

# TEACHING YOUR CHILDREN ABOUT SEX

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It is the responsibility of every parent to educate, teach and guide their children in life until they mature to start their own families. The responsibility is such that if parents fail to teach the basic truths that the child needs, that child may get the wrong knowledge outside and live a very wrong and complicated life. Sex is a very vital aspect of the life of man. Every child as early as possible needs to be educated on the subject so the child will not make mistakes in this area, especially the teenagers who are eager to explore relationships with the opposite sex and the world around them. There are a lot of wrong information and opinions on the subject of sex, every parent need to teach their children the truth as they understand and believe so their children will not be corrupted by the wrong concepts, beliefs and teachings in the world.

Talking to our teens about sexuality is one of the most life-affirming tasks parents face in our sex-saturated society. Throughout their formative years, teens need to hear from their parents the truth about sex, rather than just the daily bombardment of media sex scandals.

In *Sexuality, Contraception, and the Media*, the American Academy of Pediatrics reported that American children devote more than 38 hours per week to various forms of media, such as television, videos, video games, music, and the Internet. By the time the average teen graduates from high school he will have squandered 15,000 hours watching television—that's twenty percent more time than the 12,000 hours he will have spent in the classroom. Furthermore, the average American adolescent will view nearly 14,000 sexual references per year.

How much time, then, should we devote to countering those unwholesome media messages?

Talking to your teen about sex can be a daunting task, but research shows they do listen to their parents. In fact, research also shows that parents' disapproval is the number-one reason teens abstain from sex before marriage. Our teens are listening; we must deliver the right message.

It is important that parents teach the correct thing about sex to their children. I will be sharing with you some truths that you need to teach your children so they grow up to be the man and woman God created and saved them in Christ to be. Don't say to yourself the schools will do it so I don't need to teach specifically on sex. Sex education is taught in most schools, but many questions are unanswered because of the sheer embarrassment of asking them. Your child can ask you intimate questions because you are the father or mother, and you will be free to answer to enlighten and clear issues with your child. Your child can never be embarrassed before you on sexual issues. Make time and create the right atmosphere for your child to freely and lovingly interact with you on sexual issues. If your child does not ask or share, make him or her share by raising the subject and teaching and educating him or her.

The first thing you need to understand is that young people are bombarded with sexual messages daily—much of it inaccurate, deceptive, or plain falsehood. Most parents are not sex education experts, though, so it's difficult to keep up with the latest information about sexually transmitted diseases and teen pregnancy. Nonetheless, we need enough accurate information to correct misconceptions our kids may have.

### WHAT TO TELL YOUNG PEOPLE ABOUT SEX

1. Tell your daughter about menstruation when you think she is old enough to understand so that menstrual periods will not come as a shock to her. Remember that a girl may start to menstruate by the time she is 10.
2. Make sure your children are familiar with the basics of female and male anatomy and reproduction so they will not be misled by misinformed friends.
3. Make sure they are properly informed about the various methods of contraception.
4. Remind them gently of the implications of sexual intercourse, including getting pregnant or fathering a child. And the risks of contracting a sexually transmitted disease.
5. Encourage them to feel responsible for their bodies and to discuss sex and the emotional side of relationships openly with you; it can help them to form their sexual codes and standards.
6. Do not scorn or ignore the subject of masturbation but place it in the context of sexual drives that need to be contained.
7. Teach your child what the Bible teaches about sex – right and wrong sex.
8. Explain:
  - **Sexual urges or drives** - How it comes and how to control it.
  - **Fornication** and its consequences.
  - **Adultery** and the after effects on the persons involved and the entire family.
  - **Masturbation** – the world's view on it vis-à-vis God's view revealed in His holy word. Masturbation is not the answer to sexual urges but fuels it.
  - **Homosexuality** and the spiritual, physical, social and emotional implications of practicing it. It is those whose minds have been twisted that get involved in it.
  - **Prostitution** – male and female prostitution; those who live in hotels, brothels and hostels and those who operate from their homes.
  - **Pornography** – What it is, how it destroys a person's life and how not to get involved.
  - **The effect of wrong company.** Teach the child not to keep company with immoral people.

The following are some important facts for you to remember as you seek to inform your children:

### Definitions

- The word “sex” means different things to different people. Make sure you clarify your terms with your teen. In today's vernacular sex may mean vaginal

intercourse, anal intercourse, oral sex, or mutual masturbation. All forms of sex can transmit STDs.

### **Quick facts regarding STDs and adolescent pregnancy**

- Approximately 18.9 million new cases of STDs occur each year.
- Forty-eight percent of new STD cases occur among 15- to 24-year-olds.
- There are currently more than 25 types of STDs; some are curable, others are not.
- In the last year, approximately 1,000,000 pregnancies occur among 15- to 19-year-olds. Seven out of ten adolescent mothers drop out of school.

### **Quick ideas about setting boundaries**

Children and teens need boundaries for their safety. Children should understand the consequences of breaking family rules and boundaries. Consequences should fit the severity of the rule. The following are a few boundaries to discuss with your teen:

- Curfew – time they can go out and time they must be indoors and never go out.
- Transporting other teens - who or how many people ride in one car together.
- Drinking alcohol or using drugs.
- Drinking alcohol or using drugs and driving.
- Lying to parents or adults in authority.
- Allowing opposite-sex company in bedrooms.
- Having friends over while parents are absent.
- Age at which dating can begin.
- Dating vs. courting - discuss family values and guidelines.

### **Quick thoughts about sexual intimacy**

Sexual intimacy is difficult to understand before experiencing its power. Some points to consider include the following:

- Intimacy can progress quickly.
- Intimacy must be controlled by putting up boundaries beforehand such as not being alone with someone, not staying out too late, not dating one-on-one until older.
- The use of alcohol and drugs eliminates most people's ability to say "no."
- Typically, older guys are more likely to pressure younger girls for sexual intimacy.
- Sexual intimacy is the greatest treasure a person can give to another. Does this person measure up to the gift? Have he or she proven him or herself worthy of such an intimate and wondrous giving of self? Above all, sex is for the married within their marriage.

## **A few thoughts from God**

The Bible states repeatedly that sex outside one-man-one-woman marriage is dangerous and unacceptable. But more than that, the Bible describes marital love as an ecstatic, mind-boggling mystery so profound that it is an image of the love that exists among the Trinity.

Teens often hear of the biblical “forbiddens”, but they rarely hear of the wondrous nature of human love in God’s divine plan. Sex is one of God’s greatest gifts. Enjoyed in its appropriate setting, sex bonds a married couple together emotionally, mentally, physically and spiritually. Share with your teen this wondrous vision and work to inspire your teens to reach for nothing less than the promise God has reserved for them.

Genesis 1:27-28 — God created male and female.

Genesis 2:18-25 — 1) God created man and woman. 2) God created marriages as the way for a man and woman to become one emotionally, mentally, physically and spiritually.

Matthew 15:19 — 1) Entertaining evil thoughts about things such as murder, adultery, fornication, stealing, bearing false witness and blaspheming is as bad as actually carrying out the sin. 2) Fornication means sexual activity between unmarried partners.

The Song of Solomon intimately portrays the love between a husband and wife. It also pictures Christ’s relationship to the Church: Christ describes Himself as the groom and His Church as the bride. Just as we as Christians are to only worship God, so are husbands and wives to be exclusive in their intimacy.

## **Parents’ responsibility**

Talking to our teens about sexuality can be frightening, and at times may seem fruitless. But don’t underestimate your impact: You are the most important influence in your teens’ decision making. Parents must fulfill the mandate to impart family values to their children. We must begin talking to our children about sexuality—and we must do so clearly and often.

## **ABOUT SEXUAL ABUSE**

Teach your children what to do if someone tries to exploit them sexually.

Physical, emotional, and sexual victimization of children is among the most despicable crimes in the society today.

The apostle Paul, in his letter to the Romans, describes the natural progression of a culture bent on satisfying fleshly desires – a culture much like ours today.

Rom 1:26-2:1

*26 Because of this, God gave them over to shameful lusts. Even their women exchanged natural relations for unnatural ones. 27 In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed indecent acts with other men, and received in themselves the due penalty for their perversion. 28 Furthermore, since they did not think it worthwhile to retain the knowledge of God, he gave them over to a depraved mind, to do what ought not to be done. 29 They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips, 30 slanderers, God-haters, insolent, arrogant and boastful; they invent ways of doing evil; they disobey their parents; 31 they are senseless, faithless, heartless, ruthless. 32 Although they know God's righteous decree that those who do such things deserve death, they not only continue to do these very things but also approve of those who practice them.*

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Parents who consider their children "safe" from sexual victimization live in false security and set a dangerous course for their families.

The U.S. Department of Justice reports that 67 percent of all sexual assault victims are children. Another study by the National Center for Victims of Crime (2000) shows that 33 percent of girls (1 out of 3) are sexually abused before the age of 18. Sixteen percent of boys (roughly 1 out of 6) are sexually abused before the age of 18. These alarming figures demonstrate why parents must work diligently to keep their children out of potential risky situations and teach them what to do if someone tries to exploit them sexually.

The person most likely to sexually abuse your child is a person your child knows and trusts. The sex offender looks for a child who trusts him and can be convinced to stay quiet about inappropriate physical contact. It could be a family member, close relative, neighbor, school teacher, or trusted youth worker.

Discussing sexuality and/or sexual abuse with your child can be uncomfortable, but in today's world responsible parents cannot afford to skirt the issue. Here are some practical suggestions to incorporate in your home:

- Plan a specific time to sit down with your child to discuss sexual abuse.
- Explain to your child that God made their body very special. Every part of their body is good, but some parts of their body are private.
- Clearly identify for your child which parts of their anatomy are private. If your child is young, consider sharing the above information during their bath time.
- Let your child know they must tell you if anyone touches them in the private areas – no matter who the person is, or what the person says to them. Assure your child they will not be in trouble if they tell you they've been touched

inappropriately – rather, you will be proud of them, and help them through the situation.

It is possible that when you have this conversation with your child, he or she may reveal inappropriate contact someone has had with them in the past. Listen closely to what your child says, but avoid asking a lot of questions. Young children are sometimes quick to affirm information that may or may not be true. Instead, let your child know you believe them and love them. Report suspected sexual abuse to your local law enforcement agency, which will work to substantiate or rule out the information.

As parents, we will never completely eliminate the possibility that our child will be sexually abused - there are simply too many factors outside of our control. Nonetheless, parents empower their children through simple conversation and love. A conversation with your child could save them, and you, a lifetime of pain.

## **CONCLUSION**

School health or biology classes may cover some of these subjects, and church youth groups may cover others. But don't assume that because your child heard something once he or she will remember it. All of us have to hear messages over and over again to retain the information. We hear and process things differently at different stages in our lives. Teens are notorious for appearing to paying attention while letting important information flow right out their ears. So give attention to teaching over and over again until they understand and attach importance to what you have taught them.

Give attention also to the little ones. They too need guidance and help early enough.

## **WORDS OF WISDOM**

- 1. Marry the Christian who believes what you believe so you can be united enough to succeed.**
- 2. Do not plan to manage but enjoy your marriage. Do not make the mistakes others have made in time past that they are ever regretting. Choose right and live right. Choose the right person for you and enjoy the rest of your life.**
- 3. Love is not all that you need to make marriage succeed. You need wisdom, good character, a positive attitude to life and your marriage, effective communication, patience, the practice of forbearance and forgiveness, focus, discipline and God's help.**

### **FIVE DO NOTS IN CHRISTIAN COURTSHIP**

- 1. Never sleep with your partner since you are not yet married.**

- 2. Never undress or let your partner see your nakedness.**
- 3. Never consider getting pregnant before marriage though your family commands it.**
- 4. Never move in to live with your partner before marriage no matter what problems you may have.**
- 5. Never watch a blue film, especially with your partner for this will stir you up to fornication.**