

Whole
Sex

The Talk™

Dangerous. Beautiful. Gift.

Let's Talk

Study Guide

MISSION STATEMENT

The *Whole Sex Talk*™ is a Biblically-based, six-session multimedia program that empowers parents to have healthy, ongoing conversations with their kids about love, sex, and relationships.

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DEDICATION

The Whole Sex Talk™ series is dedicated to Susan VanDam, original author of the curriculum, and Kelly Haight who faithfully stewarded its development for 15 years. Without these women, this material would not exist.

INTRODUCTION

WHAT IS THIS ALL ABOUT?

The Whole Sex Talk™ is a multimedia, six-session program that encourages us to have ongoing conversations with our kids about sex. These sessions utilize poignant short films, mini documentaries, graphics and animations, brutally honest parent and teen testimonials, expert panel interviews, roundtable discussions, and more.

Whether used individually, as a couple, in a small group, or with your kids, these were designed to be approximately 30-minute digestible sessions to enlighten, educate, and train parents to have critical discussions with their children about sex.

But there are no rules here. Enjoy each session at your own pace. The *Let's Talk* study guide is just that—a guide. It's an overview to give you a glimpse into the content. However, you'll find interesting stats and quotes in the video sessions that are not in the guide, as well as discussion starters and facts in the guide that are not in the video sessions. They are companions and go together. These are all tools designed to help parents facilitate dialogue, connect with their kids, and help them make wise life choices.

Most importantly, the battle for our children's hearts, minds, and purity, though largely cultural, is ultimately a spiritual one. You know your situation best, so, depending on your group, we would encourage you to begin each session in prayer, and pray for one another throughout this series.



SESSION 1

TALKING WITH OUR KIDS ABOUT SEX

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Love is patient, love is kind ... It always protects,
always trusts, always hopes, always perseveres.

I Corinthians 13:4-7

WHY THE WHOLE SEX TALK™?

SEX: IT'S A DIFFICULT TOPIC FOR ALL OF US

Remember when we were kids? Where did you learn about sex? Many of our parents spoke very little to us about sex, love, and relationships. In many cases, that is still true today.

Nearly nine in 10 young adults believe the media portrays their peers who have sex as “cooler” than those who don’t.¹ That is a shocking statistic. That means 90% of young people feel the pressure to have sex just to fit in. Young people need to know the consequences of being “cooler” are not worth the pain they may suffer.

Many parents find this topic difficult to speak about with their children. *When is a good time to talk to them? How do I start the discussion? I don’t want to feel like a hypocrite for telling my kids one thing while I did the other.* We recognize the awkwardness of this topic and want to give you the motivation, confidence, and tools to be able to talk to your kids about sex.

LAYING THE FOUNDATION

When we talk about sex with our children, we have to start with the truth that God created human relationships and sex. Genesis 1 tells us that we are made in God’s Image. We often think that being made in the Image of God is about our ability to speak or think, but if we understand what “Image” meant in ancient context, we realize our role as “Image of God” is far more significant. An image is a symbol of authority.² Genesis 1:26 shows God setting up images of His authority on Earth, “Let us make mankind in our image, in our likeness, so that they may rule ... ”

How does this relate to our sexuality? First, like kings who wanted their image displayed in every corner of their kingdom, God commands humans to “Be fruitful and increase in number; fill the earth ... ” (Gen 1:28). Adam and Eve had only one way to “increase in number.” In other words, the very first command God ever gave humans was to have sex! Before God told them anything else, God said, “Have sex—and lots of it!” (to paraphrase Gen1:28). Second, God’s Word specifically says that humans are made in God’s Image as “male and female” (Gen 1:27). Our sexuality is part of our identity as “Image of God.” Our creation as male and female is not accidental. Some people are made to reflect God’s character through their masculinity, others through their femininity, but everyone is “Image of God.” Finally, in Genesis 2:24, we see a glimpse of how human sexuality plays an even deeper role in bearing the image of God, “A man leaves his father and mother and is united to his wife, and they become one flesh.” God created the marriage relationship as a powerful illustration of God’s eternal character as a three-in-one being. The Father, Son, and Holy Spirit live as union of perfect, faithful, and sacrificial Lovers. The first human couple—Adam and Eve—were called to reflect that love. Wow! No wonder God takes sex so seriously.

Before we can effectively communicate the dangers of sex outside of God’s design, we should be prepared to celebrate the depth and beauty of God’s design for sex as a gift for procreation, unity, and pleasure between a husband and wife.

BEFORE STARTING

Please don't feel like you have to cram it all in. Remember to enjoy each session at your own pace.



WHAT TO DO IN A GROUP

1. Designate a team leader to guide the group.
2. Ask questions that are pertinent to the discussion.
3. Be prudent in sharing experiences.
4. Turn off your phones.



WHAT NOT TO DO IN A GROUP

1. Dominate the discussion.
2. Be afraid to share or ask questions.
3. Go off on tangents.

TALKING WITH OUR KIDS ABOUT SEX

1950 VS 2050

We kick off the series with an archival parody film about sex ed in the 1950s. Talking with kids about sex was definitely awkward in the 1950s! It's awkward for us today and will probably still be awkward in 2050. So let's all admit it, take a deep breath, and relax ... and then see how we can overcome the obstacles that are holding us back and dedicate ourselves to talking with our kids.



BATTLE FOR OUR KIDS



JIM SPRAGUE
CEO, Pregnancy Resource Center
Grand Rapids, MI

“We’re in a battle for our kids that is totally worth fighting.”

Jim gives a welcome and a brief introduction about the purpose of this program, encouragement to engage in the battle for our kids’ hearts, and the confidence to win it.

LIFTING THE VEIL

We asked teens to give us an honest glimpse into their world. As these teens discuss sex and relationships, parents are reminded that we live on one planet, but we exist in two different worlds.



KEY MESSAGES

- **HIDING** - Deleting sexually oriented material
- **AFTER SCHOOL** - Know where and what your kids are doing
- **CODE** - Popular sexual euphemisms
- **LYRICS** - Some music’s damaging effects on relationships

Having lifted the veil and peering into what teens are exposed to daily, we thought we’d continue the conversation and share other culturally popular euphemisms in the chart below. Check out urbandictionary.com for more euphemisms. Discretion advised.

TEEN TALK	TRANSLATION
Sexting	Texting sexual messages
Phone girlfriend	Girl you sext and share sexual pics with
Give me some FaceTime	Discreetly saying you want oral sex
Netflix and chill	Having sex while Netflix is on
Snaphoe	Pay-per-view stripper using Snapchat’s Snapcash feature to make money
Doing laundry	Having sex
Cake	Female butt

Let's Chat

DISCUSSION QUESTIONS

Who explained sex to you?

How did they approach the subject?

How do your children and their friends perceive sex?

What surprised you about the teens' conversation or the Teen Talk chart?

For more information on the laws about sexting, visit thewholesextalk.com/resources.

NOTES

WHO IS INFLUENCING OUR KIDS?

This is a series of candid interviews with parents and experts about the influences competing for our kids' hearts and minds.



STEVE SILER

Founder of *Music for the Soul* and award-winning songwriter with over 30 top-ten singles

"The advice I want to give parents is to not start [with sex]. Start early by talking to kids about love."

KEY MESSAGES

- **MUSIC** - The whys behind its lasting impact
- **PORNOGRAPHY** - It's everywhere, everyday



MAGGIE FLYNN

Nurse Consultant for Homeland Security and Former Navy Nurse

"I didn't learn that sex was good or meant to be enjoyable in a husband-wife relationship."

KEY MESSAGES

- **LOVE ME** - I used to think sex was to get someone to like you
- **MEDIA** - Mixed messages, anything goes



DR. ADAM BLICKLEY
OB/GYN for over 20 years and
father of five

“I feel helpless seeing an adolescent when they have already crossed over into sexual activity, sexually transmitted infections, or pregnancy.”

KEY MESSAGES

- **FAMILY BREAKDOWN** - Talk to kids early before they need a physician
- **DAD OVER DOC** - I have more influence as a parent than as a physician



DR. VIRGINIA SMITH
OB/GYN

“There is something almost intangible about a young lady who has preserved herself, who sees herself as something valuable ... she can conquer the world.”

KEY MESSAGES

- **CURIOSITY** - When it comes to sex, kids are very curious, very early
- **FATHER** - The power of a father’s presence



DISCUSSION QUESTIONS

How do you talk to your children about the influence of media and its messages about sex?

Why are boundaries important?

How much influence do you feel you have over your children?

How does your parental influence change throughout your child’s life?

What are the benefits of waiting for sex until marriage?

NOTES

SESSION WRAP-UP

You are not alone. Many parents struggle with broaching the sex topic with their kids. Hopefully, after going through this session, you realize that despite the difficulty, it is worth it. You may save your kids from making mistakes that they will suffer from later in life.

Let's change our culture's message by telling our kids the true beauty of love and sexuality. Let's show them how God intended sex to be. One day, because of parents like you, it will be cooler to abstain from sex until marriage. We believe we will have a generation of kids who see themselves as a gift they can one day give to their spouse.

EXPLANATION OF WRAP-UP DISCUSSION

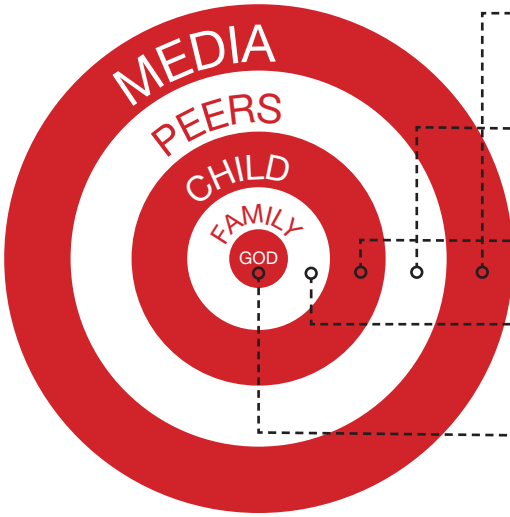
For each session, we'll wrap up with three steps to develop the conversation with your children:

- 1. SET UP** Find ways to create an open environment to start conversation with your children.
- 2. CONVERSATION STARTERS** Use the questions to have a targeted conversation about important issues with your child. These questions start broad, asking about the media's perspective on an issue, your child's peer network, your child's and your family's opinions. The conversation concludes by identifying what God says about the issue.
- 3. ACTION STEPS** Things to do to demonstrate the character and behavior you want your children to emulate.

SET UP

1. Watch a movie/DVD/TV show with your child. Pay attention to messages that you want your child to embrace or reject.
2. Listen to music with your child in the car or bus and review what the lyrics say about love.

CONVERSATION STARTERS



MEDIA: What does this song or movie say about love?

PEERS: What do your friends say about love?

CHILD: What do you think love is?

FAMILY: How do Mom or Dad show love to you and each other?

GOD: What does God teach about love? Look at 1 Corinthians 13 together.

ACTION STEPS

1. Pray together as a family for someone. Point out that praying for others is a way to show love.
2. Hug and kiss your spouse in front of your children. If you are a single parent, don't be afraid to ask another trusted married couple to do the same.

NOTES



SESSION 2

CONFRONTING THE PAST

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	Video: Maggie	(3:00)
	Video: Tony	(4:30)
16	6 Steps To Reconciling Our Past	
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That is why a man leaves his father and mother and is united to his wife, and they become one flesh. Adam and his wife were both naked, and they felt no shame.

Genesis 2:24-25

BEFORE STARTING

The strength of any study is applying the lessons learned to our lives. Session one began the conversation. Before beginning session two, spend some time going over last session's action steps.



WHAT TO DO

1. Share action-step experiences or conversations that you've had since session one.
2. Humbly listen to others as they share their thoughts.
3. Respect the privacy of others. Personal stories shared in the group stay in the group.



WHAT NOT TO DO

1. Dive right in without reviewing session one target conversations and actions steps.
2. Give up. The more effort you invest, the better the outcome.
3. Share too much information. (TMI is an abbreviation for a reason.)

LOVE FOR YOUR KINGDOM

Imagine you are the king of a great land and there is a battle going on at your borders. The enemy army has just pitched its tent outside your lands. They have already destroyed the kingdom next to you. You have heard how they have treated the young men and the young women in that land. You are aware of the results. Would you do everything in your power to stop the enemy out of your love for your kingdom?

CONFRONTING THE PAST

GOD CREATED SEX

This 3D animation depicts God’s design for human sexuality. Sex is a beautiful mystery within the oneness of marriage. God created sex:



1. To create the blessing of new life (Gen 1:28)
2. To express love and unity (Gen 2:24)
3. For pleasure between a husband and wife (Prov 5:18, 19)

Since God designed sex, He alone has authority over it. Anytime a person goes against God’s design for sex, it is a sexual sin. They are not going against what another person says, they are going against God. (1 Thess 4:8)

SEX ED DOCUMENTARY

Dr. Alfred Kinsey is a controversial icon of today’s public school sex ed curriculum. His overall philosophy is that sex can be explored at any age with anyone at any time.³ Dr. Joe McIlhaney (OB/GYN) of the Medical Institute for Sexual Health has written an alternative sex ed curriculum guideline, *National Guidelines for Sexuality and Character Education*.⁴



DR. ALFRED KINSEY



DISCUSSION QUESTIONS

- What is being taught in your child’s school?
- What is being taught in your church?
- What is being taught in your home?
- What is it about sex that is worth waiting for?

NOTES

CONFRONTING OUR PAST

It's important to get the conversation started with your kids, but now you're worried what they may ask about you. Perhaps in the course of your life, you've made some sexual choices that you're not proud of. Glenn discusses a past of sexual addiction.



GLENN

"I began a journey that became 20 years of darkness. Parents don't have a clue as to the grip that pornography can have on a child."

KEY MESSAGES

- **DAMAGE** - Porn causes guilt, shame, and hurt
- **SIGNS** - Respond with love if kids are caught

How will kids feel about us if they know about our past mistakes? Fearing the past can cripple us from sharing. These parents discuss the different stages they are at in the sex talk with their kids.



ALICIA

"Now God is saying to me, 'You don't have to live in your past.'"

KEY MESSAGES

- **PRESSURE** - Afraid my past would be used against me
- **PRINCIPLES VS RULES** - Explain the whys



MAGGIE

"I always reassure my daughter that I am going to love her no matter what."

KEY MESSAGES

- **TRANSPARENCY** - Being real creates safety and trust
- **BOUNDARIES** - Help them make good choices during different stages of childhood



TONY

"Looking back, I helped my daughter break down her walls for us to talk about sex."

KEY MESSAGES

- **CONVERSE** - Converse, don't lecture, and leave the door open
- **TAILOR MADE** - Each child learns differently

6 STEPS TO RECONCILING OUR PAST

These steps are meant for further group discussion or to be digested for personal reflection.

1. Assess your past. Ask God to show you if you might be denying the truth about your past. Is there anything in your past that you have not brought into the light of God's truth?
2. If God reveals something to you, decide to deal with it. It's a commitment to take a journey so God can heal the wounds of your heart.
3. Choose to believe what is true. God forgives us from our sin. He loves us regardless of it, and, through confession, He will restore our relationship and communication with Him.
4. Godly sorrow is necessary. Grieve over what you have lost. You may actually need to write down what the sin cost you and what you have lost because of it. Allow yourself to feel the emotions of your grief. Grief helps reclaim dignity and cleanses the soul. The Bible does not say we need to forgive ourselves. However, perhaps we don't feel God's forgiveness because we haven't experienced godly sorrow and we are stuck, similar to when a person doesn't grieve the loss or death of a family member.
5. When we have really dealt with our sin, we won't feel the need to hide it. It has lost its power over us. Therefore, we have a testimony to share and others to help because of the healing that we have gone through.
6. Tell your story to someone you trust.



DISCUSSION QUESTIONS

How is pornography a distortion of love?

What measures can you take to protect your children from pornography?

For more information about pornography protection software, visit thewholesextalk.com/resources.

What experiences have shaped your understanding of sex and relationships?

How have those experiences informed your conversation with your children?

NOTES

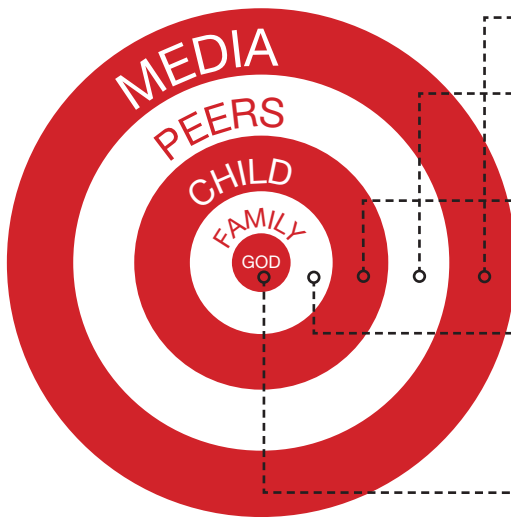
SESSION WRAP-UP

There is a war for your sons' and daughters' hearts. God tells us to guard our hearts above everything because out of our hearts flow who we are (Prov 4:23). The enemy has taken prisoners and destroyed lives (John 10:10). You are aware of the results. Nobody will protect your child like you. Tell your kids what they need to know, and don't relax about it. Educating your child about sex is ongoing. Why is this important? Because out of our heart is where we love God and love others (Matt 22:37-39).

SET UP

1. Share some of the struggles, mistakes, and lessons that you've learned about sex and relationships.
2. Watch the "God Created Sex" video with your child, available at thewholesextalk.com/resources.
3. Watch a fertilization video with your child. A link to the video is available at thewholesextalk.com/resources.

CONVERSATION STARTERS



MEDIA: What does this song or movie say about sex?

PEERS: Which words from the Teen Talk chart in session one have you heard your friends say?

CHILD: Question for older kids: How do you define sex? Question for younger kids: What are the differences between boys and girls?

FAMILY: Explain to your child how you define sex. Use prudent judgment to decide what to share.

Resources available at thewholesextalk.com/resources.

GOD: What does God say about sex? (Read Gen 1:28, 2:24 Prov 5:18-20, Heb 13:4)

ACTION STEPS

1. Pray with your spouse about your own view of sex. Is sex a positive thing, worth teaching your children about?
2. Contact your children's school to find out if they are teaching Comprehensive Sex Education (also called "Sexual Risk Reduction") or Abstinence Education (also called "Sexual Risk Avoidance").
3. If necessary, individually or as a couple, work through the 6 Steps to Reconciling Our Past.



SESSION 3

PREGNANCY & ABORTION

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	Video: Mary Verwys	(5:30)
	Video: Abby Johnson	(10:30)
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23	Let's Chat	
	Physical Consequences - STDs/STIs	
	Video: Gay Kaashoek	(4:00)
	Video: Diana Riley	(2:38)
24	Chart of Common STDs/STIs	
25	Let's Chat	
	Session Wrap-Up	
26	Conversation Starters	
27	Notes	

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.

I Corinthians 6:18

BEFORE STARTING

Take a couple of minutes to discuss session two and how action steps were applied, as well as lessons learned from them.



WHAT TO DO

1. Reflect and share on how you have seen God at work since starting this series.
2. Learn from each other. Ask advice from other parents.
3. Pray for one another.



WHAT NOT TO DO

1. Jump in without giving your group a chance to share how it's been going.
2. Give up when it gets uncomfortable.
3. Rush session three. It's heavy with personal testimonies that may elicit emotional responses from others.

BE ADVISED

Session three contains honest and descriptive testimonials pertaining to pregnancy, abortion, abortion procedures, and subsequent emotional consequences. Be sensitive to individuals in your group, as deep wounds may surface. Post-abortion counselors and support groups can be found through your local pregnancy care center or thewholesextalk.com/resources. Hope and healing are close behind.

CONSEQUENCES

SPIRIT, BODY & EMOTIONS

The human person is created in the image of God—body and spirit. He did this out of love. Husbands and wives express that love through sexual union. This union can also create new life. However, this union can be a force of destruction when God’s design for sex is abandoned.

Decisions we make have physical, spiritual, and emotional consequences. So, it is important to teach kids what good and bad decisions are regarding sex, and to give them tools and support to make those decisions.

DO WHATEVER YOU WANT

Why are youth so promiscuous today? Why is abortion often seen as a solution? Here are four messages to use as conversation starters as you begin this session. The culture speaks these messages to our kids daily:

Everybody’s doing it.

Unfortunately, promiscuity is common among young people. A study of college students showed that 60% have engaged in a “friends with benefits” relationship. They find the lack of commitment to be the main advantage. Even in these relationships, almost 85% reported they hadn’t discussed the consequences of their sexual behavior on their friendship, and 75% reported no conversations about “ground rules” for the relationship.⁵

It’s no big deal.

The world says sex has no consequences. It doesn’t acknowledge the shame, guilt, or possible infections that a person could carry for the rest of their life. Kids also naively seem to think, “That will never happen to me.”

There’s a quick fix.

We live in a “fast-food society” that wants an instant solution to a problem—a “do whatever you want, whenever you want, with no consequences” culture. Abortion fits into that mentality. “Unplanned pregnancy? No problem! We’ve got a solution for you!”

It’s not a baby.

Society says it’s not a baby, so it’s not a big deal. But, science has proven otherwise.⁶ If wombs had windows, people might reconsider this statement instead of believing the messages of pro-choice propaganda.

PREGNANCY & ABORTION

WAIT

Wait is a sobering film that depicts a contrasting timeline of how a young girl gives away her virginity while experiencing the consequences.



Two interviews: one with a sidewalk counselor and one with a former Planned Parenthood director who discuss the cultural pressures of abortion.



MARY VERWYS

Director of *Garden of Hope* Ministry and Sidewalk Counselor

"No, you don't want them sleeping around, but you really don't want them covering it up because of their great love for you."

KEY MESSAGES

- **MOTIVATIONS** - Three types of women Mary has observed seeking abortions
- **AFTER EFFECTS** - When reality hits



ABBY JOHNSON

Former Planned Parenthood Director, Founder of *And Then There Were None* Ministry

"I'm a good Christian girl on birth control. I'm not supposed to get caught in my sin."

KEY MESSAGES

- **VISUAL DEATH** - Seeing an ultrasound-guided abortion
- **SELLING** - Selling abortions and meeting quotas
- **PRAYING PARENTS** - Never give up on your kids

SLED ARGUMENT

The SLED Test is truly invaluable when trying to persuade and defend your pro-life views to others. This method was first developed by Stephen Schwarz in his book *Moral Question of Abortion*.⁷

Schwarz's argument, which was popularized by Scott Klusendorf, explains that the unborn differ from the born in only four significant ways. None of those ways are used to measure a person's worth after they are born, and they shouldn't be used to deny a person's worth before they are born either.⁸

SIZE

Embryos are smaller than babies, and babies are smaller than toddlers. Toddlers are smaller than teenagers. Size doesn't matter. It's lawful to kill a bug, but not lawful to kill a person, not because the person is bigger, but because the person is human. Your size does not determine your personhood, your rights, or your value.

LEVEL OF DEVELOPMENT

Embryos are less developed than newborns, but their physical or intellectual development has nothing to do with whether they are worthy of life. Toddlers are not as physically developed as adults; mentally challenged adults can be less intellectually developed than some teenagers, but they are still human and worthy of life. It's our humanity that determines our value, not our brain capacity or physical development.

ENVIRONMENT

Your value does not change whether you are inside your house or outside your house. Moving from the bus to the school does not change your value. Throughout a pregnancy, an unborn baby is a human all on its own. It is dependent on the mother for life in many different ways, but it is also separate from the mother's body. It is not right to deny an unborn baby their right because they are in the womb.

DEGREE OF DEPENDENCY

Newborn babies are completely dependent upon their parents for survival. Many people on the outside of the womb depend on machines, medications, and medical equipment for their survival, yet they don't lose their rights because they are dependent on these things.

For more information, visit sledtest.org.

Let's Chat

DISCUSSION QUESTIONS

What is your perception of abortion?
Adoption? Parenting?

How would you know if your child is
struggling?

How would your daughter think you'd
respond if she were pregnant? How
would your son think you'd respond if
his girlfriend were pregnant?

NOTES

PHYSICAL CONSEQUENCES - STIs/STDs

Listen in as two healthcare professionals with the Pregnancy Resource Center of Grand Rapids discuss client behaviors, promiscuity, sexually transmitted diseases, risks, and misconceptions. The abbreviations STI (sexually transmitted infection) and STD (sexually transmitted disease) are often used interchangeably. STIs are the broader category of infections. It is possible to have an infection (e.g., HPV) without experiencing the disease (e.g., genital warts and/or cervical cancer).



GAY KAASHOEK

Nurse Practitioner for over 40 years

"STIs can be transmitted through
any form of sex."

KEY MESSAGES

- **INVISIBLE** - Many STIs/STDs are invisible
- **RESULTS** - STIs/STDs can result in infertility, cancer, and even death



DIANA RILEY

Medical Services Manager

"It is sex all the time, all around them,
with easy access to it. So, it is more
challenging to choose abstinence."

KEY MESSAGES

- **DENIAL** - People believe they will not contract STIs
- **FIT IN** - People think abstinence isn't cool

COMMON STIs/STDs

COMMON STIs/STDs		
STI/STD	MODES OF TRANSMISSION	POSSIBLE COMPLICATIONS
Chlamydia: A bacterial infection and the most common curable STD in the U.S. ⁹	Any sexual contact with an infected person by oral, anal, or vaginal sex	Pelvic Inflammatory Disease and infertility
	Contact with infected body fluids (exclusively semen and vaginal fluid)	Serious and painful damage to pelvic organs
	Mother to baby during delivery	Infection of baby during delivery
		Increased risk for other STDs
Human Papilloma Virus (HPV): The most common STD in the U.S. A virus with 150 types (40 are considered to be transmitted sexually). Some cause genital warts; others can cause cervical cancer. ¹⁰	Any sexual contact with an infected person by oral, anal, or vaginal sex	Genital warts may increase in size and spread
	Contact with infected body fluids (exclusively semen and vaginal fluid)	May lead to various cancers
	Skin contact with infected skin (no visible sores are necessary for transmission to take place)	Infection of baby during delivery
	Mother to baby during delivery (rare)	Increased risk for other STDs
Human Immunodeficiency Virus (HIV) / Acquired Immune Deficiency Syndrome (AIDS): A virus that destroys the body's immune system. ¹¹	Any sexual contact with an infected person by oral, anal, or vaginal sex	Serious infections due to weakened immune system
	Contact with infected body fluids (exclusively blood, breast milk, semen, and vaginal fluid)	Cancer and/or other illnesses develop ¹²
	Mother to baby during delivery	If untreated, opportunistic infections can lead to death (6,721 in 2014) ¹³
		Infection of baby during delivery
		Increased risk for other STDs

15-24 year olds will account for 50% of the 20 million new STI cases yearly in the U.S.¹⁴



DISCUSSION QUESTIONS

What STIs/STDs (venereal diseases) did you learn about as a teen?

What changes have you observed in the risk of STIs/STDs since you were a teen?

What surprised you most about how STIs/STDs are transmitted (reference the chart)?

NOTES

SESSION WRAP-UP

You may be thinking, *What about safe sex? Wouldn't birth control stop an STI from developing?* Every form of birth control has a failure rate. Some forms have small failure rates while others have larger failure rates. Birth control was designed to reduce the chance of a pregnancy, not eliminate the possibility. Some forms of birth control can reduce the chance of getting an STI, while other forms of birth control (pill, patch, shot, etc.) don't reduce the chance.¹⁵

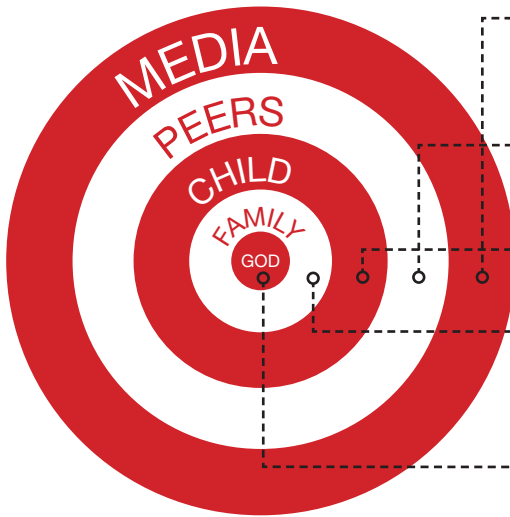
Besides, if parents hand out birth control *just in case* their kids are sexually active, but teach abstinence, what message are kids getting?

Everyone wants what is best and healthiest for their child. Teaching your child to wait for sex is the best and healthiest way of protecting your child. Are you giving your child the most accurate, up-to-date information? Or are you allowing the fear of "what if" to control what you are teaching?

SET UP

1. Plant a bean seed in a moist paper towel in a plastic bag; watch it grow. Note to younger children that the seed becomes a baby plant. Compare the stages of the seed's growth to that of a baby in the womb.
2. Invite someone you know to share their story of abstinence, adoption, unplanned pregnancy, etc., with your family.

CONVERSATION STARTERS



MEDIA: What are some of the physical consequences of sex that have been shown in a movie or TV show?

PEERS: Do you know anyone your age who has had a pregnancy or an STI?

CHILD: What would you do if you got pregnant or contracted an STI?

FAMILY: As parents, this is how we would respond if you or anyone in our family got pregnant or contracted an STI.

GOD: Share Biblical examples of how God used “unplanned” pregnancies for the greater good. Read about Hagar in Genesis 16, 17, 21 and about Mary in Chapter 1 of Matthew and Luke.

ACTION STEPS

1. Review the SLED argument with your older children on page 22.
2. Visit a local pregnancy care center and ask if there is a client that your family can pray for and/or assist.
3. Pray for your children. Perhaps use the following prayer:

Heavenly Father, I entrust my children to you. Be their God and Father; and mercifully supply whatever I lack, through my weakness or negligence. Strengthen them to overcome the corruptions of the world, to resist the temptations of evil, whether from within or without; and deliver them from the secret snares of the enemy. Cover them with your grace, and confirm and multiply the gifts of the Holy Spirit in them, that they may daily grow in grace, and in the knowledge of our Lord Jesus Christ. Equip them to faithfully serve you here, and embrace them so they rejoice before you in the world to come; through the grace of our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, now and forever. Amen.¹⁶



SESSION 4

SPIRITUAL & EMOTIONAL CONSEQUENCES

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29	Before Starting	
	Guard Your Heart	
30	When Life Really Begins	
	Video: Pablo Giacopelli	(2:35)
	Spiritual Consequences	
	Video: Stephen Raemisch	(4:23)
	Video: George Davis	(5:10)
31	Let's Chat	
	Detour	(2:15)
32	Emotional Consequences	
	Video: Diane Spicer	(10:40)
	Video: Dr. Dan Rooks	(5:34)
	Let's Chat	
33	Session Wrap-Up	

Above all else, guard your heart, for
everything you do flows from it.

Proverbs 4:23

BEFORE STARTING

Since session three had heavy content, you may want to take a little extra time to follow up and talk before starting session four.



WHAT TO DO

1. Share how the conversations with your kids have been going.
2. Encourage one another.
3. Take your time.



WHAT NOT TO DO

1. Disregard others' experiences.
2. Ignore God's redemption found in each story.
3. Go off on tangents.

GUARD YOUR HEART

The wisest man, Solomon, told his son, "Above all else, guard your heart, for it is the wellspring of life" (Prov 4:23).¹⁷ Water is essential for life. Keeping water clean was, and still is, one of society's highest priorities.

Solomon told his son that a pure heart is as important to life as pure water. The heart holds our truest feelings and our thoughts. From the heart, we love and worship. No wonder God is telling us to protect it. Attacking the core of who we are is a part of the enemy's plan, and one of the quickest ways to our heart is through sex, because sexual sin is against our own body (1 Cor 6:18).

The choices we make could be causing physical life or death but, more importantly, spiritual life or death. "Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life." (Gal 6:7-8). Because we want our children to choose life physically and spiritually, we need to teach them how to protect their hearts.

SPIRITUAL & EMOTIONAL CONSEQUENCES

WHEN LIFE REALLY BEGINS

A stylized and creative short film demonstrates that no life is a mistake. Conception is more than just physical birth.



PABLO GIACOPELLI
Author and Speaker

“In Ephesians, we are told that God knew us and chose us before laying the foundation of the world.”

KEY MESSAGES

- **BEGINNINGS** - Scripture shows that God knew us before we were conceived
- **HELLO** - When God created the heavens and earth, He had us specifically in mind

SPIRITUAL CONSEQUENCES

Two pastors talk about God’s design for sex – one that is great and rewarding. Any other design is empty and damaging.



REV. STEPHEN RAEMISCH
Pastor

“When we are isolated with a sin of that magnitude, the guilt can be overwhelming.”

KEY MESSAGES

- **KILLJOY** - God is NOT a killjoy but wants us to truly enjoy sex ... His way
- **DECEPTION** - Sin will take you further than you want to go



REV. GEORGE DAVIS
Pastor

“They don’t tell you that although you believe in God’s forgiveness, you’ll go over [the abortion] time and time again.”

KEY MESSAGES

- **PERMANENCE** - The lasting effects of abortion
- **HEALING** - God turning tragedy into triumph

Let's Chat

DISCUSSION QUESTIONS

What are some spiritual consequences of sin?

Are you more worried about spiritual or physical consequences of sin for your kids?

How would you articulate the spiritual union of a husband and wife during sex?

NOTES

DETOUR

In life, there are no guarantees. Watch this short film called *Detour* about a father looking forward to his daughter's birthday celebration as he drives home.



The texting in this video was for dramatic purposes only. The PRC does not recommend texting while driving.

EMOTIONAL CONSEQUENCES

Sex is much more than the body since it also involves our minds and souls. That's why the psychological consequences of temporary sexual relationships are powerful and real.



DIANE SPICER

A survivor of abuse, rape, sexual addictions, and subsequent abortions

"He said to me, 'You need to forgive the man who abused you.'"

KEY MESSAGES

- **CARNAGE** - Addiction, abuse, and using abortion as birth control
- **FORGIVENESS** - If I can be forgiven, I can forgive

The PRC recognizes that a victim of abuse contacting his or her abuser could put someone in a high-risk and possibly dangerous situation. Please defer to the advice and supervision of a certified counselor in such matters.



DR. DAN ROOKS

Clinical Psychologist

"Our natural tendency in responding to shame is to hide because of our fear of the other person's judgment."

KEY MESSAGES

- **BAGGAGE** - Struggling with vulnerability and intimacy
- **CELEBRATE** - How we heal and that sex is good

Let's Chat

DISCUSSION QUESTIONS

What are some emotional consequences of sin?

Why does forgiveness play such an important role in our lives?

How does sex build the emotional relationship between a husband and wife?

How can we show our children that sex is a good gift from God?

NOTES

SESSION WRAP-UP

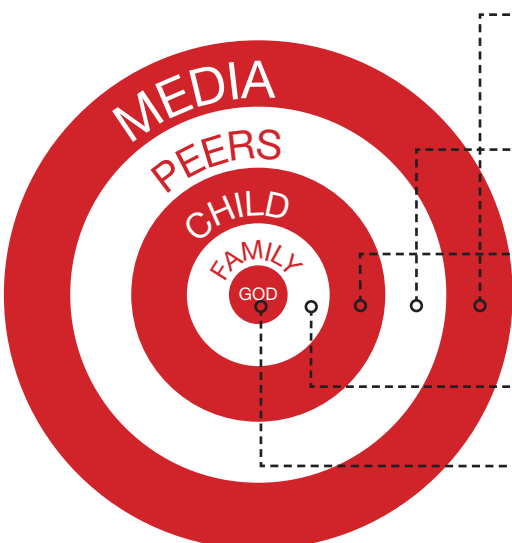
Every decision has consequences. Giving oneself to someone outside of marriage is irreversible, but God can redeem our failures. He promises to forgive the sins of those who repent (1 John 1:9). Our role is to guide our children away from these sins in the first place.

When children understand how they are made and that God wants them to be healthy—physically, emotionally, and spiritually—they are equipped to make better choices and to protect their hearts.

SET UP

1. Play one of your favorite “love songs” from when you were a teen. Share with your children how that song connected with your relationships.
2. While watching a movie or TV show, ask your children to identify characters who are ruled by their emotions. What role should emotions play in our lives?

CONVERSATION STARTERS



MEDIA: How did (movie, TV show, or book) demonstrate the spiritual and emotional consequences of sex?

PEERS: Have you seen the emotional consequences when couples in your school break up?

CHILD: Which do you think would affect you more—the physical, emotional, or spiritual consequences of sex? Why?

FAMILY: Is our family a safe place to express our emotions?

GOD: Is God a safe place to share our emotions? (Check out the Psalms!) Why does sexual sin affect us more deeply than other sins? (1 Cor 6:12-20)

ACTION STEPS

1. Talk to your spouse about what sex means to you emotionally and spiritually. Consider sharing that with your child.
2. Take two backpacks. Fill one with rocks and the other with balloons. Explain how our emotions can either lift us up or drag us down.



SESSION 5

DATING AND RELATIONSHIPS

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35	Before Starting	
	Microwaves & Crockpots	
36	Video: He Said She Said	(4:10)
	Video: Let's Look At Love	(2:43)
37	Video: When Is Sex Okay?	(2:27)
	Video: 8 Stages Of A Physical Relationship	(3:32)
38	Let's Chat	
	Video: Same-Sex Attraction	(5:45)
	Video: Social Media & Identity	(4:55)
39	Let's Chat	
	Video: The Adolescent Brain	(3:15)
	The Gray Matter Matters	(2:18)
40	What Is Happening In A Teen Brain	
	Let's Chat	
41	Session Wrap-Up	

My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends.

John 15:12-13

BEFORE STARTING

The strength of any study is applying the lessons learned to our lives. Before beginning session five, spend some time going over last session's action steps.



WHAT TO DO

1. Be open to the Holy Spirit's voice.
2. Share an attribute that you like about your child or children.
3. Be sensitive to each other's stories and experiences.



WHAT NOT TO DO

1. Forget that all things are possible through Christ's strength.
2. Stay quiet when the group needs to hear from you.
3. Talk over others.

MICROWAVES & CROCKPOTS

It's been said that boys are visually oriented and arousal comes on like a microwave, whereas girls are conversationally oriented and more like a crockpot. But put them together during a time of hormones gone wild, and trouble crouches at the door.

Dating and developing relationships with the opposite sex should be a part of the best years of youth. You're coming into your own, you see someone you're attracted to, and the conquest begins. You're either going to be the competition or the prize.

But relationships, not done right, can have bitter, damaging, and lasting consequences. So how young people handle dating today determines the quality of their relationships (and self-esteem) tomorrow.

For starters, our kids need to know that having a sex drive is very normal. Temptation is not wrong. For something to tempt us, we must have a natural desire for it. It's when we give in and act upon it that we cross a line.

Abstinence isn't easy. Nothing worthwhile is. The culture thinks it knows what feels good and that it's boring or old-fashioned to wait. They've settled for a cheap and easy substitute that doesn't last and only causes relational carnage and emotional wounds. Waiting, however, is a deliberate choice to stand up to the culture, avoid the risk and baggage, exercise self-control, and save the best for last: marriage. So when the time comes, they will be able to dive into and embrace physical and emotional intimacy.

Sex is AWESOME ... in its proper context, as God intended.

DATING AND RELATIONSHIPS

HE SAID SHE SAID

This is a short film that finds a group of guys around a campfire while their girlfriends are at a coffee shop. Each couple represents a different type of relationship. Can you tell who is demonstrating sexual desire? Which couple sounds like they are infatuated with each other? Finally, who is expressing true unconditional love for each other?



LET'S LOOK AT LOVE

In this lighthearted 2D animation called *Let's Look At Love*, we explore the definition and differences between desire, infatuation, and love.

LET'S LOOK AT LOVE

LUST	LOVE
Focus on self	Focus on another's needs
Fulfills own desires	Seeks another's desires
Inconsiderate	Considerate
Seeks to please self	Seeks to please another
Demanding	No strings attached
Seeks to be served	Seeks to serve
Uncommitted	Devoted no matter what
Relationship comes and goes	Faithful
Jealous	Trusting
Looks matter	Looks are superficial

WHEN IS SEX OKAY?

We took to the streets and asked people about how far is too far and what they thought about waiting until marriage to have sex.



8 STAGES OF A PHYSICAL RELATIONSHIP

This comic book-style animation explains eight stages found in a physical relationship.

Of course, not every relationship includes all eight stages. But for sexual relationships, this is the typical progression. A couple can go through the stages in a matter of hours or years.

Our children should know the difference between physical affection and arousal even at a young age. The first four stages express affection and are normally appropriate for those we care about. Children of all ages should be taught that they can always say no to unwanted displays of affection. Parents can teach their teens about the laws pertaining to sexual misconduct in their state.

The final four stages describe the process of arousal. This is the process God designed to prepare a couple for sexual intimacy. It would not be appropriate for most of the people we care about. Even your favorite aunt isn't getting a lingering kiss at Thanksgiving!

If the purpose of sexual arousal is to prepare for sex, then it's appropriate to reserve the arousal stages for the person we marry.



8 STAGES OF A RELATIONSHIP

AFFECTION

1. TALK / FLIRT
2. HOLD HANDS
3. HUG
4. CASUAL KISS

AROUSAL

5. LINGERING KISS
6. INTIMATE TOUCH WITH CLOTHES ON
7. INTIMATE TOUCH WITH CLOTHES OFF
8. SEXUAL INTERCOURSE

Did you know that oxytocin, vasopressin, and dopamine are part of the arousal process? Dr. Smithee will explain how. Stay tuned.

Let's Chat

DISCUSSION QUESTIONS

Our culture thinks that waiting to have sex until marriage is unrealistic. Is it?

What kind of advice can you give your kids to make waiting realistic and desirable?

How would you describe sexual desire, infatuation, and unconditional love to your kids? (Reference chart on page 36.)

NOTES

SAME-SEX ATTRACTION



LAURIE KRIEG
Co-Founder of Hole In My
Heart Ministries

"Jesus didn't come to make us heterosexuals, he came to make us disciples."

KEY MESSAGES

- **CONFLICT** - Being Christian and being attracted to same sex
- **LGBT** - What does it mean to be LGBT (Lesbian, Gay, Bisexual, Transgender)? What's the answer to the hole in our hearts?

SOCIAL MEDIA & IDENTITY



DON PEARSON
Pastor to parents of adolescents
and Author.

"We're dealing with two things: technology and the heart."

KEY MESSAGES

- **IDENTITY** - How social media affects the way we present ourselves to others
- **BALANCING ACT** - Managing technology issues with heart issues

Let's Chat

DISCUSSION QUESTIONS

Is there a difference between struggling with same-sex attraction and acting on it?

To see a target conversation about same-sex attraction and resources for those who are struggling, visit thewholesextalk.com/resources.

How do we guide kids to find their identity in Christ, not in others on social media?

NOTES

THE ADOLESCENT BRAIN



DR. JULIE SMITHEE
Licensed Clinical Psychologist

“Life is complicated. Especially for teens whose brains are still developing.”

KEY MESSAGES

- **ILLUSION** - Teens may look like adults, but they are not
- **CHEMS** - Neurochemicals and arousal influence behavior and form bonds

According to Dr. Julie Smithee, “Prefrontal cortex is the source of judgment, seeing into the future/planning, understanding behaviors and its effects, abstract thinking and decision making. Dopamine is secreted in the prefrontal cortex in response to excitement, pleasure, new things, adventure, and risk taking.”

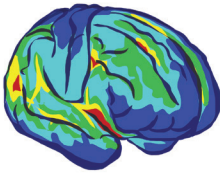
Many chemicals are released in the body to bond people together, including, oxytocin in women and vasopressin in men. This is why there is pain in breakups.

THE GRAY MATTER MATTERS

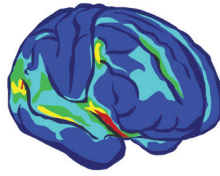
This whiteboard animation depicts what's happening and not happening in the adolescent brain.



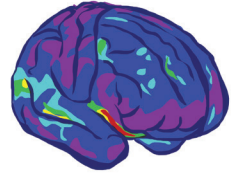
Blue area represents the development of a person's reasoning ability.



Child Brain



Teen Brain



Adult Brain

WHAT IS HAPPENING IN A TEEN BRAIN?

- Needs rules and boundaries because teens are on hyperdrive and take risks. They need a safety net.
- Needs affection, acceptance, and a lot of attention even when the door is shut.
- Fear of failure because of focus on self. Blames others when they do fail. Has selective hearing.
- Feels the need to please those important to them.
- Doesn't understand the why of "don't do this or that."
- Can't read social cues, body language, or sarcasm to stop them from doing something bad.
- Low self-control so can't stop in the heat of the moment to evaluate long-term consequences.
- Needs help when it comes to focus and good judgment calls.

Let's Chat

DISCUSSION QUESTIONS

How have you observed the difference in adolescents and their decision making compared to adults?

How does knowing the neurological background of what's going on in your teen's brain help you parent? Set boundaries? Encourage abstinence?

NOTES

SESSION WRAP-UP

Read 1 Thessalonians 4:3-8 before reading the following:

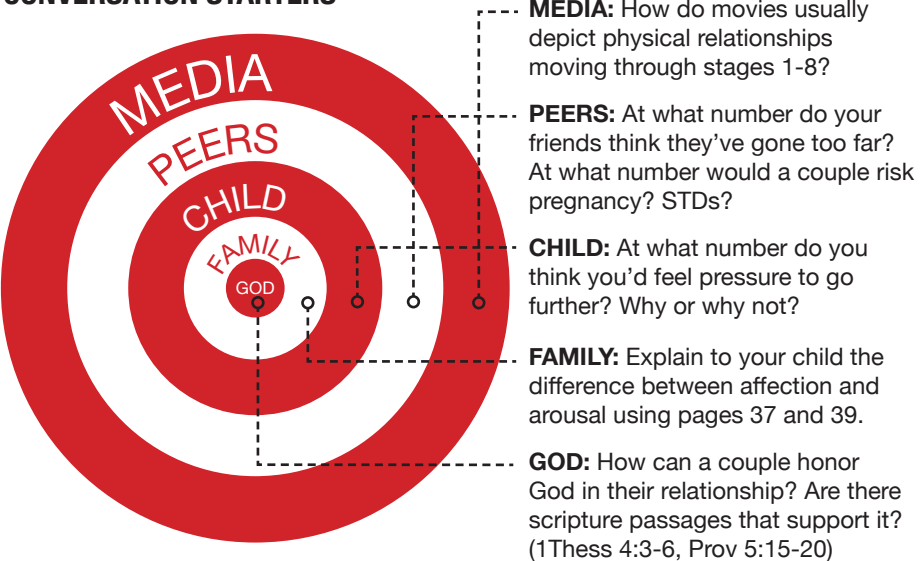
1 Thessalonians 4:3-8 begins with, “It is God’s will that you should be sanctified.” Sanctified means set apart for a holy purpose. God desires your child be set apart so that they can be an example to others.

These verses go on to talk about avoiding sexual immorality. Sexual immorality is any sexual activity that goes against God’s plan for sex. These verses also talk about self-control and treating our brothers and sisters with utmost respect. Verse 8 sums it up this way, “Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you His Holy Spirit.” Our children are not going against us, our family, our church, or their friends; they are going against the God who created them and their sexuality. Let us help them see that our sexuality is a gift from God.

SET UP

1. Write numbers 1-8 on a sheet of paper. Write the word sex next to 8.
2. Ask your child what physical steps they think most couples take to get to stage 8. Fill in the numbers with their answers. Refer to page 37. Use the list you just created to begin the conversation starter below:

CONVERSATION STARTERS



MEDIA: How do movies usually depict physical relationships moving through stages 1-8?

PEERS: At what number do your friends think they’ve gone too far? At what number would a couple risk pregnancy? STDs?

CHILD: At what number do you think you’d feel pressure to go further? Why or why not?

FAMILY: Explain to your child the difference between affection and arousal using pages 37 and 39.

GOD: How can a couple honor God in their relationship? Are there scripture passages that support it? (1Thess 4:3-6, Prov 5:15-20)

ACTION STEP

Make two pairs of hearts. Glue one set together. The glued pair of hearts represents a sexually active couple. The other is not. Ask your child to help both couples break up by pulling the hearts apart. Discuss the role the bonding chemicals oxytocin and vasopressin play within a marriage relationship.

SESSION 6

IMAGE BEARERS AT HEART

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43	Before Starting	
	Celebrating People Made In God's Image	
44	Video: She Was Listening	(2:30)
	Video: The 3As	(3:17)
45	Love Language	
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46	5 Love Languages	
	Dad's Importance	
	Video: Troy Evans	(4:06)
47	Let's Chat	
	Video: Practical Helps	(17:01)
	Video: Rewind	(1:08)
48	Let's Chat	
	Session Wrap-Up	
50	Sources	

So God created mankind in his own image, in the image of God he created them; male and female he created them.

Genesis 1:27

BEFORE STARTING

Last, but not least, session six. Before beginning, spend some time going over last session's action steps.



WHAT TO DO

1. Review things you have learned from previous sessions.
2. Celebrate all that has happened since starting.
3. Make plans to continue to encourage one another.



WHAT NOT TO DO

1. Forget what you have learned.
2. Check “The Talk” off your list and never mention it again with your child.
3. Rush through this final session.

CELEBRATING PEOPLE MADE IN GOD'S IMAGE

In session one, we learned that being made in the Image of God is directly related to our sexuality. We learned that God wanted to fill His entire creation with humans, made in His image, reflecting His faithful, loving, creative care of the Earth. The truth that every person bears the Image of their Creator should radically transform how we understand ourselves, our children, and every person.

Being made in God's Image is the foundation for our children's self-regard and self-confidence. They are a one-of-a-kind replica of their Maker, handmade by God (Psalm 139). He has given them talents, abilities, perspectives, and experiences that don't belong to anyone else. This is also the foundation for their humility; they have been made for God's glory, not their own.

And just as any attack on an earthly king's image would be considered an attack on the king himself, God regards any attack on a human being as a rejection of His authority. For our children, this means God cares about everything that happens to them. God also cares how our children treat others. Let's teach them to treat others the way God wants them to be treated.

IMAGE BEARERS AT HEART

SHE WAS LISTENING

She Was Listening is a film about the confidence and self-esteem developed in a daughter through a lifetime of encouragement, captured in home movies.



THE 3As

The 3As is a candid look at a group of teens reflecting on how affirmation, affection, and achievement were demonstrated by their parents and how it impacted them mentally and emotionally.



Below are some examples that teens have shared of practical ways their parents show affirmation, affection, and achievement.

AFFIRMATION

To be valued for who you are and not for what you do. Can produce **feeling of being worthy.**

“

Tell me they love me every day

Praise me when I do something good and reassure me they still love me when I fail

Ask about my day

Do special things for me out of the blue

Ask me questions about my day and life

Compliment me on my goals and just being me

AFFECTION

Physical means by which you can show love, care, and concern. Can generate **feeling of being loved.**

Talk to me, spend time together

Cuddle with me and tell me they love me

Hugs before bed

Hugs, kisses, and talking

Positive words and taking care of me

Cooks me things I like

ACHIEVEMENT

Recognition for specific accomplishments that they have achieved, or positive actions that contribute to the life of the teen. Can produce **feeling of competence.**

Being a virgin and not having sex

Being a son or daughter my parents can trust – anytime, anywhere

Being Student of the Month

Making the soccer team

Being honest when I could have easily lied

Getting my homework done”

LOVE LANGUAGE

Speaking to your children in a way that nurtures them and builds self-esteem is critical in the formative years and beyond. Dr. Ariel Juberg explains how it also keeps us connected and is influential in our children’s lives.



DR. ARIEL JUBERG
Psychologist

“Our kids are in process. It can be easy taking any disconnect personally, but don’t.”

KEY MESSAGES

- **MIRROR** - How you see them has incredible value
- **I SPY** - Catch your kids doing something positive



WORDS OF AFFIRMATION

This language uses words to affirm other people.



QUALITY TIME

This language is all about giving the other person your undivided attention.



PHYSICAL TOUCH

To this person, nothing speaks more deeply than appropriate touch.



ACTS OF SERVICE

For these people, actions speak louder than words.



GIFTS

For some people, what makes them feel most loved is to receive a gift.

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DAD'S IMPORTANCE

Very few things in life are more powerful than a mother's love. However, a father figure or male role model can also make a profound difference in a child's life. So can his absence.



"Not having a relationship with my father was a big deal."

TROY EVANS
Pastor

KEY MESSAGES

- **IDENTITY CRISIS** - Proving yourself when you don't have to
- **ATTITUDE** - Feeling unwanted creates a lack of respect

Every child wants to know they have a place in the world and that they're valuable. Some girls and boys might go to extreme lengths to prove their worth to the world; others might conclude that they are worthless. The world will constantly measure young people by impossible standards of beauty, strength, money, and intelligence.

A father has a critical role in affirming the worth of a child. The voice of a father can powerfully declare to his son or daughter that they have a God-given purpose and worth. A father can remind his daughter that she offers far more to the world than just her body, and his love won't diminish for her based on her report card. A father can praise his son for hard work and diligence whether or not he is a top athlete or honor student. The encouragement of a father helps to prepare a young person for healthy future relationships that are based on unconditional love and commitment.

Children who do not know the love of their father may seek to be validated and affirmed by a world that doesn't care about them. The world will always demand more than can possibly be given and will discard them as soon as their "usefulness" wears off.

Let's Chat

DISCUSSION QUESTIONS

From the lists on page 45, share an example of how you demonstrate affirmation, affection, or recognize achievement with your children.

Do you know your love language(s)? Your spouse's? Your children's?

How can you express love if your love languages are different than your child's?

How can a father affirm a child's worth?

NOTES

PRACTICAL HELP

This video is a roundtable discussion with three couples sharing stories, strategies, and tactics to provide for their children, prepare them for the future, and protect them from harm.



REWIND

Wait ... wait ... wait. We know it's been an emotional journey getting through these sessions. We're confident you are refreshed and energized with new hope. Before you begin your action steps, we wanted to give you a fun glimpse into this labor of love and what it took to make this project a reality. May you be encouraged as you go!





Let's Chat

DISCUSSION QUESTIONS

How can a group of parents support and help each other in talking to their kids?

What are the pros and cons of having cell phone rules and accountability in your house?

We often tell our kids, no ... no ... no ...
How could we balance talking to our kids about their sexuality in a positive way?

NOTES

SESSION WRAP-UP

Close your eyes and imagine this. You are in the desert. The blazing sun, which you have once longed for on frigid winter days, has now become your foe. Its rays are beating down on your dehydrated body, scorching your skin. You long for a drink and dream of gulping down cold refreshing water to soothe your suffering. You'd drink anything to numb the pain. As your feet drag in the blistering desert sand, you see an oasis in the distance. You blink several times to make sure it's real and run towards this heavenly vision. It's real. You throw yourself into the water and begin to drink ...

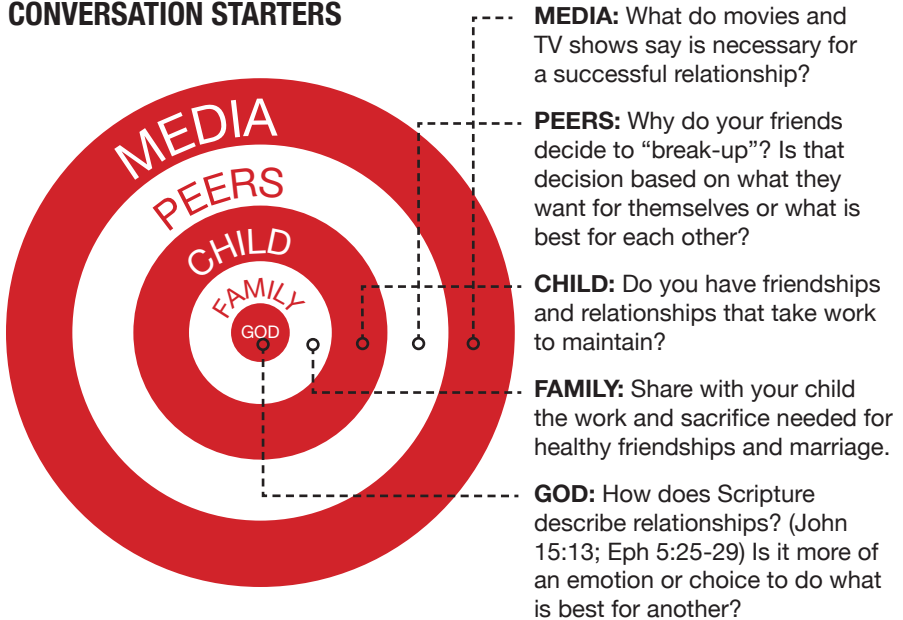
Today, people are thirsty for love. They are so thirsty that they will drink any liquid put in front of them. What disguises itself as love is not always love. We need to equip kids to discern between true love and lust, God's definition and Hollywood's definition, and help them choose true love, even if it means going against the current.

Hopefully, after these sessions, you will have the confidence and tools to speak to your kids about sex, to know the dangers involved in premarital sex, to see the beauty in waiting until marriage to have sex, to understand your child's daily reality of pressures to give in to sex before marriage, and, most importantly, to nurture the relationship with your kids.

SET UP

1. Review page 45 with your child and ask them which of the 3As is most important to them.
2. As a family, discuss over a meal what it means to be made in the Image of God. (Refer to pages 5 and 43 for guidance.) How can this apply to our relationships?

CONVERSATION STARTERS



ACTION STEPS

1. Cultivate relationships with other parents in order to encourage and support each other in parenting.
2. As a family, take the love languages quiz at 5lovelanguages.com. Exchange names between family members. In the next week, demonstrate love to a family member using their love language.
3. Pray daily for God's strength and wisdom to raise the children who have been entrusted to you.

NOTES

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