



SEXUAL INTEGRITY

ELEMENTARY CONVERSATION GUIDE **FOR PARENTS**

Your kid is growing fast and learning new information every day. They have questions about things you've forgotten—like fractions. They have questions about things you don't remember ever knowing—like the state capitols. But the hardest questions they ask may be questions about the thing that put them on this planet to begin with.

Don't panic. The conversations will get more complicated as they get older, so for now, your role is simple (even if it does feel awkward at times).

INFORM ABOUT HOW THINGS WORK.

As you answer your child's increasingly complicated questions, there are probably some things you should say, and some things you shouldn't. Here are just a few.

WHAT TO SAY

- "I'm so glad you asked me."
- "Thank you for telling me. You will never get in trouble for talking to me about that." (Encourage conversation through your words, tone and body language.)
- "Sex is . . ." (Check out resources that will help you talk to your child about where babies come from and what sex is.)
- "Sex is meant to be private. It's not something that we should watch." (Lay a foundation for conversations regarding pornography and digital content.)
- Depending on the child, you may begin around 3rd grade covering topics such as: body odor, growth spurts, breast/testicular development, growth of hair, menstruation/vaginal discharge and wet dreams. (Surprises can be scary.)

WHAT NOT TO SAY

- "The stork delivers babies."
- "We'll talk about that when you're older."
- "Don't talk about that."
- "Sex is kind of like when a butterfly lands on a flower in the early spring." (If you want them to understand, you need to just say what you mean.)
- Nothing.

Make sure to involve professional counselors, as needed, as well as your ministry leader and parents, if you're not the parent.
