

Whole
Sex

The Talk™

Dangerous. Beautiful. Gift.

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 6

IMAGE BEARERS AT HEART

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So God created mankind in his own image, in the image of God he created them; male and female he created them.

Genesis 1:27

BEFORE STARTING

Last, but not least, session six. Before beginning, spend some time going over last session's action steps.



WHAT TO DO

1. Review things you have learned from previous sessions.
2. Celebrate all that has happened since starting.
3. Make plans to continue to encourage one another.



WHAT NOT TO DO

1. Forget what you have learned.
2. Check “The Talk” off your list and never mention it again with your child.
3. Rush through this final session.

CELEBRATING PEOPLE MADE IN GOD'S IMAGE

In session one, we learned that being made in the Image of God is directly related to our sexuality. We learned that God wanted to fill His entire creation with humans, made in His image, reflecting His faithful, loving, creative care of the Earth. The truth that every person bears the Image of their Creator should radically transform how we understand ourselves, our children, and every person.

Being made in God's Image is the foundation for our children's self-regard and self-confidence. They are a one-of-a-kind replica of their Maker, handmade by God (Psalm 139). He has given them talents, abilities, perspectives, and experiences that don't belong to anyone else. This is also the foundation for their humility; they have been made for God's glory, not their own.

And just as any attack on an earthly king's image would be considered an attack on the king himself, God regards any attack on a human being as a rejection of His authority. For our children, this means God cares about everything that happens to them. God also cares how our children treat others. Let's teach them to treat others the way God wants them to be treated.

IMAGE BEARERS AT HEART

SHE WAS LISTENING

She Was Listening is a film about the confidence and self-esteem developed in a daughter through a lifetime of encouragement, captured in home movies.



THE 3As

The 3As is a candid look at a group of teens reflecting on how affirmation, affection, and achievement were demonstrated by their parents and how it impacted them mentally and emotionally.



Below are some examples that teens have shared of practical ways their parents show affirmation, affection, and achievement.

AFFIRMATION

To be valued for who you are and not for what you do. Can produce **feeling of being worthy.**

“

Tell me they love me every day

Praise me when I do something good and reassure me they still love me when I fail

Ask about my day

Do special things for me out of the blue

Ask me questions about my day and life

Compliment me on my goals and just being me

AFFECTION

Physical means by which you can show love, care, and concern. Can generate **feeling of being loved.**

Talk to me, spend time together

Cuddle with me and tell me they love me

Hugs before bed

Hugs, kisses, and talking

Positive words and taking care of me

Cooks me things I like

ACHIEVEMENT

Recognition for specific accomplishments that they have achieved, or positive actions that contribute to the life of the teen. Can produce **feeling of competence.**

Being a virgin and not having sex

Being a son or daughter my parents can trust – anytime, anywhere

Being Student of the Month

Making the soccer team

Being honest when I could have easily lied

Getting my homework done”

LOVE LANGUAGE

Speaking to your children in a way that nurtures them and builds self-esteem is critical in the formative years and beyond. Dr. Ariel Juberg explains how it also keeps us connected and is influential in our children’s lives.



DR. ARIEL JUBERG
Psychologist

“Our kids are in process. It can be easy taking any disconnect personally, but don’t.”

KEY MESSAGES

- **MIRROR** - How you see them has incredible value
- **I SPY** - Catch your kids doing something positive



WORDS OF AFFIRMATION

This language uses words to affirm other people.



QUALITY TIME

This language is all about giving the other person your undivided attention.



PHYSICAL TOUCH

To this person, nothing speaks more deeply than appropriate touch.



ACTS OF SERVICE

For these people, actions speak louder than words.



GIFTS

For some people, what makes them feel most loved is to receive a gift.

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DAD'S IMPORTANCE

Very few things in life are more powerful than a mother's love. However, a father figure or male role model can also make a profound difference in a child's life. So can his absence.



"Not having a relationship with my father was a big deal."

TROY EVANS
Pastor

KEY MESSAGES

- **IDENTITY CRISIS** - Proving yourself when you don't have to
- **ATTITUDE** - Feeling unwanted creates a lack of respect

Every child wants to know they have a place in the world and that they're valuable. Some girls and boys might go to extreme lengths to prove their worth to the world; others might conclude that they are worthless. The world will constantly measure young people by impossible standards of beauty, strength, money, and intelligence.

A father has a critical role in affirming the worth of a child. The voice of a father can powerfully declare to his son or daughter that they have a God-given purpose and worth. A father can remind his daughter that she offers far more to the world than just her body, and his love won't diminish for her based on her report card. A father can praise his son for hard work and diligence whether or not he is a top athlete or honor student. The encouragement of a father helps to prepare a young person for healthy future relationships that are based on unconditional love and commitment.

Children who do not know the love of their father may seek to be validated and affirmed by a world that doesn't care about them. The world will always demand more than can possibly be given and will discard them as soon as their "usefulness" wears off.

Let's Chat

DISCUSSION QUESTIONS

From the lists on page 45, share an example of how you demonstrate affirmation, affection, or recognize achievement with your children.

Do you know your love language(s)? Your spouse's? Your children's?

How can you express love if your love languages are different than your child's?

How can a father affirm a child's worth?

NOTES

PRACTICAL HELP

This video is a roundtable discussion with three couples sharing stories, strategies, and tactics to provide for their children, prepare them for the future, and protect them from harm.



REWIND

Wait ... wait ... wait. We know it's been an emotional journey getting through these sessions. We're confident you are refreshed and energized with new hope. Before you begin your action steps, we wanted to give you a fun glimpse into this labor of love and what it took to make this project a reality. May you be encouraged as you go!





Let's Chat

DISCUSSION QUESTIONS

How can a group of parents support and help each other in talking to their kids?

What are the pros and cons of having cell phone rules and accountability in your house?

We often tell our kids, no ... no ... no ...
How could we balance talking to our kids about their sexuality in a positive way?

NOTES

SESSION WRAP-UP

Close your eyes and imagine this. You are in the desert. The blazing sun, which you have once longed for on frigid winter days, has now become your foe. Its rays are beating down on your dehydrated body, scorching your skin. You long for a drink and dream of gulping down cold refreshing water to soothe your suffering. You'd drink anything to numb the pain. As your feet drag in the blistering desert sand, you see an oasis in the distance. You blink several times to make sure it's real and run towards this heavenly vision. It's real. You throw yourself into the water and begin to drink ...

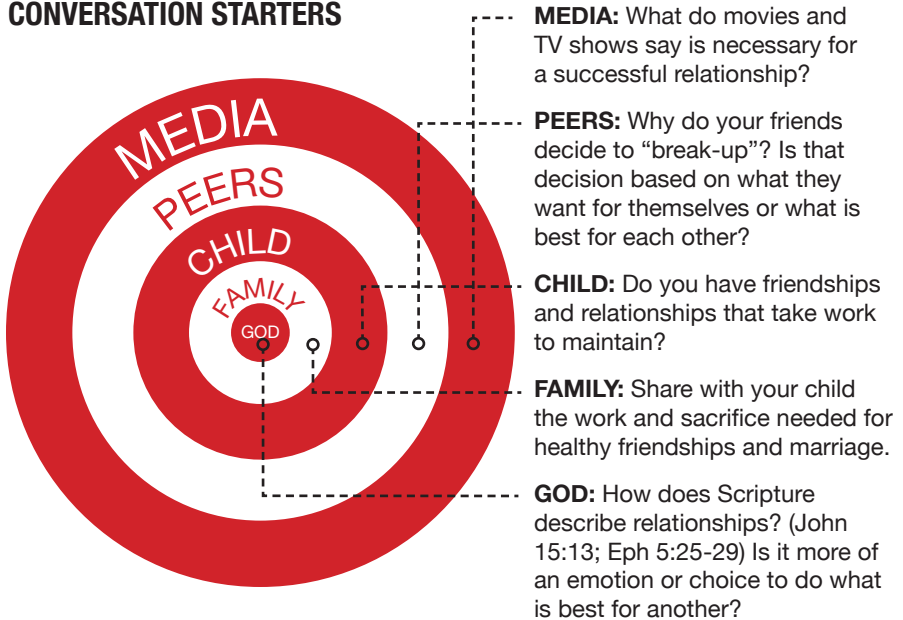
Today, people are thirsty for love. They are so thirsty that they will drink any liquid put in front of them. What disguises itself as love is not always love. We need to equip kids to discern between true love and lust, God's definition and Hollywood's definition, and help them choose true love, even if it means going against the current.

Hopefully, after these sessions, you will have the confidence and tools to speak to your kids about sex, to know the dangers involved in premarital sex, to see the beauty in waiting until marriage to have sex, to understand your child's daily reality of pressures to give in to sex before marriage, and, most importantly, to nurture the relationship with your kids.

SET UP

1. Review page 45 with your child and ask them which of the 3As is most important to them.
2. As a family, discuss over a meal what it means to be made in the Image of God. (Refer to pages 5 and 43 for guidance.) How can this apply to our relationships?

CONVERSATION STARTERS



ACTION STEPS

1. Cultivate relationships with other parents in order to encourage and support each other in parenting.
2. As a family, take the love languages quiz at 5lovelanguages.com. Exchange names between family members. In the next week, demonstrate love to a family member using their love language.
3. Pray daily for God's strength and wisdom to raise the children who have been entrusted to you.

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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



pregnancy resource center

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thewholesextalk.com
prcforlife.org