

# EXPLAINING

# SEXUALITY

# To Your Children

This "PASTOR'S GUIDE SHEET" was developed by Dr. Joe K. Taylor, Senior Pastor, South Reno Baptist Church, Reno, NV • [jtaylor@southreno.com](mailto:jtaylor@southreno.com)  
Scriptures are printed verbatim with references noted but highlights and underlines are added. Quotes and all primary sources are footnoted.

1. Thank you for being concerned about an area that I believe is very important. In fact, **apart from salvation, this may be the most important topic you discuss with your child.**
2. Most experts state that this important topic should be discussed between ages 10 and 12 years old. Any earlier and you may want to simplify the message. Any later, and they may have already developed opinions based on misinformation.
3. It is generally agreed that Dad should have "the talk" with the boys and Mom should have "the talk" with the girls. It is also important that once "the talk" has taken place, that the other mate be given a brief report and the opportunity to affirm and celebrate the experiences—especially the spiritual aspects of the material. Agree together on the acceptable "medical terms" you will use.
4. Because of the significance of this topic, I suggest a special trip and/or event to commemorate "the talk." Consider a place that will offer both the privacy needed for such a conversation and the "memory maker" aspect as well. (Examples: a camping trip, a retreat, a special day trip, a special overnight trip, an airplane trip, a driving trip, etc.)
5. It is suggested that you request a softcopy of this material and personalize it. You may get a soft copy from Mandy Campbell at [mandy@southreno.com](mailto:mandy@southreno.com). Once you have a copy of this material, you may personalize it for your own personal presentation within your family. As long as you use this material for personal use and not for profit in anyway, no special copyright permission is needed.
6. It is further suggested that you create the following items to further personalize the "UNDERSTANDING SEXUALITY" Packet for your child.
  - A. Create a cover page to commemorate the event and "the talk"—*make it awesome!*
  - B. Write a personal letter to your child about how special they are, how much you love them, and how important this talk is to you. Make this a "major event love letter" to them. (This will take time!)
  - C. Personalize the provided material with illustrations from your own marriage.
  - D. Bind the presentation so they can keep this as long as they live. (Thought: They may even use it themselves someday with their own children.)

***"Parents, if you don't talk to your children about this matter, the world will. Their sexuality is in your hands initially!" - DR. JAMES DOBSON***

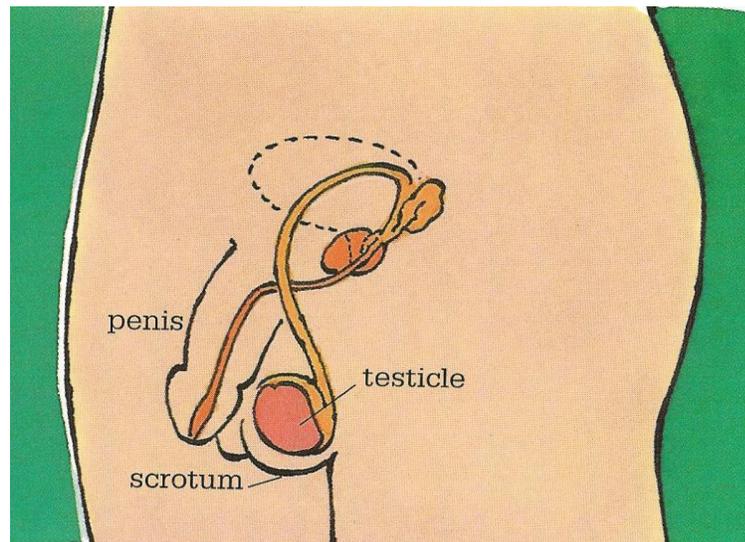
# SEXUALITY

## God's Wonderful Gift Just For You and Your Future Spouse!

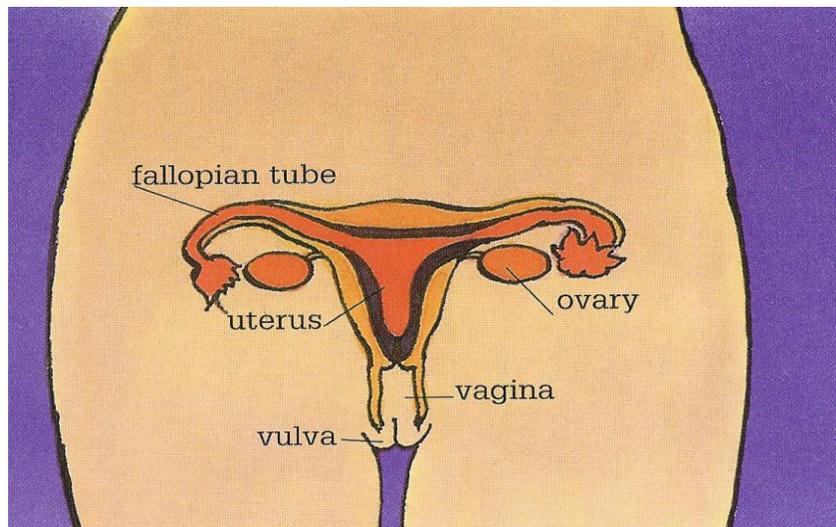
A DISCUSSION GUIDE DEVELOPED ESPECIALLY FOR YOU.

### A. How are guys different from gals?

#### A Man's Sexual Organs

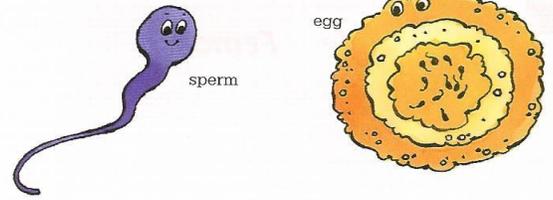


#### A Lady's Sexual Organs



## B. How does God make a Baby?

God is the giver of life—He is the one who makes a baby. God uses the sperm from a Daddy and the egg from a Mommy to make a baby. When life begins, it is tiny, tiny, tiny—just one tiny cell.



If you looked under a microscope, this is *sort of what* it would look like. ➤

## C. How do the sperm and egg get together?

Here's an important formula for you to always remember ...

**Love between a husband and wife**

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**An Egg from a Mommy**

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**A Sperm from a Daddy**

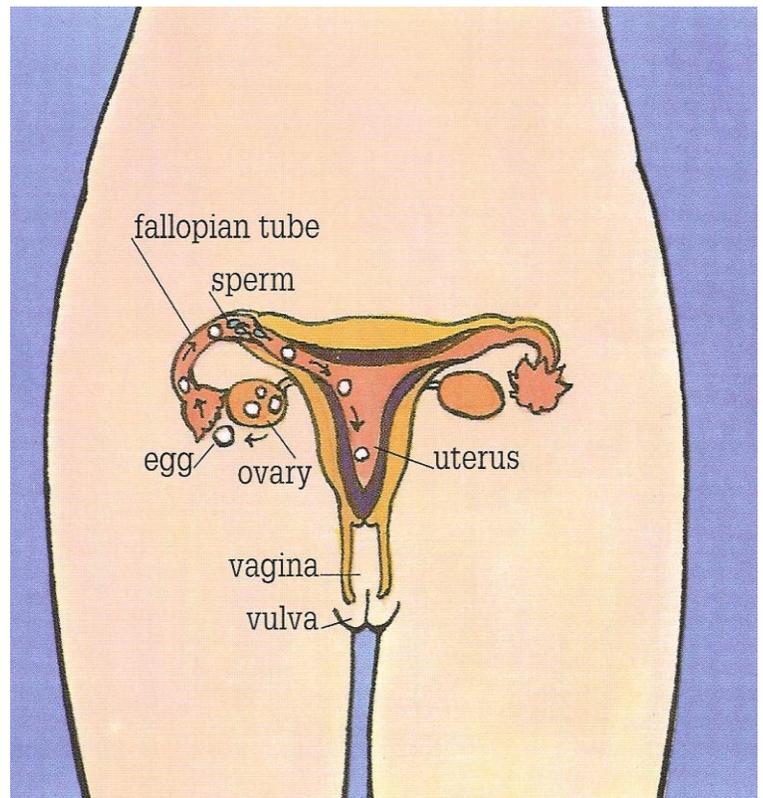
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**When God says "Yes!"**

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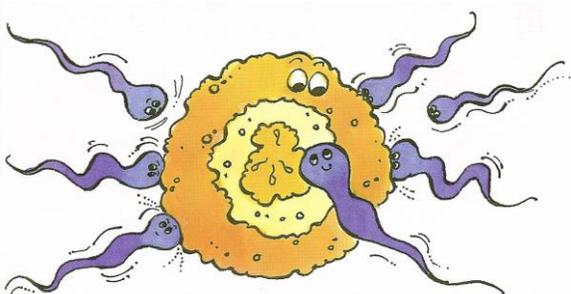
**A brand new life**

**NOTE:** Sometimes, people who are not married have babies too. This will be addressed later but for now, know that God's best plan is to use a husband and wife to make a baby. Either way, all babies are precious—very precious.



### One Sperm and One Egg Forms this Brand New Life...but, how does this happen?

A man and a woman fall in love and feel strongly that God wants them to be married. Their commitment and love for each other is very special and strong. They express their love for each other in very special ways. They date, go out to eat, help each other around the house with chores, they hug each other, they kiss each other, they share happy times together (like when their children are born) and even share sad times. They also have another way to express their love for each other. It is a gift that God gave them when they got married. This wonderful gift is called **sex** (also called "love making", "intercourse", "the act of marriage" and some other things).



## D. What is lovemaking (i.e., SEX)?

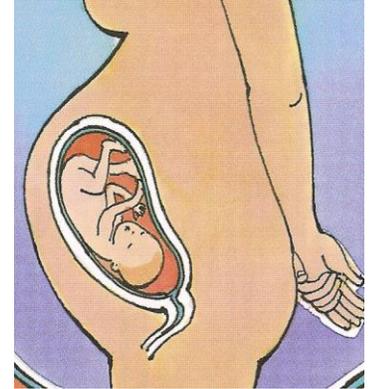
At times, a Mom and Dad will express their love for each other in a very special way...sexually. It happens when they are in private (sometimes they do it on dates ... sometimes when their bedroom door is closed ... sometimes on special trips just for "Mom and Dad", etc.). Married couples hug and hold each other. They will kiss each other and tell each other how special and "in love" they are with each other. They will also take their clothes off and touch each other in very special, caring ways. A married couple loves this special gift from God.



When a husband enjoys his wife in this way, his penis will get very firm and hard and able to fit inside his wife's vagina—this is just the special way God made people. Couples love this special time and one day you will love this time with your husband or wife. While a husband and wife are "making love", the husband will get on top of his wife and put his penis into his wife's vagina. The husband moves his penis in and out of the wife to make both of them very happy. When the husband does, the semen comes out of him and goes into his wife's body. Many sperm (about 220 million of them) are in the semen fluid. The sperm moves up the vagina, through the uterus, and into the fallopian tubes leading to the ovaries. If God says "yes", only one sperm cell joins an egg cell in the fallopian tube and a brand new life begins. A little baby is started. This is how all babies get their start—the Mom and Dad loved each other and God says "Yes!"

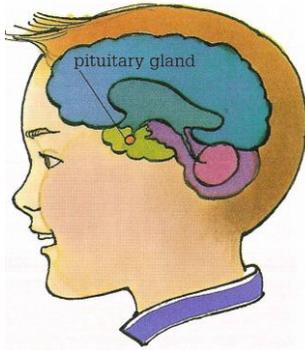
Since it is through lovemaking that a baby can begin, God wants only a husband and his wife to make love in this special way. They have made a promise to live together always and to make a home for their family. As parents, they will take care of their family together.

Once God says "yes!", for the next nine months, a baby will grow in the mommy's tummy. Then the baby will be born.



## E. "When will I be Ready for All This?"

There are a couple of things that need to happen before you will be ready for sex with your wife. Here goes...



(1) You need to be ready *physically* – You have a tiny organ in your brain called "the Pituitary Gland". It is like an automatic timer God put inside you. It sends chemicals called hormones into your body at just the right time. Each person's *timer* may be set just a little differently, but when it sets things into motion, you will notice some changes: You will grow pubic hair above your private area and hair under your armpits. You may develop acne. Your sexual organs will begin to grow—for a boy, the penis will be able to get firm and hard and your testicles will lower down into their sack. Also, you will soon be able to produce sperm and you may even have "wet dreams." For women, a female will start her "period" and her breast will grow. For everyone, the body will grow faster than it ever has before and you may even be "out of balance" as you grow. All of this is very normal and should be expected.

(2) You also need to be ready *spiritually* – **Remember, sex is a special gift from God to special people—married people.** We will soon talk about "dating" and how to find God's mate for your life. Until then, remember that you are not ready for sex until you are married. You may be "tempted" to have sex—you may even be *physically* ready, but you're not *spiritually* ready until you are married. The desire to have sex is normal but to have sex outside of marriage is not in keeping with what God designed. The greatest gift you can give to your future mate is the gift of saving sex until you find and marry that very special person. **That's your goal—no sex until you are married!**

**Remember, sex is a special gift from God to special people—married people.**

**Also, remember your life goal—no sex until you are married!**

# F. What does The Bible say about sex and lovemaking?

## 1. God is the author of sex.

**Genesis 1:27 (NIV)** -<sup>27</sup> So God created man in his own image, in the image of God he created him; male and female he created them.

## 2. God made sex for many purposes.

### A. Procreation (having babies)

**Genesis 1:28 (NIV)** -<sup>28</sup> God blessed them and said to them, "Be fruitful and increase in number; ...

### B. Companionship

**Genesis 2:18 (NIV)** -<sup>18</sup> The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." <sup>24</sup> For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.

### C. Pleasure

**Genesis 18:12 (NIV)** -<sup>12</sup> So Sarah laughed to herself as she thought, "After I am worn out and my master is old, will I now have this pleasure?" [This words means, "have fun!"]

**Song of Solomon 7:1-10 (NIV)** -<sup>1</sup> How beautiful your sandaled feet, O prince's daughter! Your graceful legs are like jewels, the work of a craftsman's hands. <sup>2</sup> Your navel is a rounded goblet that never lacks blended wine. Your waist is a mound of wheat encircled by lilies. <sup>3</sup> Your breasts are like two fawns, twins of a gazelle. <sup>4</sup> Your neck is like an ivory tower. Your eyes are the pools of Heshbon by the gate of Bath Rabbim. Your nose is like the tower of Lebanon looking toward Damascus. <sup>5</sup> Your head crowns you like Mount Carmel. Your hair is like royal tapestry; the king is held captive by its tresses. <sup>6</sup> How beautiful you are and how pleasing, O love, with your delights! <sup>7</sup> Your stature is like that of the palm, and your breasts like clusters of fruit. <sup>8</sup> I said, "I will climb the palm tree; I will take hold of its fruit." May your breasts be like the clusters of the vine, the fragrance of your breath like apples, <sup>9</sup> and your mouth like the best wine. May the wine go straight to my lover, flowing gently over lips and teeth. <sup>10</sup> I belong to my lover, and we desire each other!

### D. For Meeting Physical and Emotional Needs

**1 Corinthians 7:1-5 (NIV)** -<sup>1</sup> Now for the matters you wrote about: It is good for a man not to marry. <sup>2</sup> But since there is so much immorality, each man should have his own wife, and each woman her own husband. <sup>3</sup> The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. <sup>4</sup> The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. <sup>5</sup> Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

### E. To Honor God

**Hebrews 13:4 (NIV)** -<sup>4</sup> Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

## G. Important terms and thoughts on the subject of sex.

**Ejaculation:** This is when the semen comes out of the penis.

**Intercourse:** The act of marriage—also called “sex”. It is the act in which sperm cells leave a man’s body and enter a woman’s body.

**Lovemaking:** There is a big difference between “having sex” and “making love.” Remember, your goal is to find the wife or husband God has for you. Once you find that person, you will be his or her best friend and also his or her lover. Lovemaking is when two married people, who love each other very deeply, have sex.

**Masturbation:** When a person touches their sex organs in such a way that they have a “good feeling” that may even lead to a “climax”. In men, it leads to an *ejaculation* (where sperm comes out). For women, no fluid “comes out” but the *feeling* is there. Though this may happen, remember the best place for sexual fulfillment is in marriage. I will not make a “big deal” out of this matter but some people—especially guys—really get messed up in this area. Remember, the absolute best place for sexual fulfillment to take place is marriage.

**Menstruation:** Remember girls are different from boys. Girls have a monthly discharge of blood through the vagina of unneeded blood and tissue from the uterus. It is the body’s way of getting rid of an egg that did not fertilize. A “period” is that time of the month in a girl’s life when the blood leaves her body. Girls have “periods” even before they get married. *Mom should explain all of this!*

**Ovary:** The organ in the female in which the egg cells develop.

**Orgasm:** An intense response within your body that brings sex to its natural and beautiful termination. It is similar to a “grand finale” at a fireworks show.

**Penis:** The male organ through which both urine and semen leave the body.

**Scrotum:** Also called “the sack” where the testicles hang between a guy’s legs.

**Sin:** Anytime we fail to live up to God’s plan in any area of our lives, we call it “sin”. Remember that God’s plan for sex is for it to happen within marriage—and only within marriage. If sex occurs outside of marriage, it is not God’s plan and is therefore a sin. God will forgive sin. Our goal is to save sexual activity until marriage so God will be able to give us His best blessing!

**Testicle:** The “balls” or male organ in which sperm cells grow.

**Uterus:** The female organ inside her body where a baby grows until he/she is born. It can also be called “the womb.”

**Vagina:** A tunnel leading from the uterus to the outside of the body in a female.

**Vulva:** The “lips” or folds of skin and flesh that protect the opening to the vagina in a female.

**Wet Dream:** A dream during which semen comes out of the penis. *“Most all guys have them”.*

## H. One more word for you to know.

**Guillotine:** This is what will be used to cut your head off if you share this information with any of your friends (ha, ha!). Seriously, this information needs to come from parents; not the TV, not the internet, not the “locker room”—only your Mom and Dad, the Bible, and any good books that we will read. This is for you and your parents to talk about and for you and your future spouse to enjoy. *Trust me ... It will be awesome!*

**“Remember, you can talk to your Mom and Dad anytime about anything—especially this matter about sex and your body.”**



# I. Important Statements to Discuss and Review.

1. Sex is for special people—married people.
2. Your goal is to wait until marriage to have sex—this is God’s plan.
3. You can talk to your Mom or Dad anytime about any questions you have about sex.
4. Nobody is to touch your body except you, your doctor, and your future mate.
5. Our world (e.g., T.V., Movies, DVDs, secular songs, even your friends) have strong opinions about sex that are not in keeping with what God says about sex. *Be careful!*
6. Be very careful about the internet. There are people on there that might want to hurt you, who have a wrong view about sex, and pictures that can create wrong desires in you.
7. Do you have any questions about sex or anything else?
8. Will you promise that if you do have questions, you will ask so we can “follow up?”

**“Remember, you can talk to your Mom and Dad anytime about anything—especially this matter about sex and your body. It is important that you get this matter in your life right!”**