

BIG IDEA

Sex should be seen as a good gift created by God to be enjoyed between a man and a woman in the marriage relationship.



KEY SCRIPTURES

- *God created sex as a good gift to be enjoyed between a man and a woman within the marriage relationship* (Gen. 2:8-9,15-25).
- *People can distort and abuse the original design for sex* (Rom. 1:21-28).
- *We are to flee sexual immorality* (1 Cor. 6:12-18).
- *It is God's will that we remain sexually pure* (1 Thess. 4:3-8).
- *Jesus is a friend to sinners and offers forgiveness for those who have sinned sexually* (Luke 5:29-32).



KEY QUESTIONS YOUR MIDDLE SCHOOLER IS ASKING

- Is what's happening to me and what I'm feeling normal?
- What's the truth about sex?
- What should I do and say to impress others?



AT THIS AGE MOST MIDDLE SCHOOLERS WILL ...

- Be exposed to things like mature films, sexting, and sexual talk from friends and older siblings. They will also have more unsupervised time online. Therefore, they may be exposed to more information about sex and sexuality than you are aware.
- Navigate the awkwardness of discovering sexuality. They will struggle with what to wear, hairstyles, and other challenges with creating an outward appearance that attracts the opposite sex or strengthens their identity.
- Be going through puberty.



DEVELOPMENTAL MILESTONES

- Lots of physical changes take place as your middle schooler goes through puberty. For boys, the changes include body hair, voice change, and growth spurts. For girls, changes include body shape, body hair, breast development, and the beginning of menstruation.
- With the onset of puberty comes emerging sexuality and sex attraction. Most middle schoolers will begin to turn their attention away from same-gender friendships to relationships with the opposite sex.

- Middle schoolers may begin to compare what they are hearing from the culture about sex with what's being taught to them by parents and other authority figures.



COACHING TIPS

- Most middle schoolers will develop a crush on someone (or several someones) during these years. It might be a celebrity or a friend at school. As a parent make a point to talk about these “loves” in an atmosphere of trust and acceptance. And be ready to listen and help heal the brokenhearted.
- Even though it's hard to believe, you must acknowledge that your child is changing into a young adult, and with that change comes the ability to be involved in sexual relationships. It's imperative that conversations take place about biblical standards for sexuality. They are already hearing lots of inappropriate messages about sex. You need to give them the right ones.
- In your conversations about sex with your middle schooler, it's important that you don't portray the message that sex is bad. Point out Genesis 1–2 where God created everything and called it good, including sexual relations between a man and woman in a covenant relationship of marriage.



CONVERSATION STARTERS

- **DO ANY OF YOUR FRIENDS HAVE BOYFRIENDS/GIRLFRIENDS?** Listen closely to words and body language to gauge true feelings about this situation and also to assess where your middle schooler is when it comes to romantic relationships.
- **WHAT DO YOU THINK GOD THINKS ABOUT SEX?** Don't immediately dismiss your middle schooler's response if it's not quite correct. Move from her responses to share biblical truth.
- **WHAT QUESTIONS DO YOU HAVE ABOUT SEX?** This is the “don't beat around the bush” question. Throw it out there and see how your middle schooler responds. But if and when he ask questions, don't put him off or shuffle him to the other parent. Answer him honestly. You can do this without revealing details not appropriate for middle schoolers.



SAY OR PRAY

- Pray that your middle schooler will understand God's beautiful design for sex and will choose to live by His standards.
- Pray your middle schooler would feel free to ask you any question about sex and that you would have the courage to answer and the wisdom to know what to say.