

# Talking With Our Kids About Sexuality:

Chris R. Giles, MS, LMFT

Christian Family Institute

(918) 745-0095

[ChrisGiles@CFItulsa.com](mailto:ChrisGiles@CFItulsa.com)

# Why Accurate Information Matters

- Inaccurate information can be Inconvenient, Unhealthy and/or Deadly.

# Why Accurate Information Matters

- It can be said that Americans are the most over-sexualized and under-informed society in the world.
- In other words:  
**We know a great deal about sexuality...and most of it is wrong.**

# Why Accurate Information Matters

- Some Statistics:
  - **Most** High School Boys have viewed internet Pornography (intentionally or unintentionally) and the number of Girls viewing pornography is growing larger every day.

# Why Accurate Information Matters

- By the 9<sup>th</sup> grade, about 35% of students will have had experienced their first Sexual Intercourse.
- By 12<sup>th</sup> grade, around 60% of students will have experienced their first Sexual Intercourse

# Why Accurate Information Matters

- A recent study of college students revealed that less than 20% believe that oral sex is “Sex”
- And they believe it is “safe.”

# Pornography

- Fact: We are a sex and porn influenced society.
- Fact: Pornography destroys intimate relationships and significantly diminishes the ability to develop and maintain meaningful relationships.
- Fact: Pornography has serious mental and medical consequences.
- Fact: pornography is an addictive product.

# SEXUALITY Rather Than SEX

- Sexuality is more than Intercourse
  - It is:
    - Physical
    - Mental
    - Emotional
    - Spiritual



# SEXUALITY Rather Than SEX

- Ignoring “It” Will Not Make “It” Go Away.
  - Humans are sexual beings from birth
    - Children will experience sexuality- How will parents respond?

# Protecting Kids

1. Husbands and Wives: Pursue each other in the home.

2. Create an environment that encourages **Delayed Gratification**

*-The Spoiled child expects what he wants when he wants it without regard for right or wrong.*

*-The sexually acting out person expects what he wants when he wants it without regard for right or wrong.*

# Protecting Kids

3. Train your children to value words and openess. **Communicate**
4. Make home and your relationship with your kids a refuge. If a child does not have a refuge at home, he/she will find it elsewhere.

# Protecting Kids

## 5. Monitor/Regulate electronic Information.

- No TV in the kid's bedroom
- No Computer in the kid's bedroom
- Put filters on all computers/smart phones.
- Know what your kids are watching on TV. (Nickelodeon and Disney are not always good.)

# Protecting Kids

6. Know and talk to your kids about what is being taught about sexuality at School and other activities (i.e. friends' house, youth group)

# Some Emotional Consequences of Early Sexual Experience

- Sex does not enhance teen relationships, it overwhelms them.
- Grief
- “Damaged Goods” Self Concept
- Devaluation of the “Act”
- Negative Effects on Future Relationships

# Guidelines for Talking About Sexuality

1. Remember: You are your child's **primary** sexuality educator.
2. It is okay to feel uncomfortable. Take a deep breath and remember you are talking about this because you love your child.
3. “The Talk” is a myth.

# Guidelines for Talking About Sexuality

4. Do not wait for your children to ask questions-You decide what you think is important for children to know before a crisis occurs.
5. Keep discussions age appropriate but open and honest.
6. Be Ask-able: Reward questions with “I’m glad you came to me.”



# Guidelines for Talking About Sexuality

6. Do Not Freak Out!!! Listen, Listen, Listen.
7. Facts are not enough. Talk about your feelings, values and beliefs and why you have them.
8. Talk about the joys of sexuality.