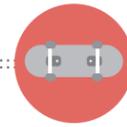


# SEXUAL INTEGRITY

Guarding my potential for intimacy through appropriate boundaries and mutual respect



**INTRODUCE**  
them to  
their body



So they will . . .  
**DISCOVER THEIR BODY  
& DEFINE PRIVACY**

**INFORM**  
them about how  
things work



So they will . . .  
**UNDERSTAND BIOLOGY  
& BUILD SOCIAL SKILLS**

**INTERPRET**  
what is  
changing



So they will . . .  
**RESPECT THEMSELVES  
& GROW IN CONFIDENCE**

**COACH**  
them toward healthy  
relationships



So they will . . .  
**ESTABLISH PERSONAL BOUNDARIES  
& PRACTICE MUTUAL RESPECT**

**Start with the basics**  
Say things like:  
"God made you."

**Name body parts**  
Use the real names  
for private parts—  
you know them.

**Acknowledge  
differences**

**Define privacy**  
Say things like: "Private  
parts are meant to be  
private."

**Answer simple  
questions**  
Say things like:  
"Babies grow  
inside of their  
mama until it's  
time to be born."

**Affirm a positive view  
of their growing body**  
Say things like: "I love  
watching you grow."

**Coach privacy**  
Say things like:  
"Sometimes it's  
polite to look  
away."

**Talk about  
boundaries**  
Say thing like:  
"Your body  
belongs to you."

**Give simple  
answers to  
biological  
questions**

**Explain marriage  
and conception**

**Improve  
relational skills**  
Work on things  
like kindness  
and respect.

**Begin a  
conversation  
about body  
changes**

**Support finding  
and keeping a  
"best friend"**

**Caution  
sexual activity  
and porn**

**Refine the vocabulary**  
Pay attention to words  
they are using to talk  
about bodies, sex,  
and people.

**Redefine  
beauty and  
modesty**

**Answer questions  
about sex in detail**  
If you don't, the  
internet will.

**Begin discussing  
dating values**  
Say things like:  
"Honor God with  
your body."

**Increase  
positive  
affirmation  
and affection**

**Take what they  
say and how they  
feel seriously**  
Say things like:  
"I'm so glad you  
told me."

**Stay curious about  
what is happening  
in their world**  
Ask things like:  
"When Jon  
commented on  
your post, what did  
he mean by . . . ?"

**Agree on  
boundaries**  
Help them script  
responses to  
difficult situations.

**Continue to discuss  
dating values**  
Say things like:  
"Don't give someone  
control of your life."

**Clarify your  
views about  
contraception**

**Affirm wise  
choices and  
healthy  
friendships**

**Utilize other adult influences**  
Who can they talk to about the  
things they won't talk about  
with you?

**Script a response  
for when you find  
out something you  
weren't expecting**

**Ask questions to  
help them clarify  
boundaries**

**Stay actively  
aware of what  
is happening  
with their  
relationships**

**Have conversations**  
Listen to their  
perspectives and their  
hopes for the future.

**Don't make future  
breakups harder**  
Consider  
boundaries like:  
"No boyfriends  
on the family  
vacation."

ZERO  
TO ONE

ONE  
& TWO

THREE  
& FOUR

K &  
FIRST

SECOND  
& THIRD

FOURTH  
& FIFTH

SIXTH

SEVENTH  
& EIGHTH

NINTH

TENTH

ELEVENTH

TWELFTH

**EMBRACE** their physical needs

**ENGAGE** their interests

**AFFIRM** their personal journey

**MOBILIZE** their potential