

MIDDLE SCHOOL SEXUAL INTEGRITY



CONVERSATION GUIDE

... for intentional conversations with students

As if middle school isn't challenging enough, students are also experiencing changes in every aspect of their lives—their friends, their style, their interests, their level of responsibility, and even their bodies. Talking about friends and interests? Easy. Opening up about dating and healthy sexuality? Not so much.

When it comes to talking about sex and relationships with your few, your goal isn't to have all the answers. Instead, get your students talking so you can better understand their current realities and show them LifeGroup is a safe place to talk about anything. If they try to push you away, lean in and keep the lines of communication open by carefully choosing your words and body language. You might be the only affirming voice they hear, so encourage them authentically and positively. And to help you get the conversation 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.”
- Discuss relationship values by using words and phrases like:
 - “Honor God with your body.”
 - “Think about things that are good.”
 - “Don’t let anything or anyone control you.”
 - “Now’s not the time to bring sexual conversation or actions into a relationship.”
 - “Respect yourself.”
- “Sex is good because it’s made by God for a certain time and place, but it’s also harmful when done outside the boundaries He has for us.”
- “Let’s brainstorm together some guardrails that can help you make wise choices about sex.”
- “Who’s another adult or mentor, besides me, you can talk to about your questions and thoughts?”

WHAT NOT TO SAY:

- “We don’t need to talk about that.”
- “Sex is bad. It’s a sin.”
- “Sex is a line you can’t recover from once you cross it.”
- “You’re not even supposed to be thinking about stuff like that.”
- “Why aren’t you dating anyone? You should be!”
- 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.