

## It's Just A Phase . . . So Don't Miss It

As a parent, you want to invest your time in things that matter. Like having the right conversation with your child at the right time, with the right things to say at your fingertips. These conversation guides will help you navigate the critical issues you face at each phase, as you imagine the end for your child. They are based on research from **The Phase Project**, a collaborative, ongoing effort assembling classic and innovative research with practical application.



Elementary

# SEXUAL INTEGRITY

## PARENT CONVERSATION GUIDE

. . . for great conversations with kids

Your kid is growing fast and learning new information every day. They have questions about things you've forgotten—like fractions. They have questions about things you don't remember ever knowing—like state capitols. But the hardest questions they ask may be questions about the thing that put them on this planet to begin with. Don't panic. The conversations will get more complicated as they get older, but for now it's basic (even if it does feel awkward at times). During this phase, your role is to...

**INFORM**  
them about how  
things work



So they will . . .  
**UNDERSTAND BIOLOGY  
& BUILD SOCIAL SKILLS**

This guide is designed to help you meet your elementary kid where they are now, giving you some words to say and not to say as you navigate the critical issue of sex. As the conversation progresses through the phases, always keep this end goal for in mind:

**Sexual Integrity: Guarding my potential for intimacy through appropriate boundaries and mutual respect**

## WHAT TO SAY:

"I'm so glad you asked me."

"Thank you for talking to me about that. *(Encourage conversation through your words, tone and body language.)*

"Sex is ...."*(Check out resources like How God Makes Babies by Jim Burns to help you talk about sex and where babies come from.)*

In later elementary, you can begin discussion on such topics as body odor, how boys and girls bodies will change in the coming years. Encourage them to ask any questions regarding changes they are seeing.

"Your body belongs to you. Don't let anyone touch you in private places." *(Talk about boundaries)*

"Sex is meant to be private. It is something beautiful that happens between a husband and wife."

Depending on the age of the child, you may begin around 3rd grade, covering topics such as: body odor, growth spurts and how girls and boys bodies will change in the coming years.

"Sex is not something we watch or look at or talk about in disrespectful ways. It dishonors how God created it to be."  
*(Lay a foundation for conversations regarding pornography and digital content)*

"Do you hear your friends talking about sex or using disrespectful language about boys or girls? How does it make you feel?"  
*(Refine the vocabulary and promote respect for each other)*

"You are beautiful/handsome. God made you perfect just the way you are." *(Redefine beauty and modesty.)*

## WHAT NOT TO SAY:

"The stork delivers babies." *(Be honest and appropriately accurate)*

"We'll talk about that when you're older."

"Sex is kind of like when a butterfly lands on a flower in the early spring." *(If you want them to understand, you need to just say what you mean.)*

Nothing.

Make sure and involve professional counselors as needed, as well as your ministry leaders.

## JUST REMEMBER

Every PHASE is a timeframe in a kid's life when you can leverage distinctive opportunities to influence their future. The elementary years are the years to honor their questions with appropriately forthright answers. Remember, you capture their heart when you help them learn with concrete examples, so be simple and direct. Encourage the conversation, but don't force it. You want them to keep this conversation going!