

How to Talk to Your Kids About Sex: Recommended Resources

Rachel Bills & Amy R. Work, LCMHC

Note: Items marked with an asterisk* are not explicitly Christian resources, however parents can easily integrate faith in discussions with their children. We recommend reading through each resource in its entirety yourself prior to introducing it to your child.

Books for Kids at Every Age/Stage

- Ages 3 – 7
 - *God Made Your Body* by Jim Burns
 - *God Made All of Me* by Justin & Lindsey Holcomb
 - *Good Pictures, Bad Pictures, Jr.* by Kristen Jenson
 - **Let's Talk About Bodies, Boundaries, Consent, & Respect* by Jayneen Sanders and Sarah Jennings
- Ages 6 – 10
 - *How God Makes Babies* by Jim Burns
 - **Good Pictures, Bad Pictures* by Kristen Jenson
- Young Teens
 - *Created by God Student Book: Tweens, Faith, and Human Sexuality* by Nancy Zoller
- Teens
 - *The Naked Truth About Sexuality* by Havilah Cunnington

Social Media Accounts for Parents and Teens:

- Instagram
 - @sheilagregoire
 - **@fightthenewdrug*
 - @moralrevolution

Books for Parents:

- *Teaching Your Children Healthy Sexuality: A Biblical Approach to Prepare them for Life* by Dr. Jim Burns
- **From Diapers to Dating* by Reverend Debra W. Haffner

Technology:

- We recommend having a monitoring service, like www.bark.us, on all wifi-enabled devices (tablets, phones, computers, etc.). Bark preserves the parent-child relationship by allowing teens to have privacy so long as they are not engaging in anything inappropriate. See their website for more information.
- We also recommend using a cell phone or device contract, like this one, at www.tinyurl.com/devicecontract2.

Recommended Articles:

- Visit www.parentcue.org and search for the following articles:
 - *The Right Way to Have “The Talk”* by Mike Clear
 - *When and How to Talk to My Child About Pornography* by Dr. Jim Burns
 - *My Kid Was Caught Viewing Porn! What do I do?* by Dr. Jim Burns

Podcasts:

- *Parent Cue Live*, Episode 15: Sex Conversations Through the Phases: Helping Your Kids Grow Up with Sexual Integrity
- *Coffee + Crumbs*, Episode 53: Talking with Kids About Sex
- *Don't Mom Alone*, Episode 25: Birds & Bees? Oh, help me please

If your child is struggling with their **gender identity** and/or **sexual orientation**, please reach out to the Parent Connect Group at Buckhead Church in Atlanta, GA at. They have wonderful mentors and support groups for parents in similar situations. More information at <https://buckheadchurch.org/parent-connect>.

More Questions? Email us:

- Rachel Bills – demasrachel@gmail.com
- Amy R. Work, LCMHC – amywork@renewedcounseling.net