

SEX EDUCATION

(WITH A BIBLICAL CONTEXT)

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Dear parents

As parents we find sex education a difficult topic to deal with and knowing what to say to our kids and how much to tell them is an issue for us. Due to different backgrounds, this important topic is either ignored, not covered enough with our kids or covered too late.

The body goes through changes from birth and that is how God made it. Roughly by the age of 8, children start becoming aware about sex and they should be taught the basic information about sex by the age of 10 by the parent/guardian before someone else does. The worst situation is the child will start exploring without even understanding what they are exploring and why.

Therefore, we have put important points together that have helped us and are still helping us on this tough but rewarding journey - raising kids. It is our responsibility to teach the kids the way they should go and when they are older, they will not turn from it.

Young women and women believe that it is perfectly normal to be sexually active before marriage. Young people are making wrong decisions that seem right to them.

There is a way that seems right to a man but its end is death (Proverbs 14:12)

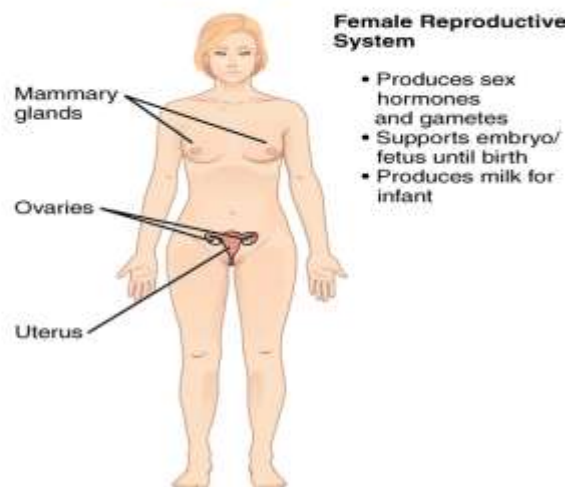
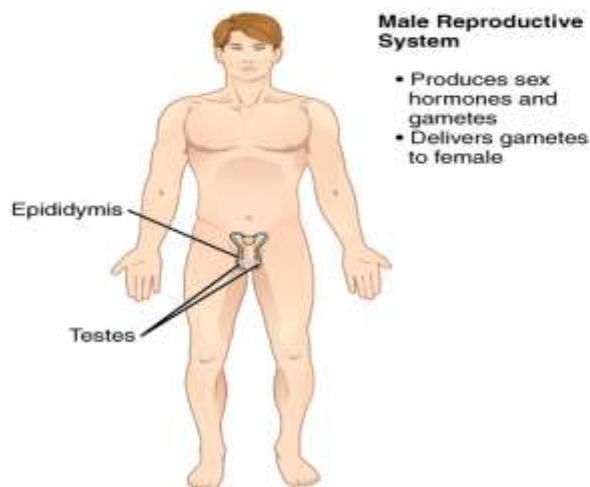
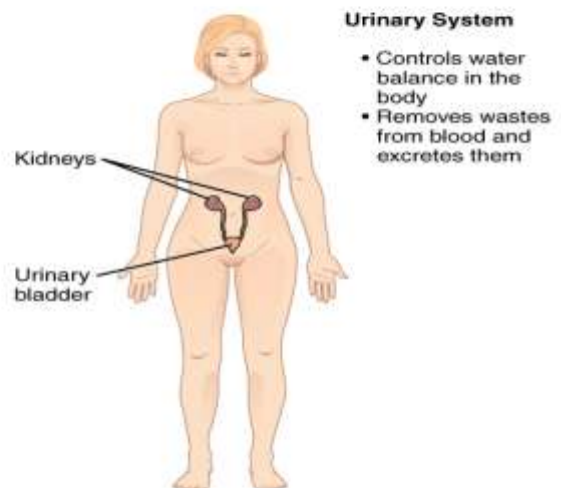
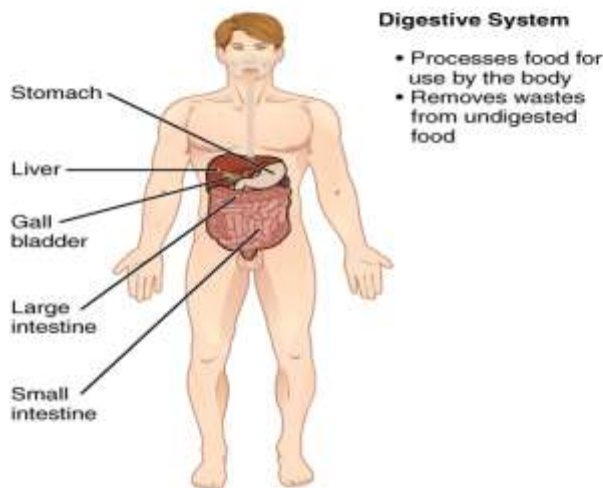
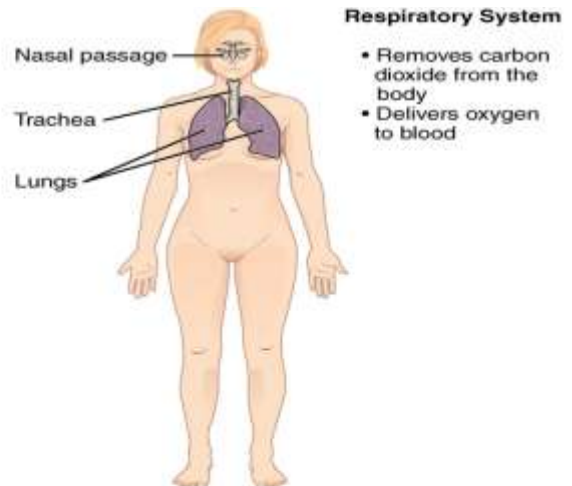
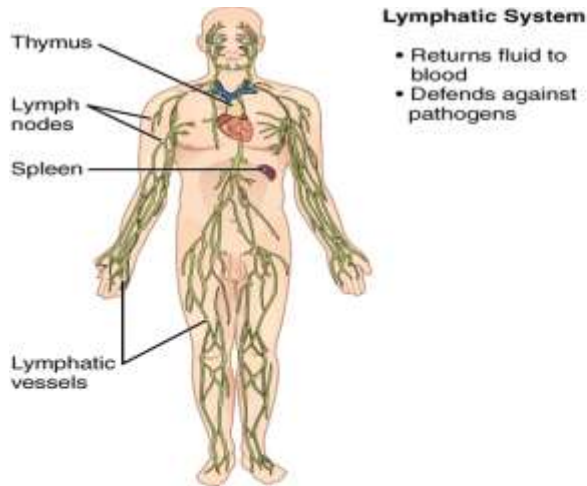
Let's do what we can and watch God do the rest.

Please pray about everything you read and ask for guidance as to what you should tell your child and when.

Good luck.

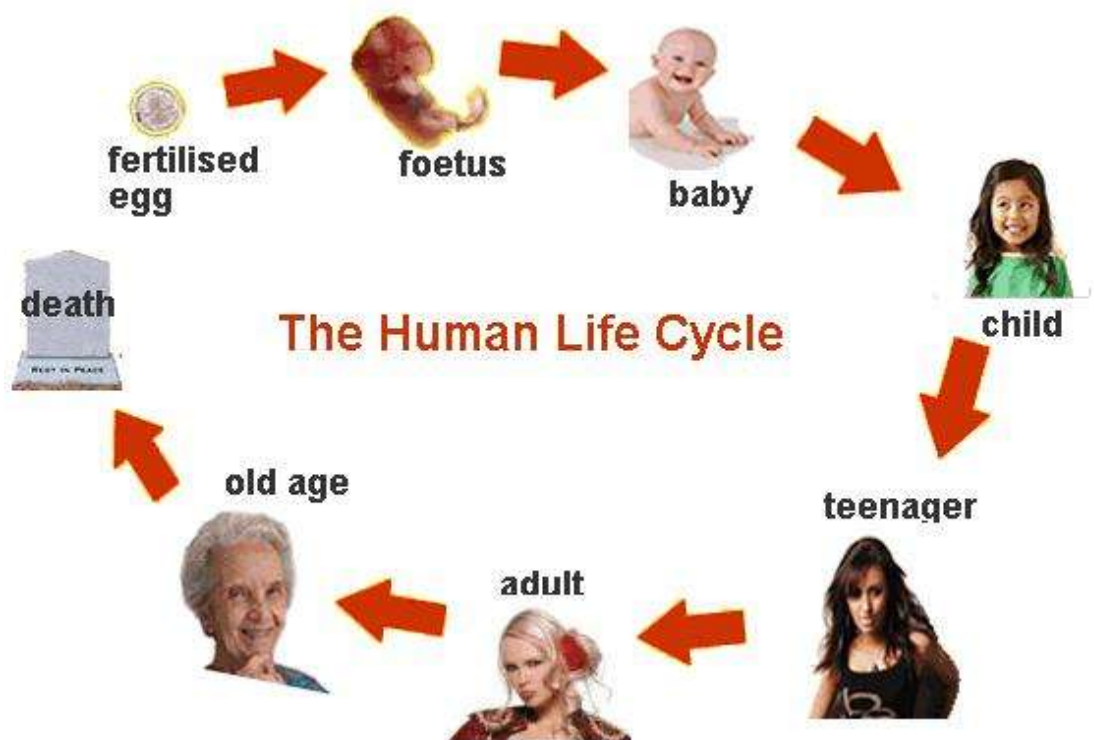
The body

God created human beings in a way that they are born, they grow, mature, get married and reproduce. The body is able to digest food, fight against diseases, breath, excrete unwanted matter i.e. urine and reproduce. And when God made the human body he said it was beautiful.



Life stages

Each person goes through the following stages;



The most important stage is between being a child and teenager called adolescent around age eleven or twelve which marks perhaps the most obvious of all starts to a new stage of life. Not only is the physical appearance transformed, but the whole mental and emotional outlook as well. This is called puberty caused by hormones that were hibernating suddenly awaken and signal the body to enter puberty.

Puberty starts at different times and lasts for different periods of time for everyone. It can start as early as 8 years of age to as late as 13 years of age. For females, the sequence of puberty – from breast development to complete physical maturation – may take a year and a half or last as long as 6 years. This is sometimes very difficult for girls as some of their peers may have entered and completed puberty before they have even started. However, there is no way to slow or speed up the process, but puberty happens to everyone, so encourage your child not to be afraid. Girls usually enter puberty about 2 years earlier than boys. The weight in females is perfectly normal and a part of puberty. Without gaining this weight, girls cannot grow taller, develop breasts, or get their first period.

Developments (Females)

Breasts

Breast development begins between 8 years of age and 13 years of age and continues through puberty. It starts with the flat area around the nipple (areola) becoming enlarged and some breast tissue forming under the nipple. When breast development is complete, each breast is distinct and the areola no longer appears swollen. Breast size varies from woman to woman, and there is no way to try to make them larger or smaller other than going through plastic surgery, which is not always a very safe or healthy alternative.

Pubic Hair

Pubic hair starts along the vaginal lips, the outer opening of the private parts. The hair becomes darker and coarser and grows like an inverted triangle. Sometimes, the hair spreads to the insides of thighs, as well.

Growing

Puberty also causes a growth spurt which results in an average growth of about 3.5 inches a year. The head, hands, and feet are the first things to grow. Then arms and legs, and finally the torso and shoulders catch up with the rest of the body. Height growth is, of course, accompanied by an increase in weight.

First period

The timing of menarche (first period) is influenced by female biology which includes the above as well as genetic and environmental factors, especially nutritional factors. Estrogen stimulates growth and vascularity of the endometrium, the lining of the uterus. Fluctuations of hormone levels can result in changes of adequacy of blood supply to parts of the endometrium. Death of some of the endometrial tissue from these hormone or blood supply fluctuations leads to decidual shedding, a sloughing of part of the lining with some blood flow from the vagina. No specific hormonal signal for menarche is known; menarche as a discrete event is thought to be the relatively chance result of the gradual thickening of the endometrium induced by rising but fluctuating pubertal estrogen. The flow consists of a combination of fresh and clotted blood with endometrial tissue. The initial flow of menarche is usually brighter than mature menstrual flow. It is often scanty in amount and may be very brief, even a

single instance of "spotting." Like other menses, menarche may be accompanied by abdominal cramping.

Development (males)

Timing of Puberty

It can start as early as 9 years of age to as late as 13 1/2 years of age. The sequence of pubertal development usually ranges from 2 to 5 years. This is sometimes very difficult, as some peers may have entered and completed and there is no way to slow or speed up the process. It happens to everyone, so never be afraid.

Genitalia & Pubic Hair

In the early stages of puberty, the scrotum grows larger and you might experience some reddening of the skin and notice texture change in the scrotal skin. Pubic hair might start appearing at the base of the penis.

While the scrotum grows, the penis increases in length and has a smaller increase in width. About a year after the penis starts growing, most boys have their first ejaculation. This is at times scary or worrisome to boys, but it is perfectly natural and a part of the pubertal process.

At the same time, there might be more pubic hair that is growing and that it is becoming darker, coarser, and curlier. The penis continues to grow, and the head of the penis develops. The scrotal skin gets darker and the scrotum also continues to grow.

When the penis is fully developed, pubic hair will have grown like an upside down triangle around the penis and will probably have spread to the thighs as well. There is no healthy or natural way to increase penis size, and it is true: size does not matter.

Growing

Puberty can also cause a growth spurt, which results in an average growth of about 4.1 inches a year. The head, hands, and feet are the first things to grow. Then arms and legs, and finally the torso and shoulders catch up with the rest of the body.

Possible Breast Development

During puberty, some boys do experience slight breast growth, but this is usually temporary and disappears after a while

Voice Change

The voice deepens, and while the process is gradual, boys might experience voice breaking at times. This is normal and natural.

Body Hair

Facial hair first appears at the corners of the upper lip and then spreads across the upper lip, to the upper parts of the cheek, below the bottom lip, and finally to the sides of the face and chin. Underarm hair is also growing at this time as well.

Acne

For both male and female underarm hair begins to grow, sweat and oil producing glands also start developing which eventually results in acne when these glands are clogged. In order to avoid breakouts, the face should be washed twice daily.

Body exploration

Due to puberty, most kids feel that they are ready for sex without even knowing what it is all about. Sexual intercourse is chiefly the insertion and thrusting of a male's penis, usually when erect, into a female's vagina for the purposes of sexual pleasure or reproduction.

When is the right time to start having sex?

It is when the child becomes a young adult and has committed to stay with the partner for the rest of their life - marriage. This includes being able to provide for the partner plus the baby that might come as a result of sex between married couples

and being able to have a home and not relying on the parents. When it's the right time it feels right, there is God's blessing and each partner is at peace.

God says;

For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness? (2 Corinthians 6 v 14).

Young people think that when they have sex, they will be real men and women. Naturally as kids begin to date, the relationship develops and there will be different intimacies reserved for each stage of the relationship. Some intimacies are for friendship, others for courtship and others only for engagement. Of course sexual intercourse is reserved for confines of marriage only.

What God says about sex?

God gives us a free choice. He will not twist our arm so that we stay on a narrow path. But if we are going to claim the blessings that he has promised, we have to go according to his plan. He says I give you life and death; choose life **(quote scripture?)**. The consequences of sleeping around are;

- A generation living with HIV or death at a young age
- A generation taking antidepressants **(why? Because they have put all their trust in the sex. Expecting it to give them confidence and solid foundation)**
- A generation not being able to reach their full potential because the mind is occupied with worry, bitterness, unease and confusion (early, misunderstood sex results to all these things when needs are not met. Words like *"I will never leave or betray you"* which makes kids relaxed and open up fully to sex belong to God alone (Deuteronomy 31:6)
- Unwanted pregnancies **(we can't raise fatherless generations)**
- Sexually transmitted diseases **(which lead to long term consequences; infertility etc)**

Man and woman

The bible says a man and woman shall leave their father and mother and become one. And that's how it should stay, man and woman. According to the physiology of the body, a child is conceived through a man and woman coming together. There is no organ on the male's body where the penis can be inserted. Any other organ used will bleed and cause infection. God condemns same sex relationships according to Mathews 26 which says; you have gone astray because of your hearts and demands. If a male has been rejected by a girl it doesn't mean they go for another male **(it means they should forgive and wait for the right partner with God's**

guidance). And for a female, being let down by a male doesn't make way to be in a relationship with another girl **(or become a man to intimidate others and sleep around with no care in the world)**. If someone lets you down, it means they are not meant to be in your life. We need to see ourselves the way God sees us, special, a holy temple with a great future. Let's seek what God wants not what the world says. Pray about anything and everything. **(Betrayal doesn't mean you are less attractive ...Psalm 139:14)**.

God is against man to man and woman to woman relationships according to **Romans 1 v 18 and 26-28** *(The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness....women exchanged natural relations for unnatural ones. In the same way the men have also abandoned natural relationships with women and were inflamed with lust for one another. Men committed indecent acts with other men...)*.

Discerning sexual temptation

For this is the will of God, your sanctification that you should abstain from sexual immorality (1 Thessalonians 4v 3) and (Timothy 2:22) Flee also youthful lusts where by kids believe that anything short of sexual intercourse is okay i.e. oral sex. Sexuality is God's gift to humans and we must protect it and fight for its purity. **(In this day and age, we are flashed with all kinds of sexual images. It is a battle field not a playground! Being aware of it is not fear but protecting the purity will help kids to know when to flee like the bible says)**. Ephesians 5:3 emphasizes that believers should not even allow a hint of sexual immorality to plague their lives. The following are lines that boys might use to engage girls in sexual activity before marriage:

1. If you really loved me, you would
2. Everybody is doing it
3. I'm so excited, I can't stop
4. You will not get pregnant and if you do, I will marry you
5. We are going to get married anyway
6. Nobody will never know about it

If Satan can persuade young women into believing just one of these lies, then he has robbed them of their purity and sexual integrity. We must teach our daughters to preserve and guard their virginity. We must teach our sons to respect sex as a sacred thing that is reserved for marriage. Girls must avoid wearing suggestive clothing because the weakness of every man is a woman's body

Advice for boys

- Respect girls; never force them to do anything
- Don't let girls push you into doing anything against what God says

- Your life doesn't need to revolve around girls, there are other hobbies out there, discover who you are first. Your identity is not the woman
- Girls are to be looked after and treated like princesses in a balanced way. They love feeling special

Advice for girls

- Your identity is not the boys, they might not turn out to be who you think they are
- You don't need to have a boyfriend because your friends say so, be different and be the princess that God wants you to be

So why should children maintain sexual purity?

1. So they won't shame the name of Jesus

When we compromise sexual integrity, we drag the sacred name of Jesus through the mud. (Samson fell to sexual sin and the philistines made sport of his God (**Judges 16 v 23-25**))

2. So their witness won't be discredited

The sin cripples to all people to whom we have or our parents have witnessed. It just says our faith didn't work.

3. So they won't contract sexually transmitted diseases

Don't repeatedly ignore the inner man (spirit) that says don't do it otherwise you become desensitized to real danger. Remember nobody can guard your body only you.

Girls, in order for them to achieve all the things they desire – beauty, health, happiness, success and good relationships, they must know the truth about how to achieve these things. It is not by achieving ultimate dress size or learning how to please a man. No! It is by desiring to become the woman God created them to be. Focus on pleasing him.

Boys! what is in the inside is far more important than what is on the outside. Beauty is vain, it will fade away but the inner beauty of a discerning woman will live on. She will leave a legacy long after she is gone. *Her children rise up and call her blessed; her husband also and he praises her....Charm is deceitful and beauty is passing, but a woman who fears the Lord, she shall be praised.* (**Proverbs 31 v 28-30**)

Angela