

# EQUIPPING

for intergenerational ministry

## Talking about sex education



*For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*  
Psalm 139:13-14

As parents we are God's ambassadors for our children. We are to reflect and share his love and good boundaries. It is our responsibility to teach our children how to love people both male and female. This will require that we have some understanding ourselves of what we know, believe and value. Sex is 'caught and taught' in the family. Intentional or not, parents' responses will influence children's values and attitudes towards sexuality. The Bible is clear about parents' roles in educating their children. (Deut 11:18-20, Eph 6:4)

However, most of us at one time or another feel anxious or unprepared to talk about this topic. There seems to be so much to get our heads around. Sex education is more than 'just sex.' It's about character, personal integrity, and relational faithfulness. How do we nurture children in God's truth of sex, identity, marriage, intimacy, and relationships? Where is the road map, based on God's word and the Bible, to navigate this rocky terrain?

What about the hurdles that prevent us from providing sex education? For some it might be personal discomfort, or it might be our beliefs about childhood innocence. Maybe the 'right' time just hasn't come up, or we want to wait until our child brings up the conversation. Perhaps we simply feel inadequate.

Is it just too hard and we don't have time? In today's busy lifestyles, our children crave our time. To them, our time equals love. We can maintain close relationships with them when we spend time with them, listening to them. We don't need to preach or even teach, we just need to listen. We can stay connected with our children by being available and allowing the space for these conversations to begin. And we need to be constantly aware of what is happening in their lives.

But what about when things go wrong, or when those difficult questions arise? Where is that road map to help with our worries about saying the wrong thing? Let's first remember that God forgives, heals, loves, and redeems. And so can you! Be the one your children turn to when they need help, before they go to friends or the internet.

We would like to recommend several resources to encourage and equip you in these times together.

These resources are written for all ages and for all types of people involved in parenting – parents, carers, grandparents, aunts, uncles, and parts of the church family.

Patricia Weerakoon is a sexologist, educator, speaker, writer and researcher with more than 35 years' experience in talking about sex. She has written several easy-to-read books to assist pre-schoolers, children, pre-teens, adolescents and even adults.





### Birds and Bees By the Book

– is a six-book series which allows you to explore the topics of family, body and brain development with your child. It helps them to learn about sex, what it means to be a boy or a girl, and the dangers of pornography.

### Growing Up By the Book

– is more than just facts; it's about becoming the best person you can be. Answers are provided to the most common questions kids aged 10-14 have about puberty, sex, and relationships. How do you see your body? What do you feed your brain? And who do you base your identity on?

### GROWING UP BY THE BOOK



### TEEN SEX BY THE BOOK



### Teen Sex By the Book

– is all about teenage sexuality and relationships – sexual desire and arousal, falling in love, and dating (How far is too far?). Other topics include cybersex, pornography and homosexuality and the effects these can have on our sex lives. Challenging, informing and probably uncomfortable, it calls you to consider who you are and what you stand for.

### Talking Sex By the Book

– combines secular research with biblical guidelines to answer all the questions parents have when providing sexual education to children of any age. Topics include body development and image, sex and relationships, pornography, and gender. Activities are included for parents to work through together.



Patricia Weerakoon's books can be found here  
[www.youthworksmedia.net](http://www.youthworksmedia.net)

We also recommend this website  
[www.esafety.gov.au](http://www.esafety.gov.au)

