

**GCCHM LEADERSHIP CERTIFICATION  
Level V, Course #7**

**TEACHING SEXUALITY TO CHILDREN  
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(Presenter's Notes)**

**Myths about Sex Education (many countries like Japan discourage teaching about sex):**

- Sex education increases sexual activity.
- Sex is nasty, dirty and to be avoided.
- If you tell kids too much, they get confused and upset
- Kids don't like to talk about sex with their parents
- Someone else will tell them
- Don't say anything until they ask; if they don't, breathe a sigh of relief!

**Alberta Mazat, *Captivated by Love*,**

***"The key to talking about sex is being comfortable with your own sexuality."***

**In order to feel comfortable about teaching sexuality to children, parents and educators of children need to recognize the following basics in sex education:**

- Sex is a gift from God and is good and wholesome
- Parents are to be the primary sex educators
- Human sexuality is a combination of instinctual, social and moral learning
- Sexuality has to do with the deeper understanding and appreciation of that which is sexual as part of the total being, not something isolated and self-centered.
- Sensuality is the use of sex as an arousal, attention-getting device.

**What do parents need to know before they begin to be sex educators at home?**

- Sexual physiology
- Sexual development stages of children
- What is normal for each stage

**General Principles for Teaching Sexuality**

**1. Start Early**

- ♪ Caring for the boy's circumcision and girl's genital area in a gentle and straightforward way.
- ♪ Communicate that God made the whole body lovely.
- ♪ Help babies to identify the different parts of the body when they start exploring their bodies.
- ♪ Don't slap their hands and say, "Don't touch, it's bad."

## **2. Share the responsibility**

- ♪ Both parents should talk to their children about sex.
- ♪ After a mother gives her response, she can say to her son, “Why don’t you go talk to Daddy about this, because he can tell you how men feel. I can only tell you how women feel.”

## **3. Answer Simply**

- ♪ Stop and think what the child is asking.
- ♪ If a child asks about babies, don’t explain about menstruation.
- ♪ Give a simple, direct answer to the question
- ♪ Don’t bore your child with long, detailed explanations. They won’t come back to ask for more.
- ♪ Give an invitation for more questions by saying, “ Does that explain it?” “ Is that okay?”

## **4. Use Teachable Moments**

- ♪ Answer children’s questions when they are confused or shocked at something they have seen in the media, or heard at school.
- ♪ Talk about babies when someone is going to have a baby

## **5. Counter the Influence of the Media**

- ♪ Watch TV programs with small children and point out what we think about them.
- ♪ If an unmarried couple is living together on television, we could point out that Jesus wants us to live happily forever in marriage.

## **6. Initiate Discussion**

- ♪ If children never ask about sexuality, we should not ignore the subject.
- ♪ By the time the child is nine, we need to say, “ Honey, I’ve noticed you’ve never asked about babies or about sexual matters. Maybe we could talk about it.”

### **Sex Education for Toddlers (Ages 2-3)**

1. Sex education is a long-term process
2. The key to teaching young children is the repetition of information until it becomes ingrained in their thinking.
3. Treat a child’s question about sex as casually as we do his other questions
4. Toddlers believe anything they are told, so it very important to be accurate in offering sex information.
5. It is helpful to convey concrete information by using drawings or pictures to show

how God has given living creatures several different ways of creating new living things.

6. Introduce children to the world of plants, animals, and insects.
  - a. if a dog or cat is pregnant, it's an excellent opportunity to explain how God created life.
7. Teaching lessons may last no longer than 5 minutes.
8. In discussing sexual matters with our children, use the correct medical terms even through we might feel uneasy at first.
9. Name the sex organs accurately.
10. Provide simple answers to questions asked by 2- and 3- years old.

### **Sample Questions and Answers**

Q: "Where did I come from?"

A; "You grew within a small bag inside your mommy, just below her tummy. When you were big enough to be born, you came out through an opening between mother's legs called the vagina."

Q: "How did I get inside your body?"

A: "When God created mommies and daddies; he put tiny eggs inside each of us. The daddy has what is called sperm inside his body, and the mommy has tiny eggs. When the sperm from daddy meets with the egg inside the mommy, a little baby begins to grow in a bag called the uterus."

Q: "Why does mommy have big breasts?"

A: "All grown-up women have large breasts. God made women this way because mamma's breasts will fill up with milk when she has a baby. This milk is food for the baby until it is old enough to take milk from the bottle."

Q: "Can men and women have babies?"

A: "Yes, they can, but God wants only men and women who are married to have babies. He wants every baby to have a safe home, where it is loved and cared for by a mother and father."

**"Good sex education begins with attitudes, depends on the accuracy of your information, and is learned in an atmosphere of responsibility."**

### **Sex Education for Preschoolers (Ages 4 & 5)**

1. Begin with the account of Creation in Genesis.
2. Recount the story of the Garden of Eden.
  - God made both the male and the female
  - Told Adam and Eve to multiply and subdue the earth.
3. Give a short description of sexual reproduction.
4. Deal gently when children are fondling their genitals.
  - Speak to them calmly.
  - Don't foster negative feelings about the sex organs by telling scary stories of castration.
5. Firmly discourage playing "doctor" or "nurse" where preschoolers explore each other's bodies.
  - Tell children that exploring each other's bodies is inappropriate behavior.
  - Help children realize that our bodies are private and we are not to expose them to others or touch the private parts of another person.
6. If children want to play "dress up," encourage girls to dress in female clothing and boys to dress in man's clothes.
  - Help children see a clear dividing line exists between male and female dress and personal appearance.

### **Peter Blichjngton, *Sex Roles and the Christian Family***

"During the first 5 or 6 years of life, the young child's sexual identity will be formed. A boy needs contact with his father in order for his sexual identity to be developed properly. Boys whose fathers are absent, passive or rejecting often find it harder to identify with the male role. Overly dominating mothers may also lead a young boy to identify too strongly with his mother and to reject masculinity."

### **Sex Education for Primary Children (Ages 6-10)**

#### **Understanding Behaviors of Primary Children**

1. Learn to reason, to think things through.
2. Display awareness and interest in the physical differences between boys and girls by age six.
3. Begin to talk about sex with friends and use sexual terms in swearing by age eight.
4. Engage in sex play to satisfy curiosity.
5. Learn about masturbation and sexual intercourse from their friends by age ten.
6. Have interest in conception and the process by which a baby grows inside the

mother's body.

### **Teaching the Basics**

1. Mothers should explain about menstruation to daughters at 9-10 years old.
2. Assure her it's a perfectly natural occurrence.
3. Help her understand there is nothing "unclean" or "filthy" about her monthly cycle.
4. Fathers should explain "wet dreams" to sons at 9-10 years old.
5. Assure him it's a natural occurrence.
6. Help him learn to deal with it when it happens to him when he is on a campout with his friends.

### **Teaching About Sexual Intercourse.**

1. First discuss sexual reproduction in animals.
2. Then lead discussion of how mothers and fathers create a new life.

### **Sex Education for Preadolescents (Ages 11-13)**

#### **Preparing Preadolescents for "Puberty"**

"Puberty is characterized by the maturing the sexual organs in preparation for reproduction. Menstruation in girls and the first presence of sperm in boys – as well as secondary sex characteristics such as pubic hair, underarm hair, enlarged breasts in girls, deepened voice in boys."

#### **Physical Changes in Boys**

1. Explain significant physical and emotional changes in the body of a boy up to preadolescence.
2. The pituitary gland releases 3 key hormones, the main one being androgen.
3. Stimulates aggressiveness, ambition, drives.
4. Stimulates testicles to produce testosterone hormone.
  - induces production of sperm cells
  - growth of body hair
5. Induces growth of larynx to deepen the voice.
6. Stimulates a temporary enlargement of the breasts.

#### **Physical Changes in Girls**

1. In the case of girls, the pituitary gland stimulates 2 primary hormones, estrogen and progesterone.
2. Estrogen stimulates growth of the breasts, widening of the hips, and maturation

of the genitals.

3. Induces menstruation and formation of a special lining called the endometrium in the girl's uterus for child bearing.

### **Sex Awareness and Information for Girls**

1. Teach adolescent girls about their reproductive organs and how they function.
2. Help them to understand how conception takes place.
3. Teach them the dangers of premarital sex, which may lead to pregnancy.

### **Sexual Knowledge for Boys**

1. Nocturnal emissions.
  - \* Explain how this unique release mechanism helps with unused sperm cells.
  - \* Known also as "wet dreams", it is God's method of releasing the built-up of sperm cells and sexual energy in an adolescent boy or in a man.
  - \* Reassure them it's normal, and they need not feel guilty or embarrassed.
2. Masturbation
  - \* The Bible is silent on this subject.
  - \* Medical reports declare the practice is not risk-free.
  - \* Parents could suggest some reasons why it is not an acceptable practice for Christians

### **Reasons Why Masturbation Is Not An Acceptable Practice for a Christian**

- Fantasizing and lustful thinking are usually involved in masturbation, and the Bible clearly condemns such thoughts (Matt 5:28)
- Sexual expression was designed by God to be performed jointly by two people of the opposite sex, resulting in a necessary and healthy dependence on each other for the experience. Masturbation frustrates that designed dependence.
- Guilt is a universal aftermath of masturbation. Such guilt interferes with spiritual growth.
- It violates 1 Cor 7:9, "For it is better to marry than to burn." If a young man masturbates frequently, it tends to nullify a necessary and important motivation for marriage.
- It creates a habit before marriage that can easily be resorted to afterward as a cop-out when both partners have sexual conflicts.

### **Helping Adolescents Cope with Emotional instability**

1. Reassure late bloomers that individual clocks are not broken.
2. Understand the confusion, peer pressure, hormonal imbalances, and self-

- esteem problems that face preadolescent children.
3. Communicate with them in an open responsive way.
  4. Encourage preadolescents to talk over problems with you as parents.
  5. Help them to see that parents are going to continue to set guidelines for their behavior.

### **Sex Education for Adolescents**

- Sex is a good gift from God.
- Basic physiology and anatomy.
- The emotional side of attraction, sexual feelings, guilt and embarrassment.
- Dealing with social pressure that influences sexual behavior.
- Importance of abstinence from sex before marriage.
- Values and sexuality.
- Sexually transmitted diseases, including AIDS.
- Consequences of sex outside marriage.
  - ~ Emotional consequences.
  - ~ Guilt.
  - ~ Shame.
  - ~ Losses – self-respect, virginity, peace, God’s approval
  - ~ Unintended pregnancy.
  - ~ Termination of education.
- Masturbation and guilt.
- The reproductive process including intercourse through to delivery
- Aspects of pseudo-sex (fake sex).
  - ~ Pornography.
  - ~ Sex as power and conquest.
  - ~ Forced sexual activity.
  - ~ Premarital & extramarital sex.
- Sex used as power (abuse)
- Aspects of self-control.
- Birth control methods and consequences.
- Sex orientations (homosexuality, lesbianism)

### **Sources**

- *What’s the Big Secret? Talking about Sex with Girls and Boys* by Laurie Krasny Brown & Marc Brown.
- *The Amazing Beginning of You* by Matt Jacobson and Lisa Jacobson.

- *How to Talk to Your Child About Sex* by Linda and Richard Eyre.
- *Sex Roles and the Christian Family* by Peter Blitchington.
- *Captivated by Love* by Alberta Mazat.
- *How to Talk with Teens About Love, Relationships, & S-E-X: A Guide for Parents* by Charles D. Miron and amy Miron.