

INTEGRITY CONVERSATION GUIDE

Sexual integrity is about saying “yes” to living out and according to God’s design as a sexual being. Sadly, culture leads us to think that sex is something the world has created and that we must leave our faith to enjoy sex. And, culture does more to encourage and pressure our children experience the joys of sex outside of God’s design. But because God is the creator of sex, His design leads to the greatest joy and flourishing for sex.

How do we help our children live a life filled with the intense joys of sex that God has created for us and stand against the lies of the culture?

START WITH GRACE

Maybe when it comes to sexual integrity, this is an area that you yourself have failed in. Maybe you know this in an area that your child has already failed in. Or maybe you haven’t addressed this topic ever and you think it is too late so why start now. There is grace and forgiveness. 1 John 1:9 says, “If we confess our sin, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” God’s grace and forgiveness is bigger than you or your child’s past sins.

This may bring shame and guilt and lead you to believe that you are not qualified to address this with your own child. That is a lie! God has chosen you as your child’s parent, which means you are qualified and the person to talk to your child about this topic.

If this is a present sin in your life, you need to start by asking yourself the questions:

- What am I doing to get help in this area?
- What next steps do I need to take?

Whether this is a past or present issue, God can and wants to use you to impact your child's life. Lead knowing that there is forgiveness from your heavenly Father and that you can make a generational change in your family.

THE PURPOSE OF DATING

Use the following statements to frame discussions with your teen about when they might be ready to consider dating. Ask them what they think dating is, allow dialogue, and coach your child on what dating is and is not.

WHAT DATING IS

- Spending time with the opposite sex to discover a future spouse
- Building a friendship without the physical bonds reserved for marriage
- A process intended for those approaching the age for engagement and/or marriage

WHAT DATING IS NOT

- A time to kiss, touch, or other forms of intimacy before marriage
- A status symbol among peers impressed by those with a boyfriend or girlfriend
- A way to boost your own confidence through attention from a romantic partner

MODESTY

Have a dialogue with your teen about what modesty means and what he or she thinks is modest or not. Coach your child that no matter what someone wears or how they act, they are responsible for their actions and how they treat that person (Romans 14:12). Remind them that though they are not responsible for the sins of others, they are responsible to others (Romans 14:13). Through dialogue with your child, create a plan on how they will be modest in how they dress and how they will respond when others may be immodest.

ACCOUNTABILITY

In addition to you as their parent, encourage your teen to identify a close friend or an adult mentor who shares the same values to help hold each other accountable to protect their sexual integrity.





DRAWING THE LINE

Coach your teen to decide now what he/she will and will not do in a dating or romantic relationship. Discuss the following summary of the natural progression of physical intimacy. Decide together where to draw the line to protect their sexual integrity.

- Flirting
- Side hugs
- Frontal hugs
- Holding hands
- Arms around each other
- Cuddling
- Kissing
- French kissing
- Touching/caressing with clothes on
- Petting/groping under or without clothes
- Oral sex
- Sexual intercourse

DANGER ZONES

Create a list with your student of strategies that will help them avoid potentially compromising situations. Below is a list of ideas to get the conversation started.

- Never be in a house with the opposite sex without parental supervision.
- Stay in family areas of the house. No going in bedrooms.
- Doors of the room you are in remain open.
- Come straight home after a date. No “parking.”
- Limit alone time to a set amount to give the relationship breaks.
- Date only a growing Christian.
- Only group date as friends until a designated age such as 16 or 17 years old.



EXIT PLAN

Create an easy way for your teen to flee a tempting or risky situation. Discuss possible “code language” they might use when calling or texting for a ride home such as “I’m having a great time, but I don’t feel well.” This will alert you that they need to leave without embarrassing them in front of others. If they do use you as an exit plan, be sure to not jump to judgement immediately. You want to be a safe place that they can come to in the future and if you criticize, judge, or demean because they had to contact you, they likely won’t come to you if that situation happens again.

