

## **Parenting Tips - from the book "Sex - More Than A Plumbing Lesson" by Amy Scheuring, about teaching your kids sexual values**

Sex education is *values* education and teens need to hear about values and abstinence from the most effective source - their parents! Teaching sexual values is a life-long experience. Family connectedness, parental disapproval of their child being sexually active, and parental disapproval of birth control were the top 3 deterrents to teenage sexual activity in a recent national study. Good parenting means hours of listening, asking open-ended questions, setting reasonable limits, and actively leading your child to a pure lifestyle. Talking to your kids about sex is 90% listening and 10% talking. Some good questions are: What does it mean for a couple to be serious? What is your opinion about birth control for teens? How does a person know he is ready to start dating? What do your friend think about oral sex? How do you feel about sex before marriage? If you hear an idea or assumption that needs corrected, let it go for the moment, pray about it, then in a later discussion bring that topic back up.

**Seven great things to teach your kids about sex:** 1. The sex drive is **natural** 2. The sex drive is **powerful** (sex is a drive and not a need, and must be careful what you feed it) 3. The sex drive is **controllable** (temptation will come into our lives-tell boys sometimes you can't control the first look but you can control the second) 4. Sex has a **context** (creates a bond akin to duct tape between man and woman, and if outside of marriage then the next sexual relationship is more difficult to bond) 5. Sex has a **purpose** (to bond man and woman and have children, and no birth control is foolproof) 6. Sexual **abstinence is possible** (go very slow in the physical aspect when dating, and when sex is saved and virginity cherished this is a priceless gift to be given to their spouse - she tells boys to remember that they may not take anything that doesn't belong to them - and foremost that is a girls virginity!) 7. Sexual sin is **forgivable** (sexually active teens often feel like a used piece of duct tape-worthless, and they need to be reminded that our Lord forgives them and purifies them and they can learn from and move beyond their mistake - and if they ask if you had sex before marriage-avoid discussing yourself but apologize for our society failures and say our family is raising a higher standard).

The word of God gives a standard that is above us and places God as the authority on how to live our lives. Our reliance on God's standards and biblical authority make it possible for us to confidently set limits for our children's sexual behavior and help teach them to stay in God's circle of blessing (remind them that there are always consequences of sin). We are to live by God's standards, not the ones tossed by the winds of our culture. Christianity elevates women to equal ground with men. Below are the top twelve scriptures to keep you pure:

1. Genesis 1:26-31 God invented sex and considered it "very good"! Genesis 2:20-24 tells us that sex has a context; it is marriage.
  2. Exodus 20:14 In the Ten Commandments, the Lord clearly says "Don't have sex with someone you are not married to." This command is expanded in Leviticus 18.
  3. Psalm 101:1-3 "I will set before my eyes no vile thing" (101:3). What are your eyes looking at? Guard your eyes. Guard your heart.
  4. Psalm 119:9-11 How can you remain pure in an impure world? Guard your heard with the Word of God the Bible.
  5. John 8:1-11 Sexual sin is forgivable. Jesus tells the woman to go and sin no more. Secondary virginity is available to those who have fallen and who truly leave their sin behind. Also look at Psalm 51 for a new start.
  6. 1 Corinthians 6:18-20 Paul tells us to run away from immorality. You (and your body)were bought with the high price of Jesus' blood. Does your sexual behavior show others how you feel about God?
  7. 1 Corinthians 7:1-11 Paul sets high standards. He also says that some may remain single and abstinent for life. Marriage is better than premarital sex. Once you are married, marriage is for life.
  8. 2 Corinthians 6:14-16 Choose to date and marry people who share your beliefs.
  9. Ephesians 5:1-3 and 5:25-33 Imitate God. Do not practice sexual immorality. Jesus compares the marriage commitment to His Relationship with the Church. He is the bridegroom; His people are the bride of Christ.
  10. Philippians 4:13 "I can do everything through Christ who gives me strength."
  11. 1 Thessalonians 4:3-8 Want to know what God's plan for your life looks like? Read these verses.
  12. Hebrews 4:14-16 Jesus was tempted, but did not sin. He is able to sympathize with our weakness but give us His strength to overcome.
- Next blog I will finish my review of this book's great lessons.

## **Family & Faith - Parenting Tips continued from the great book "Sex - More Than a Plumbing Lesson", by Amy Scheuring (teaching your children sexual values)**

### **Sex teaching and your younger children -**

Proper timing is crucial. Saying too much too early can introduce ideas prematurely, but waiting too long can leave your child ill-prepared for the battles they will face in our culture (ignorance is not the same as purity). While you are spending time with your children, opportunities will arise for healthy discussion. When children ask questions about sex, be sure to answer them as accurately as you can. A pregnancy or even baby animals can give you the chance to say "I want to answer any questions you may have about babies, love, and marriage."

Make sure to protect the wonderful innocent years of childhood by being a gatekeeper and set reasonable boundaries for your children. Take the TV out of your child's room, closely monitor his access to Internet, be very careful what friends' homes they spend time at and the rules of those homes, and load up your home with classic children's books and videos.

Your child's changing bodies are opportunities to teach and assure them, and explain that our bodies are designed for holy purposes. 1Corinthians 6:19 "Your body is a temple of the Holy Spirit." Teach them about proper respectful dress and good and bad touch - the area our bathing suit covers is private and personal and they need to reject any kind of touch that feels "wrong" or "mixed up."

Teach about your body as a gift from God. Remind them how they would feel if their one big birthday gift was already opened and used. Their body is a gift from God, and inside it is their sexual purity or also called virginity. It is a wonderful gift, and there will be times you are curious and tempted, but don't open the gift! It is a gift you can only give one person, and that is your husband or wife after you get married. That moment is part of the wonderful plan God has for your future and is certainly worth waiting for!

### **Road maps of Relationships -**

Ask your children what they are looking for in a relationship, and you will likely get things like trust, honesty, acceptance, love, commitment, fun, good communication, and respect. Then ask them what attracts them to notice or want to date a girl or boy - likely things like body, popularity, clothes, hair, and teeth. Teach them that they must understand that attraction and relationship are not the same thing. Attraction takes 3 or 4 seconds, but relationship takes months and even years. Sex does not help reach the goal of a good relationship, but in fact actually puts things so out of proper order that they may never reach the joy that a healthy relationship will bring.

Show your teen a quarter you can find in your dryer and one in mint condition in a sealed plastic case whose value increases each year. "Advise them that many teens treat their virginity like that of a quarter they can find in their dryer. They let people touch it, spend it, and use it. Rather than gaining in value, it becomes worn, common, and cheap. The sealed coin is beautiful, valuable, and rare, just like sexual virginity."

When your teens ask how far can you go, teach them to think about the goal of a good relationship and ask themselves: Is this activity increasing communication? Are we building trust? Are we having fun or is this getting too serious? How much can I save for marriage and to please and honor God?

Teach your children the basic rules about proper social behavior - good manners and etiquette rules - like looking adults in the eyes and shaking hands, men acting honorably - opening doors, being the first to ask the girl out on a date, and calling and meeting her parents. These basic rule about social behavior give kids much needed self confidence in tough situations.

### **Fulfilling Your Destiny -**

"You are a chosen people, a royal priesthood, a royal nation, a people belonging to God." Romans 8:14-17. Teach your children they have a royal identity and God has wonderful plans and adventures that only they can fulfill by training with and following God. Instilling our teens with that sense of purpose, identity, and destiny gives them a reason to hold themselves to a higher standard. Encourage your children to be the people they want to become. He who is faithful in the little things will be given responsibility for much more (Matthew 25:21). Teach your children that in our culture often you cannot avoid the first look at a scantily dressed person or bad Internet pop up, but you can avoid the second look!

<http://www.truelovewaits.com/> - purity pledge commitment information

<http://www.silverringting.com/> - purity pledge programs

Great author C.S. Lewis said it this way: "Good and evil both increase at compound interest. That is why the little decisions you and I make every day are of such infinite importance. The smallest good act today is the capture of a strategic point from which, a few months later, you may be able to go on to victories you never dreamed of."

## **Parenting** - from "Sex - More Than a Plumbing Lesson" by Amy Scheuring

### **Marriage is a Covenant and Forever**

Teach and remind your children that marriage is a permanent promise and covenant with each other and God, and God takes covenants very seriously! The marriage knot is tied in all circumstances—for richer, for poorer, in sickness and in health, and is their lifelong joy in knowing there is someone always beside you. Give your children a vision of the Godly marriage that is a love growing ever better and lasting a lifetime, like Coach Wooden.

The author suggests encouraging your child to think and talk about the type of person he wants to marry someday, write a short vision statement about marriage, talk about couples you know who have gone through the good and the difficult (richer and poorer, in sickness and in health), and pray together for the person they will marry and their future marriage and families.

### **Relationships with Your Children**

Spend as much time as possible with your teenage children, and make sure you are not on the phone or not actively ready to listen. Strive to have family mealtimes most days, meet your children at the bus, be available to chat later at night with your teens, and think of you unique children and how you can enter and be a part of their world for them.

"Spending time does not always mean there will be conversation, but it does mean you are creating a place for it to happen" (and for my boys, it can mean occasionally watching a TV program with them that they like, even though I do not like TV at all). Praise and hug your children often (they need affection even though they may seem not interested), and as Tony Dungy says, "Hug them ever chance you get!"

### **Entertainment Choices**

Studies show that the typical American child age 8 and up spends 38 hours/week consuming media, and most report that TV is the primary source of information about sex!.. "So turn off the TV and pick up a hobby that interests your children - biking, training your pets, cooking dinner, playing ball, taking walks, making crafts, or even washing the car." Make a list of active entertainment choices for your family and do them, and schedule creative "dates" with your children on a regular basis and keep them.

### **Setting Rules and Guidelines**

Healthy good boundaries and rules do not punish but actually protect our children. Studies show that 91% of girls who start dating at the age of twelve have sex before high

school graduation, and the number drops to only 20% when girls do not date until age 16. The author' guidelines...

1. Determine some rules for dating far in advance - like no dating until age 16, and then they can never be alone together in a house
2. Be reasonable - make sure your standards are attainable
3. Be sure of definitions - make sure you and your child have the same meaning to dating or hanging out or getting friendly, etc.
4. Be in agreement with your spouse and/or other parents
5. Find things to say yes to - such as well-chaperoned social events/dances, extending a curfew for a special concert, and open your home to be a place their friends want to come to
6. Don't apologize for the rules - setting rules is your job - you are the parent! and be confident and upbeat about them
7. Insist on and teach and model good manners - listening well when in conversation, opening doors for girls and women, leaving cell phone off or in a designated place when at home, doing chores and looking for opportunities to help each other, answering the telephone politely, shaking hands and looking in eyes of new acquaintances, no calling after 9 pm (and no calling boys unless specific purpose), appropriate clothing and appearance, etc.
8. Find others who share your family's rules and don't let other parenting styles get you down - seek others who set high standards for their kids

### **"Give your children our B.E.S.T."**

**-Build Boundaries** ---have your children list 3 things they will never do and 3 places they will never go, have them always think: Where am I? What time is it? Who's in control? What is the plan? and challenge your children to show affection without touch (but especially for boys not to say "I love you" because the power these words have on a young lady and if he truly means it his next words should be, "Will you marry me?")

**-Establish Emergency Exits** --- plan for unexpected emergencies (most date rapes occur because kids don't have an escape route, and need to plan to avoid alcohol, drugs, speeding, sex), a ride home, a cell phone, or a strong group of friends can provide ways

of escape from potentially harmful situations- families can agree on a coded message that means they need picked up, like telling the people they are with they have to check in with their parents and then saying "What? I have to come home now?! Well. OK, let me tell you where I am."

**-Set Standards** --- setting high standards tells the world how you feel about yourself, and encourages your children to make a list of qualities they are looking for in a girl or boy

-teach your son that a man's strength and power are shown not when he acts on urges but when he resists those urges

-integrity is doing the right thing when no one is watching, and leadership is grown through the testing of our values

**-Take your Time** --- postpone dating as long as possible, and "as the wisdom of His plan unfolds over the teen years, fill the place in your child's heart that longs for acceptance, intimacy, and unconditional love"

**Great websites**, information, programs and help for parents and teens:

**True Love Waits** - a national program with built-in support -  
<http://www.lifeway.com/tlw/>

**The Silver Ring Thing** - shows abstinence in such a positive way that teens jump at the chance to wear the silver ring - <http://www.silverringthing.com/>