

Teaching children healthy sexuality: Overview

[Teaching children healthy sexuality: Overview - Focus on the Family](#)

Gone are the days when parents can talk superficially about "the birds and bees" and expect their children to turn out OK. Our hyper-sexualized culture now reaches into more than 60 per cent of American homes via the Internet¹ and two-thirds of homes through cable TV.² Whether our children are urban or rural, rich or poor, they need intentional parents who model a continuum of healthy behaviours. Behind the sexual choices made by older children and adolescents is the deeper issue of personal character learned at home.

Take, for example, the character modelled by a dad who demonstrates road rage or a mom who tells a "white lie" on the telephone. You might wonder how these examples apply to the development of healthy sexuality in our children. Both examples demonstrate poor judgment and a lack of discipline, two qualities needed in abundance these days if one hopes to navigate the perilous waters of adolescence and sexual temptation.

We need a comprehensive theology of sexuality, chock full of practical applications lived out at home. As adults, many of us have learned in hindsight that poor character is intricately linked to sexual sin. And now as parents, we can appreciate that it's easier to shape character sooner than later in the lives of our children.

The role of family

While each child emerges with a separate and distinct will, we cannot underestimate the profound role of the family. For example, family is where young males can be mentored into responsible men who know how to safeguard sexuality and young females can be fashioned to cherish fidelity.

As a therapist I am routinely saddened by the fact that the vast majority of my clients who struggle with sex addiction, or those who are married to ones who do, were not mentored in any meaningful way at home. Without any intent to blame or shame, it seems to me that many parents throughout the years have simply "raised children" rather than intentionally going about the task of raising adults.

The research on neurological imprinting and how we learn experientially as children is a fascinating study. I believe God wired us to learn by way of imprints. One poet said, "Children live what they learn." Clearly human beings are likely to live what has been modelled to them during the first 18 or 20 years of life at home. Or, they may be prone to living reactively, unknowingly seeking the other extreme opposite of what they experienced. In either case, for better or for worse, what is modelled before children has a serious impact on their lives.

Unless we regard our children's vulnerabilities as a sacred trust, and strategically and prayerfully shelter them from harm, how can we expect them to flourish as adults?

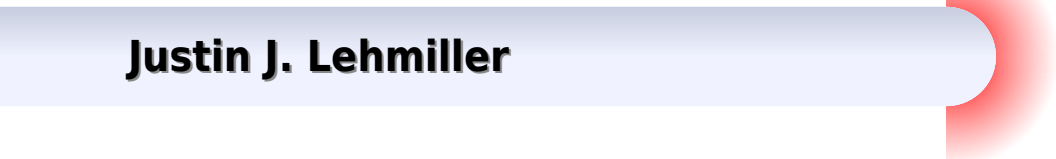
Fred often played and wrestled with his young children. And of course, his kids loved it. But as his wife watched these matches of tickling and horseplay, she began to question the appropriateness of her husband's behaviours. At some point in the play, Fred's pants would invariably fall down as if the kids had somehow tickled him into losing his pants.

Some people would find no harm in the example I've provided, but in the book of Genesis, one of Noah's sons is cursed for mocking his father's nakedness.³ I can't recall a single account in Scripture where unnecessary immodesty is deemed healthy or appropriate.

Consider another challenge that threatens our children's sexuality. Many children grow up seeing one or both parents in dating relationships. Perhaps there was an unintended divorce or maybe it was the case of a young, single parent who, having made a mistake, wanted to raise her child. While such behaviour is more and more

Teaching Children About Human Sexuality

Justin J. Lehmiller



Teaching Children About Human Sexuality:

Teaching about Human Sexuality and Family Estelle Weinstein, Efrem Rosen, 2006 TEACHING CHILDREN ABOUT HUMAN SEXUALITY AND FAMILY A SKILLS BASED APPROACH is designed to provide students with the necessary skills to teach Sex Education to children of all grade levels The text s life skills applied to content approach incorporates the seven new national standards established by the profession as desired outcomes of Health Education curricula with an emphasis on communication problem solving decision making stress management and goal setting as they apply to human sexuality content The authors also address sensitive and controversial issues in sexuality such as gender sexual orientation family planning pregnancy parenting sexual violence and sexuality portrayed in culture and society It is suited to be a standalone text or a great companion to Weinstein Rosen s TEACHING CHILDREN ABOUT HEALTH SECOND EDITION

UNDERSTANDING HUMAN SEXUALITY ESPHAN NG'ANG'A, 2009-07-31 Though sexuality is an important subject matter that should be taught in homes and in the church it has been neglected and treated as inconsequential Young and old alike look at sex as a taboo The church and the home should be the most appropriate forums where sexuality could be openly discussed but to the contrary the message we have received from the church and the home is that sex is unholy and shouldn t be discussed These key institutions have little or nothing to discuss about sex This is especially tragic because the believers who have faith in God who created sex and established its proper parameters should be able to speak more intelligibly and confidently about sex than anyone else Yet the community of believers is silent in the public forum in matters relating to sexuality whether because of embarrassment confusion timidity or a sense that the subject of sex is either too personal or not sufficiently spiritual for church to address publicly Mr Ng ang a has addressed this subject openly and with ardent scriptural instruction Understanding Human Sexuality is helpful to married couples and curious young people who have many questions about sex It is also an instruction manual for parents in guiding their curious children on the subject **Teaching Children**

about Sex: Using the Temple as Your Guide Cherri Brooks, 2023-02-02 It s time for the talk Teach your children the truth about sexual intimacy in a world of shifting values and ideas With expert advice and age appropriate wording you learn how to use the temple as a beautiful analogy to discuss with your kids the sacred subject of sex Timely and clear this book is a must read for parents teachers and leaders **Human Sexuality** United States Catholic Conference, 1991 Provides

educational and informational guidance on the difficult questions and problems involved with human sexuality *Values Education on Human Sexuality* Antonio Nolasco Torralba, PhD, Chelina de los Trinos-Gutierrez, PARENTS HANDBOOK SEXUALITY EDUCATION is basically CHARACTER EDUCATION which in turn is founded on human dignity and encompasses formation in moral standards and human conduct hence covering the key elements of life and love and everything in between This book is intended for parents the primary educators of children and the most effective source of appreciation and understanding of love and sexuality shaping minds and hearts to make good and responsible day to day decisions on key

aspects of life This is the third of an 11 volume series the first dealing with the basics and nuances of sexuality education the second addressed to teachers in the classroom and the next eight intended as textbook series for Grades 5 to 12 ages 11 to 18 of the K to 12 program The book series in SEXUALITY EDUCATION is probably a most potent tool to help young people and their parents and other educators regardless of creed culture and social status to appreciate love life and everything in between It is a book of and about love in the setting of the home that nourishes future homes

Human Sexuality Ami Rokach, Karishma Patel, 2021-01-22 Human sexuality touches us all pun intended We all either enjoy it struggle with it or may have been victims of it Sexuality is not just about sex but about human sexual function the physiology of sex the hormones involved and how they affect us and the cultural norms related to it Sexual function and dysfunction are closely tied to one's self esteem self respect and to relationships with intimate partners Human Sexuality Function Dysfunction Paraphilias and Relationships explores the interplay of intimacy and sexuality how it can enhance relationships and how it can negatively affect them or be affected by them When individuals or partners encounter sexual problems or dysfunctions it can have a long lasting affect both biologically and psychologically Dr Rokach explores the causes and the reasons that these dysfunctions are maintained and successful treatment methods Chapters on sexual offenses and paraphilias and what treatment options are available to sexual offenders are also included This book is the first book to place sexuality where it belongs within the context of relationships demonstrating how sexuality relates to intimacy by both enhancing and negatively affecting it Explains psychological biological and sociological theories of sexuality Addresses sexual dysfunctions according to various models of sex therapy Discusses the biological developmental and sociological theories of sexual orientation Explores the specific hormones in male and female sexual behavior

The Psychology of Human Sexuality Justin J. Lehmiller, 2023-11-06 The Psychology of HUMAN SEXUALITY New edition of an authoritative guide to human sexual behavior from a biopsychosocial perspective The Psychology of Human Sexuality is a comprehensive guide to major theoretical perspectives on human sexuality and the vast diversity of sexual attitudes and behaviors around the world with broad coverage of topics including anatomy gender and sexual orientation sexual behaviors sexual difficulties and solutions sex work and pornography Written from a sex positive perspective with material that is inclusive and respectful of a diverse audience the text includes cutting edge research on the origins of sexual orientation and gender identity as well as new treatments for sexually transmitted infections and diseases To aid in student learning the text is accompanied by online resources including a test bank and instructor slides Separate chapters deal with attraction and relationship processes The Psychology of Human Sexuality includes information on Sex science studies that researchers have failed to reliably replicate since the 2nd Edition was published and the broader replication crisis in psychology Graysexual identities that fall on the spectrum between allosexual and asexual and the sex recession of modern times Recent studies that shed light on sexual behavior in cultures that have previously been the subject of very little study Sex and disability and take home messages to

allow readers to implement beneficial changes in their lives An important and comprehensive text that provides readers with a better understanding of and appreciation for the science of sex and sexual diversity The Psychology of Human Sexuality is an essential resource for students of human sexuality in both intermediate and advanced undergraduate courses **Tools for Teaching Comprehensive Human Sexuality Education** Dominick Splendorio, Lori Reichel, 2014-03-14 A hands on resource filled with interactive activities to engage students thinking and skill development This book contains ready to use lesson plans referencing both the National Sexuality Education Standards and the National Health Education Standards and is arranged into chapters by the seven topic areas outlined in the National Sexuality Education Standards These include anatomy and physiology puberty and adolescent development identity pregnancy and reproduction sexually transmitted infections healthy relationships and personal safety These dynamic pick and choose lessons and activities have been field tested in classrooms and workshops by the authors who are recognized experts in this area Many of the lessons contain an opening activity to immediately engage students followed by student centered learning experiences such as case studies simulations real life scenarios self assessments journals and individual and group projects presentations Features lessons that incorporate the essential knowledge and skills to empower students to make healthy decisions related to their sexual health Includes performance indicators detailed what students should know and be able to do by the end of grades eight and twelve Offers supplementary web resources and assessment projects as well as Home School Connection assignments to support family communication about sexuality I Want to Teach My Child about Sex Karl Wendt, Shannon Wendt, 2005 Featuring quick tips easy to use charts and instantly usable lists and illustrations this hands on resource helps parents who want to teach their kids about sex by applying biblical principles The Christian Educator's Handbook on Family Life Education Kenneth O. Gangel, James C. Wilhoit, 2001-02-01 As a start or an addition to your library few books would make a better choice than The Christian Educator s Handbook series offered by Baker Books Noted Christian education authorities such as Kenneth Gangel James Wilhoit Howard Hendricks and Robert Choun have edited or written these books Their scope ranges from adult to children s education and covers spiritual formation teaching and family life ministries Christian Education Counselor

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