

# "Let's Talk About Sex"

## A NOTE TO LEADERS

Okay, we know. Talking about sex is always awkward. Especially when you're talking about sex with your small group. As you may recall from your own middle school experience, your students' understandings and perceptions of sex might be all over the map. So as you prepare for this week's conversation, be careful not to walk in with too many assumptions about what your students know, wonder about, or worry about when it comes to sex. **Your goal in small group today shouldn't be to give all the answers about sex and dating.** Instead, get your students talking so that you can better understand their current realities and prove that your small group is a safe place to talk about anything. Including awkward stuff, like sex. **Your goals today should be two-fold** and go with the whole point of this series **1) To open up a space for conversation 2) To point your students to relying more on God's word & trusted adults** than their friends' or cultures word when it comes to understanding physical attraction, relationships, and sex. Please also note, we want you to be able to be honest and vulnerable about where God has brought victory personally in your life, **but please share in a way that is age appropriate for your audience. Be cautious in** what you share, speaking generally and avoiding specifics or graphic comments. If you even question sharing something personal could cause a student to struggle, then especially for this series, hold off sharing.



SERIES SETUP



THE TALK.

**The point of this series is two-fold. First, we want to open up conversation.**

Sometimes in small group we can just talk about what is easy, surface level kinda stuff. And that is fine, but hopefully small groups are also a place we can get real and talk anything that comes up in life. **The second point is to see what wisdom we can gain from God & His Word when it comes to physical attraction, relationships, and sex.** Everyone else is talking about it on tv, at school, etc. but the thing is NONE of those people created attraction, relationships, or sex - God did that! So why wouldn't we want to take more of our advice from the One who created these things? **You might not be thinking about sex much at all right now, but this series is still for you. Why? The more we know and understand about God's word and how it applies to every area of our life, the better off we will be.**

# MAIN POINT: Sex is good and sex is powerful, so respect it.

## OPENER:

**Pick one or two** of the questions below and have each of your students give an answer just to get them all talking:

- 1.** What was your best and worst part of this past week? (aka "Highs & Lows")
- 2.** Who can share a story of something awkward that happened to you?
- 3.** Speaking of awkward, who can recap some things said in the video today?

## UNPACK:

*You will hear a lot about sex and relationships from movies, friends, people at school, etc. Those aren't always reliable sources. **Talking with trusted adults like your parents, church leaders, and looking in God's Word are better sources of reliable knowledge.** The name of this series is called "The Talk." That is because **we want to give you all a safe space to talk about physical attraction, relationships, and sex.** We will give you space to both talk out loud and write down questions today so you can do what is most comfortable for you. **Remember that what people share in small group should be kept in small group and not spread as gossip.***

## ASK:

- 1.** How often is sex talked about at your school, at home, or with your friends?
- 2.** If you have questions about sex or dating, who do you usually go to?
- 3.** Who is a godly adult in your life you could go to get advice and talk honestly about these things?
- 4.** What might hold you back from talking with them? How could you overcome that and talk with them anyway so things can be "out in the light" and not "hiding in the dark"?

# READ:

## Genesis 1:27-28

*"So God created human beings in his own image. In the image of God he created them; male and female he created them. <sup>28</sup>Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."*

## Genesis 2:24

*"This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one."*

# ASK:

**1.** *Who created sex? What context did he create it for?*

**2.** *Think back about the fire analogy. In what ways can sex be powerful in a bad way? (ex: painful if couple breaks up)*

**3.** *In what ways can sex be powerful in a good way? (ex: bringing a married couple closer together)*

**4.** *What are ways middle schoolers can respect sex? (ex: more than just waiting to get married, how should we talk about it?)*

# DO:

I realize that you may have some questions you don't feel comfortable saying out-loud. **We are going to give take a few minutes so everyone has a chance to write down any questions you may want to talk about in the next few weeks.** You can write your name on it or you can leave your name off, it's totally up to you. **MSM Staff will take the questions and answer many of them on the Hope Student Ministry app.** (Leaders, please hand these cards to your MSM Staff. We recommend you look over your cards before turning them in to give you insight in what your students are wondering).

**NEXT STEP:** You may still have questions or questions may come up later. Remember to **think through who you are hearing about sex from and are they the most reliable source?** Take your questions to a godly, trusted adult who can speak wisdom in your life. **Close your time together in prayer.**