

## AGE APPROPRIATE TALKING POINTS

*Our ultimate goal is to connect with the teachings of Christ, to embrace the God given gift of human sexuality and chastity in every state of life and to equip ourselves and our loved ones with an understanding of healthy sexual development and true intimacy in relationships.*

### **Talking Points:**

#### **Birth to 5 years**

- Tell your child often that they are a child of God and are valuable in his sight and yours.
- Create family traditions and rituals.
- Remember you are your child's protector.
- Teach body privacy.
- Discourage secrets and secret friends.
- Show love and build trust.
- Watch out for red flags that indicate your child may be in trouble.

#### **Primary Grades 1, 2, & 3**

- Continue to remind them that they are a child of God and have great dignity.
- Teach good touch/bad touch.
- Express feelings appropriately.
- Show respect for others.
- Give permission to say "NO".
- Explain to your child that love means to do what is right for the good of another.
- Define who you are as a family in Christ. Let that definition guide the family in their decision making process.
- A virtue is a habitual and firm disposition to do good. What virtues describe your family – Prudence, Justice, Fortitude, Temperance, etc?
- Pray often with your children.

#### **Upper Grades 4 & 5**

- Help your child to internalize that every person is a child of God, worthy of being treated with kindness and respect for their dignity.
- Remind children they are smart and you trust them to make good choices.
- Discuss choosing friends wisely.
- Guard against sexual exposure – a child's innocence must always be protected.
- Speak often of your child's intrinsic self worth to you, as parent/s and to God.
- Share feelings and talk openly.
- Warn about seductions & tricks.
- Initiate conversations with your child about sexuality and be a parent that your child turns to find out the truth about sex and sexuality.

### **Middle School**

- Keep your family centered in God and faith.
- Explain that God calls us to love one another and the opposite of love is to use someone for our own wants. To use another is always wrong.
- Praise your child for the good s/he does.
- Teach children to set goals for themselves and help them understand what can keep them from reaching those goals.
- Listen to your children – they need to know you care and value them.
- Ask their opinion & draw them out.
- Guide appropriate dress & self respect.
- Create fun times together.

### **High School**

- God's plan for the gift of human sexuality, which he instituted for the Sacrament of Marriage, has the power to protect the relationship and the person.
- Know the difference between love and infatuation.
- Love is to will the good of the other.
- Help set healthy sexual boundaries.
- Establish dating guidelines.
- Plan what to do if . . .
- Remind them that pornography rips them off.
- Realize rape is never, ever okay.
- Recognize that girls will sometimes give sex in hopes of getting love – but instead will be used.
- Remember pornography warps their view of sex and is extremely detrimental to a healthy, happy relationship now and in the future.

### **Young Single Adults**

- God's gift of our human sexuality is good and honorable. God is love. And he created us to love and be loved. But he also protected that love within the authentic response of a couple committed to faithful, permanent, and life-giving marriage.
- Recognize pornography distorts your values.
- Pornography use is progressive in nature.
- Pornography degrades you.
- Research shows that use of pornography will negatively affect your relationship with someone in the future that you might hope to marry.

### **Married Adults**

- Married couples promise to be faithful, forsaking all others. To desire another in a lustful way defiles that promise. And to act upon that desire is detrimental to a marital relationship.
- It was God that gave us the gift of our human sexuality and the grace to be in a loving and committed relationship in marriage. To misuse that gift violates his commandments.
- Pornography portrays and can give rise to unhealthy, degrading and abnormal kinds of sexual activity.

- Realize pornography use is a form of infidelity.
- Pornography use will inhibit true intimacy.
- Pornography undermines the value of women.
- If we use pornography our children will find it and those images will be imprinted on their brains for years.
- We have the grace from God to become part of the solution.

**Research Shows: Six hours of exposure to soft-core pornography is enough to destroy the viewers satisfaction with his or her spouse.**

It **also** does the following:

- Causes a decrease in the value of faithfulness.
- Causes a decrease in partner satisfaction.
- Causes an increase in the thought that women enjoy rape.
- Causes one to lose the ability to be with one person and cherish that one person.

***If you use pornography your children will find it.***

Seventy percent of all pornographic magazines, videos and computer files end up in the hands of children. You cannot teach what you don't practice. Keep your home free of the reaches of porn purveyors who have no regard for human dignity, the welfare of innocent children, or the beauty and sanctity of a chaste, committed marriage.