

STAN AND BRENN A JONES

FACING THE FACTS

The Truth About Sex and You



NAV PRESS®

BRINGING TRUTH TO LIFE

Sample from *Facing the Facts* / ISBN 1600060153

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A C K N O W L E D G M E N T S

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We express heartfelt thanks to the many parents who have shared their stories and perspectives, praise and disagreements, about the content of the GOD'S DESIGN FOR SEX series as we have spoken and taught about this subject around the world. Some of your stories have made it into the revised versions of these books!

Special appreciation goes out to Mark and Lori Yarhouse for their extraordinarily thorough and helpful review of the GOD'S DESIGN FOR SEX series in preparation for revisions for this new edition, to Elaine Roberts for a remarkably thorough and wise review of all of the children's books, and to Steve Gerali for his careful review of *Facing the Facts*.

Finally, we want to express our deep appreciation and love to our three children, Jennifer, Brandon, and Lindsay. You have, together and individually, enriched our lives far beyond what we could have ever imagined. Thank you for being our living laboratory for working out these ideas, for being so thoughtful and strong, and for loving us all these years.

THE GOD'S DESIGN FOR SEX SERIES

Parents, God gave you your sexuality as a precious gift. God gave your children sexuality as well. If handled responsibly, God's gift of sexuality to your child will be a source of blessing and delight.

How can parents help make this happen?

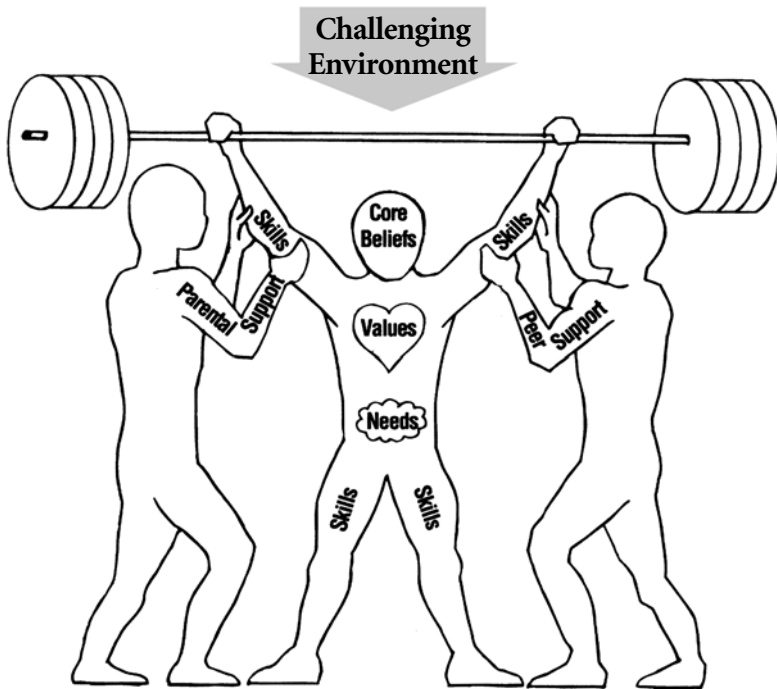
Many forces will push your children to make bad choices about sex. From their earliest years, children are bombarded by destructive, false messages about the nature of sexual intimacy. These messages come through music, television, the Internet, discussions with their friends, school sex-education programs, and so forth. The result? Distressing rates of sexual experimentation, teen pregnancy, abortion, sexually transmitted disease, divorce, and devastated lives.

We believe that God means for Christian parents to be the primary sex educators of their children. First messages are the most powerful; why wait until your child hears the wrong thing and then try to correct the misunderstanding? Sexuality is a beautiful gift; why not present it to children the way God intended? Why not establish yourself as the trusted expert to whom your children can turn to find out God's truth about sexuality?

The GOD'S DESIGN FOR SEX series helps parents shape their children's character, particularly in the area of sexuality. Sex education in

the family is less about giving biological information and more about shaping your child's moral character.

How young people handle sexuality in the teen years and beyond is a result of the following five key areas of development. The earlier we start helping children see themselves—including their sexuality—as God does, the stronger they will be as they enter the turbulent teenage years.



- **Needs:** Young people starved for love are more likely to seek having their needs met through sexual experimentation than kids who know they are loved. Strengthening your children's sexual character starts with fostering close parent-child relationships, assisting the development of healthy friendships, and building hope for a meaningful future of personal significance.
- **Values:** Do we teach children to value purity and obedience to God? Or do we let kids learn from the world about immediate pleasure, looking "cool," and fitting in?

- **Beliefs:** Our young people know the core biological facts, but do they also understand how God Himself looks at sex and where sexuality fits into what it means to be a godly man or woman?
- **Skills:** Are we giving our children the abilities to resist peer pressure, stand up for what is right, build meaningful friendships, and form loving relationships as adults?
- **Supports:** Are we helping children grow in the right direction by keeping our relationships with them strong and loving? Are we helping them plug into a vibrant faith community that encourages them to grow and stay close to Jesus?

GOD'S DESIGN FOR SEX is a series of books you can read with your children at ages three to five, five to eight, eight to eleven, and eleven to fourteen. The parents' resource manual, *How and When to Tell Your Kids About Sex: A Lifelong Approach to Shaping Your Child's Sexual Character*, offers a comprehensive understanding of what parents can do to shape their children's sexual character. We don't avoid the hardest subjects, such as sexual abuse or homosexuality. Our goals are to:

- help you understand your role in shaping your children's views, attitudes, and beliefs about sexuality;
- establish God's view of sexuality;
- discuss how to explain and defend the traditional Christian view of sexual morality in these modern times;
- explore how you can most powerfully influence your children to live a life of sexual chastity; and
- equip you to provide your children with the strength necessary to stand by their commitments to traditional Christian morality.

As we've taught and written about the principles for godly, parent-directed sex education in the Christian home, we've heard from parents over and over again, "I think you are right that I should have such conversations, but I don't think I can talk to my children that way."

I wish there were something we could read with our children to get us started in discussing these matters.”

The children’s books in this series are designed to meet that need. They are meant not to provide all the information kids need but rather to be starting points for Christian parents to discuss sexuality with their children in a manner appropriate to each age. They provide an anchor point for discussions, a jump start to get discussions going. They put the words in your mouths and put the issues out on the table. Don’t simply hand these books to your kids to read, because our whole point is to empower you as the parent to shape your children’s sexual character. The books are meant to guide the conversations with your children that will deepen your impact on them in the area of sexuality.

Why start early? Because if you as the parent are not teaching your kids about sexuality, they are learning distorted lessons about it from television, the Internet, and playground conversations. If you stand silent on sex while the rest of the world is abuzz about it, kids come to the conclusion that you cannot help them in this key area. If you start now in teaching godly, truthful, tactful, and appropriate lessons about sexuality, your children will trust you more and see you as a mother or father who tells the truth!

BOOK ONE (AGES THREE TO FIVE): *THE STORY OF ME*

Our most important task with the young child is to lay a spiritual foundation for the child’s understanding of sexuality. God loves the human body (and the whole human person) and called it “very good” (Genesis 1:31). Children must see not only their bodies but also their sexual organs as gifts from God.

Young children can begin to develop a wondrous appreciation for God’s splendid gift of sexuality by understanding some of the basics of human reproduction, so in this book we discuss the growth of a child inside a mother’s body and the birth process. Young children begin to develop a trust for God’s Law and to see God as a Lawgiver who has the best interests of His people at heart. God is the giver of good gifts! Finally, we want children to see families as God’s intended framework

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for the nurture and love of children. If you are reading with an adopted child, you'll have an opportunity to talk about how God sometimes creates families that way. We hope you will find *The Story of Me* a wonderful starting point for discussing sexuality with your young child.

BOOK TWO (AGES FIVE TO EIGHT): *BEFORE I WAS BORN* (BY CAROLYN NYSTROM)

Before I Was Born again emphasizes the creational goodness of our bodies, our existence as men and women, and our sexual organs. This book introduces new topics as well, including the growth and change as boys and girls become men and women and a tactful but direct explanation of sexual intercourse between a husband and wife.

If you are reading with an adopted child, use this opportunity to explain that not every couple will have children. If a baby doesn't grow in the mother's womb, the couple might look for a baby or older child to adopt. The birth mother knows that the husband and wife will love their adopted child. This is another way God makes families.

BOOK THREE (AGES EIGHT TO ELEVEN): *WHAT'S THE BIG DEAL? WHY GOD CARES ABOUT SEX*

This book does three things. First, it reinforces the messages of our first two children's books: the basics of sexual intercourse and the fundamental goodness of our sexuality. Second, it continues the task of deliberately building your child's understanding of why God intends sexual intercourse to be reserved for marriage. Third, it helps you begin the process of "inoculating" your child against the negative moral messages of the world. In *How and When to Tell Your Kids About Sex*, we argue that Christian parents should *not* try to completely shelter their children from the destructive moral messages of the world. Children who grow up in environments where they are never exposed to germs grow up with depleted and ineffectual immune systems for resisting disease. When we shelter them too much, we leave them naive and vulnerable, and we risk communicating that the negative messages of the world are so powerful that Christians cannot even talk about them.

But nor should we just let our kids be inundated with the destructive messages of the world. The principle of inoculation suggests that we should deliberately expose kids to the contrary moral messages they will hear from the world. It should be in *our homes* that our kids first learn that many people in our world do not believe in reserving sex for marriage, and this should also be where they get their first understanding of such problems as teenage pregnancy, AIDS, and homosexuality. But they should be exposed to these realities for a vital purpose: to build their defenses against these terrible problems of our culture.

BOOK FOUR (AGES ELEVEN TO FOURTEEN): *FACING THE FACTS: THE TRUTH ABOUT SEX AND YOU*

Facing the Facts: The Truth About Sex and You builds upon all that has come before in the three previous books but will further prepare your child for puberty. Your child is now old enough for more detailed information about the changes his or her body is about to go through and about the adult body that is soon to be presented as a gift from God. Your child also needs to be reminded about God's view of sexuality, about His loving and beautiful intentions for how this gift should be used. The distorted ways in which our world views sex must be clearly labeled, and our children must be prepared to face views and beliefs contrary to those we are teaching them at home. We attempt to do all this while also talking about the many confusing feelings of puberty and early adolescence. Your child can read this book independently; we encourage you to read it as well and then talk about it together.

All of these books were written as if dialogue were an ongoing reality between mother, father, and children in the home. Yet in some homes, only one parent is willing to talk about sex. Some parents shoulder the responsibility of parenting alone due to separation, divorce, or death. Grandparents may be raising their grandkids. We've tried to be sensitive to adoptive families and families who do not fit the "traditional nuclear family" mold, but we cannot anticipate or respond to all the

unique needs of families. Use these books with creativity and thought to meet the needs of your situation.

We have also chosen not to add endnotes with documentation to the children's books. If a specific statement from these books interests you or your child ("Is it really true that almost a million teenagers get pregnant every year?"), you can likely find an endnote directing you to more information in our parents' guidebook, *How and When to Tell Your Kids About Sex*.

We hope these books will be valuable tools in raising a new generation of faithful Christian young people who will have healthy, positive, accepting attitudes about their own sexuality; who will live confident, chaste lives as faithful witnesses to the work of Christ in their lives while they are single; and who will then live fulfilled, loving, rewarding lives as spouses, should they choose to marry.

I N T R O D U C T I O N

In this book we have tried to tell the truth, God's truth, about sex and you. But you are old enough to know that many people disagree about "the truth" when it comes to sex. In the end you, the young person reading this book, will have to make up your mind about what you believe, how you will live, and what you will do. We hope that what we say in this book will help you make decisions in the area of sex that please God, and will make it easier for you to talk with your parents, your youth pastor, and perhaps even your friends about what you believe about this important area of life.

Some people your age are excited about growing up. Others are happy just as they are and dread the changes that lie ahead. The truth is, growing up is both hard and exciting.

You have always had your own unique personality. You have your own sense of humor, beliefs, favorite foods, favorite games, and ways to spend time alone. There is no one else exactly like you.

Being male or female is a very special part of what makes you unique. Up until now you have been either a "man in the making" or a "woman under construction." But after the next few years of real change, no one will think of you as a child anymore. When you are an adult, how you think about your sexuality will have a big impact on who you are. Decisions about what you will and will not do with a boyfriend or girlfriend will have a profound effect on your future. And you are beginning to make up your mind about these things right now! Now is a good time to think through these things and begin to decide what sort of person you will be.

So, we invite you to join us as we try to share with you the truth about sex and you.

WHY IS GOD DOING THIS TO ME?

Megan can't wait to grow up. As long as she can remember, she has looked forward to being an adult, having the responsibilities and freedoms of an adult, having a grown-up body, and moving on to whatever God has in store for her.

Chris, on the other hand, wishes he wouldn't grow up. He is happy just as he is. He loves his friends; he loves to play. He feels as though everything in his life is just the way it should be, and he sees no good reason why his childhood should end.

How do you feel about growing up? Are you excited or worried? Most of us have a mixture of good and bad feelings about growing up. It's hard! All of us mothers and fathers have experienced the same feelings you are having, though it's hard to remember—and even harder for us to talk about. Some of us asked the question you may be asking: *Why is God doing this to me?* Good question. To answer it, let's start at . . .

THE BEGINNING

Sex was God's idea. In the beginning, after God made everything else—sun, moon, stars, mountains, sky, plants, birds, fish—God made a man and a woman. Sex was already very much a part of creation before He made people: There are male and female plants, male and female

fish, male and female birds and bees and beasts, all made to reproduce themselves through some form of sexual uniting. But sex was and is special for human beings.

At the end of every other day of Creation, God looked out on what He made and saw that it was “good.” But on the last day of Creation,

So God created man in his own image, in the image of God he created him; male and female he created them.

God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.” . . .

God saw all that he had made, and it was very good.

(Genesis 1:27-28,31)

when He made man and woman, God saw that it was “very good” (Genesis 1:31). The creation of man and woman was like frosting on the cake of Creation.

The Bible says that “the man and his wife were both naked, and they felt no shame” (Genesis 2:25). It’s very important to realize what this means. God is happy with the way He designed people as sexual beings. God looked at Adam—his genitals, his ability to become a father, everything that was unique about him as a man—and God was delighted with what He

had made. God looked at Eve—her genitals, her ability to carry a baby inside her body, her breasts to nourish that baby, everything else that was unique about her as a woman—and God was very pleased with what He had made.

It was also God’s idea that Adam and Eve would be able to have sexual intercourse as a man and wife. In fact, God made their bod-

ies so that this would be loving and pleasurable and fun for them. It was God’s design that they be able to have children because they had sexual intercourse. That was His plan for populating the earth.

GENITALS

the male or female sexual organs that can be seen between the legs.

God is happy that He made you a sexual being, with a unique brain, a unique body, unique genitals, and everything else that goes along with your being a young man or a young woman. One of God's main purposes for the changes He has ahead for you is to complete the work of transforming you from a child into an adult.

ADAM HAD IT MADE

You know the story. God made Adam first and put him in the Garden of Eden to take care of it. Adam had the perfect job in the perfect place with a perfect relationship with God. If there was ever anyone who should have been just fine as he was, Adam was that guy. Even so, God wanted things to be even better. He looked at Adam and said, "It is not good for the man to be alone. I will make a helper suitable for him" (Genesis 2:18).

God made each of us with a longing for a special person to share our life with. While we are children, the love of our families can satisfy us. This is what families are meant to do. But God made us in a way

what many people
call "having sex"
or "making love."

SEXUAL
INTERCOURSE

that when we become adults, we want something more: We want a special relationship with a special person who is just for us.

Genesis 2:23 says that after Adam looked around among all the animals and saw there was no

partner suitable for him, God made Eve and brought her to him. Adam was so excited about this wonderful gift from God that he cried out,

This is now bone of my bones
and flesh of my flesh;
she shall be called "woman,"
for she was taken out of man.

The writer of Genesis goes on to say, "For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh" (verse 24).

“One flesh.” What a beautiful way to describe the kind of relationship God wants in a marriage blessed by Him. Even though our deepest desire is to know and love God, planted deep in our hearts is a desire for a special love relationship with another human being. God wanted it to be that way.

This is another reason God is changing you, causing your body to grow from a child’s body into an adult’s body. Adults long to be united with a special person with whom they can have a lifelong love relationship. If you do not have those feelings yet, you probably will within the next few years. You will feel ready to fall in love with someone. The idea of being in love will sound great. And only when your body becomes an adult body can you have the kind of relationship where you will be “glued together” into one flesh with your husband or wife. In fact, having a sexually mature body is a strong and direct part of what makes you ready to have such a love relationship.

YOU COULD BE A MODEL

Not everyone gets married. Single people can handle their desire for a special person in a way that honors God and allows them to live vibrant and full lives without having a spouse. But did you know that if God blesses you with marriage, He has a marvelous purpose in mind for your marriage? The Bible teaches that marriages between Christians are meant to be models of the way Christ loves His church.

Several times in the Bible, the joyful time when God welcomes His people home to heaven is described as a wedding feast. It’s a joyous celebration when the husband-to-be (Jesus) finally gets to marry the bride He loves (all of us who believe in Jesus). God wanted to put a model right on earth so everyone could see the wonderful love He has for His people. That’s one reason He made marriage.

God hopes Christian husbands and wives will form loving, caring, committed relationships. If they do, the people who don’t believe in Jesus will be able to look at these marriages and say, “Oh, now I get it. You’re saying that the love Jesus has for all of His people is like the love in that Christian marriage, just better and more perfect.”

SUMMING IT UP

So why is God doing this to you? Why does your body have to change into a grown-up body? It's part of God's plan for you. He wants you to become the grown-up, sexual person He meant you to be. He wants to give you a way to meet that deep hunger you will feel for a special relationship with a person who really loves you. He wants you to be a model here on earth of His love for His people, and He wants to make it possible for you to have children should you choose to.

PUT AWAY YOUR FLASHLIGHT

Many of us have mixed-up feelings about growing up and about our sexuality. Stan was given a small book about sex when he was about your age. He was dying to know more about sex, but he was ashamed and embarrassed for wanting to know—so embarrassed that he read the book only by flashlight at night when he was supposed to be asleep!

You don't have to do that with this book. It can be hard for parents and kids to talk together about sex. But even though it's hard, your parents bought you

this book because they love you and want you to be able to understand this great gift of sexuality God has given you. They can answer many questions you may have that we won't get to in this book.

Brenna had the kind of relationship with her mother and father that allowed for easy and comfortable discussion about sex. It helped her look forward with confidence toward growing up. If your parents aren't available for this kind of discussion, we hope you can find a trustworthy adult, maybe your youth leader in your church, who can talk frankly with you and answer questions you have.

"For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh."

This is a profound mystery—but I am talking about Christ and the church.

(Ephesians 5:31-32)