

“Talking to Kids about Sexuality”

What do I Say and When?

Birth to age 2

- Proper name for body parts—both proper name for genitals for health issues or injuries, and common names for everyday use (i.e. bum for bottom).
- The idea of privacy for themselves and others (closer to age 2)

Ages 2-5

- Continue naming proper names for body parts
- God made all things, including people, for His glory
- People are special parts of God’s creation, made in His image
- Define family (Husband, wife, and children)
- Begin discussing gender difference and biblical gender roles
 - Boys and girls have different body parts
 - Boys grow up to be men and girls grow up to be women
 - Boys can be daddies, and women can be mommies
 - Daddies are the head of the household, protectors, providers
 - Mommies are the co-laborers with the Daddies, assisting and leading with them
 - Men and women are equal but different
- Begin discussing appropriate boundaries
 - Give child permission to say “no” to unwelcome touches (tickles, hugging when not ready, etc.)
 - Only the doctor or nurse when he or she is making sure you are healthy, or mommy or daddy (Grandparents, or whoever acceptable) when we are caring for you, should touch anywhere that your underwear covers up, because those are private areas and very special
 - “Doctor” is a very popular game during this time...direct children to play with dolls or stuffed animals, allowing for protected creativity

Ages 6-8

- Reinforce the idea of appropriate boundaries
 - Explain what to do if someone crosses those boundaries (tell Mommy or Daddy, even if the person told you not to tell us)
 - Explain what to do if they *hear* about those boundaries being crossed
- Start explaining digital spaces
 - Establish rules for computer use
 - Teach how to explore safely
 - Know your filters and passwords
- Explain pornography

- Introduce concept of puberty and changing bodies
- Begin to introduce the mechanics of sex
 - It takes a man and a woman
 - Woman provides an egg/the man a sperm and they meet
 - Woman has a special place (uterus, womb) for the baby to grow
 - God's best is for a man and woman to be married when they have a baby so that the baby can be part of a family with a Daddy and Mommy
- Start explaining gender confusion
- Code word for pick up

Ages 9-12

- Internet safety is a top priority
 - Further discuss pornography
 - Sharing pictures on-line
 - What to do if friends share inappropriate pictures
 - Social, moral, and legal consequences of what is shared on-line
- Prepare child for entering puberty
 - Menstruation, erections...the whole nine yards
 - Emotional effects of puberty
 - How to handle emotions and sexual feelings for the glory of God
- Fully explain the mechanics of sex (early in this age range)
 - The beauty and purpose of proper sexual relationships
 - The danger and harm of improper and abusive relationships
 - STD's
- Gender roles from God's perspective
- Further discuss gender confusion
 - How to talk about this with friends
 - Why we believe what we believe
 - God's plan
- Code word for help

Teens

- Clear rules for phone/internet usage
- Rules and guidelines for dating
- Preparedness for marriage
- Birth control
- Consequences of Alcohol and Drug abuse

