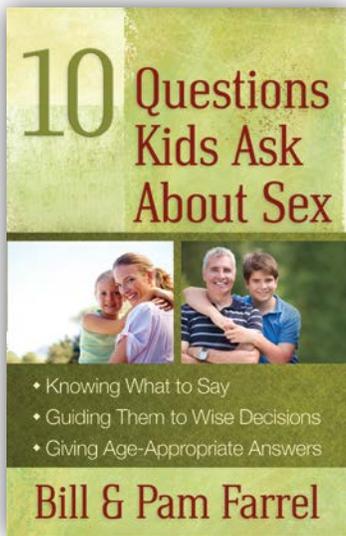


# 10 Questions Kids Ask About Sex

*Guiding Your Child to Make Wise Decisions in a Landscape of Sexual Confusion*



A recent study revealed that in 2011 nearly half of high school students in the US had already had sex, with a third having had sex in the previous three months. Surprisingly, perhaps, another study found that 80 percent of evangelical young adults, between the ages of 18-29, have had premarital sex, and of these, 42 percent are currently in a sexual relationship. Consider too that one woman in four will be sexually assaulted during her lifetime with one study revealing that 35 percent of college-aged men would rape a woman if they knew they could get away with it. Add to that the current trend in the media of gender identity issues and it all adds up to a landscape of confusion when it comes to sexuality and our kids.

“Sex is a battlefield in today’s free-wheeling culture and kids need their moms and dads to rescue them from becoming a statistic,” say Bill and Pam Farrel, authors of the new book, *10 Questions Kids Ask About Sex* (Harvest House, March 2013). “One thing we know for sure though is that kids *will* ask questions about sex. The real question is, *who* will they ask?”

Based on experience gleaned from raising three sons and from years of writing and speaking on relationships, the Farrels advocate that parents are the safest and smartest people to teach their children about sex, as well as the steadiest people in their children’s lives.

“One thing you won’t hear from the media is that kids actually prefer to talk to their parents about sexuality,” say the Farrels. “Sometimes this can be scary for parents, but, like many things, when it comes to helping your child, you have to decide in your heart that it’s not about you. It’s about what’s best for your child and it’s about God.”

In their new book, the Farrels offer biblically-based wisdom to raise the confidence of and encourage parents to be watchmen over the sexual landscape in society and of their children’s lives. Rather than simply having one big “talk,” the Farrels advocate progressive exposure, starting as early as age three and unfolding additional information as the child matures. The key thing, they say, to remember is that parents want their children to hear God’s truth and good information from them, before they hear it from anyone else.

“As a preschooler, you can begin with something as simple as teaching body parts. As they reach age eight, for example, it’s a good time to discuss the changes that will soon be coming in their bodies,” say the Farrels. “Before high school, they need to have an understanding of how to handle their sexual feelings and how to be convinced of the negative consequences of premarital sex so they can defend their choice to remain abstinent.”

But, throughout their growing up years, it’s not only about teaching children about the dangers of premarital sex. It’s also about helping them understand how to handle potential predators, what the Bible teaches about homosexuality, and how to value life, all topics which the Farrels cover extensively in the book.

**Bill and Pam Farrel** are international speakers, authors of over 30 books, and relationship specialists who seek to help people become “Love-Wise” ([www.Love-Wise.com](http://www.Love-Wise.com)). Their books include *Men Are Like Waffles—Women Are Like Spaghetti* (over 290,000 sold), *Red-Hot Monogamy*, *Single Men Are Like Waffles—Single Women Are Like Spaghetti*, and *The 10 Best Decisions a Couple Can Make*. They have been happily married for 32 years and are parents to three children, a daughter-in-law, and two small granddaughters. The Farrels live in San Diego.

# Meet Bill and Pam Farrel



The Farrels have been fascinated with the question, 'How?' ever since they met. When they married, they knew three things: (1) They loved Jesus. (2) They loved each other. (3) They had a lot to learn if they wanted to have a successful marriage. That created a passion in their hearts to figure out how relationships work.

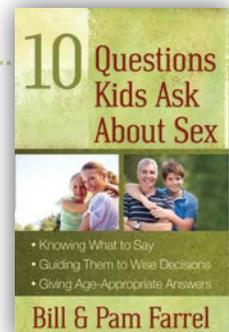
Through reading books and studying professional research coupled with their own personal growth as a couple, they have sought out the how-to's of relationships and have a unique ability to present them in down to earth, everyday language. Through word pictures, practical exercises and strategic stories, they simplify relationship principles so the average person knows how to live them out. The Farrels believe anyone can have great relationships and have devoted their lives to sharing the practical insight they have learned with as many people as possible.

During their 25 years of experience in church ministry, Bill and Pam's quest to discover "how" has motivated them to write books and speak at marriage conferences around the globe. They are the authors of the bestselling book, *Men are Like Waffles, Women are Like Spaghetti* (Harvest House) along with its study guide. Their other marriage books include *The Marriage Code; Red Hot Monogamy; The 10 Best Decisions a Couple Can Make; Why Men and Women Act the Way They Do; Love, Honor and Forgive;* and *Marriage in the Whirlwind: Seven Skills for Couples Who Can't Slow Down*. They have also authored *The 10 Best Decisions a Woman Can Make; The 10 Best Decisions a Man Can Make; The 10 Best Decisions Every Parent Can Make; Woman of Influence; Woman of Confidence; Fantastic After 40; Devotions for Women on the Go, Devotions for Men on the Go* and *Single Men are Like Waffles, Single Women are Like Spaghetti*. Their books have been endorsed by John Trent, Jim and Sally Conway, Florence Littauer, Stuart and Jill Briscoe, Dave and Claudia Arp, Bunny Wilson, Fern Nichols and other leaders in the Christian community.

They are the parents of three adult sons, a daughter-law, and grandparents to two. Bill and Pam enjoy reading and exercising together...especially when it consists of kayaking or a long walk at the beach.

The Farrels have spoken at hundreds of churches as well as conference centers, military bases, camps, and to government. Their newspaper column on relationships appears regularly in several cities and their writing has been published in numerous magazines including *Just Between Us, Discipleship Journal, Crosswalk.com* and several *Focus on the Family* publications. They also appear regularly on several radio shows including *Focus on the Family* and *In the Market with Janet Parshall*.

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# Interview Questions

- How does a parent know when to start talking with their child about sexuality?
- You advocate beginning to talk to your child about sexuality while a preschooler. How do you start this conversation and what's an appropriate amount to share?
- You use the acronym SPEAK, when it comes to sharing with kids. Can you explain what it stands for?
- How can you keep from having restricted, or awkward, communication about sexuality?
- How does a parent respond to the "Can we talk?" question when it first arises?
- You call the years between ages 6 and 11 the "oasis" years. Describe what you mean.
- What are the five dimensions of healthy sexuality and why is it so important to focus on these during the oasis years?
- What kinds of things should a parent be discussing with their 8 year old child?
- Can you share what you mean by the acronym S.M.A.R.T and how it relates to sexuality?
- What do you think of purity pledges, purity rings, and contracts? Have they been shown to be effective?
- How do you respond to the parent who says, "All teens will have sex so why fight it?"
- You share a bit in the book about rites of passage. What did you do with your boys to mark these milestones in their lives and why do you think these are important?
- Can you explain the concept of the Teen Media contract and more about how that works?
- What about the Teen Relationship contract?
- How do we teach our kids to value life?
- What should you say when your teen comes to you and asks, "Can I date?"
- What about the parent who thinks it might be too late? Is it ever too late?
- You cite a statistic that the number of cohabiting couples has jumped from 430,000 in the 1960s to 7.6 million in 2011. Why such an increase?
- You required several things of your sons before allowing them to date, even having them sit down and share their Relationship Contract with the girl's family. How did that go over with them?
- Why is sexual integrity so hard to find in this society?
- You say one of the most asked questions you get from teens is, "How far can I go?" but you say that's the wrong question. What should we be encouraging our teens to ask?
- How can I tell my child to maintain the boundaries I may have violated during my teen years?
- How can I be tactful and tasteful, yet specific and accurate?
- How do we teach our kids about the potential of sexual abuse, without scaring them?
- How can I balance my child's innocence yet make him or her savvy enough to not follow the crowd or be abused?

# Suggested Interview Topics

## **Where do Babies Come From?**

It's a question that may make your knees knock but one that is bound to be asked at some point by your child. And, the best person to explain it to your child is *you*. In this interview, Bill and Pam Farrel can share how to talk to a child as young as a preschooler about the birds and the bees by following the SPEAK method:

- Security
- Progressive exposure
- Explanations
- Asking first
- Keeping it simple

## **Progressive Exposure: What Your Kid Needs to Know about Sex and When**

Many parents dread the “talk,” often handing their kids a book or attempting to avoid it all together. But, with the Farrel's plan of progressive exposure, you needn't share it all in one swoop. In this interview, Bill and Pam will give you concrete ideas on what's appropriate to share at each age, how to know when “too much is too much,” and how to help guide your child as they grow and mature.

## **Helping Your Child Become S.M.A.R.T.**

Our goal as parents is to help our children be smart in our sexually-saturated society. In this interview, Bill and Pam will share five core character development areas, how they play a role in your child's future marriage and sexuality, and how to cultivate each trait in your child's heart and mind. These areas include:

- Suspend gratification: the ability to delay indulging desires
- Mind authority: a longing to obey and please God above all others
- Adore God: cultivate a listening heart
- Resolve to be authentic: be genuine, real, and honest
- Trust the trustworthy: the ability to relax in a safe environment

## **A Five-Sided Diamond: The Five Dimensions of Healthy Sexuality**

Do you have a child between the ages of 6-11? The Farrels call these the oasis years, a period of time before your kids hit the desert sand of the teenage years. In this interview, Bill and Pam will share how to equip your child so they're ready to handle the teen years, discuss the important conversations, plans and traditions to set into place during the oasis, and how to best protect your child from the media, secular sex education, and dangerous predators who threaten the safe shelter of the oasis time.

- Relational—understanding sexual intercourse
- Physical—understanding body changes
- Personal—understanding feelings
- Emotional—understanding body image
- Spiritual—understanding God's call of character

## **Predators, Homosexuality, and Making Sense of Today's Sexual Culture**

While we often think of sexuality in terms of premarital sex, the landscape of sexuality is broad. In this interview, Bill and Pam will share how to help your child make sense of today's sexual culture. They'll share ways to help your child become aware of potential predators, better understand what the Bible teaches about homosexuality, teach them the importance of valuing life, and how to make sense of all the gender issues that are in the media today.