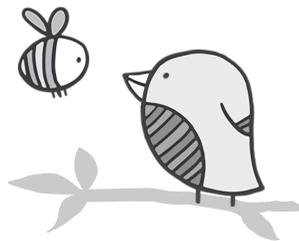
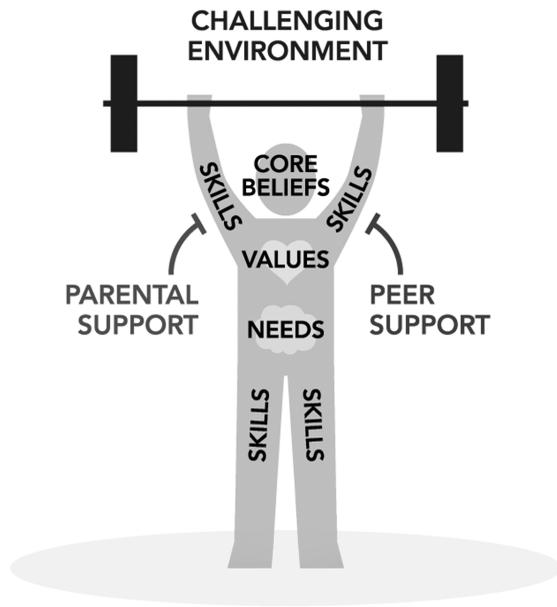


How & When to Tell Your Kids about Sex

A Lifelong Approach to Shaping
Your Child's Sexual Character

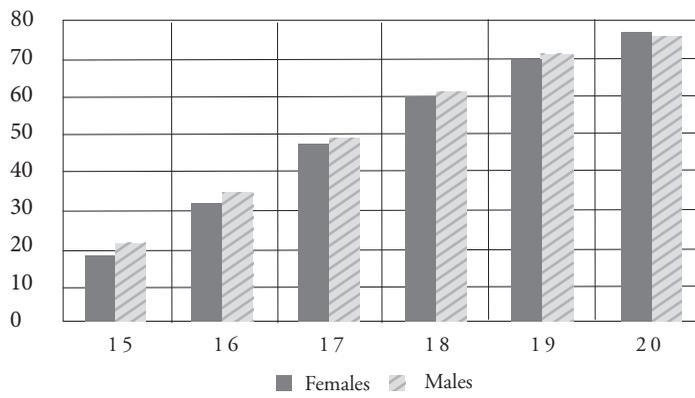
STAN & BRENN A JONES

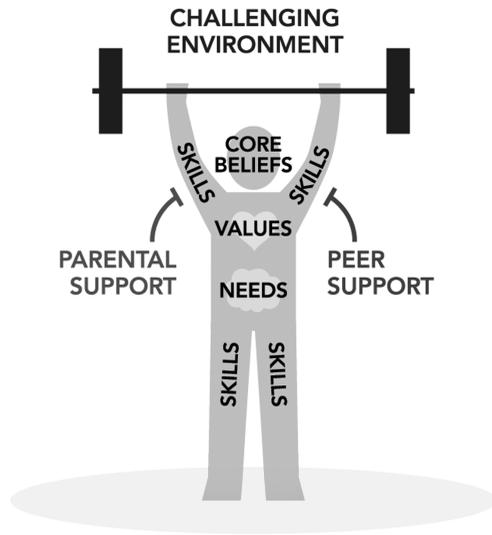


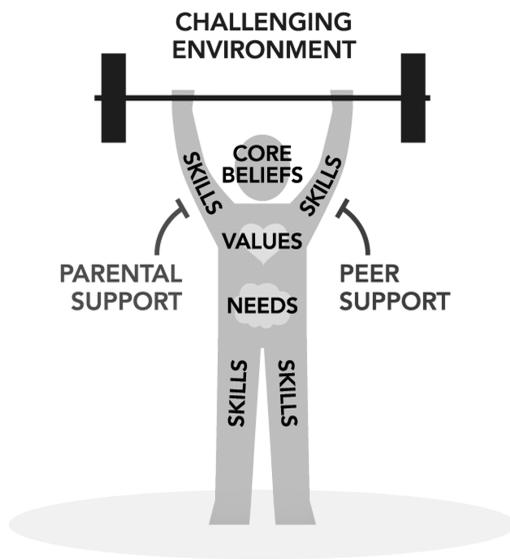


	LOW EXPECTATIONS (Indulgent & Lenient)	HIGH EXPECTATIONS (Disciplining)
Low Acceptance, Support, and Love	Negligent/Neglectful Parents	Authoritarian Parents
High Acceptance, Support, and Love	Permissive Parents	Authoritative Parents

Percentages of Males and Females Ages 15–20
Who Have Had Sexual Intercourse







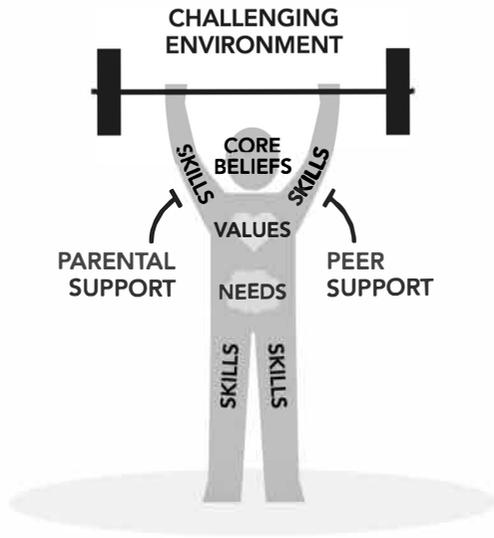
How and When to Tell Your Kids about Sex

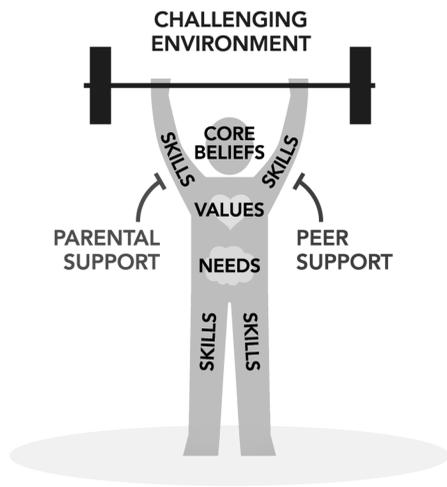
TABLE 1: A Simple Summary of the Components of Male/Female Biological Sex and Their Complexities

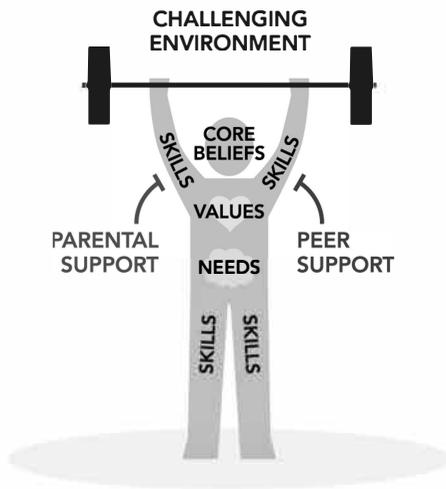
FACTORS	NORMAL FEMALE	NORMAL MALE	EXAMPLES OF COMPLICATIONS THAT CAN ARISE
Chromosomes/ Genes	XX	XY	Extra chromosomes (e.g., XXX, XXY, and XYY) with resulting medical syndromes; also epigenetic ¹⁰ variances from normal XX or XY expression
Gonads and their Hormonal Products	Fully formed ovaries producing appropriate levels of estrogen, progesterone, and other hormones	Fully formed testes producing appropriate levels of testosterone	Development of mixed testicular and ovarian tissues; malfunctioning gonads (too little or too much hormone production); insensitivity of receptive bodily tissues to hormones (e.g., “androgen insensitivity”)
Genital Anatomy	Fully formed vulva with large and small labia, clitoris, and internal structures including the vagina, uterus, and fallopian tubes	Fully formed penis, scrotum holding testes, and internal structures including vas deferens and prostate	Hormonal problems resulting in incomplete or problematic development, including genitals with features of both male and female to varying degrees, genital damage, or injury such as botched circumcision
Sex-Based Brain Differences	Various structural and functional differences have been found, though the degree and significance of these differences between the sexes is debated intensely; e.g., there is wide agreement that the amygdala, which regulates emotion, differs significantly by sex, resulting in early differences in preference for rough-and-tumble play and for aggressiveness later in life. In almost all functional areas (such as aggression or empathy), males and females overlap substantially and differ only on average.		It is hypothesized that the brains of some male fetuses are feminized by the presence or absence of hormones (or that the brains of female fetuses are masculinized). Because all sex differences range across a spectrum, with many normal males and females falling in the range of the other sex, it is hard to assess this.
Secondary Sex Characteristics	Enlarged breasts, wider hips, less body hair, less muscle mass	Denser and coarser body/facial hair, larger stature, greater muscle mass	Hormonal problems resulting in minimized or exaggerated secondary sex characteristics

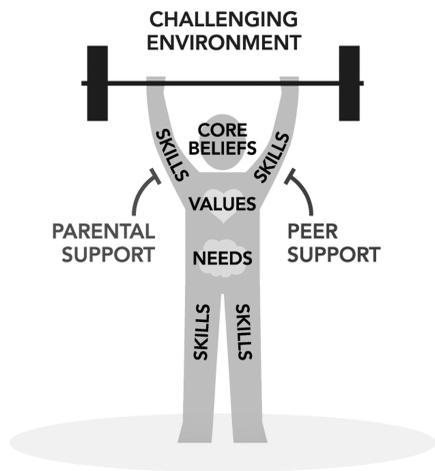
TABLE 2: A Simple Summary of Components of Psychosocial Gender and Their Complexities

FACTORS	NORMAL FEMALE	NORMAL MALE	WHAT CAN GO WRONG
Gender Identity	Subjective sense of being female	Subjective sense of being male	Subjective alienation from biological sex or sense of being the other sex ("man in woman's body" or "woman in man's body")
Gender Role	Adopts cultural expectations for femininity to some degree	Adopts cultural expectations for masculinity to some degree	Marked departures from cultural expectations, with some cultures having more or less restrictive norms
Sexual Orientation	Experiences only or predominantly erotic attraction to males	Experiences only or predominantly erotic attraction to females	Experiences only or predominantly erotic attraction to same-sex, or equally to both, or other permutations









ADDITIONAL RESOURCES

For updated information, practical advice, discussions of topical or controversial issues, a regular blog, and extended discussion about Christian family sex education, check out our website at:

www.Christiansexed.com.

You can also follow us on Facebook at *God's Design for Sex* or *@godsdesignforsex*, where you can ask questions, post comments, learn about interviews, check out opportunities for seminars and workshops, and see topical updates and notices of new resources.

NOTES

ACKNOWLEDGMENTS

1. Stanton L. Jones, “How to Teach Sex: Seven Realities That Christians in Every Congregation Need to Know,” *Christianity Today* 55, no. 1 (January 2011): 34–39.

CHAPTER 1: THE BIG PICTURE

1. Diana Baumrind, “Parenting Styles and Adolescent Development” in *Encyclopedia of Adolescence*, ed. R. Lerner, A. C. Petersen, and J. Brooks-Gunn (New York: Garland, 1991), 746–755.
2. The documentation of these results is quite overwhelming and consistent; see Gwen Dewar, “The Authoritative Parenting Style: An Evidence-Based Guide,” ParentingScience.com, last modified July 2017, <https://www.parentingscience.com/authoritative-parenting-style.html>.
3. Stan reviews this research in detail in the final chapter of his book *Psychology: A Student's Guide* (Wheaton, IL: Crossway, 2014).
4. Joyce C. Abma and Gladys M. Martinez, “Sexual Activity and Contraceptive Use among Teenagers in the United States, 2011–2015,” *National Health Statistics Reports* no. 104 (June 22, 2017): 14, <https://www.cdc.gov/nchs/data/nhsr/nhsr104.pdf>.
5. “Adolescent Sexual and Reproductive Health in the United States,” Guttmacher Institute, September 2017, <https://www.guttmacher.org/fact-sheet/american-teens-sexual-and-reproductive-health>.
6. Brian J. Willoughby, Jason S. Carroll, and Dean M. Busby, “Differing Relationship Outcomes When Sex Happens before, on, or after First Dates,” *Journal of Sex Research* 51, no. 1 (2014): 52–61.
7. Andrew Greeley, *Faithful Attraction: Discovering Intimacy, Love, and Fidelity in American Marriage* (New York: Tor, 1991). This book reported results from two major studies of marriage sponsored by the magazine *Psychology Today* and conducted by the Gallup organization, along with findings from numerous other resources, including the results of the annual General Society Survey conducted by the National Opinion Research Center.

CHAPTER 2: THE CHALLENGES AHEAD AND RESOURCES AVAILABLE

1. Figure produced from the data presented in Table 1 (p. 3) of Lawrence B. Finer and Jesse M. Philbin, “Sexual Initiation, Contraceptive Use, and Pregnancy among Young

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- Adolescents,” *Pediatrics*; originally published online April 1, 2013 at <http://pediatrics.aappublications.org/content/pediatrics/early/2013/03/27/peds.2012-3495.full.pdf>; available to the public here: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3639466/>.
2. See Abma and Martinez, “Sexual Activity and Contraceptive Use,” p. 6, <https://www.cdc.gov/nchs/data/nhsr/nhsr104.pdf>; also see “Adolescent Sexual and Reproductive Health in the United States,” <https://www.guttmacher.org/fact-sheet/american-teens-sexual-and-reproductive-health>.
 3. “STDs at Record High, Indicating Urgent Need for Prevention,” CDC, September 26, 2017, accessed January 10, 2019, <https://www.cdc.gov/media/releases/2017/p0926-std-prevention.html>.
 4. “STDs in Adolescents and Young Adults,” Centers for Disease Control and Prevention, accessed January 10, 2019, <https://www.cdc.gov/std/stats16/adolescents.htm>.
 5. “STIs and Young People,” American Sexual Health Association, accessed January 10, 2019, <http://www.ashsexualhealth.org/teachers/stis-and-young-people/>.
 6. “Incidence, Prevalence, and Cost of Sexually Transmitted Infections in the United States,” Centers for Disease Control and Prevention, February 2013, accessed January 10, 2019, <https://www.cdc.gov/std/stats/sti-estimates-fact-sheet-feb-2013.pdf>.
 7. Many Christian parents will be aware that there is a vibrant, even raucous debate about proposals to vaccinate teenage girls universally against HPV to diminish future cases of cervical cancer. Proponents argue that such programs and requirements are justified on the basis of (a) the high frequency of sexual intercourse and other forms of sexual intimacy among the majority of young adults under 20; (b) the highly contagious nature of HPV, such that the use of the condom only reduces but does not eliminate chances of its contagion; and (c) the terrible consequences of cervical cancer and the high cost to society of its medical treatment. Its opponents argue that this (a) effectively communicates to preteen and young teen girls that they are expected to have sex and thus (b) undermines or removes one more impetus to stay chaste, thus (c) increasing the likelihood of sexual experimentation. We leave it to parents to sort this out. To learn more about this debate, see: <https://abcnews.go.com/Health/Healthday/story?id=4506370&page=1>.
 8. “Chlamydia—CDC Fact Sheet (Detailed),” Centers for Disease Control and Prevention, accessed January 10, 2019, <https://www.cdc.gov/std/chlamydia/stdfact-chlamydia-detailed.htm>.
 9. Mark D. Regnerus, *Forbidden Fruit: Sex and Religion in the Lives of American Teenagers* (New York: Oxford, 2007).
 10. Regnerus, *Forbidden Fruit*, 206.
 11. Gigi Engle, “Anal Sex: What You Need to Know,” *Teen Vogue*, May 16, 2018, <http://www.teenvogue.com/story/anal-sex-what-you-need-to-know>.
 12. This is my summary from years of detailed conversations with literally dozens of biblical and theological scholars at Wheaton College and elsewhere. For scholarly treatments, see Robert A. J. Gagnon, *The Bible and Homosexual Practice: Texts and Hermeneutics* (Nashville: Abingdon, 2001), or Richard B. Hays, “Homosexuality,” chap. 16 in *The Moral Vision of the New Testament: Community, Cross, New Creation: A Contemporary Introduction to New Testament Ethics* (San Francisco: HarperSanFrancisco, 1996).
 13. Maggie Jones, “What Teenagers Are Learning from Online Porn,” *New York Times Magazine*, February 7, 2018, <https://www.nytimes.com/2018/02/07/magazine/teenagers-learning-online-porn-literacy-sex-education.html>. Jones’s long subtitle is illuminating: “American adolescents watch much more pornography than their parents know—and it’s

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- shaping their ideas about pleasure, power and intimacy. Can they be taught to see it more critically?”
14. Glynn Harrison, *A Better Story: God, Sex and Human Flourishing* (London: IVP, 2017).
 15. Harrison, *A Better Story*, 10, 15.
 16. Harrison, *A Better Story*, 51.
 17. Quote from pages 1–2 (“Opinion of the Court” section) of Justice Kennedy’s majority decision of the Supreme Court of the United States, *Obergefell v. Hodges*, 576 U.S. ____ (2015), at http://www.supremecourt.gov/opinions/14pdf/14-556_3204.pdf. Emphasis added.
 18. Lester A. Kirkendall and Roger W. Libby, “Sex Education in the Future,” *Journal of Sex Education and Therapy* 11, no. 1 (1985): 64–67.
 19. Future of Sex Education Initiative (2012), National Sexuality Education Standards: Core Content and Skills, K–12, accessed April 17, 2017, <http://www.futureofsexed.org/documents/josh-fose-standards-web.pdf>.
 20. Information and quotes in this and the next two paragraphs from “School Success and Opportunity Act (Assembly Bill 1266) Frequently Asked Questions,” California Department of Education, accessed July 21, 2017, <http://www.cde.ca.gov/re/di/eo/faqs.asp>.
 21. We reviewed the then-current empirical research in Stanton L. Jones and John G. Laskowski, “An Eclectic Theoretical Model to Guide Sex Education,” *Marriage and Family: A Christian Journal* vol. 4, no. 3 (2001): 213–226. Specific citations for research findings can be sought there. Regnerus and others have continued to find a subpopulation of deeply devoted teens who tend to practice chastity consistently. See also Eric R. Buhi and Patricia Goodson, “Predictors of Adolescent Sexual Behavior and Intention: A Theory-Guided Systematic Review,” *Journal of Adolescent Health* vol. 40, no. 1 (2007): 4–21; their focus on “intention” is relevant to a strong religious motivation.
 22. Regnerus, *Forbidden Fruit*, 203.

CHAPTER 3: THE TWELVE PRINCIPLES OF CHRISTIAN SEX EDUCATION

1. We proposed our twelve principles over twenty years ago (1992–1993; first published in 1993). It has been gratifying to see many sex-education leaders, Christian and secular, move in similar directions in their thinking. We see similar recommendations popping up in books and reports across the board, many using the same language as we have for decades. For example, The National Campaign to Prevent Teen and Unplanned Pregnancy’s publication *10 Tips for Parents to Help Their Children Avoid Teen Pregnancy* speaks in almost identical ways and gives the same kind of directives as we have, but from a nonreligious perspective. Even as a secular publication, they emphasize that each of you “be a parent with a point of view,” then explicitly say, “Tell your children what you think. Don’t be reluctant to say, for example . . . ‘Our family’s religious tradition says that sex should be an expression of love within marriage.’” They further recommend starting early, viewing sex education as an ongoing conversation, being a teachable parent, building a strong and positive relationship with your teen, and so forth. Accessed March 12, 2017 from <https://thenationalcampaign.org/resource/ten-tips-parents-help-their-children-avoid-teen-pregnancy>.

CHAPTER 4: UNDERSTANDING CHARACTER FORMATION

1. We are here using a collage of ideas from various personality theorists in this “working theory of character,” including: William Glasser’s (reality therapy) understanding of basic

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- human needs; modern object-relations theory's rich understanding of relatedness; Alfred Adler and existential psychology's rich understanding of our human needs for purpose and meaning; cognitive therapy's focus on basic beliefs, its emphasis on cognitive and behavior skills, and of understanding the impact of the social environment, unique to the cognitive-behavioral psychologies; and Family Systems therapy's understanding of the impact of the family environment. For more, see: Stanton L. Jones and Richard E. Butman, eds., *Modern Psychotherapies: A Comprehensive Christian Appraisal* (Downers Grove, IL: IVP, 2011).
2. Bible Hub, "Bowels," accessed January 29, 2019, <https://biblehub.com/topical/b/bowels.htm>.
 3. Spiritual writer Henri J. M. Nouwen develops this theme beautifully in his classic book *Life of the Beloved: Spiritual Living in a Secular World* (New York: Crossroad, 1992).
 4. Buhi and Goodson, "Predictors of Adolescent Sexual Behavior," 4–21. See also Donald B. Langille et al., "Sex Differences in Associations of School Connectedness with Adolescent Sexual Risk-Taking in Nova Scotia, Canada," *Journal of School Health* 84, no. 6 (June 2014): 387–395; also Cheryl D. Hayes, ed., "Determinants of Adolescent Sexual Behavior and Decision Making," in *Risking the Future: Adolescent Sexuality, Pregnancy, and Childbearing* (Washington, DC: National Academies Press, 1987), 100–103.
 5. Quote from George Weigel's summary of the thought of Pope John Paul II on what it means to be human; here is the quote in full: "The human person is a moral being *as such*: morality is not a culturally constructed and historically conditioned appendage to what is, essentially, a cipher. To be human is *to be a moral agent*. That, in turn, meant that we live in a human universe the very structure of which is *dramatic*. And the great drama of any life is the struggle to surrender the 'person-I-am' to the 'person-I-ought-to-be.'" *Witness to Hope: The Biography of Pope John Paul II* (New York: Harper Perennial, 2001), 8.

CHAPTER 5: BIBLICAL FOUNDATIONS FOR UNDERSTANDING SEXUALITY

1. Regnerus, *Forbidden Fruit*.
2. Paul Sumner, "The Hebrew Meaning of 'Jesus,'" Hebrew Streams, accessed January 29, 2019, <http://www.hebrew-streams.org/frontstuff/jesus-yeshua.html>.
3. For more general reflections on a Christian view of sex, see Glynn Harrison, *A Better Story*, as well as Dennis P. Hollinger, *The Meaning of Sex: Christian Ethics and the Moral Life* (Grand Rapids, MI: Baker, 2009), and Beth Felker Jones, *Faithful: A Theology of Sex* (Grand Rapids, MI: Zondervan, 2015).
4. The Athanasian Creed states (in part) that "We worship one God in Trinity and Trinity in Unity, neither confounding the persons nor dividing the substance. There is one person of the Father, another of the Son, and another of the Holy Spirit, but the divinity of the Father, of the Son, and of the Holy Spirit is all one, the glory equal, the majesty coeternal. Such as the Father is, such is the Son, and such is the Holy Spirit . . . [Summarizing, each is "uncreated," "incomprehensible," "eternal," "Almighty," "God," "Lord," "neither created . . . (nor) made."] . . . In this Trinity none is before or after another, none is greater or less than another, but all three persons are coeternal and coequal, so that in all things, as said before, the Unity in Trinity and Trinity in Unity is to be worshipped. He therefore that will be saved must think of the Trinity in this way." To access the full Athanasian Creed, see <https://www.christian-history.org/athanasian-creed.html>.
5. StudyLight.org, s.v. "nephesh," accessed October 17, 2018, <https://www.studylight.org/language-studies/hebrew-thoughts.html?article=601>.

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- Leonard Sax, "How Common Is Intersex? A Response to Anne Fausto-Sterling," *Journal of Sex Research* 39, no. 3 (August 2002): 174–78, <https://www.ncbi.nlm.nih.gov/pubmed/12476264>.
- We are drawing here on the work of Christian sociologist Christian Smith; Christian Smith with Melinda Lundquist Denton, *Soul Searching: The Religious and Spiritual Lives of American Teenagers* (New York: Oxford, 2005).
- Regnerus, *Forbidden Fruit*.
- Here I am following the argument of Glynn Harrison in *A Better Story*, in his chapters 9–11.
- Jean M. Twenge, Ryne A. Sherman, and Brooke E. Wells, "Declines in Sexual Frequency among American Adults, 1989–2014," *Archives of Sexual Behavior* 46, no. 8 (November 2017): 2389–2401.
- Wendy Wang, "One-in-Four Millennials in their 30s Are Unmoored from the Institution of Family," Institute for Family Studies, September 27, 2017, <https://ifstudies.org/blog/one-in-four-millennials-in-their-30s-are-unmoored-from-the-institution-of-family>.
- Wendy Wang and Kim Parker, Pew Research Center, "Record Share of Americans Have Never Married: As Values, Economics and Gender Patterns Change," September 24, 2014, http://www.pewresearch.org/wp-content/uploads/sites/3/2014/09/2014-09-24_Never-Married-Americans.pdf.
- Sara McLanahan and Isabel Sawhill, "Marriage and Child Wellbeing Revisited: Introducing the Issue," *The Future of Children* 25, no. 2 (Fall 2015): 3–9; see p. 4.
- McLanahan and Sawhill, "Marriage and Child," 6.
- Jean M. Twenge, *Generation Me: Why Today's Young Americans Are More Confident, Assertive, Entitled—and More Miserable Than Ever Before*, rev. ed. (New York: Atria, 2014).
- McLanahan and Sawhill, "Marriage and Child," 4.

CHAPTER 6: TEACHING LOVE, FAMILY, AND TRUST

- In chapter 2, we discussed how the 2015 Supreme Court decision to legalize same-sex marriage was premised on the *individual's* right to "define and express their identity" (p. 2). The implications of this decision do not, of course, stop with the individual. Kennedy's combination of a new right to "define and express their identity" with a "right to marry" (p. 22–23) basically creates a constitutional right for every individual to define marriage and family in whatever manner one sees fit. Justice Roberts and others, speaking in dissent, pointed out that this immediately opens the door to polygamous marriage and other distorted forms of marriage (p. 20–21 of dissenting opinion). *Obergefell v. Hodges*, 576 U.S. ____ (2015), http://www.supremecourt.gov/opinions/14pdf/14-556_3204.pdf.

CHAPTER 9: PREVENTING AND OVERCOMING SEXUAL MOLESTATION

- David Finkelhor et al., "The Lifetime Prevalence of Child Sexual Abuse and Sexual Assault Assessed in Late Adolescence," *Journal of Adolescent Health* 55, no. 3 (2014): 329–33; quote p. 331.
- Specific estimates for each type are as follows: "For the 17-year-old females, the lifetime rate of sexual abuse/assault by adult perpetrators alone was 11.2% (95% CI 6.4–16.1), and for males 1.9% (95% CI .5–3.4). The lifetime rate of sexual abuse/assault for 17-year-old females by juvenile perpetrators alone was 17.8% (95% CI 11.4–24.3), and for males 3.1% (95% CI 1.3–4.9)." Finkelhor et al., "Lifetime Prevalence," 331.
- Specific estimates for each type are as follows: "For 17-year-old females, the lifetime rate

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- by family perpetrators was 5.5% (95% CI 2.3–8.7), acquaintances 19.6% (95% CI 13.1–26.1), and strangers 3.0% (95% CI .3–5.6).” Finkelhor et al., “Lifetime Prevalence,” 331.
4. The risk factors in this paragraph and its accompanying three-point list are derived from David Finkelhor, “Epidemiological Factors in the Clinical Identification of Child Sexual Abuse,” *Child Abuse & Neglect* 17, no. 1 (1993): 67–70.
 5. Summarized from Matthias Domhardt et al., “Resilience in Survivors of Child Sexual Abuse: A Systematic Review of the Literature,” *Trauma, Violence, & Abuse* 16, no. 4 (2015): 476–93.

CHAPTER 10: GENDER IDENTITY AND SEXUAL ORIENTATION: THE SCIENCE

1. In 1993, he published an article on homosexuality and Christian ethics in *Christianity Today* which the publishers chose to feature on the cover and embraced as articulating the journal’s own moral position; this article was widely republished: Stan Jones, “The Loving Opposition: Speaking the Truth in a Climate of Hate,” *Christianity Today* 37, no. 8 (July 19, 1993): 18–25.
2. The most important and direct passages addressing same-sex erotic behavior are Leviticus 18:22 and 20:13, Romans 1:26–32, 1 Corinthians 6:9–11, and 1 Timothy 1:8–11. For more information, see Stan’s 2006 summary of this biblical material at <https://www.wheaton.edu/media/migrated-images-amp-files/media/files/centers-and-institutes/cace/booklets/StanJonesResponsetoMelWhite.pdf> and also two excellent resources: Richard B. Hays, “Homosexuality,” chap. 16 in *The Moral Vision of the New Testament: Community, Cross, New Creation: A Contemporary Introduction to New Testament Ethics* (San Francisco: HarperSanFrancisco, 1996), and Thomas Hopko, *Christian Faith and Same-Sex Attraction: Eastern Orthodox Reflections* (Ancient Faith Publishing, 2015).
3. As discussed in chapter 5 and elsewhere. We here address the moral judgment; the psychiatric and legal judgments are another matter not addressed here.
4. Our use of the changed pronoun is not meant to communicate approval of this action.
5. Jessi Hempel, “My Brother’s Pregnancy and the Making of a New American Family,” *Time*, September 12, 2016, <http://time.com/4475634/trans-man-pregnancy-evan/>.
6. We want to empower parents, but we also acknowledge that parents are unlikely to win arguments about science based on what this chapter contains. The issues are so complex and the interpretations of them are so deeply linked to the passionate drive toward support of LGBTQ (and other) persons that such arguments can be utterly intractable. We simply want to demonstrate here to Christian parents that the traditional moral stance is credible and defensible.
7. Definitions quoted or adapted from various American Psychological Association resources compiled at <https://www.apa.org/pi/lgbt/resources/sexuality-definitions.pdf>; accessed April 22, 2017. Material in brackets is inserted.
8. There are many varying definitions of these terms, which at times can trigger confusion; for example, see the slightly differing definitions from various American Psychological Association resources compiled at <https://www.apa.org/pi/lgbt/resources/sexuality-definitions.pdf>; accessed April 22, 2017.
9. For a bit more information, see the “Sexual Differentiation” module in the “193 28.3 Fetal Development” section of <https://opentextbc.ca/anatomyandphysiology/chapter/28-3-fetal-development/>.
10. A simple (simplistic) definition of epigenetic: an epigenetic phenomenon is some heritable change in an organism’s biological characteristics that occurs not because of changes in the DNA of that organism, but due to changes in other facets of cell

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functioning. Science has shown, for instance, that the cell's or organism's environment can change the expression (or activation) of a gene, turning that gene off or on, with the resulting change lasting across generations. Extreme stress, for example, can produce changes in gene expression (e.g., resulting in emergence of latent disease processes with genetic origins, such as activation of diabetes or certain types of cancer), with these changes being passed to the children.

11. Parents should note that the term *intersex*, as well as many terms referring to members of sometimes-called “sexual minorities,” is often used in confusing and contradictory ways.
12. Anne Fausto-Sterling, “The Five Sexes: Why Male and Female Are Not Enough,” *The Sciences* 33, no. 2 (March/April 1993): 20–24; Claire Ainsworth, “Sex Redefined,” *Nature* 518, no. 7539 (February 19, 2015): 288–291.
13. Curiously, very few scientists seem to apply this “sex as a spectrum” assumption in research on other species. The scientific consensus regarding most of the rest of the animal and plant kingdom is that male and female are readily distinguished by their respective contributions to the reproduction of their species (albeit always with exceptions that represent failures to develop properly).
14. We are not alone in doing so. Despite the political and cultural upheaval in general culture, most scientists doing basic research take the sex binary of male-female for granted in their research on higher biological organisms.
15. Lawrence S. Mayer and Paul R. McHugh, “Sexuality and Gender: Findings from the Biological, Psychological, and the Social Sciences,” *New Atlantis* 50 (Fall 2016): 10–143.
16. With such a small subject population, the scientist has no firm idea if other individuals to come forward for research are typical or representative of the population of concern.
17. Mayer and McHugh (“Sexuality and Gender”) summarize many of the flaws in this research, describe the result as a state of “scientific uncertainty” (p. 115), and conclude that “The notion that a two-year-old, having expressed thoughts or behaviors identified with the opposite sex, can be labeled for life as transgender has absolutely no support in science. Indeed, it is iniquitous to believe that all children who have gender-atypical thoughts or behavior at some point in their development, particularly before puberty, should be encouraged to become transgender” (p. 6). Further, they say “The hypothesis that gender identity is an innate, fixed property of human beings that is independent of biological sex . . . is not supported by scientific evidence” (p. 8).
18. Mayer and McHugh, “Sexuality and Gender,” 105–108.
19. While efforts to correct gender atypicality in children have often proven successful, this approach like all others fails in some cases. Such children can go on to experience true, profound, and enduring gender dysphoria. When this happens, special pastoral and practical wisdom is needed. See the work of Dr. Mark Yarhouse in this area, including his book *Understanding Gender Dysphoria* (Downers Grove: IVP, 2015).
20. Jesse Singal, “When Children Say They’re Trans: Hormones? Surgery? The Choices Are Fraught—and There Are No Easy Answers,” *The Atlantic*, July/August 2018, accessed June 30, 2018, http://www.theatlantic.com/magazine/archive/2018/07/when-a-child-says-shes-trans/561749/?utm_source=eb.
21. Our thoughts in this paragraph are more fully developed in Stan’s essay, “Is Gender a Choice?,” a major reference article in David S. Dockery and Trevin K. Wax, ed., *CSB Worldview Study Bible* (Nashville, TN: B&H, 2018), 17–19; quote p. 19.
22. Jones, “Is Gender a Choice?” 19.
23. J. Michael Bailey et al., “Sexual Orientation, Controversy, and Science,” *Psychological Science in the Public Interest* 17, no. 2 (2016): 45–101; quote p. 76. The reviews by

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- Bailey et al. and Mayer and McHugh came out almost simultaneously, with the former celebrated and the latter ignored and pushed aside.
24. Bailey et al., “Sexual Orientation,” 87. To read Stan’s earlier survey of this material, see Stanton L. Jones, “Same-Sex Science: The Social Sciences Cannot Settle the Moral Status of Homosexuality,” *First Things* (February 2012): 27–33; also digitally published at <http://www.firstthings.com/article/2012/01/same-sex-science>.
 25. Bailey et al., “Sexual Orientation,” 87.
 26. Mayer and McHugh, “Sexuality and Gender,” 7.
 27. Mayer and McHugh, “Sexuality and Gender,” 7. The authors of the other most comprehensive and current scientific review of causation of sexual orientation come to a similar conclusion in the area of genetics. See Bailey et al., “Sexual Orientation.”
 28. “From a sophisticated thirty-year longitudinal study”: Helen W. Wilson and Cathy Spatz Widom, “Does Physical Abuse, Sexual Abuse, or Neglect in Childhood Increase the Likelihood of Same-Sex Sexual Relationships and Cohabitation? A Prospective 30-Year Follow-Up,” *Archives of Sexual Behavior* 39, no. 1 (2010): 63–74. This article has a thorough three-page table summarizing existing prior research on the relationship of sexual abuse and same-sex orientation.
 29. Stanton Jones, “Same-Sex Science,” 29. Mayer and McHugh focus on abuse, noting that “Compared to heterosexuals, non-heterosexuals are about two to three times as likely to have experienced childhood sexual abuse.” See “Sexuality and Gender,” 7.
 30. In arguments about these issues, “science” is often used to beat down conservative views, but the real fuel for the passionate antagonism to Christian morality has less to do with science and more to do with the other’s philosophical and moral commitments, particularly to a postmodern ethic of moral relativism. See Nancy R. Pearcey’s *Love Thy Body: Answering Hard Questions about Life and Sexuality* (Grand Rapids, MI: Baker, 2018).

CHAPTER 11: GENDER IDENTITY AND SEXUAL ORIENTATION: OUR BEST COUNSEL

1. The degree to which any psychological or behavioral trait is inheritable through genetics is estimated by a statistic called *heritability*, which ranges from a minimum of 0 to a maximum of 1. The consensus is that the best estimates of heritability of sexual orientation are 0.34–0.39 for men and probably around 0.20 for women; these estimates emerged from the rigorous study by Niklas Långström et al., “Genetic and Environmental Effects on Same-Sex Sexual Behavior: A Population Study of Twins in Sweden,” *Archives of Sexual Behavior* 39, no. 1 (2010): 75–80. How do these levels compare to the heritability of other psychological traits? To quote two of the most accomplished scientists in the field of behavioral genetics, “There is now strong evidence that *virtually all individual psychological differences, when reliably measured, are moderately to substantially heritable*” (emphasis added). Thomas J. Bouchard and Matt McGue, “Genetic and Environmental Influences on Human Psychological Differences,” *Journal of Neurobiology* 54, no. 1 (January 2003): 4–45; quote p. 4. Bouchard and McGue specifically note that “Genetic influences account for approximately 40–55% of the variance in personality” (p. 27); this in turn suggests that, comparatively speaking, the genetic heritability of sexual orientation is not particularly strong.
2. Bouchard and McGue, “Genetic and Environmental Influences,” 23.
3. Bouchard and McGue, “Genetic and Environmental Influences,” 29.

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4. Robert Plomin et al., “Individual Differences in Television Viewing in Early Childhood: Nature as Well as Nurture,” *Psychological Science* 1, no. 6 (1990): 371–377.
5. This view of how each of us, children and parents, make responsible choices as an exercise of what may be called “limited free will” is similar to that expressed by Mark Cosgrove in chapter 5, “Free Will or Free Won’t: Somewhat Free and Somewhat Not,” in his book *The Brain, the Mind, and the Person Within: The Enduring Mystery of the Soul* (Grand Rapids, MI: Kregel, 2018), 73–90.

One useful resource for understanding the incredible complexity of the idea of “male and female brains” is Lydia Denworth, “Is There a ‘Female’ Brain?” *Scientific American* 317, no. 3 (September 2017): 38–43.

For a much more complex understanding of developing sexual differentiation of the brain, see Margaret M. McCarthy and Arthur P. Arnold, “Reframing Sexual Differentiation of the Brain,” *Nature Neuroscience* 14, no. 6 (June 2011): 677–83; here is one helpful summary statement from page 677 on the influence of environment (including parenting) on the developing child:

Biological theories of sexual differentiation have largely underemphasized or even excluded the differential effect of sex-specific environments. The environment has far-reaching influences on self-concept and gendered behavior of humans and is poorly modeled by studies of rodents. Sex differences in the environment likely have major effects on brain biology, as has been suggested by recent studies of the importance of environmentally triggered epigenetic changes in the brain. The effect of environment is rarely controlled for or empirically tested, but environmental and biological factors likely interact in complex ways to sculpt the female and male phenotype.

6. Another major resource documenting the profound nature of sex differences in the brain and the role of environment in shaping these differences in our brains is the impressive article by Allan N. Schore, “All Our Sons: The Developmental Neurobiology and Neuroendocrinology of Boys at Risk,” *Infant Mental Health Journal* 38, no. 1 (2017): 15–52.
7. Singal, “When Children Say They’re Trans.”
8. D. Ross Campbell’s *How to Really Love Your Child* (Colorado Springs, CO: David C. Cook, 2003) is still the classic discussion of concrete ways to communicate love to young children and to have a balanced approach to discipline, in our opinion.
9. The same could be said of King David, the warrior poet.
10. For further up-to-date information on such challenges from a reliable source, see Dr. Mark Yarhouse’s Institute for the Study of Sexual Identity at www.sexualidentityinstitute.org.
11. For example, Exodus 22:22 and Deuteronomy 10:18; our thanks to Roger Gasser for this example.
12. Bailey et al., “Sexual Orientation.”
13. Mark A. Yarhouse, *Homosexuality and the Christian: A Guide for Parents, Pastors, and Friends* (Minneapolis, MN: Bethany House, 2010); see particularly pp. 41–44.
14. World Health Organization, *Standards for Sexuality Education in Europe*, WHO Regional Office for Europe and the Federal Centre for Health Education, accessed September 25, 2018, <https://www.bzga-whocc.de/en/publications/standards-in-sexuality-education/>.
15. World Health Organization, *Standards*, 11.
16. One resource with which we are familiar is Public Education Advocates for Christian

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Equity (PEACE). PEACE started with PEACE Ontario (<http://peaceontario.com/>) and now has branch groups in Hawaii, California, and Arizona.

CHAPTER 12: “WHAT IS SEX? WHY IS IT WRONG OUTSIDE OF MARRIAGE?”

1. Ezekiel 23:20; many “polite” English translations dodge the explicit meaning of the Hebrew words here, but, yes, the Bible actually talks of donkey penises and horse ejaculations.
2. Carolyn Nystrom, *Before I Was Born* (Colorado Springs, CO: NavPress, 2019), 31.
3. Lewis B. Smedes, *Sex for Christians* (Grand Rapids, MI: Eerdmans, 1994), 109–110.
4. The divorce rate has declined to a modest degree in recent years, which probably is not the result of a weaker relationship to sexual immorality than in the past, but rather to the rise of cohabitation and the decline in marriage rates in general.

CHAPTER 13: THE ROLE OF STORIES AND INOCULATION IN STRENGTHENING YOUR KIDS

1. Harrison, *A Better Story*, 43.
2. Harrison, *A Better Story*, 57.
3. Harrison, *A Better Story*, 46.
4. Josh Compton, Ben Jackson, and James A. Dimmock, “Persuading Others to Avoid Persuasion: Inoculation Theory and Resistant Health Attitudes,” *Frontiers in Psychology* (February 9, 2016), accessed March 12, 2017, <http://journal.frontiersin.org/article/10.3389/fpsyg.2016.00122/full>.
5. Also summarized in Compton, Jackson, and Dimmock, “Persuading Others.”
6. World Health Organization, *Standards*, 11.
7. For a recent exposition of such views, read gay theologian Jay Emerson Johnson, *Divine Communion: A Eucharistic Theology of Sexual Intimacy* (New York: Seabury Books, 2013). Such ideas have been around for decades; see Carter Heyward, *Touching Our Strength: The Erotic as Power and the Love of God* (San Francisco: Harper & Row, 1989) and James B. Nelson, *Embodiment: An Approach to Sexuality and Christian Theology* (Minneapolis, MN: Augsburg, 1978).
8. Regnerus, *Forbidden Fruit*; working from his summary p. 205.

CHAPTER 14: PREPARING FOR PUBERTY AND ADOLESCENCE

1. Mayer and McHugh, “Sexuality and Gender,” 7.
2. Mariana A. Preciado and Kerri L. Johnson, “Perceived Consequences of Hypothetical Identity-Inconsistent Sexual Experiences: Effects of Perceiver’s Sex and Sexual Identity,” *Archives of Sexual Behavior* 43, no. 3 (April 2014): 506.
3. Ritch C. Savin-Williams, “Who’s Gay? Does It Matter?” *Current Directions in Psychological Science* 15, no. 1 (February 2006): 40–44; see particularly p. 42.
4. We survey this research in Jones and Laskowski, “An Eclectic Theoretical Model.”

CHAPTER 15: THE DANGERS OF TECHNOLOGY

1. For a more general discussion of managing the impact of technology and social media in the home, see the very wise advice of Andy Crouch, *The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place* (Grand Rapids, MI: Baker, 2017).
2. Janis Wolak et al., “Online ‘Predators’ and Their Victims: Myths, Realities, and Implications for Prevention and Treatment,” *American Psychologist* 63, no. 2 (February–March 2008): 111–128.

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3. "11 Facts about Sexting," DoSomething.org, accessed December 21, 2017, <https://www.dosomething.org/us/facts/11-facts-about-sexting>.
4. This and the next quote are both taken directly from "11 Facts about Sexting," DoSomething.org, accessed January 31, 2019, <https://www.dosomething.org/us/facts/11-facts-about-sexting>.
5. Mark Hay, "Datagasm," *Aeon*, July 14, 2016, <https://aeon.co/essays/micro-targeted-digital-porn-is-changing-human-sexuality>.
6. Given the conflicting sources on this topic, we are not going to try to document precise sources for many of our conclusions and concerns here except when we feel the reference might be useful to parents reading this book.
7. "Things Are Looking up in America's Porn Industry," *NBC News*, January 20, 2015, <https://www.nbcnews.com/business/business-news/things-are-looking-americas-porn-industry-n289431>.
8. We are unsure whether "pornography addiction" is real in the most rigorous scientific and medical senses as is opioid or other forms of pharmaceutical addiction, but at the very least, the kind of compulsive use of pornography that characterizes so many young men is sufficiently "addiction-like" that it is useful to think about it this way. In this chapter, we are going to treat such compulsive use as pornography addiction as a helpful way to frame the issue but without passing judgment on the precise scientific question.
9. "AASECT Position on Sex Addiction," AASECT.org, accessed April 4, 2017, <https://www.aasect.org/print/position-sex-addiction>.
10. Anahad O'Connor, "In Sex, Brain Studies Show, 'la Différence' Still Holds," *New York Times*, March 16, 2004, <https://www.nytimes.com/2004/03/16/health/in-sex-brain-studies-show-la-difference-still-holds.html>.
11. Readers are likely familiar with breast augmentation surgery that can turn a woman from a "B cup" into a "DD cup." You may be less aware that pornographers often do what are called tight shots of penile-vaginal penetration, and that to enhance those video penetration shots they want the female actor's vulva/genitals to look certain ways. Specifically, they (a) want to remove as much pubic hair as possible, and (b) want their "actresses" to have smaller, less obvious labia minora (the more delicate and sexually sensitive "inner lips" of the vulva). The appearance of normal women's vulvas vary widely in terms of pubic hair (from sparse to thick) and in the size and external visibility of the labia minora (from a measured length around 2 cm. to 10 cm.; the more minimal labia minora are hardly visible, while larger labia minora are readily visible outside the labia majora). It is no accident, then, that as pornography has become more widespread, pressure has mounted on many women to make their genitals look like the genitals of the porn stars, both by removing pubic hair by waxing (think of the growing prevalence of the "Brazilian," an almost hairless style) or other means, and even to undergo vulval plastic surgery, almost always to reduce the size of naturally larger labia minora. The prevalence of such vulval plastic surgery is growing rapidly.
12. Edward Donnerstein, "Massive Exposure to Sexual Violence and Desensitization to Violence and Rape," unpublished paper summarized in William Masters et al., *Human Sexuality*, 4th ed. (New York: HarperCollins, 1992), 352.
13. Our perception of the resistance of many Christians to the idea of sexual addiction is concern over how such similar conceptualizations of alcohol and drug addictions are often associated with the claim of complete moral neutrality of addictive behavior. In the minds of many Christians, the claim that "Addiction is a disease, not a moral failure"

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inappropriately strips moral culpability from a pattern that is clearly labeled in Scripture as sin, and hence is a legitimate point of moral accountability for the person. To the contrary, we believe that addiction can be a point of moral ability as well, even as it is conceptualized as an addictive behavior; no human being is ever so degraded that they escape all moral culpability for behavior which God's Word labels as sinful.

14. Earlier, we mentioned the resistance of AASECT to the reality of this phenomenon. For an example of the changing opinion, one of the most accomplished and helpful marital-therapy researchers in the world, Dr. John Gottman, recently discussed his change of mind toward accepting the reality of sexual addictions to pornography; see "An Open Letter on Porn (John Gottman)," *Your Brain on Porn*, accessed April 3, 2017, <https://yourbrainonporn.com/open-letter-porn-john-gottman-0>.
15. Regarding sex or pornography addiction, we draw most heavily here on Gary Wilson, *Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction* (Margate, Kent: Commonwealth, 2015). The foreword by Anthony Jack, available in the first edition, is particularly interesting.
16. Experts are increasingly seeing video-gaming compulsions in younger boys that morph into sexual addictions to pornography at a later age as contributing to this problem; see Philip Zimbardo and Nikita Coulombe, *Man, Interrupted: Why Young Men Are Struggling and What We Can Do about It* (Newburyport, MA: Conari Press, 2016).
17. Kate Julian, "Why Are Young People Having So Little Sex?: Despite the Easing of Taboos and the Rise of Hookup Apps, Americans Are In the Midst of a Sex Recession," *The Atlantic*, December 2018, <https://www.theatlantic.com/magazine/archive/2018/12/the-sex-recession/573949/>.
18. We use here a male example, but there is some, if less frequent, use of explicit visual pornography by females. There is some discussion about the most common form of "female porn" being the romance novel and its parallel forms in online chat rooms and other platforms.
19. Addiction can be thought of as a combination of five factors: desensitization, craving, habituation, erosion of judgment, and dysfunctional stress response. For a journalistic summary of the more technical definition of standards for addiction as codified in the American Psychiatric Association's *Diagnostic and Statistical Manual* (5th ed.; what is sometimes called the "Bible" of psychiatric and mental health diagnosis), see Elizabeth Hartney, "A Guide to DSM 5 Criteria for Substance Use Disorders: Symptoms Used to Diagnose Substance Use Disorders," September 26, 2018, <https://www.verywellmind.com/dsm-5-criteria-for-substance-use-disorders-21926>.
20. Patricia M. Greenfield, "Inadvertent Exposure to Pornography on the Internet: Implications of Peer-to-Peer File-Sharing Networks for Child Development and Families," *Applied Developmental Psychology* 25, no. 6 (November–December 2004): 741.
21. "Preparing Your Child for the Online World," Focus on the Family, accessed April 4, 2017, <http://www.focusonthefamily.com/parenting/kids-and-technology/preparing-your-child-for-the-online-world>.
22. To learn more about the National Center for Missing & Exploited Children, go to: <http://www.missingkids.com>.

CHAPTER 16: PREPARING FOR SEXUAL ATTRACTION, DATING, COURTSHIP, AND MARRIAGE

1. One important study found that two prominent variables predicted lower rates of adolescent sexual experimentation: (1) clear expression of "parental disapproval of early

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- sexual debut was associated with a later age of onset of intercourse,” and (2) “parental expectations regarding school achievement were associated with lower levels of health risk behaviors.” Michael D. Resnick et al., “Protecting Adolescents from Harm: Findings from the National Longitudinal Study on Adolescent Health,” *Journal of the American Medical Association* 278, no. 10 (1997): 823.
2. Some of the more popular books promoting this view are Joshua Harris’s *Boy Meets Girl* and *I Kissed Dating Goodbye* (Sisters, OR: Multnomah, 2000 and 1997, respectively) and John Piper and Justin Taylor, eds., *Sex and the Supremacy of Christ* (Wheaton, IL: Crossway Books, 2005).
 3. Thanks to my colleagues Paul Chelsen, Justin Heth, Allison Ash, and Steve Ivester for their reflections on student perceptions today.
 4. Thomas Umstatt Jr., “Why Courtship Is Fundamentally Flawed,” thomasumstatt.com, accessed April 5, 2017, <http://www.thomasumstatt.com/2014/08/courtship-fundamentally-flawed/>.
 5. C. S. Lewis, *Mere Christianity* (New York: Macmillan, 1943), 99.
 6. Since our 2007 revision, the “courtship movement” seems to have lost some of its steam. Its most prominent proponent, Joshua Harris, seems to have retracted his views or altered them quite substantially (Rachel Martin and Joshua Harris, “Former Evangelical Pastor Rethinks His Approach to Courtship,” July 10, 2016, on *Weekend Edition Sunday*, NPR, audio, 5:00, <http://www.npr.org/2016/07/10/485432485/former-evangelical-pastor-rethinks-his-approach-to-courtship>), as has another former leader in this movement, Thomas Umstatt Jr. (see Umstatt, “Why Courtship Is Fundamentally Flawed”).
 7. Stan and Brenna Jones, *How and When to Tell Your Kids about Sex: A Lifelong Approach to Shaping Your Child’s Sexual Character*, 2nd ed. (Colorado Springs, CO: NavPress, 2007), 170.
 8. Nancy Jo Sales, “Tinder and the Dawn of the ‘Dating Apocalypse,’” *Vanity Fair*, August 6, 2015, <http://www.vanityfair.com/culture/2015/08/tinder-hook-up-culture-end-of-dating>.
 9. The most distressing statistic marking a sea change in dating culture is the report that “approximately 50% of young adult couples become sexually involved prior to becoming committed to each other.” Reported in Willoughby et al., “Differing Relationship Outcomes When Sex Happens before, on, or after First Dates,” *Journal of Sex Research* 51, no. 1 (2014): 52.
 10. D. Busby et al., “Compatibility or Restraint? The Effects of Sexual Timing on Marriage Relationships,” *Journal of Family Psychology* 24, no. 6 (December 2010): 776–774.
 11. James Dobson, *Preparing for Adolescence* (Grand Rapids, MI: Revell, 2014).
 12. Patricia Weerakoon, *Teen Sex by the Book* (Sydney, Australia: Anglican Youthworks, 2012), 97ff.
 13. The following mostly based on Josh McDowell and Dick Day, *Why Wait?: What You Need to Know about the Teen Sexuality Crisis* (San Bernardino, CA: Here’s Life, 1987).
 14. Hayes, “Determinants of Adolescent,” 102.
 15. There have been some excellent studies of outcomes from abstinence-based sex-ed programs generally, and of chastity pledges specifically, which shaped our cautiously affirming stance of this practice; for example, see Peter S. Bearman and Hannah Brückner, “Promising the Future: Virginity Pledges and First Intercourse,” *American Journal of Sociology* 106, no. 4 (January 2001): 859–912.

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CHAPTER 17: DEVELOPING MORAL DISCERNMENT ABOUT MASTURBATION AND PETTING

1. Blue Letter Bible, s.v. “porneia,” accessed October 18, 2018, <https://www.blueletterbible.org/lang/lexicon/lexicon.cfm?t=kjv&strongs=g4202>.
2. Bible Hub, s.v. “epithumia,” accessed October 18, 2018, <https://biblehub.com/greek/1939.htm>.
3. Even some normally trustworthy and respected biblical resources and scholars get this wrong. For instance, one online dictionary article on lust states that “The word is never used in a positive context; rather, it is always seen in a negative light, relating primarily either to a strong desire for sexual immorality or idolatrous worship. In secular literature, the word indicates only a strong desire and can carry either good or bad connotations. . . . In Scripture, as translated in the New International Version, the word is used [implied *always*] for a strong desire that is negative and forbidden” (<https://www.biblestudytools.com/dictionary/lust/>). The author of this article thus claims that we should never view positively the strong desire described by this word when interpreting Scripture. The problem is, this is simply not true. Luke 22:14-15 says, “And when the hour came, he reclined at table, and the apostles with him. And he said to them, ‘I have *earnestly desired* to eat this Passover with you before I suffer’” (emphasis added). The term used by Jesus, translated here as “earnestly desired,” is the same Greek term—*epithumia*—that Jesus uses to describe and condemn sinful sexual intent and passion. (See Bible Hub, s.v. “epithumia,” accessed January 31, 2019, <https://biblehub.com/greek/1939.htm>.)
4. Weerakoon, *Teen Sex*, 104–106.
5. Genesis 38:9, KJV.
6. Lewis B. Smedes, *Sex for Christians: The Limits and Liberties of Sexual Living*, 2nd ed. (Grand Rapids, MI: Eerdmans, 1994), 138–42.
7. Dobson, *Preparing for Adolescence*, 83–84.

CHAPTER 18: SUPPORTING THE ADOLESCENT

1. Bearman and Brückner, “Promising the Future.”
2. We believe this is a legitimate assumption based on the latest neuroscience; see Anthony Jack’s foreword to Gary Wilson, *Your Brain on Porn*, first edition.
3. Stan’s own research has been in this area. For a summary, see Stanton L. Jones, “‘Help, I’m Gay’: A Pastoral Conversation about Same-Sex Attraction,” *Leadership* (October 15, 2013): 21–25; digitally published at <http://www.christianitytoday.com/le/2013/fall/help-im-gay.html>. For the technical material, see two reports by Stanton Jones and Mark A. Yarhouse, *Ex-Gays?: A Longitudinal Study of Religiously Mediated Change in Sexual Orientation* (Downers Grove, IL: IVP, 2007) and Stanton L. Jones and Mark A. Yarhouse, “A Longitudinal Study of Attempted Religiously Mediated Sexual Orientation Change,” *Journal of Sex and Marital Therapy* 37, no. 5 (2011): 404–427. Finally, for a response to the rationale for dismissing change as an option, see Stanton L. Jones et al., “A Scientific, Conceptual, and Ethical Critique of the Report of the APA Task Force on Sexual Orientation,” *The General Psychologist* 45, no. 2 (2010): 7–18.
4. Two resources that appear very valuable at this writing are www.spiritualfriendship.org and www.livingout.org, both of which are Internet communities of individuals who experience stable same-sex attraction and who are committed to biblical morality and living chaste, single lives within the context of a faithful church community. We

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will try to provide updated resources for parents and teenagers on our website, www.christiansexed.com.

5. This was discussed in an excellent fashion in the book by Marion Howard, *How to Help Your Teenager Postpone Sexual Involvement* (New York: Continuum, 1988), 15–22.
6. These points are taken from Howard, *How to Help*, 82–83.

CHAPTER 19: TEACHING ABOUT CONTRACEPTION

1. The Roman Catholic church, due to its moral objections to all contraceptive and birth-control methods except NFP, has the most well-developed and effective programs for NFP; the interested reader should check with a Catholic bookstore or visit the website of the Couple to Couple League (www.ccli.org) for kits that contain both detailed information about NFP and the requisite thermometer (which is much more sensitive than a fever thermometer). An additional useful resource is the extensive Natural Family Planning website hosted by Marquette University, <https://nfp.marquette.edu/>.
2. For an introduction to the issues involved in this debate, an interested reader could seek out the two *Christianity Today* Special Issues which dealt with birth control a decade apart, November 11, 1991, and November 12, 2001.
3. Debra Evans, “The Price of the Pill,” *Christianity Today* 35, no. 13 (November 11, 1991): 40.
4. The reader interested in a historical background for this perspective might want to read the *Westminster Larger Catechism*, questions 150 and 151.
5. For the parent who wants specific information about effectiveness of contraceptive methods, here is the professional consensus: A couple that lives together and has sex all year without using any contraception method has an 85 percent chance of getting pregnant in that year. Estimating how well contraception methods work depends on whether you are supposing “perfect or ideal” use or “typical, real-world” use (in the real world, women forget their pills and condoms break). By typical use, if that same couple used condoms or a diaphragm, their likelihood of getting pregnant would be 15 percent for the year, compared to 8 percent if they use the contraceptive pill or patch, and less than 1 percent for surgical sterilization.