

Whole  
Sex

# The Talk™

Dangerous. Beautiful. Gift.

# Let's Talk

Study Guide

## MISSION STATEMENT

The *Whole Sex Talk*<sup>™</sup> is a Biblically-based, six-session multimedia program that empowers parents to have healthy, ongoing conversations with their kids about love, sex, and relationships.

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## DEDICATION

*The Whole Sex Talk™* series is dedicated to Susan VanDam, original author of the curriculum, and Kelly Haight who faithfully stewarded its development for 15 years. Without these women, this material would not exist.

## INTRODUCTION

### WHAT IS THIS ALL ABOUT?

*The Whole Sex Talk™* is a multimedia, six-session program that encourages us to have ongoing conversations with our kids about sex. These sessions utilize poignant short films, mini documentaries, graphics and animations, brutally honest parent and teen testimonials, expert panel interviews, roundtable discussions, and more.

Whether used individually, as a couple, in a small group, or with your kids, these were designed to be approximately 30-minute digestible sessions to enlighten, educate, and train parents to have critical discussions with their children about sex.

But there are no rules here. Enjoy each session at your own pace. The *Let's Talk* study guide is just that—a guide. It's an overview to give you a glimpse into the content. However, you'll find interesting stats and quotes in the video sessions that are not in the guide, as well as discussion starters and facts in the guide that are not in the video sessions. They are companions and go together. These are all tools designed to help parents facilitate dialogue, connect with their kids, and help them make wise life choices.

Most importantly, the battle for our children's hearts, minds, and purity, though largely cultural, is ultimately a spiritual one. You know your situation best, so, depending on your group, we would encourage you to begin each session in prayer, and pray for one another throughout this series.



## SESSION 1

# TALKING WITH OUR KIDS ABOUT SEX

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Love is patient, love is kind ... It always protects,  
always trusts, always hopes, always perseveres.

I Corinthians 13:4-7

# WHY THE WHOLE SEX TALK™?

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## SEX: IT'S A DIFFICULT TOPIC FOR ALL OF US

Remember when we were kids? Where did you learn about sex? Many of our parents spoke very little to us about sex, love, and relationships. In many cases, that is still true today.

Nearly nine in 10 young adults believe the media portrays their peers who have sex as “cooler” than those who don’t.<sup>1</sup> That is a shocking statistic. That means 90% of young people feel the pressure to have sex just to fit in. Young people need to know the consequences of being “cooler” are not worth the pain they may suffer.

Many parents find this topic difficult to speak about with their children. *When is a good time to talk to them? How do I start the discussion? I don't want to feel like a hypocrite for telling my kids one thing while I did the other.* We recognize the awkwardness of this topic and want to give you the motivation, confidence, and tools to be able to talk to your kids about sex.

## LAYING THE FOUNDATION

When we talk about sex with our children, we have to start with the truth that God created human relationships and sex. Genesis 1 tells us that we are made in God’s Image. We often think that being made in the Image of God is about our ability to speak or think, but if we understand what “Image” meant in ancient context, we realize our role as “Image of God” is far more significant. An image is a symbol of authority.<sup>2</sup> Genesis 1:26 shows God setting up images of His authority on Earth, “Let us make mankind in our image, in our likeness, so that they may rule ... ”

How does this relate to our sexuality? First, like kings who wanted their image displayed in every corner of their kingdom, God commands humans to “Be fruitful and increase in number; fill the earth ... ” (Gen 1:28). Adam and Eve had only one way to “increase in number.” In other words, the very first command God ever gave humans was to have sex! Before God told them anything else, God said, “Have sex—and lots of it!” (to paraphrase Gen1:28). Second, God’s Word specifically says that humans are made in God’s Image as “male and female” (Gen 1:27). Our sexuality is part of our identity as “Image of God.” Our creation as male and female is not accidental. Some people are made to reflect God’s character through their masculinity, others through their femininity, but everyone is “Image of God.” Finally, in Genesis 2:24, we see a glimpse of how human sexuality plays an even deeper role in bearing the image of God, “A man leaves his father and mother and is united to his wife, and they become one flesh.” God created the marriage relationship as a powerful illustration of God’s eternal character as a three-in-one being. The Father, Son, and Holy Spirit live as union of perfect, faithful, and sacrificial Lovers. The first human couple—Adam and Eve—were called to reflect that love. Wow! No wonder God takes sex so seriously.

Before we can effectively communicate the dangers of sex outside of God’s design, we should be prepared to celebrate the depth and beauty of God’s design for sex as a gift for procreation, unity, and pleasure between a husband and wife.

## BEFORE STARTING

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Please don't feel like you have to cram it all in. Remember to enjoy each session at your own pace.



### WHAT TO DO IN A GROUP

1. Designate a team leader to guide the group.
2. Ask questions that are pertinent to the discussion.
3. Be prudent in sharing experiences.
4. Turn off your phones.



### WHAT NOT TO DO IN A GROUP

1. Dominate the discussion.
2. Be afraid to share or ask questions.
3. Go off on tangents.

# TALKING WITH OUR KIDS ABOUT SEX

## 1950 VS 2050

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We kick off the series with an archival parody film about sex ed in the 1950s. Talking with kids about sex was definitely awkward in the 1950s! It's awkward for us today and will probably still be awkward in 2050. So let's all admit it, take a deep breath, and relax ... and then see how we can overcome the obstacles that are holding us back and dedicate ourselves to talking with our kids.



## BATTLE FOR OUR KIDS



**JIM SPRAGUE**  
CEO, Pregnancy Resource Center  
Grand Rapids, MI

“We’re in a battle for our kids that is totally worth fighting.”

Jim gives a welcome and a brief introduction about the purpose of this program, encouragement to engage in the battle for our kids’ hearts, and the confidence to win it.

## LIFTING THE VEIL

We asked teens to give us an honest glimpse into their world. As these teens discuss sex and relationships, parents are reminded that we live on one planet, but we exist in two different worlds.



### KEY MESSAGES

- **HIDING** - Deleting sexually oriented material
- **AFTER SCHOOL** - Know where and what your kids are doing
- **CODE** - Popular sexual euphemisms
- **LYRICS** - Some music’s damaging effects on relationships

Having lifted the veil and peering into what teens are exposed to daily, we thought we’d continue the conversation and share other culturally popular euphemisms in the chart below. Check out [urbandictionary.com](http://urbandictionary.com) for more euphemisms. Discretion advised.

TEEN TALK	TRANSLATION
Sexting	Texting sexual messages
Phone girlfriend	Girl you sext and share sexual pics with
Give me some FaceTime	Discreetly saying you want oral sex
Netflix and chill	Having sex while Netflix is on
Snaphoe	Pay-per-view stripper using Snapchat’s Snapcash feature to make money
Doing laundry	Having sex
Cake	Female butt

# Let's Chat

## DISCUSSION QUESTIONS

Who explained sex to you?

How did they approach the subject?

How do your children and their friends perceive sex?

What surprised you about the teens' conversation or the Teen Talk chart?

For more information on the laws about sexting, visit [thewholesextalk.com/resources](http://thewholesextalk.com/resources).

## NOTES

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## WHO IS INFLUENCING OUR KIDS?

This is a series of candid interviews with parents and experts about the influences competing for our kids' hearts and minds.



### STEVE SILER

Founder of *Music for the Soul* and award-winning songwriter with over 30 top-ten singles

"The advice I want to give parents is to not start [with sex]. Start early by talking to kids about love."

#### KEY MESSAGES

- **MUSIC** - The whys behind its lasting impact
- **PORNOGRAPHY** - It's everywhere, everyday



### MAGGIE FLYNN

Nurse Consultant for Homeland Security and Former Navy Nurse

"I didn't learn that sex was good or meant to be enjoyable in a husband-wife relationship."

#### KEY MESSAGES

- **LOVE ME** - I used to think sex was to get someone to like you
- **MEDIA** - Mixed messages, anything goes





**DR. ADAM BLICKLEY**  
OB/GYN for over 20 years and  
father of five

“I feel helpless seeing an adolescent when they have already crossed over into sexual activity, sexually transmitted infections, or pregnancy.”

**KEY MESSAGES**

- **FAMILY BREAKDOWN** - Talk to kids early before they need a physician
- **DAD OVER DOC** - I have more influence as a parent than as a physician



**DR. VIRGINIA SMITH**  
OB/GYN

“There is something almost intangible about a young lady who has preserved herself, who sees herself as something valuable ... she can conquer the world.”

**KEY MESSAGES**

- **CURIOSITY** - When it comes to sex, kids are very curious, very early
- **FATHER** - The power of a father’s presence



**DISCUSSION QUESTIONS**

How do you talk to your children about the influence of media and its messages about sex?

Why are boundaries important?

How much influence do you feel you have over your children?

How does your parental influence change throughout your child’s life?

What are the benefits of waiting for sex until marriage?

**NOTES**

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## SESSION WRAP-UP

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You are not alone. Many parents struggle with broaching the sex topic with their kids. Hopefully, after going through this session, you realize that despite the difficulty, it is worth it. You may save your kids from making mistakes that they will suffer from later in life.

Let's change our culture's message by telling our kids the true beauty of love and sexuality. Let's show them how God intended sex to be. One day, because of parents like you, it will be cooler to abstain from sex until marriage. We believe we will have a generation of kids who see themselves as a gift they can one day give to their spouse.

### EXPLANATION OF WRAP-UP DISCUSSION

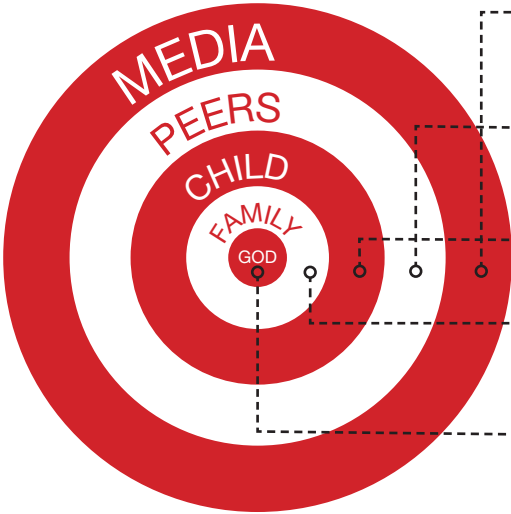
For each session, we'll wrap up with three steps to develop the conversation with your children:

- 1. SET UP** Find ways to create an open environment to start conversation with your children.
- 2. CONVERSATION STARTERS** Use the questions to have a targeted conversation about important issues with your child. These questions start broad, asking about the media's perspective on an issue, your child's peer network, your child's and your family's opinions. The conversation concludes by identifying what God says about the issue.
- 3. ACTION STEPS** Things to do to demonstrate the character and behavior you want your children to emulate.

### SET UP

1. Watch a movie/DVD/TV show with your child. Pay attention to messages that you want your child to embrace or reject.
2. Listen to music with your child in the car or bus and review what the lyrics say about love.

# CONVERSATION STARTERS



- MEDIA:** What does this song or movie say about love?
- PEERS:** What do your friends say about love?
- CHILD:** What do you think love is?
- FAMILY:** How do Mom or Dad show love to you and each other?
- GOD:** What does God teach about love? Look at 1 Corinthians 13 together.

## ACTION STEPS

1. Pray together as a family for someone. Point out that praying for others is a way to show love.
2. Hug and kiss your spouse in front of your children. If you are a single parent, don't be afraid to ask another trusted married couple to do the same.

## NOTES

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What To Do. What Not To Do...

The Noun Project. Icon by Milky - Digital innovation. Web. 3 August 2016. <<https://thenounproject.com/>>



**Whole**  
**Sex**  
**The Talk™**

**Dangerous. Beautiful. Gift.**

“The Whole Sex Talk program is indeed a beautiful gift to parents seeking Biblically-based, culturally relevant guidance on talking to their kids about sex. ... I can’t recommend it enough.”

Roland C. Warren, President & CEO, Care Net

“This is must-have information for parents.”

Jor-El Godsey, President, Heartbeat International

“The time has come to step up to the plate, and this curriculum will equip you to do just that.”

Dr. Julie Parton, Former Director, Pregnancy Resource Ministry, Focus on the Family

“This program helps parents overcome their fears of talking with their kids about sex by offering great resources.”

Mike G. Williams, Comedian, Speaker, Author



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