



How to have “the talk” with your kids



Arizona
Family
Summit

FIVE INSIGHTS TO HELP YOU
SHAPE YOUR APPROACH TO
HAVING “THE TALK”

Having “the talk” with your kids.

Parents often wonder how to have “the talk” with their kids.

Here are five insights to help you shape your approach:

1. Be your kids’ first source of information about sex.

Whoever first introduces your kids to information about sex will set the framework for how they think about it for the rest of their lives. Don’t let it be an internet search or one of their friends from school.

Take the initiative to begin the conversation.

One approach is to begin talking about the goodness of their bodies at age 2 or 3 (using the real anatomical terms) and then start talking more about sex around age 7 or 8 (there is a great poetic version in the book, [The Wonderful Way That Babies Are Made](#)).

2. Don't have “the talk” (one-time), but normalize talking about bodies and sex.

Good parents talk about all important things with their kids, not just once, but all the time.

Same with bodies and sex.

Start the conversation early. Inquire regularly about what they're hearing at school, and discern what messages they're picking up that need a conversation.

3. The conversations will be as weird as you make them.

Kids take their cues from you. So if you make the conversation anxious and awkward, that's what it will be.

If you talk about it comfortably as a good aspect of God's creation, that's how it will feel.

Pray through your own past and talk with your spouse or a trusted friend about what makes you nervous.

Role play the conversation in advance if necessary just to calm your nerves.

4. Root yourself in biblical teaching about the goodness of God's design in sex.

Sex between a husband and wife is a beautiful part of God's creation. It's a gift. It's very good. Sin distorts and corrupts it, which makes it dangerous and often damaging.

But we must become convinced that sex as God designed it is beautiful.

5. Lean on wisdom from experienced parents.

Don't do this alone!

Perhaps you didn't have the strongest examples from your own parents. So talk with somebody who has been in your shoes.

“Parent coaches” are able to help others navigate a variety of parenting situations. It's so helpful to have a wise, experienced person guide you through it.

RESOURCES

In addition to the above lessons, here are some resources that could be helpful. Like all resources, use them with discernment.

1. God's Design for Sex Series by Stan & Brenna Jones + Carolyn Nystrom (5-Book Set)

A trusted series that walks families through age-appropriate conversations from toddlers to teens.

- [The Story of Me \(Ages 3–5\)](#)
- [Before I Was Born \(Ages 5–8\)](#)
- [What's the Big Deal? Why God Cares About Sex \(Ages 8–11\)](#)
- [Facing the Facts: The Truth About Sex and You \(Ages 11–14\)](#)
- [How and When to Tell Your Kids About Sex \(Parent Guide\)](#)

2. Books to Protect Kids from Pornography & Abuse

These books for young kids set a good tone for talking about the body.

- [God Made All of Me: A Book to Help Children Protect Their Bodies](#)
- [Good Pictures Bad Pictures Jr.: A Simple Plan to Protect Young Minds](#)

3. The Talk Series by Luke Gilkerson (3-Book Set)

A gospel-centered series designed to walk your kids through biblical sexuality from early years to pre-teen maturity.

- [The Talk: 7 Lessons to Introduce Your Child to Biblical Sexuality](#)
- [Changes: 7 Biblical Lessons to Make Sense of Puberty](#)
- [Relationships: 11 Lessons to Give Kids a Greater Understanding of Biblical Sexuality](#)

4. Start Talking to Your Kids About Sex: A Practical Guide for Catholics by Julia Sadusky

Written specifically for Catholic families (but helpful to Protestants), this guide offers grace-filled, practical advice for initiating conversations rooted in faith.

- [Start Talking to Your Kids About Sex](#)