

## **Practical Ways to Train for Purity:**

### **Ages 2-5:**

- Talk to your children about their bodies being the temple of God.
- Teach them appropriate touch. Not to play with their bodies.
- Teach them to respect other people's bodies. Do not touch other's private parts.
- Honestly answer their questions about their bodies. Give only as much information as needed.

### **Ages 6-10:**

- Explain sex to them when you feel they are ready to learn about it. Kids will usually start asking questions around intimacy. There are wonderful Christian books that explain sex in a very appropriate way and stress that sex is only for marriage. Your kids are going to learn about sex. Better from you than someone else.
- Never leave boys and girls alone in a room with the door closed. They are very curious and will explore.

### **Ages 11-17:**

- Modest clothing – girls especially may choose clothing that reveals too much of their developing bodies. Explain to them the temptations they can cause.
- Establish dating restrictions: age, curfew, where they can go, who they can go with.
- Encourage group dating. There's safety in numbers.
- Spend more time with your teenager's special other than they do. Have them in your home as much as possible.

- Help your child establish an accountability partner – someone they can be open and honest with and who will ask the tough questions. It may be you, but in most cases it will be someone else. Direct your child to a pastor, teacher, or youth sponsor rather than another teenager. Help them choose someone who is wise and dependable that you and your child trust.
- Teach your children to recognize compromising situations and to run from them. Once they start dating, establish a code system where they can reach out to you for help without embarrassment with their friends. If they are in an uncomfortable situation (i.e. a make out party), they have a way to let you know, and you can come get them.

### **All Ages: Guard the Eyegate and the Eargate**

- Check what music your children are listening to. Check their cd's and I-Pods. Print out the words to the songs and discuss the lyrics. Allow in your home only music you approve.
- Control what your kids are watching – TV, movies, the computer.
  - Movies: go to [www.kidsinmind.com](http://www.kidsinmind.com) or <http://www.pluggedinonline.com/> from Focus on the Family.
  - Computer: Check their internet history. Use protective software to make it impossible for them to visit certain sites.
  - Social internet sites: My Space, Facebook, etc. See who they are talking to and what they are talking about. Also see who they are sharing pictures with and what those pictures are.