

PARENT CONVERSATION GUIDE

None of Your Business / Week 3

BEFORE YOUR CONVERSATION

BOTTOM LINE

Sex is good, and sex is powerful.

SCRIPTURE

“So God created human beings in his own image. In the image of God he created them; male and female he created them. Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it.” (Genesis 1:27-28 NLT)

“Adam and his wife were both naked, and they felt no shame.” (Genesis 2:25 NIV)

“This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.” (Genesis 2:24 NLT)

GOAL OF SMALL GROUP

To encourage students to think about sex as something created and designed by God and to invite a safe person in their lives to talk to them about it.

A WORD TO PARENTS

A conversation about sex may be a more difficult one to lead your child in than most. That's true for a number of reasons. For starters, they're uncomfortable, awkward, or even still naïve about the subject. Or they may be getting curious or even beginning to experiment with sex, but afraid to bring it up for fear of embarrassment, shame, or getting in trouble. Some may even be engaged in sexual activity or exposed to sexual things that they aren't sure how to discuss. The best thing you can do is to remind your child that no matter what their perspective on or experience with sex may be, you are a safe person they can connect with and talk to about this topic.

This guide is a suggestion, not a formula. As a parent, feel free to adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here.

DURING CONVERSATION

ICE BREAKER

What's one example of something that might make a middle schooler say, “That's none of your business”?

DISCUSS THIS

1. On a scale from 1-10, how awkward is it for young people to talk about sex . . .
 - At school?
 - With your friends?
 - At church?
 - With your parents?
2. Why does it matter if we talk about sex?
3. Do you think it's important to have a safe place to talk about sex?
4. What do you think about the fact that God created sex?
5. What's one example of how treating sex differently than the way God designed it might affect somebody's life?

DO THIS (EXPERIENCE)

Pass out the provided conversation starter cards to your group. Ask your few to use the cards to identify a trusted adult they can talk to when they have questions about sex. The cards will give them ways to actually start the conversation with the person they select. If any students are struggling with deciding who they can talk to, let them know that you're available and willing to talk when they're ready.

CONVERSATION STARTER

Sometimes asking questions related to sex can feel uncomfortable. That's totally normal! While this topic shouldn't be everyone's business, it should be someone's business! Use this card to identify a trusted adult you can talk to about this (and any!) topic. Then, take the step to start a conversation with them.

I can talk to _____ when I have questions about sex.

When identifying who you can talk to, think about these questions:

- Who is a trusted adult I can talk to inside my family?
- Who is a trusted adult I can talk to outside of my family?
- Who is someone I trust?
- Who is someone my family trusts?

Reach out to the trusted person you identified when you have something you want to talk about. You could . . .

- Send them a text message.
- Call them on the phone.
- Send a direct message on social media.
- Chat with them in person.
- Give them a handwritten a note.

Not sure how to start the conversation? Try saying something like this:

"In youth groups, we started a series about sex. Our challenge is to reach out to someone we trust so that when we have something we need to talk about related to sex, we can talk to them. Can you be the person I go to when I want to talk?"

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