



# Line Upon line...

Preparing Future generations

Presented by

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Tw was a dangerous cliff, as they freely  
confessed,  
**The Fence or The Ambulance**

**Joseph Malines**

Though to walk near its crest was so  
pleasant:

But over its terrible edge there had slipped

A duke and many a peasant;

So the people said something would have  
to be done.

But their projects did not at all tally:

Some said, "Put a fence around the edge  
of the cliff"

Some, "An ambulance down in the valley.

Then an old man remarked, "it's a marvel to  
me

that people give far more attention  
to repairing results than to stopping the  
cause,

when they'd much better aim at prevention.

Let us stop at its source all this mischief,  
cried he.

"Come neighbors and friends, let us rally :  
If the cliff we will fence, we might almost  
dispense  
with the ambulance down in the valley."

To rescue the fallen is good, but 'tis best To  
prevent other people from falling.

Better close up the source of temptation and  
crime, than deliver from dungeon or galley;

Better put a strong fence round the top of the  
cliff, Than an ambulance down in the valley.





“Since darkness is the absence of light, surely the most powerful way to counter darkness is to  
**fill the world with light**”  
(Elder Jeffrey R. Holland)

“The day will soon be dawning when the whole world will come to our doors and will say, ‘Show us your way that we may walk in your path’”  
(President Harold B. Lee)

# Goals



- ✱ 1. Shed a (flood) light on the information we, as parents, must be teaching our children in order to “take back the stage” in our own homes in the area of sexuality.
- ✱ 2. Provide encouragement to teach line upon line, according to your children’s needs.
- ✱ Go to battle against the dark forces of pornography, sexual distortions, addictions and abuse.

# “The Talk”



- ❖ Remember, “we worship a Lord who teaches us precept by precept...so even when we are teaching our children (we should) not dump the whole load of hay”. Neal A. Maxwell



# Who?

- ✿ Parents!

- ✿ “Bring up your children in light and truth (D&C 93:40)

- ✿ Adam and Eve made ALL things known unto their sons and their daughters (Moses 5:12)



# why?

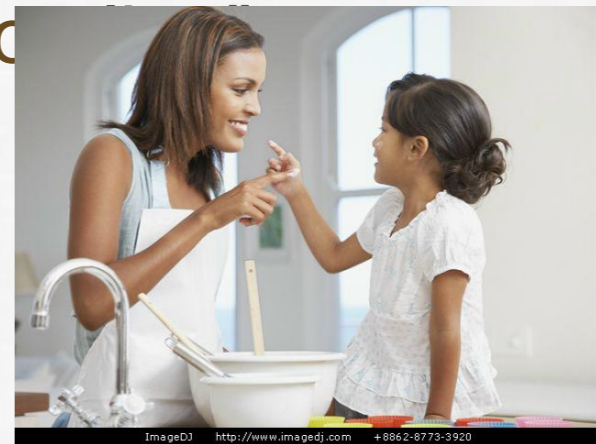
- ✿ (Where) you have not taught your children light and truth, according to the commandments; and that wicked one hath power, as yet, over you and this is the cause of your affliction” (D&C 93:42)
- ✿ Truth brings peace: “And all thy children shall be taught of the Lord, and great shall be the peace of thy children (Isaiah 54:13)
- ✿ To stand strong for morality, chastity
- ✿ To build a future generation of stronger marriages and **HOPE**

# Why?

- ✱ To have strength to withstand the lies and recognize the counterfeits taught about sex in the world
- ✱ The VACUUM from our silence is flooded by incorrect ideas/experiences from the world/adversary
- ✱ To avoid the misuse of the sacred powers of creation
  - ✱ Pornography, sexual distortions/addictions, abuse
- ✱ To avoid the utter destruction of the family

# How?

- ✿ Start early, layering information “line up”
- ✿ Fill the love bucket at home
- ✿ Be calm, not reactive or judgmental
- ✿ The parent-child relationship is even more important than the information
- ✿ Make time for your Masterpiece!



# How?

- ✿ Prepare yourself
- ✿ Invite the Spirit
- ✿ Gain a conviction of the goodness of sex
- ✿ Remove negative beliefs/inhibitions you hold about sex/the body
- ✿ Educate yourself
- ✿ Have open and healthy discussions about sex with your spouse



# How?

- ✱ Practice/Role play your answers
- ✱ Actively - parents initiate the discussions as needed
- ✱ Learn to establish Internet/Media safety in the home
  - ✱ Filters and passwords
  - ✱ Public view
  - ✱ Limit amount of screen time
  - ✱ Purposeful - no surfing; no chat rooms



# How?

- \* Ongoing discussions (“frequent” - Elder Ballard)
- \* Regular conversations focused on body/sex (details in part II)
- \* 1:1 Parent-Child Dates at younger ages
- \* Be truthful/honest
- \* Use correct terms and learn the slang
- \* Dialogue. Ask LOTS of questions
- \* Teach what TO DO, rather than what not to do



# How?

- ✿ Focus on the blessings
- ✿ Teach by example how to treat the opposite sex
- ✿ Short/Concise information with concrete, hands on illustrations, pictures, props, books
- ✿ Take a walk/drive/play ball to talk about serious topics
- ✿ Learn to stall respectfully, wait patiently

# HOW?

- ✱ Respond to a question with a question
- ✱ OK to say “I don’t know, let’s find out”
- ✱ Indirect method: Use stories, news articles, to open up discussions
- ✱ If discussing sex is a change, apologize to children for being too relaxed on this important topic, and announce your intention to “catch up”



# End of part 1

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# when and what

- \* You've already started!
  - \* Responses to all bodily functions
  - \* How you look at/treat the opposite sex
  - \* Communication - success with easier topics paves the way for the harder ones.
- \* Be pre-emptive and proactive
- \* Teach what TO DO, rather than what NOT to do



# When and What

- ✿ Be the **FIRST** to teach a healthy sexual foundation for your child!
- ✿ “Ideally, you should use the first 8-12 years of a child’s life to prepare him for his teenage years. If you wait until adolescence to teach your children about the changes of puberty and about intimate relationships, you may not be able to influence them as easily” (A Parent’s Guide)

# When and what

- ✿ The body is GOOD and is a GIFT from God
- ✿ “We have been taught...to look upon these bodies of ours as gifts from God. We latter-day saints do not regard the body as something to be condemned, something to be abhorred...we regard the body as a sign of our royal birthright...we regard the body as an essential part of the soul”  
(James E. Talmage)

# What and when

- \* Respect for the body and its functions
  - \* Boundaries - “No means no”
  - \* The essentials of procreation
  - \* Sex can be controlled



# what and when

- ✿ A vision of God's plan for sexuality - purposes of sex
- ✿ "Sex was created and established by our Heavenly Father for sacred, holy, and high purposes" (Ezra T. Benson)
- ✿ "The powerful sex drives are instinctive, which is to say God-given, and therefore are not evil" (Elder Hugh B. Brown)
- ✿ "We declare the means by which life is created (sex) to be divinely appointed (determined, established by God) (Proclamation on The Family)

# what and when



- ✿ The sacredness of sexual intimacy in marriage
- ✿ “Prophets have taught that physical intimacy is a strong force in strengthening the love bond in marriage, enhancing and reinforcing marital unity. Indeed it is the rightful gift of God to the married” (Dr. Homer Ellsworth, former member of the Melchisedek Priesthood General Committee)
- ✿ “In the context of lawful marriage, the intimacy of sexual relations is right and divinely approved. There is nothing unholy or degrading about sexuality in and of itself, for by that means men and women join in a process of creation and in an expression of love” (Pres. Spencer W. Kimball)

# What and when

- ✿ The JOYS and BLESSINGS of sex
  - ✿ Time, effort, and selflessness yield depth of connection and sexual fulfillment



# Before accountability (0-8 years old)

## ( accountability

- ✱ Parent-child relationship = #1 Protection
- ✱ Safe touch and how to protect against unsafe touch - Boundaries!
- ✱ Knowledge of body parts - correct names! (know slang and euphamisms, too)
- ✱ What's GREAT about being a boy/girl
- ✱ Context - grow up to be Dads/Moms
- ✱ Be ready to respond to individual differences and add "line upon line"

# Before accountability (0-8 years old)

## \* First Base - Neck up



- \* Brain - use it or lose it! Intelligence is attractive!
- \* Our thoughts determine our emotions and behaviors
- \* Teach problem solving phrases:
  - \* “What did you see/think when X happened?”
  - \* “What will you do the next time X happens?”
- \* Hygiene: hair, skin, teeth, breath - DON'T LEAVE HOME WITHOUT IT!

# APPROACHING PUBERTY (8-12 years old)

## \* Second Base - Neck to Genitals

- \* Body types, more on hygiene with physical changes, modest dress: How do I take care of that? (smells, pimples, menstruation, wet dreams, erections, etc.)
- \* Emotions and Attitudes
- \* Prepare them for changes: Natural and Wonderful part of God's beautiful design; Wonder of Creation
- \* Attitude of: "Isn't that interesting?"

# APPROACHING PUBERTY (8-12 years old)

## \* Second Base - Neck to Genitals (cont'd)

- \* Admit discomfort rather than trying to hide it. Communicate that this information is important enough to talk about in spite of discomfort. Aim for a casual, matter of fact approach.
- \* Insert gentle humor! (not sarcasm or teasing)
- \* Girls: hormones, process of menstruation, breast growth, body hair, hygiene
- \* Boys: hormones, sudden growth spurts, coordination problems, frequent erections, wet dreams, voice changes, facial/body hair, hygiene

# Puberty/teens

12-18 y.o. (sooner rather than later)

## \* 3rd Base - Waist down

- \* Girls: Sexual anatomy; menstruation = God's way of preparing the body for reproduction; pads/tampons; TSS; masturbation
- \* Boys: Sexual anatomy; penis and erections; testes/scrotum; jock straps/athletic cups; wet dreams/erections = God's way of preparing the body for reproduction; masturbation
- \* "For Young Men Only" = resource for understanding effect of masturbation on sexual development
- \* Self control and overcoming weaknesses = life
- \* Teach faith in the repentance process

# before dating

- \* How to be friends with both boys and girls
- \* Standards, expectations, suggestions
- \* Teach appropriate affection - What IS OK to do?
- \* Define terms!
  - \* Sexual activity = anything that arouses sexual appetites
  - \* Pornography = pictures or writing with the intent to arouse sexual feelings
  - \* Learn the current slang as part of defining terms



# before dating (cont'd)

- \* Home Plate = sexual intercourse
- \* guy + girl X sex / “It won’t happen to me”
  - \* (anything divided by 0 = 0)
- \* What to expect early on, if they get pregnant or impregnate another.
  - \* Making adult decisions (being sexual) requires adult actions, e.g. get a job and support a family; give the baby up for adoption; marry and provide a family. No more pursuit of personal dreams - baby comes first...OR can have a family and dreams, if you wait! Do it the RIGHT way!



# before marriage

- \* What to expect the first time
  - \* Have books on hand to offer
- \* Importance of sex to the marriage - for BOTH
- \* Desire/arousal differences
- \* Male/Female intimacy differences
- \* Real Giving
- \* What it means to be “sexy”

# resources

- \* And They Were Not Ashamed: Strengthening Marriage through Sexual Fulfillment, by Laura Brotherson
- \* What's the Big Deal About Pornography?: A Guide for the Internet Generation, by Jill C. Manning, Ph.D.
- \* A Chicken's Guide to Talking Turkey About Sex with Your Kids, by
- \* For Young Men Only, Boyd K. Packer
- \* "Families and Fences", Elder Boyd K. Packer, Conference Report, October 1970
- \* "Into Pornography's Dark World: Let There Be Light", Elder Jeffrey R. Holland, Meridian Magazine, May 16, 2006
- \* Intended For Pleasure: Sex Technique and Sexual Fulfillment in Christian Marriage, by Ed Wheat, M.D. and Gaye Wheat

# resources

- ✱ [kidshealth.org](http://kidshealth.org)
- ✱ [www.aap.org](http://www.aap.org)
- ✱ [confrontingpornography.org](http://confrontingpornography.org)
- ✱ [internetfilterreview.com](http://internetfilterreview.com)