instead, we need to open the doors of communication in our home so we can be advocates of the truth.

Here’s 3 truths all parents should communicate in their homes

1. Sex isn’t naughty: Sadly, our Christian culture often thinks of sex as the “naughty thing.” This just isn’t biblical. The Bible reveals sex as an amazing gift to be shared with two people in marriage, and if you read through the Bible, you’ll quickly discover the biblical authors aren’t ashamed to talk about sex explicitly. We should do the same with our kids.

Start with the story of the naked man in the garden when God observed, *“It’s not good for the man to be alone.”* (Genesis 2:18, NLT) And poof! A naked woman. Then move to Proverbs 5, verses 18 through the end of the chapter, for an explicit description of how men can enjoy their wives bodies, but shouldn’t enjoy other women’s bodies. Help our kids understand this amazing gift God has given us. It ain’t naughty.

2. Sex is worth the wait: The world agrees that God's gift of sex is amazing, so amazing in fact that they think we should be able to do it with whoever we want. That's where God's Word is very helpful. The Proverbs 5 passage, mentioned above, is a great one to expose the foolishness of looking for sexual pleasure outside of marriage. But also direct your kids to passages like 1 Thessalonians 4:3: *"God's will is for you to be holy, so stay away from all sexual sin."* (NLT) Or 1 Corinthians 6:18, where it warns us to, *"Run from sexual sin!"* (NLT).

Don't let your kids misunderstand and think that these verses are just talking about intercourse. The Bible is full of good advice telling us to steer clear of anything that makes us even think about having sex with someone we're not married to. It's called *"lust."* Jesus warned us about it (Matthew 5:28), and Paul told us to, *"Run from anything that stimulates youthful lusts."* (1 Timothy 2:22, NLT). This clears up any misunderstanding that it's okay to touch each other sexually or have oral sex. I don't know many people who can get into these kinds of sexual situations and not think about sex. (They aren't thinking about Algebra, I'll tell ya that.) Help your kids understand this awesome gift that God has given us and how rewarding it is to save intimacy for the person you spend the rest of your life with.

3. Know when to run: Sex is so enjoyable, it often lures people to engage in it outside of marriage. This is becoming increasingly true as young people are waiting longer to get married. God has given us this amazing gift, a desire that is only magnified when a man and a woman get together in intimate situations. So we need to be careful to avoid intimate situations unless we're married. That's why the Bible uses words like "flee" and "run away from" when warning us about sex outside of marriage. Anyone who has found themselves in intimate situation understands, because they know how difficult it is to interrupt them once they begin. There's a simple reason for this: God made it this way.

Sex is a process that begins with just a kiss and a touch, progressing to passionate embraces, and eventually "going all the way." If we try to "bail out" halfway through this process... it's very difficult. That's why we should never get the process started. This kind of intimacy is for marriage... and it's wonderful. Help your kids understand when to run.

These three truths help our kids understand God's amazing plan for sex. Creating a climate of calm and continual communication in your home provides you with the opportunity to share this explicit truth in a world full of explicit lies.

Jonathan McKee is the author of over a dozen books and the brains behind TheSource4Parents.com