



Conversation Starters for Healthy Sexuality

Talking about sex may seem **awkward** at first, but as you press on, it will begin to feel more **natural**.

Our effort to help our children develop a **healthy understanding of love, relationships, and sex in marriage**, is worthwhile.



As you take the **first step** towards a lifetime of healthy, wholesome relationships for your child, this eGuide will provide you with tools and tips to **keep the conversations going!**

Preschool Years

AGES 4-6

BOY/GIRL DIFFERENCES

- ① What is the best thing about being a boy/girl at your age?
- ② Why do you think there are differences between boys and girls?
- ③ What do you like about your body? What do you not like?



BODY SAFETY & IMAGE

- ① What are the differences between a good touch and a bad touch?
- ② Why do we keep our private parts private?
- ③ Who can you go to if someone says/does things that make you feel uncomfortable?



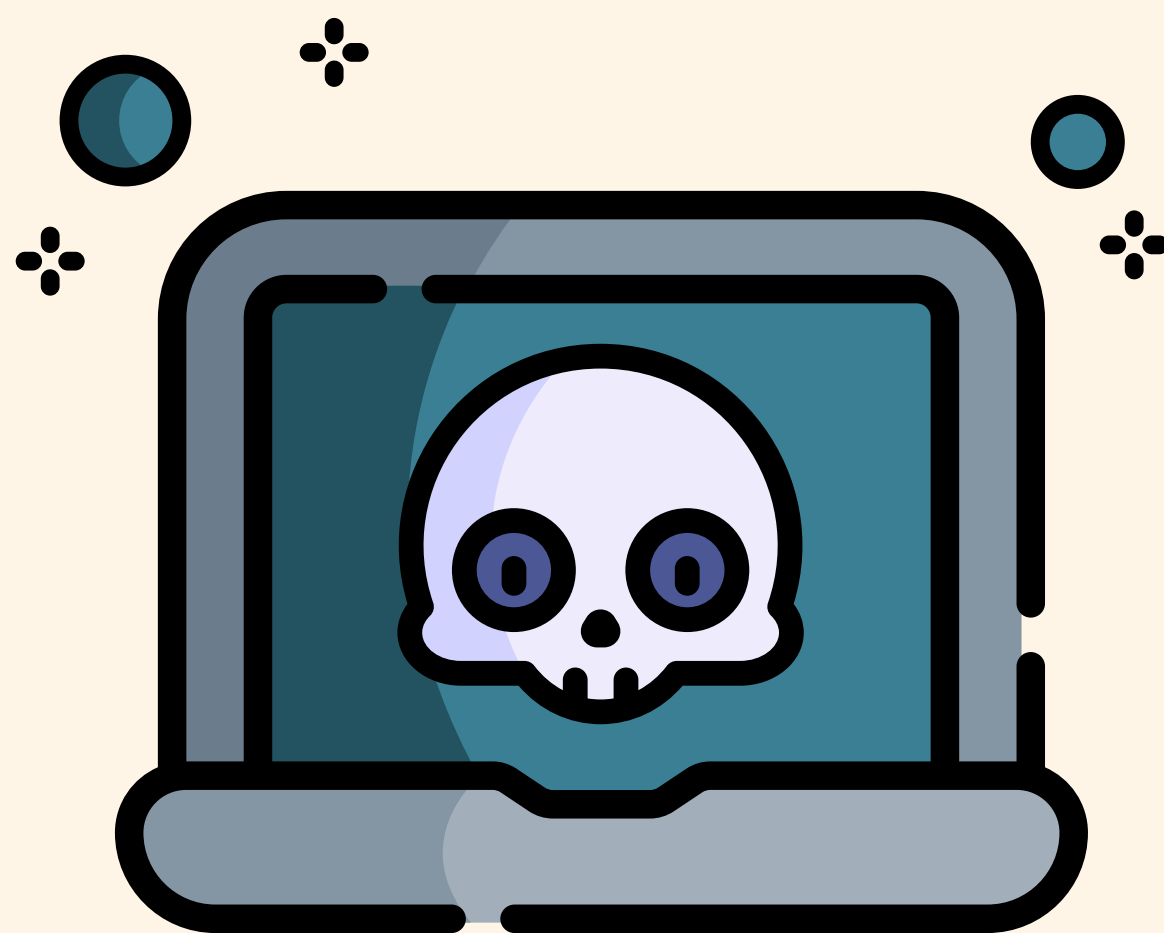
Always remain calm regardless of the question or topic your child may raise. This is the key to great conversations and deeper connections.

Primary Years

AGES 7-9

ONLINE SAFETY

- ① What kind of images or text would you consider inappropriate?
- ② Have you come across something inappropriate online? How did it make you feel?
- ③ If your friends show you inappropriate content on their mobile phones, what would you do?
- ④ What impact do you think porn has on a person and on their relationships?
- ⑤ Why do you think some people watch porn?



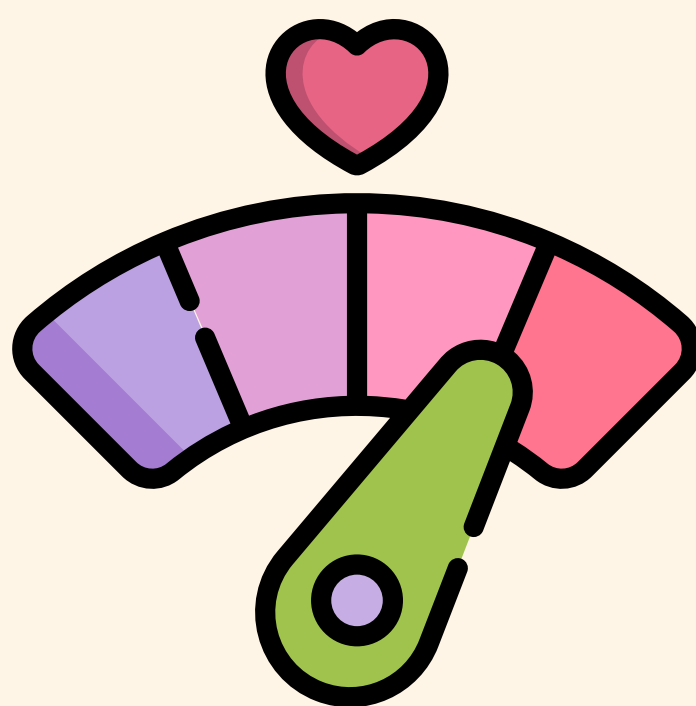
Share your own growing up experiences, both the wise decisions made as well as the lessons learnt.

Tween Years

AGES 10-12

LOVE & DATING

- ① How do you know if a person really loves you?
- ② What do you think is an appropriate age to start dating? Why?
- ③ What do you think is the purpose of dating?
- ④ What is the difference between a crush, lust and love?
- ⑤ What does “being in love” mean to you?
- ⑥ What healthy boundaries would you set for yourself when you’re dating?



The **foundation for healthy sexuality** is made up of a secure sense of identity, healthy self-image and a high regard for the inherent value of other people.

Teen Years

AGES 13-15

MARRIAGE & SEX

- ① What makes a good marriage?
- ② What three values would you like your future life partner to have?
- ③ What is the best thing about being married?
- ④ Why do you think some people wait until marriage to have sex?
- ⑤ What are some consequences of sex before marriage?
- ⑥ Sex is just a physical act between two people. Do you agree? Why?



Adopt a **curious, non-judgmental approach** when asking your teens what they think. This will help them open up to you.



Focus on the Family Singapore Ltd is a local Christian charity with Institution of a Public Character (IPC) status. Recognising the challenges of an increasingly digitised world, we seek to empower modern families in Singapore with skills to build strong marriages and raise resilient children.



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