

"A biblically informed and practical guide for helping  
parents talk with their kids wisely about sex."

SEAN MCDOWELL, speaker and author of *Chasing Love*

Elizabeth  
Urbanowicz

**HELPING**

**YOUR**

**KIDS**

**KNOW**

**GOD'S**

**GOOD  
DESIGN**

40 Questions &  
Answers on  
**SEXUALITY  
& GENDER**

“Our children are going to learn about sexuality and gender from either questionable or downright evil voices or from their parents. Parental counsel is the proper source, but moms and dads are often hard pressed to know how to talk with their children about these sensitive matters. *Helping Your Kids Know God’s Good Design* is a biblically grounded, down-to-earth, personalized, wisdom-filled resource for parents, who will appreciate that it does not shy away from addressing the most difficult, highly charged, intimate issues. Highly recommended!”

—**Gregg Allison**, professor of Christian Theology, The Southern Baptist Theological Seminary; secretary, Evangelical Theological Society; and senior fellow, Ethics and Religious Liberty Commission

“Helping your child navigate the land mines related to sexuality and gender is a daunting task in today’s world. Elizabeth tackles tough topics with humility, relying on the timeless, trustworthy Word of God. She gives parents practical tools to point their children to the truth and beauty of God’s perfect wisdom and design.”

—**Nancy DeMoss Wolgemuth**, author; founder/Bible teacher, Revive Our Hearts

“There has been a longtime need for a book like this. After all, we want to talk with our kids about sex but are often at a loss how to do so. Urbanowicz offers a biblically informed and practical guide for helping parents talk with their kids wisely about sex. You can read it straight through or use it as a guide when tough questions arise. I highly recommend parents read this book and discuss it together.”

—**Sean McDowell, PhD**, is a professor of apologetics at Biola University, the author of *Chasing Love*, and a popular YouTuber

“*Helping Your Kids Know God’s Good Design* is a biblical, thoughtful, clear, compassionate, practical, and altogether excellent resource for parents. Whether your children are toddlers or teenagers, Elizabeth’s book will equip you to answer their questions and show them God’s beautiful plan for gender and sexuality.”

—**Neil Shenvi, (AB, PhD)**, author of *Why Believe?*, *Critical Dilemma*, and *Post Woke*

“*Helping Your Kids Know God’s Good Design* is the most practical book on teaching sexuality to children I have seen. It removes the fear factor for parents and equips them to have conversations that count. A much-needed resource!”

—**Israel Wayne**, author, speaker, and founder of [FamilyRenewal.org](http://FamilyRenewal.org)

“Most parents wait far too long to share God’s design for sexuality with their kids. The world starts teaching its confused values early and often. As a father of seven, I am so thankful for Elizabeth’s latest work. It is clear. Biblical. Hopeful. Practical. Thorough. Christians parents (and grandparents)—this book will give you the roadmap to shepherd your children on these most important issues.”

—**Rob Rienow, (DMin)**, founder, Visionary Family Ministries, [www.VisionaryFam.com](http://www.VisionaryFam.com)

“You know those tricky, uncomfortable conversations you’re not sure how to have with your kids about sex? I mean, really go there and think about the topics related to biblical teaching on sexual morality. Whether it’s the sex talk, LGBTQ+, divorce, modesty, pornography, or even masturbation, I have yet to read a book that will better prepare you than *Helping Your Kids Know God’s Good Design*. Highly practical and with love and truth, Elizabeth delivers a satisfyingly biblical and logical approach for some of the biggest questions parents have about the toughest sexual issues that plague our children today, pointing us back to God’s design.”

—**Melissa Dougherty**, Christian apologist and author of *Happy Lies*

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**To Pastor Dennis Burns**

*Without your faithful discipleship, Foundation Worldview  
would not exist, and neither would this book. Thank you for  
shepherding the flock God entrusted to you with fierce gentleness.*



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# INTRODUCTION

**N**ot long ago, I took a friend's children to our neighborhood playground. There, I overheard a conversation taking place between two fifth-grade girls on the swings. "It's so ridiculous that she doesn't understand that not everyone is male or female," one girl said, sighing. She pumped her legs, trying to swing higher.

The other girl giggled as she twirled one of her braids. "I know. How ridiculous. She doesn't understand that some people are nonbinary?" The conversation continued, discussing the gender identities of different classmates, until the first girl dragged her legs in the dirt to slow her swing and asked, "Want to head back to my house for some ice cream?" As the two girls walked down the sidewalk, I watched, shocked over the dramatic cultural shift I had just witnessed firsthand. And this shift is probably one of the main reasons you have picked up this book.

No longer do we live in a world where kids are simply free to be kids. From an early age, the world around them pushes highly sexualized content in their faces. In fact, by the time our children reach the age where parents of decades past would typically have had "the talk," most of our children's peers will have already viewed pornography, been directly instructed about masturbation, and received hours' worth of exposure to the concept of gender identity. While this reality is somewhat terrifying, as Christians, it is vital that we not bury our heads in the sand, hoping our children will somehow

be completely shielded from the world around them. Instead, we must take a proactive approach, grounding our children in the goodness of God's design before they are confronted with the world's endless corruptions. But how are we to do this? This question is something I have been studying for well over a decade.

In 2007, I began teaching fourth and then third grade at a Christian school just outside of Chicago. Though the cultural shift in beliefs about gender and sexuality was not as drastic back then, I still noticed that my students lacked the skills they needed to critically and biblically evaluate the countless secular ideas coming their way. Year after year, I watched as Christian influences at home, school, and church seemed to get washed away from students by the tides of culture. By my fifth year of teaching, I knew I could no longer simply watch this happen. I needed to equip my students to faithfully navigate the world around them. So when I couldn't find any materials to train them in the way I knew was necessary, I started creating resources of my own. An incredible shift occurred in my students' ability to think critically and biblically, which led people all over the country to reach out and request the resources I had created. I eventually realized the need I had identified in my students was a need that parents, teachers, and church leaders felt across the nation and the world. However, before seeking to publish any of the materials I had created, I felt compelled to first go back to school to earn a master's degree in Christian apologetics from Biola University (to ensure I truly knew what I was talking about). After completing that degree, I started Foundation Worldview, a ministry that seeks to equip Christian adults with practical resources for helping the children in their care carefully evaluate every idea they encounter and understand the truth of the biblical worldview.

Since its inception, over twenty thousand children have gone through a Foundation Worldview curriculum and have learned to think and live biblically in a secular culture. During this time, the number one request my team and I have received from parents is for resources to help ground their children in a biblical view of sexuality and gender. And I have written this book to do just that: guide you step-by-step through a host of foundational conversations to have with your child. Each chapter explores a particular question

about sexuality or gender, and almost every question is one I have received directly from parents seeking guidance. While the topic of each question varies—from the ins and outs of “the talk,” to preparing kids to interact with a family member who is transitioning, to everything in between—the flow of each conversation will take the same basic form.

In each chapter, we will first explore how to explain a positive biblically sound theology of the topic at hand. Then we will explore how sin has corrupted it. Starting such conversations with what is positive is vital because sexuality is an inherently good thing. God designed sex and gave it to us as a gift. It is not inherently dirty or shameful, and we want our children to know this. Only after they understand the goodness of God’s design can we then convey how sin has corrupted it. If we flip the order, beginning such conversations with the corruption, our children’s understanding of sexuality will be tainted, and they may never understand that God’s design truly *is* good. Finally, at the end of each chapter, you will find a short summary paragraph recapping the key points that have been answered in our discussion.

The ultimate goal of each chapter is to provide a template for a particular conversation with your child. In most chapters, I have recommended a general age range in which to have this specific conversation. I have also sought to provide guidance for avoiding certain pitfalls, and suggestions for conversational modifications you can make depending on your child’s personality. However, there is one thing to remember: *You* are the expert on your child. While I can provide general wise guidance for structuring and wording these conversations, God has given *you* the responsibility of being your child’s primary disciple-maker. So if I suggest something, but you know it would need to be tweaked, added to, or left out of a conversation, please make that change. You are the expert on your child!

Another thing to note is that as you begin talking with your child about God’s good design for sexuality, you may find yourself in a marriage or family situation that you never imagined or desired. Whether this is because of sinful choices you have made, the sin of others that has been thrust upon you, or simply the result of living in a fallen world, your situation may cause you to wonder how you can have these conversations with your child—especially

when your life feels far from the goodness of God's design for marriage, sex, and family.

If this is you, know that I am right there with you. As I write these words, I am in my late thirties and still single. Singleness was never in my life plan. Not at 18. Not at 28. And definitely not at 38. But here I find myself, approaching 40 and still single. Though I know God's design for marriage, sex, and family are inherently good, God has not chosen to give me these good gifts in this season. And that fact brings with it a certain level of disappointment, longing, and grief.

You may be thinking, *Elizabeth, extended singleness cannot even begin to compare with the situation I am walking through!* And you may be right. I do not know the specifics of your situation. But here are two truths I do know—truths I hope you will keep at the forefront of your mind as you begin talking with your child about God's good design.

First, if you are a Christian, God has promised to use all things in your life, even painful and heart-wrenching situations, for your good. And his Word is clear about how he does this. God works all things together for good in the Christian's life by using all things to conform us more into the image of his Son (Romans 8:28-29). God has allowed you to be in this situation, in this moment, for your ultimate good. Whether your life looks very much like how you pictured it or nothing of the sort, God is using your current situation to make you more like Jesus.

Second, the ultimate goal of teaching our kids God's good design for sexuality is not to provide them with a picture-perfect marriage, sex life, or family. The ultimate goal of teaching our kids God's good design is for them to "taste and see that the LORD is good" (Psalm 34:8). It should be our prayer in this process that our children will turn from their sin and trust in Jesus, be reconciled to God, and have the hope of eternity with him in the new heaven and new earth, where sin and death will be no more (Mark 1:14-15; 2 Corinthians 5:20; Revelation 21:3-4). So, whether your current situation reflects the inherent beauty of God's good design or is light years from it, God has both called and equipped you to have these important conversations with your child. And he will use them for his glory and your good.

Now that I have revealed that I am single (and thus do not have children), you may be wondering what in the world I am doing writing a book instructing parents how to have conversations with their children. And that is a valid question. While I do not have firsthand experience parenting, my area of expertise is breaking down complex concepts into words, examples, and activities that kids as young as four years old can easily grasp. On top of this, one of the blessings of singleness is *time*. A mom of three young children may wonder how to wisely navigate the host of books at her local library pushing an LGBTQ+ agenda. Yet, amid changing diapers, tackling the never-ending mountain of laundry, refereeing sibling squabbles, and ensuring that everyone is fed and (at least mostly) clothed, she probably doesn't have long stretches of time to sit down and think over how to biblically guide her children through library trips. But as a single woman, I do (and we will cover this exact question in chapter 39). I am praying this gift of time God has given me, along with my expertise in communicating with kids, will bless you and your family.

As you make your way through this book, please remember to pray for your child. While it is vital to have the conversations outlined in each chapter intentionally, you cannot soften your child's heart or renew their mind. Only God can do that. So as you plan how and when to have different conversations about sexuality and gender, pray that God would prepare your child for each conversation and reveal himself to them. Pray that God would protect your child from the schemes of the enemy and the snares of the world, and graciously convict them of the sin that resides in their own heart. And as you do this, trust that God, your faithful heavenly Father, will guide you each step of the way.

Thank you, friend, for taking this first step on the journey of talking with your child about God's good design. I am praying that God meets you in the pages of this book and that you leave not only equipped to have these conversations with your child but also more in awe of God and his good design.





# BIBLICAL FOUNDATION

## *What Is God's Good Design for Sex?*

**Y**ou are most likely reading this book because you desire to help your child grasp the goodness of God's design for sexuality. And that is exactly what we will cover in the following chapters. However, before we dive into talking with our children about the goodness of God's design, let's take a moment to ensure that we ourselves have a biblical understanding of it. Even if you already have a good grasp on this, taking time to review the biblical view of sexuality will only strengthen your ability to discuss it with your child.

The good news is that God's good design for sex and marriage is made clear right from the first few chapters of Genesis, and then it is confirmed throughout the Bible. From the initial chapters in Genesis, we can break down Scripture's teachings on sex and marriage into three main points:

1. Marriage is a lifelong covenant between one man and one woman
2. God designed sex as a good gift in marriage for intimacy and the creation of children
3. All forms of sex outside of a one-man-and-one-woman marriage covenant are sin

Let's take a closer look at the biblical background behind these principles.

## 1. MARRIAGE IS A LIFELONG COVENANT BETWEEN ONE MAN AND ONE WOMAN

We first see God's design for marriage in the second chapter of Genesis. Directly after creating woman out of man's rib, God leads Eve to Adam, giving her to him in marriage. Though we do not see a description of what we would typically recognize as a marriage ceremony, we know this is a marriage because a declaration is made: "Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh" (Genesis 2:24). The term *therefore* makes clear that God is instituting this pattern for the rest of humanity; moving forward, a man shall now leave his father and mother and hold fast to his wife, and they shall become one flesh. This pattern is then affirmed across multiple points throughout Scripture.

In Matthew 19, Jesus is questioned about marriage and divorce by the religious leaders. He responds by saying,

Have you not read that he who created them from the beginning made them male and female, and said, "Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh"? So they are no longer two but one flesh. What therefore God has joined together, let not man separate (verses 4-6).

Here, Jesus points back to Genesis 2, affirming what God established at the beginning of human history—that marriage is a lifelong covenant between one man and one woman.

This truth is again affirmed in Ephesians 5:22-33. In these verses, the apostle Paul reiterates the pattern of one man and one woman coming together in the covenant of marriage. He then explains that this covenant is meant to be a picture of Christ and the church. He writes,

"Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." This mystery is

profound, and I am saying that it refers to Christ and the church (verses 31-32).

Here Paul is confirming the pattern established in Genesis 2, but he takes it one step further by explaining that in its most complete sense, this union is a picture of the gospel, a picture of Christ and the church.

## **2. GOD DESIGNED SEX AS A GOOD GIFT IN MARRIAGE FOR INTIMACY AND THE CREATION OF CHILDREN**

The opening chapters of Genesis not only provide us with the pattern for marriage but also show us the purpose for which God has given us the gift of sex. In Genesis 2:18, God looks upon Adam and says, “It is not good that the man should be alone; I will make him a helper fit for him.” Some have taken this phrase to mean that Adam suffered from emotional loneliness, but that is not what this verse says. Adam was not lonely. He was alone, without a helper fit for him. What does this mean? Why would Adam need a helper when he already had God? The previous chapter in Genesis provides the answer. Genesis 1:28 says,

God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.”

From this verse, we learn that the type of helper Adam needed was someone who could enable him to fulfill this command. While Adam could exercise dominion over creation with any other human, only with the creation of a woman could he multiply and fill the earth with children. These first chapters of Genesis make clear that marriage is the context for which God designed sex, and sex is the means God has given us to multiply and fill the earth.

Sex not only leads to the creation of children; sex also leads to intimacy. We see this in Genesis 4:1 when we read, “Adam *knew* Eve his wife, and she conceived and bore Cain” (emphasis added). In the original Hebrew, the

verb *knew* is the word *yadah*, which is used frequently in the Old Testament as a euphemism for sexual intercourse between a husband and a wife. *Yadah* is also used to describe God's intimate knowledge of us. Psalm 139:1 says, "O LORD, you have searched me and *known* me" (emphasis added). Here again, the Hebrew word for *known* is *yadah*. The fact that the word *yadah* is consistently used as a euphemism for sexual intercourse between a husband and wife shows that one of God's purposes for sex within marriage is intimacy.

This pattern of sex leading to both children and intimacy is confirmed throughout Scripture. Psalm 127:3-4 says, "Behold, children are a heritage from the LORD, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one's youth." Malachi 2:14-15 expands upon this truth:

The LORD was witness between you and the wife of your youth, to whom you have been faithless, though she is your companion and your wife by covenant. Did he not make them one, with a portion of the Spirit in their union? And what was the one God seeking? Godly offspring. So guard yourselves in your spirit, and let none of you be faithless to the wife of your youth.

Song of Solomon, an entire book of the Bible, is a love poem between a husband and a wife, a bridegroom and a bride. Multiple chapters of this poem portray the husband and wife delighting in one another's bodies. In chapter 4, the groom delights in his bride, saying:

You have captivated my heart, my sister, my bride;  
you have captivated my heart with one glance of your eyes,  
with one jewel of your necklace.  
How beautiful is your love, my sister, my bride!  
How much better is your love than wine,  
and the fragrance of your oils than any spice!  
Your lips drip nectar, my bride;  
honey and milk are under your tongue;

the fragrance of your garments is like the fragrance of Lebanon (verses 9-11).

These and many other passages throughout Scripture affirm the goodness of sexual intercourse within the context of marriage and how it was designed to lead to children and intimacy between a husband and a wife.

### **3. ALL FORMS OF SEX OUTSIDE OF A ONE-MAN-AND-ONE-WOMAN MARRIAGE COVENANT ARE SIN**

The opening chapters of Genesis not only show us God's pattern and purpose for sex and marriage, but they also highlight how these good gifts have been tainted by sin. Genesis 3 outlines the fall of mankind into sin, and immediately in the next chapter, we see how quickly humans fall into sexual sin. In Genesis 4, we are told that Lamech takes two wives (Genesis 4:23-24). This is polygamy, which falls outside the pattern God established in the garden for marriage as a one-man-and-one-woman covenant. As the narrative in Genesis continues, we are not given a list of everything God considers sexual sin. However, in the following books of the Old Testament, what God considers sexual sin is made clear. When God gives the Ten Commandments to his people, he specifically states, "You shall not commit adultery" (Exodus 20:14). This means that sex outside of marriage is forbidden. Later, when the Mosaic Law is further explained in Leviticus, in chapter 18, God outlines every form of sexual intercourse that is considered a sin. As one reads through this list, it becomes clear that any form of sexual intercourse outside of marriage is sinful.

Here some may argue that many Old Testament marriages were polygamous. It is true that God made provisions in the Old Testament to allow for polygamy in certain circumstances. However, polygamy was never celebrated and was typically portrayed as something that led to difficulties and heartache (for example: Sarah and Hagar, Leah and Rachel, Hannah and Peninnah). In the New Testament, both Jesus and Paul point back to God's original design of marriage between one man and one woman (Matthew 19:4-6; Ephesians 5:31-33), and Paul affirms God's design when he explains that men who take

on the role of elder in a church can only be the husband of one wife (1 Timothy 3:2; Titus 1:6).

The truth that any sexual activity outside of one man and one woman in the covenant of marriage is sinful is confirmed throughout the whole canon of Scripture. In Romans 1:18-32, Paul outlines how one of the consequences of human sin is God giving us over to our corrupt sexual desires. Hebrews 13:4 says, "Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous." In 1 Corinthians 6:9-11, Paul describes sins that prevent someone from inheriting the kingdom of God, which include sexual immorality, adultery, and homosexuality. In verse 11, he writes, "Such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God." Paul is saying that before someone comes to Christ, they may have been involved in many of these sins, but they are no longer to partake in such sins now that they have been cleansed. This again confirms that any form of sex outside of the one-man-and-one-woman marriage covenant is a sin.



God is the author of sex and marriage. He makes clear his design for these gifts in Scripture, and his design is good. Once we have a firm grasp on what Scripture teaches about sexuality, we are ready to begin having conversations with our children, helping them understand the goodness and beauty of God's design.

PART 1

# **HOW AND WHEN TO TALK ABOUT SEX**





## WHEN SHOULD I FIRST HAVE THE SEX TALK WITH MY CHILD?

**Y**ears ago, it was common for parents to have one awkward sex talk with their child, usually when the child was somewhere between the ages of eight and fourteen. If this is what you experienced growing up, you may want to make having “the talk” with your child less awkward but still believe that the traditional eight-to-fourteen age frame will work. I applaud you for desiring to make the sex talk less awkward, but I would encourage you not to wait to have this conversation until your child is eight or older. At Foundation Worldview, I recommend that parents start having the first of many sex talks with their children around the age of four. You may have read that last sentence and thought, *Oh my goodness! Are you kidding me, Elizabeth? Four years old?* But let me explain: I am not suggesting that you sit down with your four-year-old and talk through every single detail of the mechanics of sex. However, I am suggesting that to ensure your child understands the inherent goodness of God’s design for sex, you need to begin this ongoing conversation before they are bombarded with lies from culture.

You have probably noticed that we live in a world that aggressively promotes an unbiblical vision of sexuality, even to the youngest of children. Not only does our world balk at the idea of reserving sex for marriage, but it also pushes the narrative that true freedom is the removal of all sexual boundaries.

This vision is being actively pushed upon our children through the books placed on shelves of the local library, the storylines written into children's shows and movies, the content that algorithms promote on our household devices, and the advertisements our children see on billboards and street corners. This means that if the world, with its faulty understanding of sexuality, educates our children before we do, our children's formative understanding of sex will be anything but biblical.

I know that sounds scary, and it is. However, as Christians, we need not give in to fear. Instead, we can intentionally and prayerfully use the tools God has given us to proactively prepare our children to understand the truth of God's good design and reject the lies of our culture. And part of this involves having conversations about sex with our children when they are young.

Have you ever noticed how the person you learned certain information from first naturally becomes the expert on that topic in your mind? My friend Hillary Ferrer from Mama Bear Apologetics pointed this out to me, and I think she is right. She has coined this phenomenon the "founder's effect." For example, to this day, I still view my dad as the ultimate expert on home repairs. Is this because he knows more about home repairs than anyone else? No. I view my dad as the expert because he was the first person to teach me those skills. As an adult, I am now acquainted with many more-skilled plumbers, painters, and HVAC technicians, but my dad is still the first person I call when I have a home repair question. It's similar with our children and how they understand sex. Whoever first introduces them to the concept of sex will naturally become the person they view as the expert, whether that person is you, a friend, a teacher, a cartoon character, a YouTube influencer, or even Google. If we want our children to be grounded in a biblical view of sexuality, we should encourage them to come to us first with their questions, curiosities, and fears. And for this to happen, we need to be the one who talks with them about sexuality first.

It's also important that we ensure our children's first understanding of the concept of sex is positive. After all, sexuality is a good gift from God, and we want our children to see it that way. However, if we hold off on such conversations until we are having them in response to an unbiblical vision

of sexuality—after we have met a family with two dads, or after our unwed niece announces her pregnancy, or after a beloved children’s show character starts explaining the concept of gender identity—we are thrust into backtracking. We must explain how these things do not align with God’s good design before our children even understand what that design is. When we are forced to backtrack, our children’s first exposure to the concept of sexuality is grounded in how humans have corrupted the gift of sex rather than the inherent goodness of God’s design. This will taint how they understand this good gift. Instead, we want to first ground our children in an understanding that sex within the covenant of marriage is inherently good.

When we begin these conversations with our four-year-olds, our words should mainly be focused on introducing key vocabulary, providing some necessary details, and grounding the concept of sex in the goodness of God’s design. We want our little ones to understand the basics and know that sex is not dirty but a good gift from God. At the same time, we want them to see that sex isn’t something that should be shared with everyone because it is a special gift designed to be shared only between a husband and a wife. (I will provide more details on how you can have these conversations in the following chapter.)

In these early conversations, we are also helping our children understand the boundaries God has placed on sex. This plants seeds of understanding regarding when those boundaries are being crossed. As we teach children that these boundaries are designed to keep us safe, we are also teaching them how God’s good gift of sex can be misused when taken outside of those boundaries, including when it comes to pornography and sexual abuse. We will get into these topics more in-depth, but for now, it’s good for us to know that giving children the language and wisdom to recognize when sex is being misused is an important way to keep their hearts, minds, and bodies safe. This is one more reason why having these conversations about sex early is so important!

Right now, you might be reading this and thinking, *My child is way older than four, and I haven’t started having these conversations. Is it already too late?* My response to this is a resounding no! No matter how old your child is, these conversations are valuable. Talking about sex with your child is the

only way to ensure they understand the goodness of God's design, and such conversations help them feel safe and comfortable coming to you with their questions rather than turning to the internet or their peers. The way you approach a conversation about sex with your nine-year-old will be different from your approach with your four-year-old, and we will discuss the details of that in the following chapters. But it is never too late to start these important conversations.



Helping our children have a biblical view of sex involves much more than one awkward sex talk. Ideally, we should have ongoing conversations about sex that begin at an early age. Though this concept may be new or overwhelming, with the proper preparation, such conversations need not be awkward or embarrassing. So if you are ready to proactively talk with your child about God's good design for sex, please keep reading. In the next chapter, we will get into the specifics.