

Understanding Your Teenager

Video 4: Teaching Healthy Sexuality

Clearly, the teenager in your home is growing up in a highly sexualized culture. Yet, despite what the media may report, many young people today do have the desire to live a life of sexual integrity. Not everybody is “doing it.” With the incredible amount of unhealthy influences from the world around them, your teen will have to go against the tide of culture and have the courage to stand for sexual integrity. It won’t be easy, but more and more studies are revealing that parental influence and role modeling is one of the major factors in helping teenagers make good decisions about their sexuality and relationships. *In both liberal and conservative studies on healthy sexuality, it is agreed that the more positive, healthy, value-centered sex education kids receive from home, the less promiscuous they will be.*

NOTE: If you’re reading the optional companion book *Understanding Your Teen*, please read chapter 6 before you watch this video.

QUESTIONS (not all will be covered in discussion)

- Jim discussed the Purity Code. *In honor of God, my family, and my future spouse, I commit my life to sexual purity.* Do you feel like your teen(s) has/have a solid understanding of this concept?
- What concerns you about the general rise in viewing pornography at a young age?
- As a parent, how do you feel about raising your children in our overly-sexualized culture? Why?
- What kind of influence did your parents have – for better or for worse – on your sexual standards? What, if anything, do you hope to imitate from your parents’ example as you influence your own teenager? What might you want to change?
- What topic of sexuality would make you most uncomfortable to discuss with your teenager? What can you do to make yourself more comfortable?
- Do you know whether or not your teenager has viewed pornography? If so, do you know if it was accidental or intentional? What steps have you taken (or should you take) to protect your teen from the damage of pornography?
- What do you feel are appropriate dating standards for your teenager?