

HIGH SCHOOL SEXUAL INTEGRITY



CONVERSATION GUIDE

... for intentional conversations with students

Your high schoolers only have a few years left before they leave the house, and they are becoming increasingly self-reliant as they work to form identities and independent thoughts. But as their LifeGroup leader, you still have a critical role to play when it comes to helping them guard their sexual integrity. Your goal isn't to have all of the answers. Instead, get your students talking so that you can better understand their current realities and prove that LifeGroup is a safe place to talk about anything. These are turbulent years, and your job is to coach them toward healthy relationships. If they try to push you away, lean in and keep the lines of communication open by measuring your words and body language. You might be the only affirming voice they hear, so encourage them authentically and positively. Conversations may be challenging, but you need to be available for them. To help get you started, here are some words to say and not to say.

WHAT TO SAY:

- “Thanks for telling me. This is a place where you can ask or talk about anything.”
- “What are some of your favorite things about (name of the person they’re interested in)? Do you feel like he/she respects you?”
- “Some of the most important choices you’ll make in dating are about your body and how to honor God with it.”
- “God isn’t trying to make you miserable. He’s trying to show you something better. When God says ‘no,’ it’s because He has something better in mind.”
- “Have you talked to your parents about this? Do you have someone else, besides me, you can reach out to when you need help?”

WHAT NOT TO SAY:

- “I don’t think we need to talk about that.”
- “You’ll forget all about him/her in a year.” (Don’t minimize what seems significant.)
- “Sex is a line you can’t recover from once you cross it.”
- Avoid saying nothing. Keep the conversation going, and avoid the impulse to disconnect.
- Keep in mind there may be times you need to involve your ministry leader, students’ parents, and professional counselors in the conversation.