



LEARNING

for the  
**Christian**  
family

ABOUT SEX

# How You Are Changing

For **Girls**  
ages **10-12**  
and parents

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## For Discussion or Individual Use

### Book 3 of the Learning about Sex Series for Girls

The titles in the series:

- Book 1: *Why Boys and Girls Are Different*  
Book 2: *Where Do Babies Come From?*  
Book 3: *How You Are Changing*  
Book 4: *Sex and the New You*  
Book 5: *Love, Sex, and God*  
Book 6: *How to Talk Confidently with Your Child about Sex*



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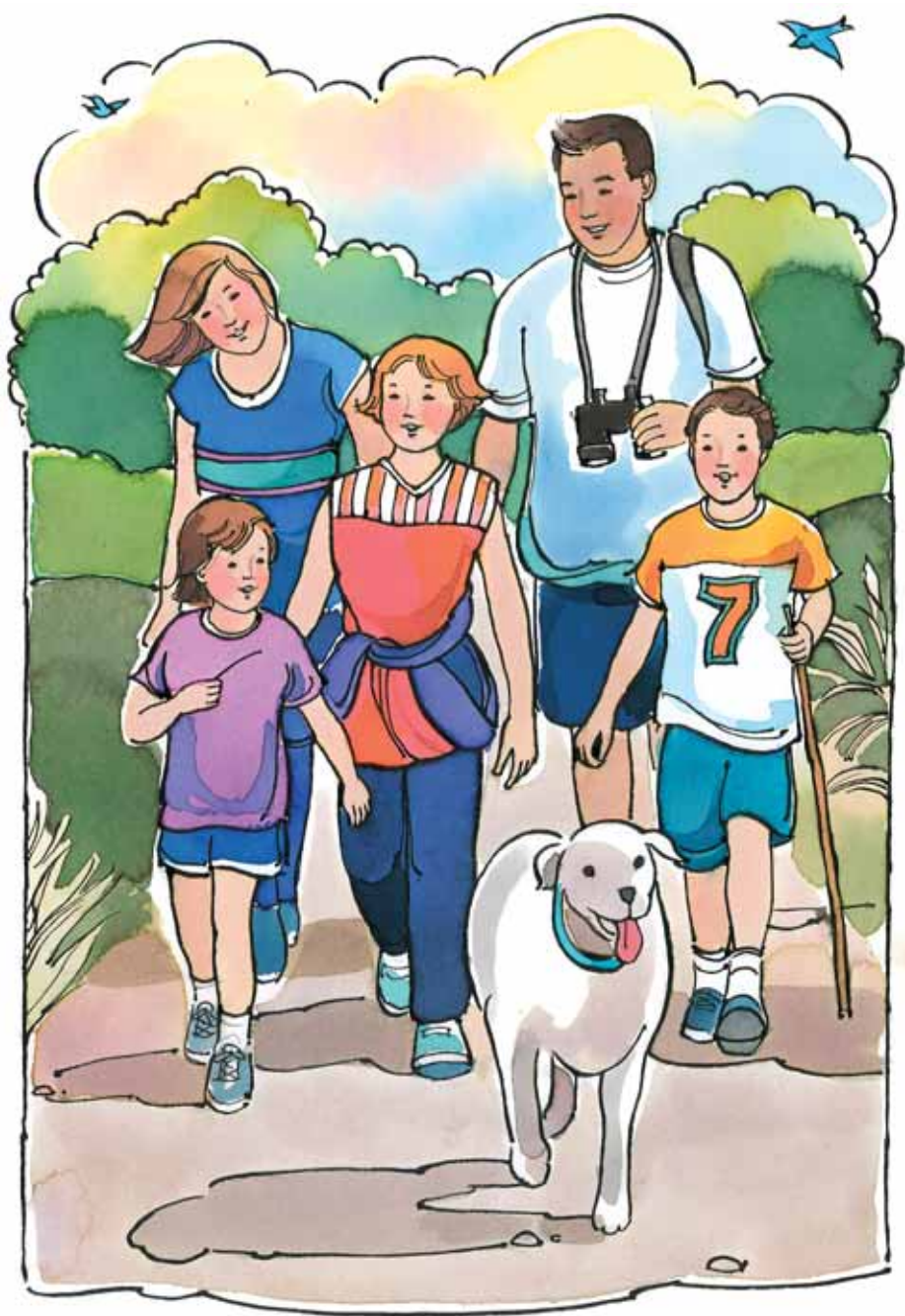
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# 8

## It's Great to Be Alive!

When God finished making the world, He looked at it and saw that it was good. He had made many, many different kinds of plants and animals. Each one was valuable in its own way.

God made each living thing able to bring new life into the world. Each is able to **reproduce** itself—to make more of its own kind.

Some flowers, for instance, reproduce when bees bring pollen (a yellow powder) from one flower to another. The pollen is like sperm cells. Seeds are formed when pollen joins the egg cells in the center of a flower.

A female fish lays many eggs in the water. The male fish swims over them and sprinkles them with sperm cells. New life begins wherever an egg and a sperm join.

Other animals reproduce very much as humans do. For instance, male dogs, elephants, and mice all have penises, which they use to place sperm inside the females.

But animals cannot love their mates in the way that humans do. They cannot have the same respect and care for each other. They can never have the joy humans find in a loving and caring marriage.

Animals often take very good care of their babies—for a while. Mother elephants take care of their babies for four years—much longer than most other animal mothers. But human babies need much more care, love, and teaching than any animal. They need parents who are able to make wise decisions, parents who can give them a good home for many years, parents who help them grow in the love and nurture of God's grace. (Read Deuteronomy 11:18–19.)

It takes a long time to grow up enough to be a good parent. Even for an adult, it's not an easy job. All parents make mistakes—sometimes serious ones.

It's a good thing that God has special love for the people He made. What would we do if Jesus had not lived and died for us? Christian parents and children know that God forgives their mistakes for Jesus' sake. They know that God can and will help when trouble comes.

If you have children of your own someday, you will find great joy in loving and caring for them. You will have used God's good gift of sex to bring very special people into the world. By your love and care, you can show your children a little of what God's love is like.

God's love can make sex a wonderful part of your love for another person. Guided by Him, you can choose a husband who will share your life. The love you have for each other will be extra-special if God lives in both of you.

That time seems a long way in the future, doesn't it? The growing years ahead of you are also God's gift—your time to get ready for adult life. You will learn to make good decisions, remembering that you are God's child. You can stay close to Jesus by reading and hearing about Him—and talking to Him in prayer. That way you can grow in faith and in your faith life every day. You can discover good ways to use all the wonderful gifts He has given you.

Following God's will always, you'll be able to say, "It's good to be alive!"

**Consider yourselves . . . alive to God in Christ Jesus. (Romans 6:11 ESV)**

*Lord, as I grow and change, I know there are a lot of "don'ts" to consider and rules to obey. Help me to see these not so much as limitations but as guidelines for living as Your redeemed and sanctified child. You know what is best for me, and You want what is best for me. You gave me Your very best in Your Son, Jesus!*

*I need Your forgiveness when I am weak and Your enabling power to make me strong. Lead me to live as Your child. Keep before me the Good News that because Jesus died on the cross and "was raised from the dead*

*through the glory of the Father, we too may live a new life” (Romans 6:4). I know this new life in Christ is not the easy way, but I also know You will enable me to live through the power of the Holy Spirit.*

*When I’m unsure what this new life looks like or what I should do, point me to Your Word, which tells me that it is a life growing fruitfully in “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control” (Galatians 5:22–23).*

