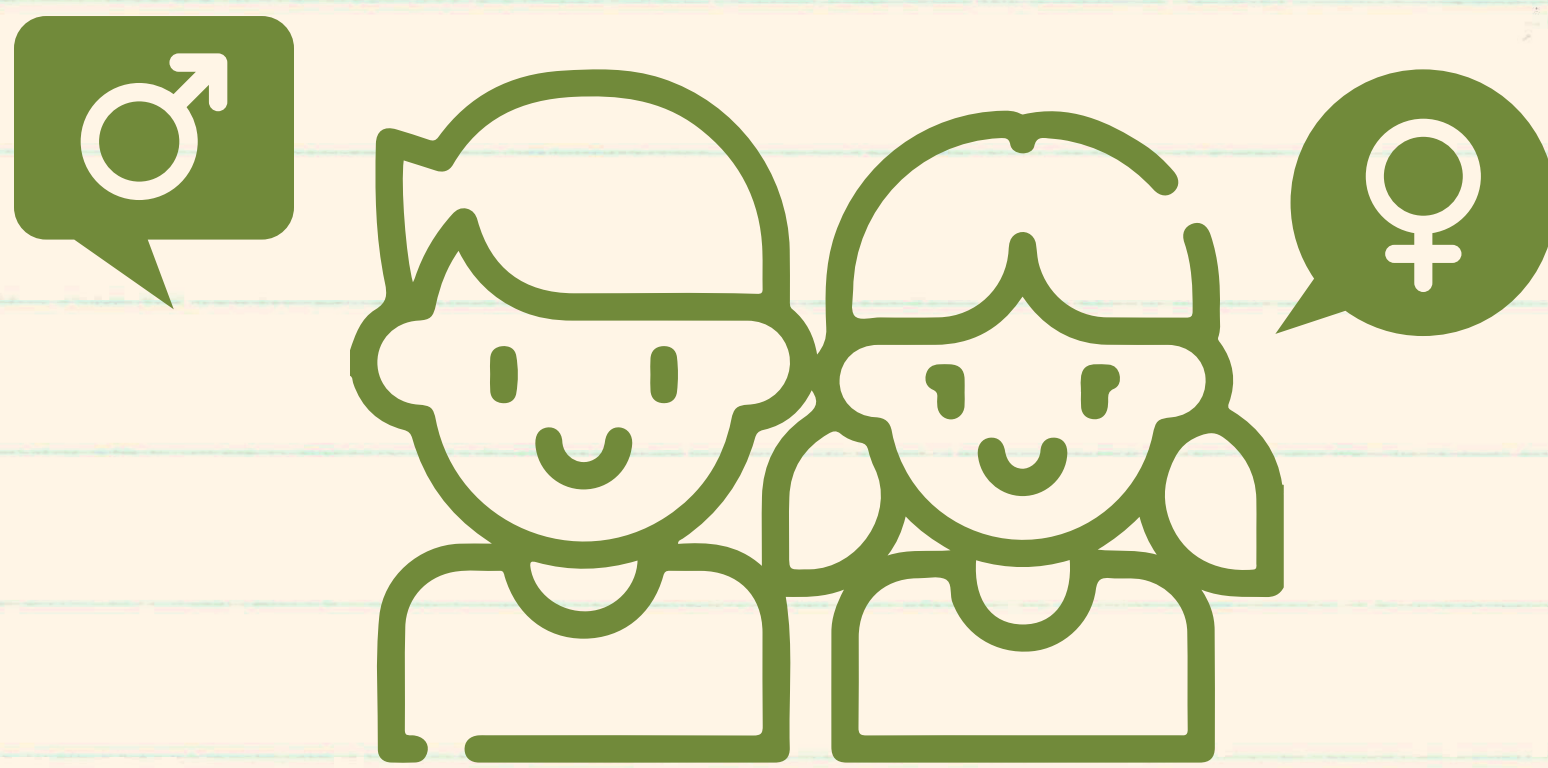


RAISING
FUTURE-
READY

KIDS >>>

Essential Conversations on Sexuality



P  **R E N T E D**
TRAININGS



The Early Years

AGES 0-3

What Should You Talk About?

- Naming of body parts
- Privacy
- Differences between boys and girls



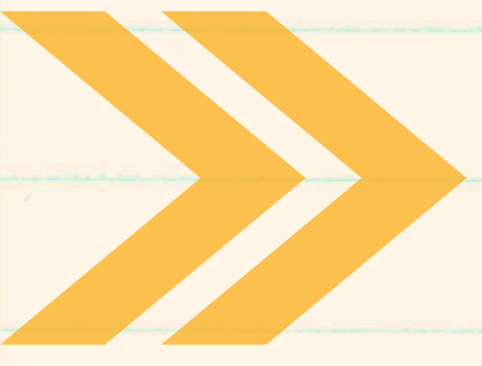
How Should You Talk About It?

- Use accurate terms to name body parts.
- Explain that only specific trusted adults are allowed to touch them when showering or changing.
- Nurture your child's positive self-image with regular words of affirmation about their character and value.
- Affirm your child's uniqueness as a male or female.

Reflect

- Does my child feel loved and affirmed by me?
- What are some ways that I currently meet my child's physical, mental and emotional needs?
- What might be some unmet needs that I should focus on?





The Preschool Years

AGES 4-6

What Should You Talk About?

- Bodily functions and self-care
- Body safety and inappropriate touch

How Should You Talk About It?

- Explain how different parts of the body work. Keep your answers short, simple and factual.
- Use a trusted book resource as a guide if needed.
- Explain the difference between ‘good touch’ and ‘bad touch’. Teach them to say ‘No,’ if they feel uncomfortable with someone’s touch.

Essential Conversations on Sexuality

- Install parental controls for any mobile or internet device that your child can access. Ensure that there is supervision when your child is online.

Reflect

When is the best time each week to have these conversations with my child and equip them with the skills for body safety?





The Primary Years

AGES 7-9

What Should You Talk About?

- Appropriate social boundaries
- Respect for self and others
- Basic biology of reproduction



How Should You Talk About It?

- Share your child's birth story and celebrate their life, which is the result of the love within a committed marriage.
- Guide your child to show respect for others in their speech and actions.
- In addition to parental controls, set clear rules and guidelines for your child's digital and media usage.

Reflect

- Am I comfortable to answer my child's questions about love, sex and sexuality?
- How might I overcome the discomfort?





The Tween Years

AGES 10-12

What Should You Talk About?

- Puberty
- Basic biology of reproduction
- Value of relationships and marriage
- Sexual abstinence

How Should You Talk About It?

- Explain the bodily changes that will happen in puberty, and prepare them in advance for what they will feel and experience.
- Praise your child when they demonstrate responsibility, respect and good decision-making.

Essential Conversations on Sexuality

- Help your child to form healthy friendships with both same-sex and opposite-sex peers.
- Assure your child that it is normal to be curious or concerned about their bodies, appearance, or the opposite sex. Remind them that they can ask you anything.
- Explain that sex is not just a physical act, but involves emotions, thoughts and social relationships too.
- Find teachable moments to discuss the dangers of pornography and other inappropriate content online or in the media.

Reflect

If my child chances upon something inappropriate online, would they feel safe enough to approach me for help?





The Teen Years

AGES 13-15

What Should You Talk About?

- Positive self-image and personal virtues
- Physical and emotional attraction and boundary-setting
- Respect for the opposite sex
- Sexual abstinence

How Should You Talk About It?

- Have an honest discussion with your child about attraction, and set healthy boundaries before they start dating.
- Build their self-worth by guiding them to protect themselves and relate to the opposite sex within healthy boundaries.

Essential Conversations on Sexuality

- Let your teen know they can come to you in challenging circumstances, and you will work through it together.
- Discuss what would be an appropriate age for your child to start dating. Set clear guidelines and expectations for your child.

Reflect

What are the earlier topics in this guide that I have yet to discuss with my child, and how can I raise them now?





The Emerging Years

AGES 16-19

What Should You Talk About?

- Dating and relating to the opposite sex
- Vision of marriage
- Sexual integrity and health



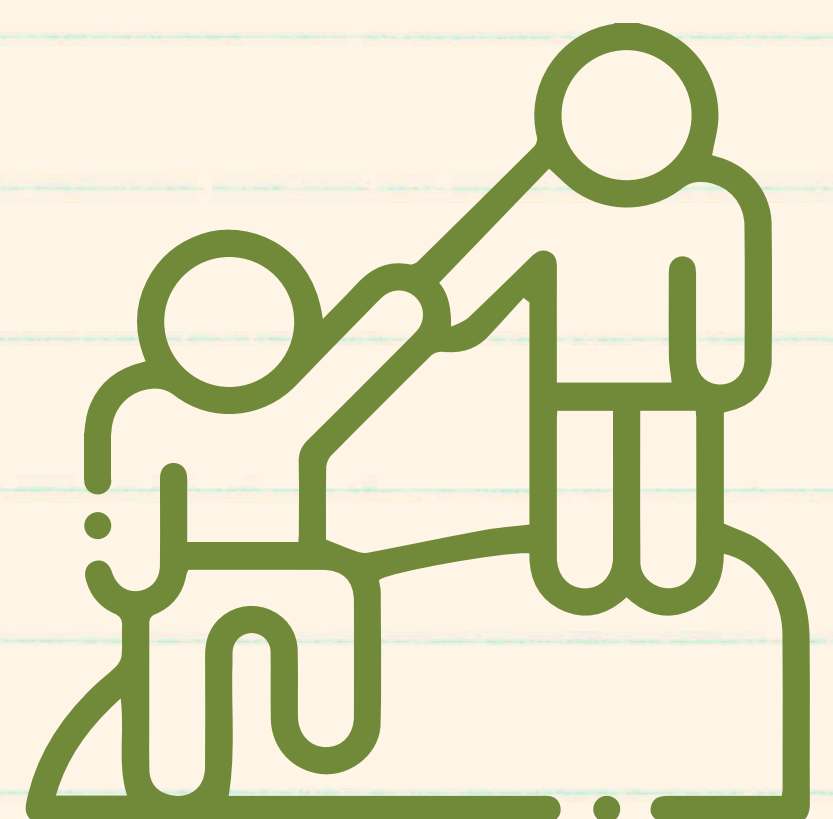
How Should You Talk About It?

- Advise your child against dating while still in school, as it can be a distraction from their primary role as students.
- If your child is dating, remind them that personal accountability is key to maintaining sexual integrity and health. Sexual integrity means having strong moral values and living by them.
- Reinforce the concepts of purity, romantic love and abstinence. Discuss their relevance and how to live them out in a highly sexualised culture.
- Explain the value of marriage to sexual fulfilment by sharing your own marriage story.

Even if your relationship did not go as planned, take this opportunity to honestly share your experience and your hopes for them to do better.

Reflect

Who are 2 or 3 trusted adults who can serve as mentors for my child?





Focus on the Family Singapore Ltd is a local Christian charity with Institution of a Public Character (IPC) status. Recognising the challenges of an increasingly digitised world, we seek to empower modern families in Singapore with skills to build strong marriages and raise resilient children.



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