



SEXUAL INTEGRITY

HIGH SCHOOL CONVERSATION GUIDE **FOR PARENTS**

Your high schooler has only a few short years until they're out of the house—and don't you both know it. They're becoming increasingly independent, and you're shifting as a parent from authority to influence. In the push and pull, just remember you still have a critical role to play when it comes to helping them grow with sexual integrity. Don't disconnect.

Now more than ever, you need to be available for them. Even though the conversations may be challenging, they need for you to show up to do one thing.

COACH THEM TOWARD HEALTHY RELATIONSHIPS.

As their coach, there are probably some things you should say, and some things you shouldn't. Here are just a few.

WHAT TO SAY

- "I'm so glad you asked me."
 - "Thank you for telling me. You will never get in trouble for talking to me about that." (Encourage conversation through your words, tone and body language.)
 - "I think it would be good for us to talk about this again sometime. Is that okay?" (Encourage conversation through your words, tone and body language.)
 - "What are some of your favorite things about (name of person they are interested in)? Do you feel like (name of person) respects you when you're with other people?" (Stay curious. Ask questions to help them clarify boundaries.)
 - "Have you talked to someone else about this? (Prioritize their relationship with other adult leaders or mentors you both trust.)
 - "You are beautiful/handsome." (Give authentic, positive affirmation and affection to the point of embarrassment.)
-

WHAT NOT TO SAY

- "I don't think we need to talk about that."
 - "You will forget about this relationship in a year." (Be careful of overly minimizing what is significant.)
 - "We should invite your boyfriend/girlfriend on the family vacation! You guys are so good together." (Be careful of overly emphasizing what may not be permanent.)
 - "You've already messed up so there's no need to talk about it"
-

Make sure to involve professional counselors, as needed, as well as your ministry leader and parents, if you're not the parent.



©2015 The reThink Group, Inc. All rights reserved. • www.ThinkOrange.com

The reThink Group, Inc. disclaims any and all liability related to the use of these forms and makes no warranty as to their fitness for a particular purpose or compliance with local law. The reThink Group, Inc. provides these forms as guidance for churches crafting their own policies; they are not intended to be uniformly relied upon, as applicable laws differ from state to state. Churches should consult with local counsel when implementing policies to ensure proper compliance with local law.