

BIG IDEA

Provide your children with strong foundations of godly values and healthy views of their bodies and relationships to build upon as they mature.



KEY SCRIPTURES

- *Our bodies belong to God* (1 Cor. 6:19-20).
- *Our bodies are to worship God* (Rom. 12:1-2).
- *Our bodies can be an example to others* (1 Tim. 4:12).
- *Our bodies were created to do good* (Eph. 2:10).



KEY QUESTIONS YOUR ELEMENTARY-AGED CHILD IS ASKING

- How am I supposed to treat my body?
- What is sex?
- Why are bodies different?



AT THIS AGE MOST ELEMENTARY CHILDREN WILL ...

- Be increasingly vulnerable to peer pressure.
- Become modest about their bodies.
- Become increasingly concerned with body image.



DEVELOPMENTAL MILESTONES

- Most friendships are still of the same gender at this age, but younger elementary-aged kids will begin mixing and playing with children of the opposite sex.
- They may start showing interest in boy-girl relationships, although they don't like to admit it.



COACHING TIPS

- Expect that your child will have questions about words that they hear related to their bodies. Be ready to answer and explain in language that is age-appropriate, but also clear.
- You can set an example for your child by modeling modesty and a healthy respect for your own body.

- Your child will hear and see things in the media that may not be accurate. This will also happen as they spend time with other kids. Keep the lines of communication open by encouraging him not to be fearful to ask or tell you about anything.
- Discuss private parts and who is allowed to see or touch them. Help your child understand bodily boundaries and encourage her to tell you if anyone tries to cross those boundaries.
- Remember that “the talk” is not a singular conversation at a certain age but an ongoing dialogue throughout your child’s development. You want your voice to be heard on this subject before and above the voices of culture, the media, and your child’s peers. Take advantage of teachable moments when your child asks questions about anything related to sex and sexuality.



CONVERSATION STARTERS

- **WHAT WOULD YOU DO IF ... ?** Lead your child to think about unsafe or wrong situations he might find himself in where he needs to know how to respond quickly. Encourage your child to inform you if he ever finds himself in an unsafe situation.
- **WHAT SHOULD WE EAT TODAY?** As you plan meals or shop at the grocery store, allow your child to help you choose healthy foods. Discuss the importance of eating healthy foods and of taking good care of the bodies God has given us.
- **WHAT ARE YOU WEARING?** Because peer pressure is becoming an issue at this age in a child’s life, dressing like “everyone else” may become important to your child. Help your child understand that her body is valuable and should be dressed modestly. Spend time together looking at and evaluating pictures of clothing in magazines or take a shopping trip to look for appropriate clothing.



SAY OR PRAY

- God created our bodies for a purpose.
- Our bodies belong to God.
- We honor God when we use our bodies the way He designed.