



Addendum for “Sex Ed Documentary” in Session 2: Confronting the Past

Staying current with the terminology related to sex education is a constant challenge for parents. This is why Session 2 of *The Whole Sex Talk*® includes a nine-minute documentary on the history of sex education in America. However, the landscape of sex education has continued to evolve.

This addendum is a resource for parents as they work with their children’s schools to provide sex education. In the State of Michigan, and many other areas around the country, parents have the opportunity to serve on their school’s Sex Education Advisory Board (SEAB) and help shape the sexuality education their children will receive at school (in addition to using *The Whole Sex Talk*® at home).

The terms, “abstinence-only” and “comprehensive,” as used in the documentary can be misleading in the context of a SEAB. There are no sex education programs that employ a simplistic “just say ‘no’” approach sometimes associated with “abstinence-only” education. Likewise, the mere inclusion of contraception in a course does not mean it will be more “comprehensive” than other programs. In many cases, the phrases “Sexual Risk Avoidance (SRA)” and “Sexual Risk Reduction (SRR)” are more helpful to describe the content and focus of the programs being offered in your child’s school. “SRA is a sex education approach based on a recognized and often used public health model known as ‘risk avoidance’ or ‘primary prevention.’”¹ In other words, SRA education encourages total avoidance of all sexual behaviors posing any risk of pregnancy, STDs, or psychological harm. “Sexual Risk Reduction (SRR), often called Teen Pregnancy Prevention or ‘Comprehensive’ sex education programs are primarily focused on increasing contraceptive use among teens, while normalizing teen sex and are considered a ‘secondary prevention’ strategy.”²

While the terms “abstinence-only” and “comprehensive” often signal which approach the program uses, here are three important questions you can ask to provide additional clarification.

Important Questions:

- 1. How does the program define success?** SRA programs are successful when participants cease sexual activity and delay sexual initiation, ideally until marriage. SRR programs are considered successful when participants reduce their number of sexual partners and increase their use of contraception.
- 2. What percentage of time is spent on risk reduction strategies compared to risk avoidance strategies?** Most SRA programs include some discussion of contraception “within a broader conversation that strongly emphasizes the value of waiting for sex in order to avoid all sexual risk.”³ On the other hand, most SRR programs will identify abstinence as the best method to avoid risk, while spending significantly more time demonstrating how to use contraceptive methods and how to negotiate their use within a relationship.
- 3. Who is providing the instruction and do they disclose any conflicts of interest?** If a school is using an SRR program, does the agency providing instruction profit from the sale of contraceptive methods encouraged in the course? If the program is successful (as described in the first question), is the agency providing the instruction more likely to see an increased or decreased client load as a result?



Important Terms:

Abstinence-based: Can be applied to any program that encourages abstinence. Media outlets often describe SRA programs as “abstinence-based” while SRR will also market themselves as “abstinence-based” because they do encourage abstinence, even if that is not their focus.

Abstinence-only: Only accurately describe programs which omit any mention of contraception. This is sometimes inappropriately used to describe SRA programs, which while strongly encouraging risk avoidance may explain the function and effectiveness of various contraceptive methods. Programs advertising an “abstinence-only” approach should always be evaluated to ensure medical accuracy and verify that shame-based terminology is not used.

Age-appropriate: Virtually all SRR and SRA programs claim to only include age-appropriate content. Parents should review materials to ensure they are appropriate for their own children. **In the Sex Ed Documentary, the narrator mentions that according to SEICUS guidelines, “Children ages five to eight are taught that boys and girls have different body parts...” The Whole Sex Talk® agrees that children should be taught correct anatomical terms for male and female reproductive organs. However, parents should always confirm that such instruction is not presented in a way that violates their child’s innocence or natural sense of modesty.*

Comprehensive: Normally used to describe programs which include detailed discussions of contraception, how to access and use it, and embrace a wide range of sexual behaviors outside of the context of marriage. All expressions of sexuality are considered safe and morally neutral if contraception is used and both partners consent to the experience.

Evidence-based: A technical term for a program which has been reviewed by a third-party agency and that review has been published in a peer-reviewed journal. This phrase is often confused with “fact-based.”

Fact-based: A program which limits instruction to medical, psychiatric, psychological, empirical, and statistical information. This would be in contrast to values-based education where the subject is taught from a specific moral or religious bias.

Medically-accurate: “Means verified or supported by research conducted in compliance with scientific methods and published in peer-reviewed journals, where appropriate, and recognized as accurate and objective by professional organizations and agencies with expertise in the relevant field.”⁴

Sexual Risk Avoidance Programming: Emphasizes avoiding risk behaviors and the elimination of all associated risks of those behaviors by spending the majority of verbal and written messaging on abstaining.

Sexual Risk Reduction Programming: Emphasizes reducing the risk of pregnancy and STDs by spending the majority of verbal and written messaging on accessing and using condoms and contraception.

Notes:

¹ Ascend, “Understanding Sexual Risk Avoidance (SRA) and Correcting Misinformation” (Washington D.C.: Ascend, 2016).

² Ibid.

³ Ibid.

⁴ Thomas D. Watkins, “Memorandum on Approval of School Health State Board Policies” (Michigan Department of Education, September 19, 2003), https://www.michigan.gov/documents/ITEM_I_73714_7.pdf.

Whole
Sex

The Talk™

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Let's Talk

Study Guide

MISSION STATEMENT

The *Whole Sex Talk*™ 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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SESSION 2

CONFRONTING THE PAST

TABLE OF CONTENTS

13	Before Starting	
	Love For Your Kingdom	
14	Video: God Created Sex	(1:30)
	Video: Sex Ed Documentary	(9:00)
	Let's Chat	
15	Confronting Our Past	
	Video: Glenn	(5:39)
	Video: Alicia	(3:18)
	Video: Maggie	(3:00)
	Video: Tony	(4:30)
16	6 Steps To Reconciling Our Past	
	Let's Chat	
17	Session Wrap-Up	

That is why a man leaves his father and mother and is united to his wife, and they become one flesh. Adam and his wife were both naked, and they felt no shame.

Genesis 2:24-25

BEFORE STARTING

The strength of any study is applying the lessons learned to our lives. Session one began the conversation. Before beginning session two, spend some time going over last session's action steps.



WHAT TO DO

1. Share action-step experiences or conversations that you've had since session one.
2. Humbly listen to others as they share their thoughts.
3. Respect the privacy of others. Personal stories shared in the group stay in the group.



WHAT NOT TO DO

1. Dive right in without reviewing session one target conversations and actions steps.
2. Give up. The more effort you invest, the better the outcome.
3. Share too much information. (TMI is an abbreviation for a reason.)

LOVE FOR YOUR KINGDOM

Imagine you are the king of a great land and there is a battle going on at your borders. The enemy army has just pitched its tent outside your lands. They have already destroyed the kingdom next to you. You have heard how they have treated the young men and the young women in that land. You are aware of the results. Would you do everything in your power to stop the enemy out of your love for your kingdom?

CONFRONTING THE PAST

GOD CREATED SEX

This 3D animation depicts God’s design for human sexuality. Sex is a beautiful mystery within the oneness of marriage. God created sex:



1. To create the blessing of new life (Gen 1:28)
2. To express love and unity (Gen 2:24)
3. For pleasure between a husband and wife (Prov 5:18, 19)

Since God designed sex, He alone has authority over it. Anytime a person goes against God’s design for sex, it is a sexual sin. They are not going against what another person says, they are going against God. (1 Thess 4:8)

SEX ED DOCUMENTARY

Dr. Alfred Kinsey is a controversial icon of today’s public school sex ed curriculum. His overall philosophy is that sex can be explored at any age with anyone at any time.³ Dr. Joe McIlhaney (OB/GYN) of the Medical Institute for Sexual Health has written an alternative sex ed curriculum guideline, *National Guidelines for Sexuality and Character Education*.⁴



DR. ALFRED KINSEY



DISCUSSION QUESTIONS

- What is being taught in your child’s school?
- What is being taught in your church?
- What is being taught in your home?
- What is it about sex that is worth waiting for?

NOTES

CONFRONTING OUR PAST

It's important to get the conversation started with your kids, but now you're worried what they may ask about you. Perhaps in the course of your life, you've made some sexual choices that you're not proud of. Glenn discusses a past of sexual addiction.



GLENN

"I began a journey that became 20 years of darkness. Parents don't have a clue as to the grip that pornography can have on a child."

KEY MESSAGES

- **DAMAGE** - Porn causes guilt, shame, and hurt
- **SIGNS** - Respond with love if kids are caught

How will kids feel about us if they know about our past mistakes? Fearing the past can cripple us from sharing. These parents discuss the different stages they are at in the sex talk with their kids.



ALICIA

"Now God is saying to me, 'You don't have to live in your past.'"

KEY MESSAGES

- **PRESSURE** - Afraid my past would be used against me
- **PRINCIPLES VS RULES** - Explain the whys



MAGGIE

"I always reassure my daughter that I am going to love her no matter what."

KEY MESSAGES

- **TRANSPARENCY** - Being real creates safety and trust
- **BOUNDARIES** - Help them make good choices during different stages of childhood



TONY

"Looking back, I helped my daughter break down her walls for us to talk about sex."

KEY MESSAGES

- **CONVERSE** - Converse, don't lecture, and leave the door open
- **TAILOR MADE** - Each child learns differently

6 STEPS TO RECONCILING OUR PAST

These steps are meant for further group discussion or to be digested for personal reflection.

1. Assess your past. Ask God to show you if you might be denying the truth about your past. Is there anything in your past that you have not brought into the light of God's truth?
2. If God reveals something to you, decide to deal with it. It's a commitment to take a journey so God can heal the wounds of your heart.
3. Choose to believe what is true. God forgives us from our sin. He loves us regardless of it, and, through confession, He will restore our relationship and communication with Him.
4. Godly sorrow is necessary. Grieve over what you have lost. You may actually need to write down what the sin cost you and what you have lost because of it. Allow yourself to feel the emotions of your grief. Grief helps reclaim dignity and cleanses the soul. The Bible does not say we need to forgive ourselves. However, perhaps we don't feel God's forgiveness because we haven't experienced godly sorrow and we are stuck, similar to when a person doesn't grieve the loss or death of a family member.
5. When we have really dealt with our sin, we won't feel the need to hide it. It has lost its power over us. Therefore, we have a testimony to share and others to help because of the healing that we have gone through.
6. Tell your story to someone you trust.



DISCUSSION QUESTIONS

How is pornography a distortion of love?

What measures can you take to protect your children from pornography?

For more information about pornography protection software, visit thewholesextalk.com/resources.

What experiences have shaped your understanding of sex and relationships?

How have those experiences informed your conversation with your children?

NOTES

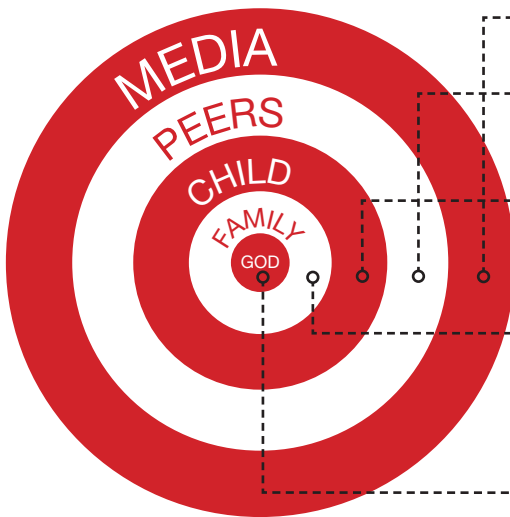
SESSION WRAP-UP

There is a war for your sons' and daughters' hearts. God tells us to guard our hearts above everything because out of our hearts flow who we are (Prov 4:23). The enemy has taken prisoners and destroyed lives (John 10:10). You are aware of the results. Nobody will protect your child like you. Tell your kids what they need to know, and don't relax about it. Educating your child about sex is ongoing. Why is this important? Because out of our heart is where we love God and love others (Matt 22:37-39).

SET UP

1. Share some of the struggles, mistakes, and lessons that you've learned about sex and relationships.
2. Watch the "God Created Sex" video with your child, available at thewholesextalk.com/resources.
3. Watch a fertilization video with your child. A link to the video is available at thewholesextalk.com/resources.

CONVERSATION STARTERS



MEDIA: What does this song or movie say about sex?

PEERS: Which words from the Teen Talk chart in session one have you heard your friends say?

CHILD: Question for older kids: How do you define sex? Question for younger kids: What are the differences between boys and girls?

FAMILY: Explain to your child how you define sex. Use prudent judgment to decide what to share.

Resources available at thewholesextalk.com/resources.

GOD: What does God say about sex? (Read Gen 1:28, 2:24 Prov 5:18-20, Heb 13:4)

ACTION STEPS

1. Pray with your spouse about your own view of sex. Is sex a positive thing, worth teaching your children about?
2. Contact your children's school to find out if they are teaching Comprehensive Sex Education (also called "Sexual Risk Reduction") or Abstinence Education (also called "Sexual Risk Avoidance").
3. If necessary, individually or as a couple, work through the 6 Steps to Reconciling Our Past.

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What To Do. What Not To Do...

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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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415 Cherry St SE
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