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## Parenting and Sexuality: “The Basics”

### *Be attentive and respectful.*

Your child is a precious child of God. Especially in the area of sexuality, you want your children to appreciate that they are made in the image and likeness of God and that sexuality is a gift. Your respect for them as you hold them, bathe them, care for them will teach them better than words that their bodies are to be respected. They will learn of their value in your care. When they are told about their Circle of Grace in religious education and/or school, it helps for them to believe that God is with them and for them because they have already experienced your love and your care. They will grow up knowing that they are meant to respect others and are to expect respect from others.

Teaching children about their bodies must happen in an age appropriate way. For young children, the best guideline is to answer their questions as they arise. Try to always connect sexuality and spirituality in simple, short ways. Include God in the answer to help them recognize that sexuality is something special and created by God. For older children, it may be necessary to initiate discussions. More about that below.

### *Know what you really believe and why.*

It is vital that you think about what you really believe about the place of sexuality in human life and why. Your own sexual history will considerably influence how you feel about sexual expression. If you were sexually active outside of marriage, you may find it difficult to tell your child to wait until marriage. If you waited until marriage, you may fear that your child will find you woefully outdated. Or you may find you are much more able to explain the benefits of waiting until marriage by talking about how that strengthened your own marriage.

Anticipate how you will respond if your child asks what you did. Whether or not you answer the question directly depends on you. Some parents who were sexually active before marriage decide at some point, usually when the child is older, to tell the truth. However, if you fear that telling them will not be helpful to them or your relationship with them, it is not necessary to reveal your own history. It is important that you consider how your answer will impact future communication with your child. Be as honest as you can, not only about your actions but about your feelings, then and now, as well as about the consequences in your own life and relationships. Children are naturally curious about Mom and Dad and how they handled things.

Carefully consider how you will explain to your child why sex belongs in marriage. It is not enough to just say that it does. In advance, make a list of reasons why you believe sex belongs in marriage. Helping your children understand why will help them to make this value their own. Think about how you will react to questions about not only where babies come from but questions about oral sex, masturbation, the aunt who is not married with a baby, and many other issues that will arise. These questions are not just possibilities — they are questions every child should talk about at some time with their parent(s). If you ignore their initial questions, you may not get another chance. They will sense your discomfort and go other places with their questions.

***Talk often but not necessarily long.***

When something related to sexuality comes up in a conversation, respond appropriately but do not take every opportunity to preach or lecture. If you do, your child will soon “tune” you out. Frequent matter of fact responses that state your values with sensitivity to what they are concerned about will be best.

***Know their world.***

Pay attention to the environment your children live in. Watch television with them. If they have access to the Internet, take an interest in what they enjoy. Given the many sexualized messages in media, you will find many opportunities to engage your children in conversation. Listen to their music with them and talk with them about what they enjoy. When you are in the car, allow them to tune the radio and just listen. Ask them to explain songs to you, objectionable ones or wonderful ones. Something about talking to Mom or Dad about the music often teaches young people a great deal. It gives them a chance to talk about what they believe and it gives you a chance to hear it. Resist the impulse to launch into a lecture. Ask open-ended questions, such as:

- What do you like about this song/movie/video?
- Tell me the story of the song.
- What do you think of the message of the song/movie/video?
- How do you think that song makes women/men feel?

***Take time when they want to talk.***

Children often ask questions or make comments at very inopportune times. If you are in a public place, tell your child you will talk later when you are alone – and do so at the earliest opportunity. If you are not in a public place, make it a priority to respond as soon as possible, preferably when they ask, because that is when they are most interested in your answer. If you feel you don’t know how to answer, explain what you know and assure them you will think more about it and talk more later. And do it! If you fail to come back and fully respond, they will think you are uncomfortable and will be less likely to ask you again.

Take time to celebrate transitions with special times spent together. Growing up with the accompanying body changes is usually a time of uncertainty and confusion for children. Having a celebration says, “This is a good and wonderful thing.” Be honest about your own struggles, fears, and discomforts when you were going through the same transitions. Children usually like to know what it was like for you to go through the same things.

***Use correct terminology even when it makes you a little uncomfortable.***

Sometimes, your parents may not have used correct terminology and therefore using it is uncomfortable for you. Break the cycle by using the appropriate language that is correct and respectful of the body as created by God. Remember that God created all the amazing parts of your beautiful child and they are simply learning about God’s creation. This teaches them to respectfully name their body and gives you an opportunity to teach them about respecting their Circle of Grace. Be sure you explain any terms that are unclear. If you show discomfort, you are sending them a negative message about their bodies that will not lead them to respect and reverence themselves and others.

***What is the real question?***

Sometimes children ask a question to “test the water”. But there is a bigger

question they really want to know about that they either are hesitant to ask or cannot figure out how to say. Gently listening and drawing them into a conversation is important. Respond to what they ask, always watching for clues that they need more information or reassurance. They need to know that it is OK to ask you anything. You should be their “expert” even if you don’t feel like one. Otherwise, they will look for their answers some place else.

***Talk about risk behaviors.***

Don’t wait too long to discuss risk behaviors like sexually transmitted diseases, broken hearts, pregnancy, and the myriad consequences that result from early sexual activity. Many parents are unaware how very early children are learning about sexuality from their peers and the media. But much of their information is inaccurate and certainly not value - based. Talking with your child about these things will not make them more likely to be sexually active. In fact, studies show that children whose parents talk openly with them and communicate their values are less likely to be sexually active.

***Tell stories.***

Recounting stories is a good way to communicate. Use the stories of friends, acquaintances, a story from the news, even your own, if you are comfortable doing so. You can change the details and names if you are concerned about them knowing who it is. A good story communicates in very effective ways. And we all remember stories. Resist too much explanation after you have talked about the values you are trying to communicate. In your own life, you have been touched often by others who have suffered by their sexual choices. Helping your children to understand that sex outside of marriage results in painful consequences is important.

***Talk about humans.***

When you talk about human sexuality, talk about human beings. As obvious as this may seem, countless stories exist about parents who tried to explain the “birds and the bees” by talking about birds and bees. Children need to learn about their bodies and those of the opposite sex by talking with you about human bodies. When correct language is used, you are honoring yourselves and your bodies as created by God. Of course, all such conversations must happen in the context of the child’s age and level of understanding. However, consider that children often have access to information about sexuality long before you did at their same age.

***Set reasonable limits.***

Children and teens need appropriate limits and boundaries. These help them to know they are cared for. It is appropriate to know where your child is and to expect that they communicate with you if plans change. They should be faithful to the time they agreed to return and open and honest about their activities.

Discuss together why you are establishing the limit, rule, etc. Always make their safety and well - being the true priority and communicate that to them. Help them to see that limits will help them remember who they are and that they are loved.

***Don’t interrogate.***

As children grow, the respect between parent and child must also grow. Balancing appropriate boundaries and trust is not simple. However, if a child feels they are not trusted, they will not be trustworthy. Asking detailed questions of an adolescent after every outing says, “I’m not sure I trust you so I have to check up on you.” That is not to say that an interested inquiry like “Was the movie good?” is inappropriate. Children

should know that their parents care about them and their activities. But interrogation on a regular basis does not lead to an increase in the trust in the relationship. Tell your children that the trust between you is very special and that you hope they appreciate that too.

If your child violates your trust, do not hesitate to let them know that you are very disappointed and that it will take some time to rebuild that trust. Additional boundaries (a more restrictive curfew, greater supervision, or other rules) may be appropriate until you are again confident that they can be trusted. This is all part of helping children understand that trust in relationships is fragile and important. It will help to prepare them to value trust in adulthood.

### ***Connect sexuality and spirituality.***

Grow in your own understanding of the relationship between sexuality and spirituality. Help your children to understand sexuality is a basic component of personality in and through which each of us relates to God, self, and others. It is a wonderful gift of God which enables each of us, through our bodies, to lovingly and respectfully care for one another. As your children grow in appreciation of and respect for their bodies and the bodies of others, help them to understand why sex and sexual activity belongs in marriage. Help them to see that waiting until marriage will lead to self - respect, commitment, and intimacy — not to mention a better sexual relationship in marriage.

### ***Respect their privacy.***

Respect your child's desire for some privacy, especially as they get older. That does not mean that you never go in their room, put their clothes away, or look in a drawer for a something. What it means is you do not intentionally "snoop" around. You do not routinely rummage through drawers, closets, etc. You demonstrate trust, treating them as you would have liked to be treated at their age.

### ***Tell the truth.***

Always tell the truth. Don't exaggerate to frighten them into or away from certain behaviors. If you are unsure how much to say, particularly to a very young child, respond to only the question they have asked. If they want more information and you have taken time to honestly respond, they will continue to ask about what they really want to know. On the other hand, by keeping your first response simple, you may have satisfied their curiosity for now and they may later — days, months, or years — return for more information.

Do not hesitate to honestly explain the consequences of sex outside of marriage. While very young children may not need detailed information, certainly by junior high, young people need to hear from their parents about the negative consequences of premarital sexual activity. Do not expect that they are receiving accurate information elsewhere about sexually transmitted disease, emotional harm, and pregnancy. Educate yourself and them. Their future happiness and choices depend on it.

### ***Children are the living letters we send into a time we will never see... -- Neal Postman***

Touch that makes a child feel uncomfortable needs to be disclosed to a trusted adult. When someone touches a child in private areas, shows them sexual pictures, uses sexual language or asks a child to touch them in private areas of their body – it is a violation against the child. Suspected child abuse always needs to be reported to the authorities.

## Developmental Dimensions and Stages

We have learned over the past several decades about how we develop. Human beings are complex, multi - dimensional creatures. Each person has his or her own unique journey toward God. There are six dimensions of development that are identifiable and seem to be reflected in some way in all of us.

- Physical: Who we are as gendered persons.
- Cognitive: Our beliefs, knowledge, and perceptions.
- Emotional: Our feelings and how those feeling affect our relationships.
- Social: How we relate to others and our capacity to share ourselves.
- Moral: What we value and how we make decisions based on our beliefs.
- Spiritual: Recognizing and acknowledging the presence of God in our relationships.

Psychosexual development is our personal journey toward integration as embodied human persons. It is a process of growth that embraces all aspects of our human reality. There are five stages used to describe our journey:

- Infancy: Children learn about their world primarily through touch.
- Toddler: Children are totally delighted in their bodies and begin to recognize gender differences.
- Pre - school to Puberty: Children develop gender identity and a sense of privacy.
- Adolescence: Adolescents explore who they are in and through relationships as their bodies mature toward adulthood.
- Adulthood: Adults integrate self - knowledge, empathy, sensitivity, trust equality, spontaneity, and appropriate self - disclosure into their lives.

### Tips for Parents

Even “Nice” People Sometimes Do Mean Things.

Abusers are experts at looking friendly, nice, safe, kind, generous and loving. A child is vulnerable when the other person has more: age (older), size (bigger), knowledge, resources, status and/or power.

**REMEMBER: Up to 30% of abusers/offenders are under the age of 18.**

**Abusers use manipulative behaviors to gain control: flattery, bribery, jealousy, intimidation, and anger. Abusers manipulate parents along with children.**

#### *Pay Close Attention To Who Is Around Your Children.*

Parents should know where their children are and who they are with. Children should know how to contact their parents. Use the buddy system: Take a buddy or don't go. Refuse to leave your children with someone you don't trust. No job or event is worth your child's safety.

#### *Listen To What Your Children Say.*

Encourage communication by taking seriously what your children say. Increase your child's vocabulary by helping them name feelings. Back up your child's right to say “NO.”

Role Play: A child who never says “no” to a parent will never say “no” to another adult. Give children permission to yell for help.

***Take A Second Look At Potential Danger.***

Be cautious on the Internet, experts recommend computer use be monitored closely. Be selective when sharing personal information: including last name, telephone numbers, contact information, schools, activity schedules and occasions when someone is home alone. Talk about worse case scenarios and possible solutions to uncomfortable situations. Don't follow anyone who takes your bicycle, book bag or purse – report theft instead. Watch out for children who are alone often.

**Trust Your Instincts.**

Listen to your gut feelings, if you have doubts listen to them. Your body sometimes knows what your head hasn't yet figured out.

***Recognize Change In Your Child's Behavior.***

Change in behavior is a signal of change in your child's life. It is important to tell your children: "I will always love you" while asking them about the changed behavior. Make sure you continue to observe carefully and inquire with others who care for or about your child.

***Model Healthy Boundaries and Limit Setting Behavior.***

Be a good example.

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