

A Communication Plan for Talking to Your Kids About Sex

- 1. What are your own views about sexuality that will help you with this conversation? What might hinder you?**
- 2. Are there areas of shame or regret in your life that might affect how your children perceive sexuality? Is accepting God's grace for your sexual past a challenge for you?**
- 3. Do you and your spouse have a healthy sex life? Do your children see tenderness in your non-sexual behavior?**
- 4. What is unique about your child that will help you tailor your conversation?**
- 5. What concerns do you have about your child's sexuality? Are you being too "safe" and not helping them be "strong?" How can an open line of communication with your child help alleviate these fears?**

6. **What do you want your children to know about the physical act of sex? The emotional aspect of sex? God's design for sex? What do you want to contradict that the world might be telling them?**

7. **How can you allow your child to have the freedom to be vulnerable in your continued conversations about sex? The freedom to be different? The freedom to make mistakes?**

8. **Be "on the same page" as your spouse. Pick a time. Talk early and talk often. You are the BEST person for the job!**