

The Talk

Part 1: Building the Foundation | Ages 0-11

We don't want to have “The Talk” once with our children. We want to have a thousand conversations that prepare them to understand God's good design and navigate a broken world.

OUR GOAL

The goal isn't to give children information as early as possible. The goal is to build trust, establish biblical truth, and create a home where no question is too embarrassing or uncomfortable to bring to Mom and Dad.

01	AGES 0-3	God made my body	FOUNDATION
02	AGES 4-6	God has a design	CURIOSITY
03	AGES 7-9	Wisdom in a broken world	DISCERNMENT
	10-11		
04	AGES	Preparing for adolescence	PREPARATION

My Body Is Good Because God Made It

At this age, you're not having conversations about sexuality in the way adults think about sexuality. You're establishing the foundation.

BIBLICAL PRINCIPLES

- God made our bodies intentionally. Genesis 1:27
- Our bodies have value because God created us. My body isn't something to be ashamed of, but it also isn't something everyone has access to. Psalm 139:13-14

WHAT THEY ARE LEARNING

- God made me.
- God made my body.
- My body is good.
- Boys and girls are different.
- I can talk to Mom and Dad about anything.
- There are appropriate and inappropriate ways to touch someone's body.
- Some parts of our bodies are private.
- I don't keep secrets from Mom and Dad.

PRACTICAL CONVERSATIONS

- Use correct anatomical names.
- Teach them to identify private body parts.
- Teach appropriate boundaries.
- Teach them that they can say “no” to unwanted touch.
- Answer questions honestly without overexplaining.

PARENT PRINCIPLE

Don't introduce shame where God has given innocence.

If a three-year-old asks, “Where do babies come from?” you don't need to give them a biology lecture. But you also don't want to communicate that their question is dirty or inappropriate.

God Has a Design

At this stage, children tend to become much more curious about how things work, including bodies and babies.

BIBLICAL PRINCIPLES

- God's design is good. Genesis 2:18-25; Matthew 19:4-6
- Modesty isn't shame. We don't cover ourselves because our bodies are bad. We cover ourselves because our bodies are valuable and private. 1 Corinthians 6:18-20
- Obedience doesn't depend on understanding everything. Proverbs 3:5-6

WHAT THEY ARE LEARNING

- God designed marriage.
- Babies are created through God's design for a husband and wife.
- Boys and girls have biological differences.
- Privacy and modesty matter.
- We respect our bodies and other people's bodies.
- What we see and hear matters.

PRACTICAL CONVERSATIONS

- How babies grow inside a mother's uterus.
- In very simple terms, how a baby begins.
- Why Mom and Dad have private areas.
- Why we don't look at or show private areas.
- What to do if someone asks them to keep something about their body a secret.

PARENT PRINCIPLE

Answer the question they asked, but don't be afraid to give them truth.

You don't have to tell them everything at once.

Wisdom in a Broken World

This is the stage to get very proactive. Kids are increasingly exposed to things they don't understand through friends, school, YouTube, games, older siblings, advertisements, and more. Create a place where these conversations are normal and safe, so their parent remains their primary way to find the truth.

BIBLICAL PRINCIPLES

- Wisdom: Keep your heart with all vigilance. Proverbs 4:23
- Holiness: God calls us to honor Him with our bodies. 1 Corinthians 6:18-20
- Discernment: Not everything we're allowed to see, watch, or participate in is beneficial. 1 Corinthians 10:23
- Grace: If they encounter something inappropriate, their first response should be to run toward Mom and Dad, not away from them. Proverbs 14:26
- Purity: Marriage comes before sexual intimacy. Genesis 2:21-25; 1 Corinthians 7:2; 1 Thessalonians 4:3-5

WHAT THEY ARE LEARNING

- God's design for sexuality.
- Why sex belongs within marriage between one woman and one man.
- Puberty is coming and bodies will change.
- Attraction is a normal part of God's created design, but feelings aren't always commands.
- Pornography exists and is harmful.
- Not everything they see online is true or good.
- They can come to their parents when they encounter something confusing.

PRACTICAL CONVERSATIONS

- Pornography and sexualized content in media.
- What to do if they accidentally see something.
- Internet and device boundaries.
- Appropriate behavior with friends.
- Puberty basics.
- Sexual thoughts and curiosity without creating shame.

PARENT PRINCIPLE

Prepare before they need it.

Preparing for Adolescence

This is the bridge stage between childhood and adolescence. By the time puberty begins, your child shouldn't be hearing the biblical vision for their body and sexuality for the first time. Prepare them for the physical, emotional, relational, and spiritual changes ahead.

BIBLICAL PRINCIPLES

- Stewardship: My body is something God has entrusted to me. 1 Corinthians 6:19-20
- Self-control: I don't have to obey every desire I experience. Galatians 5:22-23
- Wisdom: I need God's wisdom to navigate things I don't fully understand. Proverbs 4:23
- Identity: My deepest identity isn't determined by my body, feelings, popularity, or sexuality. Galatians 2:20; 1 Peter 2:9
- Grace: When I fail, I can confess, repent, and receive forgiveness. 1 John 1:9

WHAT THEY ARE LEARNING

- What puberty is and what to expect.
- The biblical purpose and boundaries of sexual desire.
- Attraction, crushes, and emotional changes.
- How to handle growing independence.
- How to respond when friends begin talking about sex.
- How pornography can distort God's design.
- How to think biblically about gender, identity, and sexuality.
- Their identity is ultimately found in Christ.

PRACTICAL CONVERSATIONS

- Where have you seen God's design distorted in culture?
- What changes are you noticing in your body and mind?
- Internet and device boundaries.
- What is dating, and how do Christians do it well?
- What thoughts do you consistently think about yourself?

PARENT PRINCIPLE

Don't wait for the culture to disciple your child before you do.

Give them a simple response plan: Close it → Tell Mom or Dad → Don't go looking for it → Don't be ashamed to tell us.