



How to Talk to Your Child about Sex

Without Shame or Embarrassment

A resource to be used in conjunction with [this video](#). Please watch it first ♥

Let's Break This into 3 Categories

- 1- Parental Mindset*
- 2- How to Show Up With Your Child*
- 3- Let's Do it- Practical Application*

First a little note-The best way to help our kids get comfortable with their sexuality is to be comfortable ourselves.

Please be prayerful about teaching your kids about sex. Ask your Heavenly Father very sincerely what he would have you teach your kids, and perhaps more importantly, ask him what he would have you know about his intentions regarding sexuality.

Satan is the one who wants us to be shameful, fearful and isolated. Satan has surrounded sexuality with darkness trying to corrupt it's sanctity and rob us and our children of one of the most beautiful gifts our Heavenly Father has presented to us.

"[Our] powerful **sex drives are instinctive**, which is to say **God-given**, and therefore are not evil."

"When the Lord established marriage—and He is its author—He made sex union lawful within that relationship, and it becomes both honorable and sanctified." ~Elder Hugh B. Brown

"The **divine impulse** within every true man and woman that impels companionship is intended by our Maker and as a **holy impulse** for a **holy purpose**—not to be satisfied as a mere biological urge or as a lust of the flesh in promiscuous associations, but to be reserved as an expression of true love." ~ President Harold B. Lee

1- Parental Mindset, This Might Be the Most Important Step

Whether sex and the human body is already an open discussion in your family or not, it's a great idea to do a quick self-check to make sure you have the right attitude going forward.

Please answer these questions ahead of time (and whenever you are tempted to quit teaching because it's too uncomfortable) to get yourself in the right **mindset**.

- ♥ Why do I want to have these talks and these interactions with my child?
- ♥ How do I want conversations about sex to be a part of the relationship I have with my child?
- ♥ What results regarding sexual well-being do I hope to encourage for my child now and for the relationships my child will have in the future?
- ♥ How do I need to be thinking and what do I need to be feeling when I talk to my child about sexuality and concerns about pornography and morality? (hint fear will not yield the same results that love will give you)

2-How to Show Up

- ♥ Authentic / Vulnerable- This will make you real, make you relatable, make you seem trustworthy and help them to feel normal
- ♥ Engaged- Imagine each interaction you have with them about sex will be the most important one (it might be)
- ♥ Calm- If you freak out when they ask you a question or confess something you don't really want to hear, you are telling them that you can't handle their truth. If you are calm no matter what comes out of their mouth, you are telling them you are a safe place to learn and get help.
- ♥ Investment- When you first try this especially if your kids are older it will be a bit alarming to them, Serves your relationship with them, but also serves their relationship with themselves (no shame) and it serves their relationship with their future spouse
- ♥ Consistent- not just a one time talk, notice learning opportunities
- ♥ Get comfortable with being uncomfortable- Pray for help and direction

3- Let's Do It!

- ♥ Start early-
- ♥ Use anatomically correct terms
- ♥ Answer questions with **truth** in an age appropriate way
- ♥ Don't create a lot of mental drama around nakedness and the human body.
- ♥ Educate them about danger in a way of awareness not shame or fear
- ♥ You want to be their first source of information (this is shocking information to most kids. If they hear it at school it will likely be wrong, it will shock their brain and they will be mulling it over, you want them to just be like, "oh yeah, I already know that. My parents told me. No big deal, and by the way you got that part wrong.")- We choose around 8 years old—could be earlier
- ♥ Acknowledge curiosity about their own body is normal. It's a part of development. Self-exploration should be expected. (Note- you can absolutely still teach them self-control and expectations from a place of understanding and normalizing the curiosity)
- ♥ Teach them they can talk to you about hard things-- by telling them and by showing them
- ♥ Teach them it is natural to be curious about pornography. It's natural to be drawn to it and it's also addictive and can do a lot of harm. It's like cocaine, alcohol or any other drug.
- ♥ Teach them their worth never changes, even if they make a mistake.
- ♥ Teach them the Atonement is real and it works if they need to utilize it for any mistake, even one relating to sexuality.

Need some help working toward a healthy mindset around sexual intimacy? Schedule your free consultation [here](#).