Parenting, Purity, and Technology

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## Shaping Your Child's Sexual Character

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The 5 W's in Creating a Foundation for Healthy Sexual Development

- **Who:** accepts the teaching responsibility?
- **What:** are they being told?
- **When:** should talking to your children occur?
- **Where:** do parents begin?
- **Why:** does this need to be shared and developed?

Mark 10:6 *"But from the beginning of the creation God made them male and female."*

Deuteronomy 6:7 *And thou shalt teach them diligently unto thy children, …*
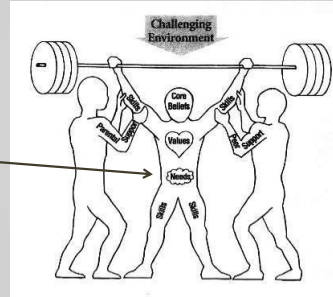

Challenging Environment
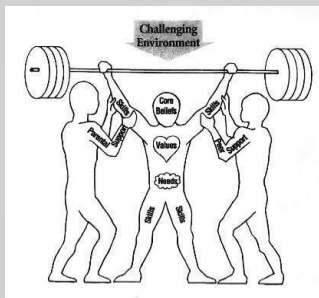
Material taken from God's Design for Sex Series, Stan and Brenna Jones, Navpress


Young people starved for love are more likely to seek having their needs met through sexual experimentation than kids who know they are loved. We need to be strengthening close parent-child relationships, healthy friendships, and a future.
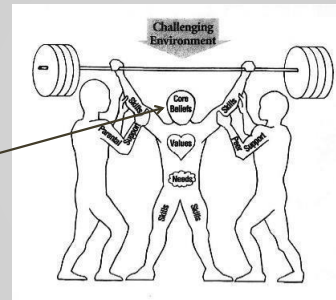
N E E D S

Do we teach children to value purity and obedience to God? Or do we let kids learn from the world about immediate pleasure, looking "cool" and fitting in.
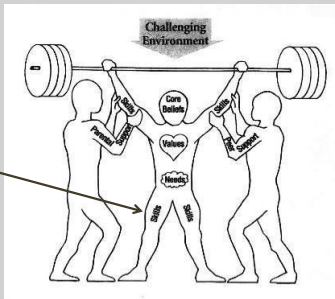
V A L U E S
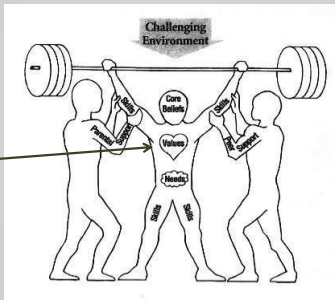
Our young people know the core biological facts, but do they also understand how God Himself looks at sex and where sexuality fits into what it means to be a godly man or woman?

B E L I E F S

Are we giving our children the abilities to resist peer pressure, stand up for what is right, build meaningful friendships, and form loving relationships as adults?

S K I L L S

Are we helping children grow in the right direction by keeping our relationships with them strong and loving? Do they have a "good" peer network? Are we helping them to grow and stay close to Jesus?

S U P P O R T S
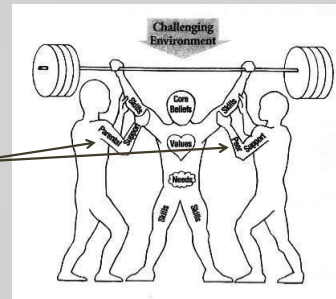
WHO?, what, when, where, why

- *Who* should be teaching our children?
  - Should it be other children? Churches or schools? Our culture? Media/movies/social norms?
- The Word is clear about parents being in the lead of training and instructing their children.
- Sadly, even the "absence" of information or communication can send messages to our children.
- Parents are empowered with the opportunity to lay this foundation of truth.

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who, *WHAT?,* when, where, why

- *What:* Do we want our kids to know and how much?
- What: Is God's design for our bodies?
- *Psalm 139:14 "I will praise thee; for I am fearfully and wonderfully made: …"*
- What: Are our kids hearing from others?
- What: Are the possible consequences when kids don't know about their bodies or the boundaries needed to protect their bodies and hearts? Do our kids know what to do if harmed?

who, what, *__WHEN?__*, where, why

- **When** is the appropriate age to talk to children?
  This is the wrong question to ask, but instead consider:

  - A child's maturity/developmental level.
  - Appropriate language with appropriate content that matches the child's level of understanding.

- Start with basics and build early and often:
  - Most learning done by children is built on progression. Simpler concepts and ideas are established as the foundation for additional principles and applications.

  - *Proverbs 22:6 "Train up a child in the way he should go: and when he is old, he will not depart from it."*

WHEN? (cont.)

Consider the **Process** and not just one **Conversation**:

- It will be wise to approach this parental responsibility from a developmental lifespan model of sex education rather than the "big one" birds and bees conversation.

The right time is RIGHT NOW!

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who, what, when, *__WHERE?__*, why

- **Where** do parents begin?

- **Bible Stories**
  - The Bible is certainly not lacking in examples that can lay the groundwork for current and future conversation. There are many stories that are rich in the significance of sexual character.

- **Importance of a solid relationship with your child.**
  - Helps in easing open the door of opportunity to talk and share about this topic. If children feel comfortable talking with parents about the small things, it then creates those opportunities for the big things.

God's Design for Sex Series

- **How and When to Tell Your Kids About Sex**
  (Parent's Guide)
- **Book 1**: The Story of Me   (ages 3-5)
- **Book 2:** Before I Was Born   (ages 5-8)
- **Book 3**: What's the Big Deal   (ages 8-11)
- **Book 4**: Facing the Facts   (ages 11-14)

Authors: Stan and Brenna Jones

God's Design for Sex Series

- Ask the right *questions* to find the right answers.
  - The book series will provide detailed answers.

- Some of these *questions* will be covered in depth, but time will not permit us to cover them all.
  - Our hope is that the questions raised will instill a blend of appreciation and urgency to tackle this topic with sound teaching materials and assurance.
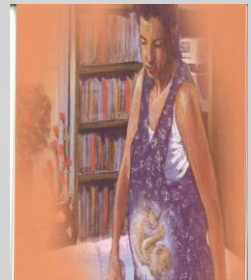

Book 1: The Story of Me (ages 3-5)
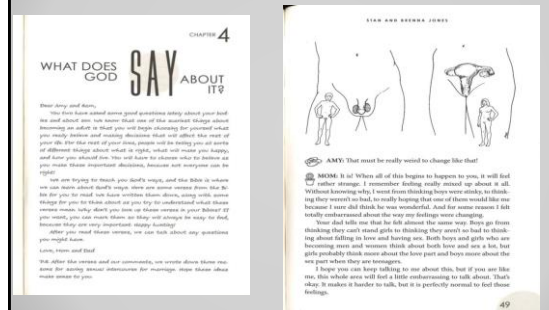### *Lays foundation of male/female design.*

Book 2: Before I was Born (ages 5-8)
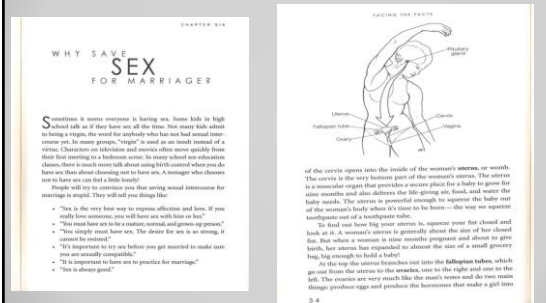*Lays foundation of age-appropriate language.*
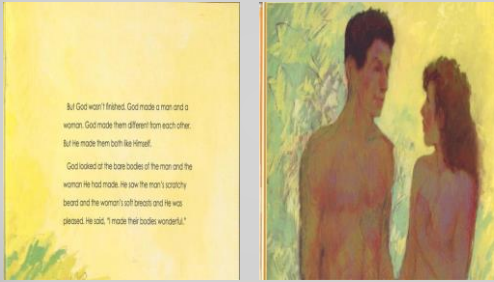
Book 3: What's the Big Deal (ages 8-11)
Lays foundation of the basics of sex.

Book 4: Facing the Facts (ages 11-14)
Lays foundation of puberty and marriage.

who, what, when, where, *WHY?*

- **Why:** is it important that you are your child's first teacher?
- Why: is it important to know that God has designed their bodies?
- Why: is important for them to think ahead of their future spouse?
- Why: does God want them to be grounded in their sexual character?

WHY ? (cont.)

- **Answering the "Why" and confronting the concerns:**
  - Fulfills God's command for parents to:
    - "train up their children" (*Prov. 22:6*)
    - "teach them diligently" (*Deut. 6:7*)
    - "not to create undue frustration/anger" (*Col. 3:21*)

The *TEST:* Teenagers and Dating

I Attract: God's Design *"It is not good that the man should be alone" Gen.2:18*

I Protect: Parent's Desire

I Object: Teen's Demand

Train and Instruct: *"Train up a child in the way he should go" Prov. 22:6*

Interviewing Your Daughter's Date (D. Rainey)
familylife.com

I Kissed Dating Goodbye (J. Harris)

FocusontheFamily.com

HELP with the HOW?

1. **Prayer** for asking for wisdom and courage.
2. **Bible** for truth and direction.
3. **Parental unity** for support and consistency.

Joy in the Journey!

Purity And Technology

Time Children and Teens Spend with Technology

- On average, 8 to 10 year olds spend nearly 8 hours a day on a variety of different media.
- Older children spend more than 11 hours per day.
- Time spent with media is the leading activity for children and teenagers other than sleeping.
- Young people now spend more time with media than they do in school.
  - TV remains the predominant medium (average of 4+ hours/day).
  - Nearly 1/3 of TV programming is viewed on computers, iPads, or cell phones.
- 1 ½ hours per day is spent on the computer.
  - Half of this time is spent on social networking, playing games, or viewing videos.

Time Children and Teens Spend with Technology

- 75% of 12 to 17 year olds own cell phones
- 88% of teenagers use text messaging
- In the first three months of 2011, teenagers sent an average of 3364 texts per month
  - 50% of teenagers send 50 texts per day
  - 33% of teenagers send more than 100 texts per day
- More than 60% of teenagers send or receive text messages after "lights out" and report increased levels of tiredness
- 20% of adolescents have either sent or received a sexually explicit image by cell phone or Internet

Pornography and the Internet

- Average age of first internet exposure to pornography – 11 years old
- Largest consumer of Internet Porn - 35-49 yrs
  - 15-17 year olds having multiple hard-core exposures - 80%
  - 8-16 year olds having viewed porn online - 90%
- Breakdown of male/female visitors to pornography sites - 72% male vs. 28% female
- Children's character names linked to porn
  - 26 (Including Pokémon and Action Man)

God's Design for Healthy Sexual Development
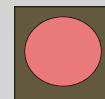
Age 6   Age 12   Age 18

Sexuality is contained

Legend:
Square = Spiritual, Emotional, & Relational Development
Circle = Sexuality Development

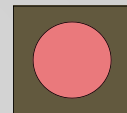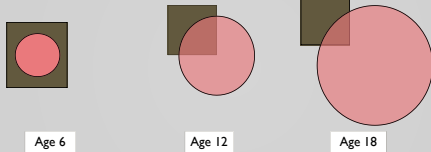## Sexual Development altered by pornography in early adolescence leading to sexual addiction and out of control behavior

Age 6   Age 12   Age 18

Sexuality is not contained – outpaces other development

Legend:
Square = Spiritual, Emotional, & Relational Development
Circle = Sexuality Development

Widen Our Vision

- **Technology** - Expand view of technology beyond computer in the living room
  - We have unlimited access through technology
- **Purity** - Expand view of purity beyond sexual purity
- **Protection** – expand view to beyond boundaries/filters
- **See the opportunities: See your decisions** (Don't be a victim)
- How will **YOU** discuss, teach, model, monitor Godliness **and** technology in your home?

Move From Behavior To the Heart

Matt 15:17-19 "Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:"

- We have to shift from always just saying "no" or "avoid" to teaching what we want children to do.
- Technology can be used as a tool to expose the heart and allow for teaching.

Know the Enemy

- Technology is not the Enemy.
- Technology is everywhere and it is not going away.
- Technology offers easy access to violate God's principles:
  - communication, honesty, stewardship, purity, …

1 Peter 5:8 "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:"

- Technology: wonderful gift and difficult battle ground

Embrace and Engage

- Good, Bad, or Neutral
  - School Project, reading an E-book, playing Angry Birds
  - What characteristics define what is good, bad, or neutral?
    - Educational, Engaging, Passive, Productivity, Creating, Wholesome, Time, Risk, Entertainment, Relational Connection, Fun, Fantasy, Maturity
  - To discern what is "Good, Bad, or Neutral," you will need to be willing to learn.
    - https://www.commonsensemedia.org

Lay Aside Sin and Weight

Hebrews 12:1 "Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,"

- See the small decisions that help or hinder us.
- Discipline:
  - Say "no" even when you don't have to.
- Model *then* Teach.

What Are you Modeling?

2 Timothy 2:21 "If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work."

- If you have no boundaries your children will have no boundaries.
  - Social Settings
  - Bible Reading
  - Church
  - Supper
  - Free Time
- If you don't know how to do something, how would *you* figure it out?

Mindset : Growth in Everyday Life

Proverbs 22:6 "Train up a child in the way he should go: and when he is old, he will not depart from it."

- Teach rather than merely restrict.
- See failures as opportunities (catch failures early).
- As your child ages: Limit → Teach → Discuss
- Interact with your child/ren
- Discussion, Discussion, Discussion
- Stages of change: what is the target?
- Regular, ongoing evaluation: Fasting?

Protect Your Family

- Know Your <u>Goal</u>
  - What specific principles are you seeking to teach?
- Be a teacher
  - How will you become a teacher to your child?
- <u>Engage</u> Your Child: Build the Relationship
  - Where does your relationship need to grow?
- Establish Appropriate <u>Boundaries</u>
  - What boundaries are appropriate for your family?
- Reach out to supports
  - Who will you reach out to?

Ezekiel 33:2-4 "Son of man, speak to the children of thy people, and say unto them, When I bring the sword upon a land, if the people of the land take a man of their coasts, and set him for their watchman: If when he seeth the sword come upon the land, he blow the trumpet, and warn the people; Then whosoever heareth the sound of the trumpet, and taketh not warning; if the sword come, and take him away, his blood shall be upon his own head."

Resources

Family Technology Plan

Teaching Principles Discussion Aids

American Academy of Pediatrics Recommendations to Parents (2013)

1. Limit the amount of total <u>entertainment</u> screen time to less than 1 to 2 hours per day.
2. Discourage screen media exposure for children under 2 years of age.
3. Keep the TV set and Internet-connected electronic devices out of the child's bedroom.
4. Monitor what media their children are using and accessing, including any web sites they are visiting and social media sites they may be using.

American Academy of Pediatrics Recommendations to Parents (2013)

5. Co-view TV, movies, and videos with children and teenagers, and use this as a way of discussing important family values.
   - www.pluggedinonline.com is a great resource to determine content ahead of time.
6. Model active parenting by establishing a family home use plan for all media. As part of the plan, enforce a mealtime and bedtime "curfew" for media devices, including cell phones. Establish reasonable but firm rules about cell phones, texting, Internet, and social media use.