



GROWING UP

God's
Good
Story



LESSON 2

I am male or female

Genesis 1:27, 2:7, 22 ▪ **Ecclesiastes 12:1**

faith **in** **kids**

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Growing Up - God's Good Story

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We recommend the International Children's Bible for use with children during the lesson. Our leader's notes and parent handouts use the New International Version.

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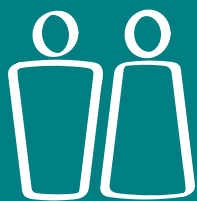
Cover design, cover illustrations and worksheet illustrations by Alex Webb-Peploe | Lesson illustrations by Magriet Brink | Writing team: Amy Smith, Ed Drew, Cathy Dalton, Jo Chamberlin, Lizzie Clarke.

"All for the glory of God alone" (1 Corinthians 10:31)

LESSON 2

I am male or female

Genesis 1:27, 2:7, 22
Ecclesiastes 12:1



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Truth that changes me:

Our body tells us whether God made us male or female. Puberty is when our body changes, but our sex does not.



Faith in Kids looks like:

Children who understand that their sex has been chosen by their loving creator and that growing up is good.

Preparation

As you prepare this lesson, we recommend watching the training video, and the introductory video if you haven't seen it.



Notes



Where are we going?

We want to give our children a Biblical foundation for understanding their bodies. We want them to hear that they are made by God to be male or female - this difference is built into every cell of their bodies and is part of God's good design. During puberty our bodies grow and physically develop, but our God-given sex does not change.

Pray and read the Bible passage. Read **Where are we going**, **The world our children live in** and **Look at the passage** to give you a better understanding of how to apply the truth.



The world our children live in

Our children are growing up in a world where gender and bodies are a hot topic. They hear that their biological sex is changeable - if their feelings don't match their sex they can change their body to align with their feelings. This is not what God tells us.

We have a better story. Our loving creator gives us our bodies, male or female. Every cell contains either male or female DNA. As our children grow up they have to work out for themselves what they believe, what they like, how they feel. There's a lot of change as their bodies develop through puberty - this is part of God's amazing design. What doesn't change is their male or female identity.

We'd love our children to know that it is good to be a woman and it is good to be a man and they can thank God for the sex he made them.





Look at the passage



God's Image Bearers

"So God created mankind in his own image, in the image of God he created them; male and female he created them." GENESIS 1:27

Before we hear how a male and a female differ, the overriding principle is set. To be male is to be an image bearer of God, to be female is to be an image bearer of God. Both male and female are good; God says it himself! (Gen 1:31) and both are necessary for God's character to be seen – something would be lacking without the other.

God Created Man

"The Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being." GENESIS 2:7

Making a man was God's idea - he formed and shaped the man's body and breathed life into him. The man's body and soul are purposefully woven together, both part of God's good design. God did not make Adam and then decide what body to put him in, his body is essential to his identity.

It is good to be a man and have a man's body.

God Created Woman

"Then to Lord God made a woman from the rib he had taken out of the man, and he brought her to the man." GENESIS 2:22

Making a woman was God's idea - he formed and shaped her body. A different process for a different person with a deliberately different but equally careful design. Eve was not created as a female soul that could put on any body like clothing, God created a female body and soul, purposefully woven together. The body Eve was given was essential to her identity. Without Eve in the picture something was missing.

It is good to be a woman and have a woman's body.

God Created Youth

"Remember Your Creator in the days of your youth." ECCLESIASTES 12:1

God designed our bodies to amazingly change as we grow up - from a completely dependent baby in the womb, to a child learning to do things for themselves, to a young person going through puberty and growing in independence to become an adult.

During this process of change and growing independence, wisdom is offered to the young – think about your creator, for you are not your own but his. Remember who made you, loves you, knows you and is wiser than you or your friends.

In this lesson we are focusing on "sex", whether a person is male or female based on physical anatomy (chromosomes, hormones, genitals). "Gender" is defined as an individual's personal, internal sense of being a man or woman. Culture says that we can choose to be the gender we feel, and change our sex to match. We believe that God has given us our sex as an unchangeable part of who we are. Our God-given sex tells us our gender.



Win my heart first

How are you tempted to respond to culture's conversation about gender? Bury your head in the sand and hope it will go away? Get frustrated, struggle to explain yourself and come across as clueless? Start wondering if life could have been better as the other sex?

God has deliberately given you the body you have. It's not an insignificant outer shell, it's part of who you are, reflecting God's image. Your body is a good gift (despite its failings). Even if you feel like it falls short in some ways, or you feel limited by cultural stereotypes, you can tell the children that it is good to be a man and it is good to be a woman. As we thank God for our bodies, we offer the same timeless truth to our children, praying it would anchor them through the changes of puberty and the storms of culture's confusion.

- How do you feel about being a man or a woman? Good? Limited? Free?
- What does it look like for you to keep, "remembering your creator" in a world that wants to erase God?



For your heart, before you prepare the lesson.



5 minutes to focus on your group

Do you know how the children in your group feel about being a boy or a girl? Are they worried about how they look? Are they entering puberty? Why might they think having a different body is better? Are they aware of friends or family members struggling with these issues?

What do the children in your group need?

*Pray for them:
• to grasp the truth*



In case you're feeling nervous...

- This is not a science lesson on puberty - we want children to know that their body will change as they grow up, not talk about how. If they have questions, suggest that they speak to their trusted adults at home.
- Puberty is on the National Curriculum for school year 5/6, so some children will have covered this in school.
- If the children talk about body parts, use proper anatomical terms e.g., penis and vagina. The NSPCC recommends this from age 5. You don't need to introduce them, but do be prepared to use these words.
- Some children may be uncomfortable with the sex God has given them, or may know others who are. We want to show love and compassion, and equip our children to do the same.
- If children ask questions about those who want to be the other sex, you don't have to answer. You can direct them back to what they have read in the Bible - what do you think God would say? Who can we trust most on this? Encourage them to talk with their parents.

We understand this might feel daunting. We are starting a conversation not completing it.



Series overview visual



The overview visual (see p.18) helps to explain the foundation of this series. Because God created us, he knows us better than anyone else. He gets to tell us who we are.

The visual shows a person hearing messages from themselves - these are thoughts and feelings (represented by the thought clouds); messages from others - including other people and the media (represented by speech bubbles); and messages from God - what he has written in the Bible. The crown shows that God's messages are the most important - we only let other messages stick if they say the same things as God says. God made us and loves us more than anyone, great delight comes from listening to him.





All-together time



This has been written as an all-age slot to introduce the whole church family to what the children are learning today, but it could be adapted for the children's classes



Props

Some different seeds and pictures of what they grow into e.g. acorn/oak tree, sunflower seed/sunflower, apple pip/apple tree; photos of celebrities, e.g. King Charles and Ed Sheeran, both as a baby and now; photo of yourself as a child; envelope marked "Dear Youth" - inside is Ecclesiastes 12:1.



What to Say



What to Do

OK, we are having a biology quiz this morning.

I am going to ask you some questions about God's good design for growth and change. Can you tell me what these items grow and change into:

A sunflower seed becomes...

An acorn becomes...

An apple pip becomes... EXCELLENT!

Hold up seed – show picture of the finished product.

The growth and change happens over time. All the information needed for the sunflower, the oak tree, or the apple tree was packed into the seed.

God put the good design for what it would become into the seed at the beginning. How incredible!

Point at picture of the tree.

Hold up Seed

Now look at this delightful photo...

Baby... becomes... Adult

Just look at squidgy little baby Charles

Here he is as an adult. Baby boy becomes an adult man.

Show baby photo – show photo of an adult

Show baby photo of celebrity

Here's me as a baby – do you think I look any different today?

I think so!

I have grown up, taller, stronger. I can do things I couldn't do before, my body has changed from a child's to an adult's.

From a baby, to a girl to a woman... / From a baby, to a boy to a man

Show photos of yourself as a younger child / fashion challenged teenager – compare to today!

continued →

What to Say

Everything needed for me to grow from a baby into the adult I am now was packed into the body God gave me when I was born: the designs, the information, the timings...

AMAZING! I didn't have to install an update, go to a garage or check into a hospital for an upgrade. God's good plan for my body was that it would grow and change from child to adult, from girl to woman, [or from a boy to a man.]

Here is some beautifully wise advice written in the Bible to young people...

"Remember your creator in the days of your youth."

As you grow up, your body will start to look and feel a bit different - we get new hair, new feelings, our bodies change shape. This is called puberty.

We don't need to be afraid or confused by this - our loving father God designed our bodies to grow from child to adult. Puberty is part of God's good plan.

You may hear people say that they don't like their body, or that they need to change it because they have the wrong one.

But the Bible tells us that God gives us our bodies deliberately and carefully. They aren't just an outer shell - like clothes that we can swap and change - our bodies are part of who we are.

The things that we *do* don't make us a boy or a girl. Boys can do ballet. Girls can play rugby.

Our *bodies* tell us whether we are a boy or a girl and we can't change that - we are male or female down to every single cell.

We can trust God's good design for our bodies. The Bible tells us...

"So God created mankind in his own image, in the image of God he created them; male and female he created them."

It is good to be female - a baby girl, a young girl, a teenage girl, a woman.

It is good to be male - a baby boy, a young boy, a teenage boy, a man.

Both are good, one is not better than the other. Both are made in the image of a God who is good. We cannot change which sex we are.

You'll hear different ideas - some people are confused about this and we want to love them well. We want everyone to understand and trust what God says - let's remember his words in the days of our youth.

What to Do

You could refer back to the seed /tree illustration - just like the information to make the tree was in the seed - the design for adult me was there in baby me!

Open an envelope marked, "Dear Youth" and read the verse (Eccl. 12:1)

Read from the Bible / Show verse on the screen. [Genesis 1:27]

continued →

What to Say

What to Do

Parents, we'd love to help you take the conversation further with your own children about these things. Our children hear lots of different messages about what it means to be male or female and the Bible offers clarity we can hold on to in confusing times.

We have a take home sheet today which tells you about some resources that will help – please make sure you take a look.

Let me pray and thank God for his wonderful design for growing up.






7s and under lesson plan



Get going

"God made me parachute game"

Tell the children you are going to describe them by saying "I am... 5 years old, wearing a blue t-shirt, feeling happy" etc. If the statement you make is true about them, they should run under the parachute to the other side. As you play, introduce "I am a girl" and "I am a boy".

 **Link:** What food you like, what you enjoy doing, the colour of your eyes, hair, skin – all of those are God's good design for you. God has also given you a good body, you have either a girl's body or a boy's body, they are different, they are both good.



Teaching time

God Gave You a Good Body

YOUR AMAZING BODY QUIZ

Ask the children multiple choice questions about their bodies and tell them to guess which is the right answer by standing on the mat.

How many bones are in a child's body?

- A) 300
- B) 30
- C) 3

How many baby teeth does a child have?

- A) 5
- B) 10
- C) 20

Which one of the following stays the same size all your life – the others keep growing!

- A) Eyes
- B) Nose
- C) Ears

continued →



Notes

You will need: A large sheet / parachute that the group can hold the edges and lift into the air giving space for them to travel underneath.

You will need: 3 hoops, or coloured mats labelled A,B and C, a male and female play figure, some baby food, a spoon and bib, a children's Bible

You will need: 3 hoops, or coloured mats on the floor labelled A, B and C

Correct answers are in **bold and underlined**.

God Gave you a Girl's Body or a Boy's Body

Listen to how the Bible explains God created us... *read the passage and show pictures from the children's Bible.*

"So God created mankind in his own image, in the image of God he created them; male and female he created them." GENESIS 1:27

God made 2 different bodies, one male and one female.

show a male and female play figure and set them on different sides of the room

- A boy or a man is MALE
- A girl or a woman is FEMALE

Ask the children to go to the figure that matches their body. Ask all the girls to wave, shout, jump, hop, then the boys.

Lots of things are the same about our bodies - they are all made by God and he says that they are all 'very good'. Being a boy isn't better than being a girl. Being a girl isn't better than being a boy.

*Ask the groups to give you a thumbs up and say, "It's good to be a boy/it's good to be a girl." Ask them what is great about their bodies that is the same for boys **and** girls.*

Boys' and girls' bodies are also different. As you notice these differences, why not talk to your parents and trusted adults about this more? They are the right people to talk to about this.

The big thing to understand is that the body God has given you is his good choice. Your body tells you if you are a boy or a girl, not the clothes you wear or the things you enjoy. A boy can play with dolls but he is still a boy because he has a boy's body. A girl can like cars but she is still a girl because she has a girl's body. *Talk about colours they like or toys they play with to explore the freedom boys and girls can enjoy.*

God Gave You a Growing Body

- Can you all show me your teeth?
- Has anyone lost a tooth yet?
- Show the person next to you how many teeth you have.

What happens when a tooth comes out? Do you need to buy another one? *Let them answer, talk about a new one amazingly growing.* Let me show you some tasty lunch – *produce some baby food and a spoon.* You used to love this stuff – why don't you eat it anymore? *Talk about growing teeth for solid food, trying new flavours and their bodies' changing.* This is God's good design - your amazing body has changed to help you be ready for the next adventures!

And lots of us have got more growing to do. What are you looking forward to about being even bigger? *Going to the shop with your own money? Driving a car? Being a Mum or a Dad yourself?*

A boy grows into a man and a girl grows into a woman - we stay male or female. A boy can't grow up to be a woman. A girl can't grow up to be a man.

God has given you a good body. We can say: "I am male, it's good to be a boy", or, "I am female, it's good to be a girl".



Children of this age can get confused thinking that if a girl likes playing with cars she thinks she should be a boy, similarly if a boy likes playing with ponies he thinks he should be a girl. Our bodies tell us which we are. Beyond that boys and girls have complete freedom in what godly things they do with their bodies.

continued →





Brain break

Cups / Cones

This can be played on a table, or on the floor. Give each group their set of cups. Tell them that when the timer starts they have to race to turn all the cups over – to make them cones. Fastest group wins. Repeat the game making them turn the other way – to return to cups.

➡ **Link:** This game was all about focusing on one voice amongst a room of noise in order to find someone. As we grow up we make choices all the time about who we are listening to. The God who made and loves us wants us to listen to him.



You will need:

A watch / timer,
paper / plastic cups
– enough for each
group to have their
own set of 10-15
cups.



Heart & hands

CRAFT TIME

Fingerprint people

Colour in the end of your finger with the felt tip pen (if you have girls and boys in your group, they put their own finger print in the right places and ask someone of the opposite sex to put their finger print in the other spaces). Press the inky finger onto the paper in the oval to leave the finger print. Give the finger print people details with the black biro/pen.

Point to the different fingerprint people that they have made. Are they male or female? God tells you whether you are male or female by the body he has given to you.

You will need: Felt tip pens, printed copy of p.19 (3 copies per page), black biro/pen to give detail to the fingerprint people.

Make the **Truth that changes me** personal to each child.



Think time

Big Question: Who gave you the body you have?

A follow up question: What does God say about your body?

Prayer

Say together: Heavenly Father, thank you for our bodies, thank you that they are good, thank you for all the fun things we can do, my favourite is..... Amen

Use this craft time to reinforce the **Big Idea** of the lesson to get them ready for **Think Time**.



8s and over lesson plan



Get going

Amazing Bodies Quiz

Here are some facts about how men and women are different, see if you can get the right answer...

1) On average, how much thicker is a man's skin than a woman's?

- A) 5%
- B) 15%
- C) 25%

Answer = 25% - men typically have thicker skin, they also usually have denser bones, tendons and ligaments than women!

2) Who do you think has the most nerve cells (neurons) in the smell processing part of their brain?

- A) Men
- B) Women

Answer = women! Women have nearly 50% more neurons than men in their olfactory bulbs and more taste buds too!

3) Testosterone is a hormone - a chemical that helps boys' bodies grow into men's bodies. How much testosterone is in an average man's body compared to a woman's?

- A) The same
- B) Twice as much
- C) More than 3 times as much

Answer = C. An average adult female has about 17-70 nanograms per deciliter of testosterone, an average adult male has about 270-1070 ng/dl

4) Calories are in food and they give us energy. Generally do male or female bodies need more calories per day?

- A) Male
- B) Female

Answer = A. The daily calorie count is higher for men than women. Men typically require around 2500 calories and women around 2000 calories per day.



Notes

You will need: Fact questions ready to read out - add some of your own. Either have mats the children run to stand on for each answer - or they could simply put their hands up.

continued →

5) The second longest finger for women is the index finger, the finger closest to the thumb. In general, which is the second longest finger for men?

- A) Index finger
- B) Ring finger
- C) Little finger


Answer: B. Male and female hands are therefore slightly different shapes.

6) During exercise we burn fuel in our bodies to give us energy. Primarily what fuel do we burn?

- A) Both men and women burn carbohydrate
- B) Both men and women burn fat
- C) Men burn mostly carbohydrate and women burn mostly fat

Answer: C. Men and women primarily burn different fuel inside their bodies to give them energy for exercise.



 **Link:** God has made you an amazing body - an amazing male body or an amazing female body. Both types of body are equally good, they are both made in the image of God. But a male body and a female body are also different and we can thank God for his good design.



Teaching time

My Good Body

“So God created mankind in his own image, in the image of God he created them; male and female he created them.” **GENESIS 1:27**

Print/write out the verse and underline answers:

- Who made us?
- Who are we made to be like?
- Which two types of bodies did God make?
- What does ‘male’ and ‘female’ mean? *Just looking for boys/men & girls/women as an answer.*

God made two sexes, male and female, both made in his image and equally valuable. God created us and knows us perfectly - he purposefully gave you a male or a female body and God says that both are very good. Which body have you got?

Male and female bodies are different, not only in their outer appearance but also their details (*refer back to quiz*). Every individual cell is either male or female. The clothes we wear and the things we enjoy don't tell us if we are a girl or a boy - a boy's favourite colour can be pink, a girl can like football. We can enjoy things as both boys and girls. (*You could ask for examples of activities they enjoy that some think are more for the other sex*)

You will need: Bibles, pen, paper, series overview visual (see p.18)

continued →



You'll hear that you can change your outer body from one to the other, or change your pronouns and say you are a him not a her. God wants us to know that the good male body or good female body he has given us is an essential part of who we are that can't change. We need to be kind to people who think differently about this - some people find it really hard to have the body God gave them.

My Growing Body.

Ask the children:

- Do you remember learning to walk?
- Who made their own teeth grow?
- Can you make yourself grow taller?

Growing up just happens - God designed our amazing bodies to grow and change without us doing anything! All the details of grown-up you were there in baby you.

Tell me some things that you can do now, that you couldn't do when you were a baby? *Encourage children to move e.g. walk, run, jump, talk, cartwheel.*

Tell me some things that you will be able to do with an adult body that you can't do now? *e.g. strength, driving vehicles, having children, piercings, professional sport.*

A man is not just a 'big boy' and a woman is not just a 'big girl' - as we get older our bodies physically change - we change shape, get new hair and new feelings. This is called 'puberty'. It is God's amazing way of getting your body ready for life as an adult. I have been through it. So have your parents. Growing up is good! Who could you talk to more about this?

A female body grows from a girl into a woman, a male body grows from a boy into a man. This is God's good design.

My Good Creator

I *"Remember Your Creator in the days of your youth."* **ECCLESIASTES 12:1**

Write the verse out and put it in an envelope, addressed "Dear Young People".

Growing up is a big time for working out who you are, what you like, and who you want to be. Ask the children about choices or decisions that have changed over time. *Friends, TV, what they enjoy eating or doing.*

Using the series overview visual: We pick up messages from others and from our own thoughts and feelings, but only God can tell us who we really are. Messages that say the same things as God can stick - the rest can drop.

God tells us in our bodies whether we are a boy or a girl. This verse says listen to God your loving creator - he doesn't change his mind, the body he has given you isn't a mistake, it is a good gift.

Do you think much about your creator? Tell me about a moment when you're thankful for your body. That's the moment to remember your creator!



Have they heard about a boy/man wanting to be a girl/woman or the other way round? It may be helpful to hear what they already know or have heard about this, to help you decide how to lead 'Heart and Hands'.

continued →

We pick up different messages shaping who we think we are. Messages come from: ourselves (thought clouds); others around us (speech bubbles); God (the Bible)

The crown shows that God's messages are most important - we only let other messages stick if they say the same things as God says. We drop other messages.



Brain break

Write the name of a well-known person, e.g. a kids TV character or celebrity on to a sticky note and stick it on to a child's forehead without them seeing who they've got. The children ask questions to one another to try and work out who they are – questions can only be answered, "Yes" or "No".

➔ **Link:** This game was all about working out who you were. One of the helpful questions you asked to work it out was: "Am I a man/woman, male/female?" The body we are given is an important part of who we are, it's good to be male, and it's good to be female.



Heart & hands

Did you spot it?

- Which two types of body did God create?
- What is the same about them?
- What is different about them?

Work it out

- When might you think it was good to be the other sex? Why is that?
- What could you say to a friend who finds themselves thinking that often?
- What do you want to remember about your creator as your body grows?

Live it out

Look at case study picture A (see p. 20) with the girl getting changed for PE. She is feeling self-conscious about her body and is thinking, "This is so embarrassing, I wish my body wasn't changing".

- What might she be feeling about her body? *Let the children suggest!*
- Why can it feel confusing and embarrassing to go through some of the changes of growing up?
- What could you say to her from today's truth that could help?

Look at case study picture B (see p. 21) with a boy standing in the middle being asked to split into 'boys' and 'girls' groups. He is heading towards the boys group but is looking longingly over at the girls' group thinking "I wish I was in that group".

- What might this boy be thinking and feeling about his body? *Let the children suggest!*
- What does God want him to know about his body? *God hasn't made a mistake, this is the body he is supposed to have. His body is part of God's good design.*
- How could you encourage him to trust God with the body he has been given if he finds this difficult? *Try to get the children to acknowledge that it must be really hard to feel this way. We want the children to understand that we need to show love and compassion to this boy, like Jesus does. If the children have more questions, encourage them to talk to their parents or a trusted adult.*

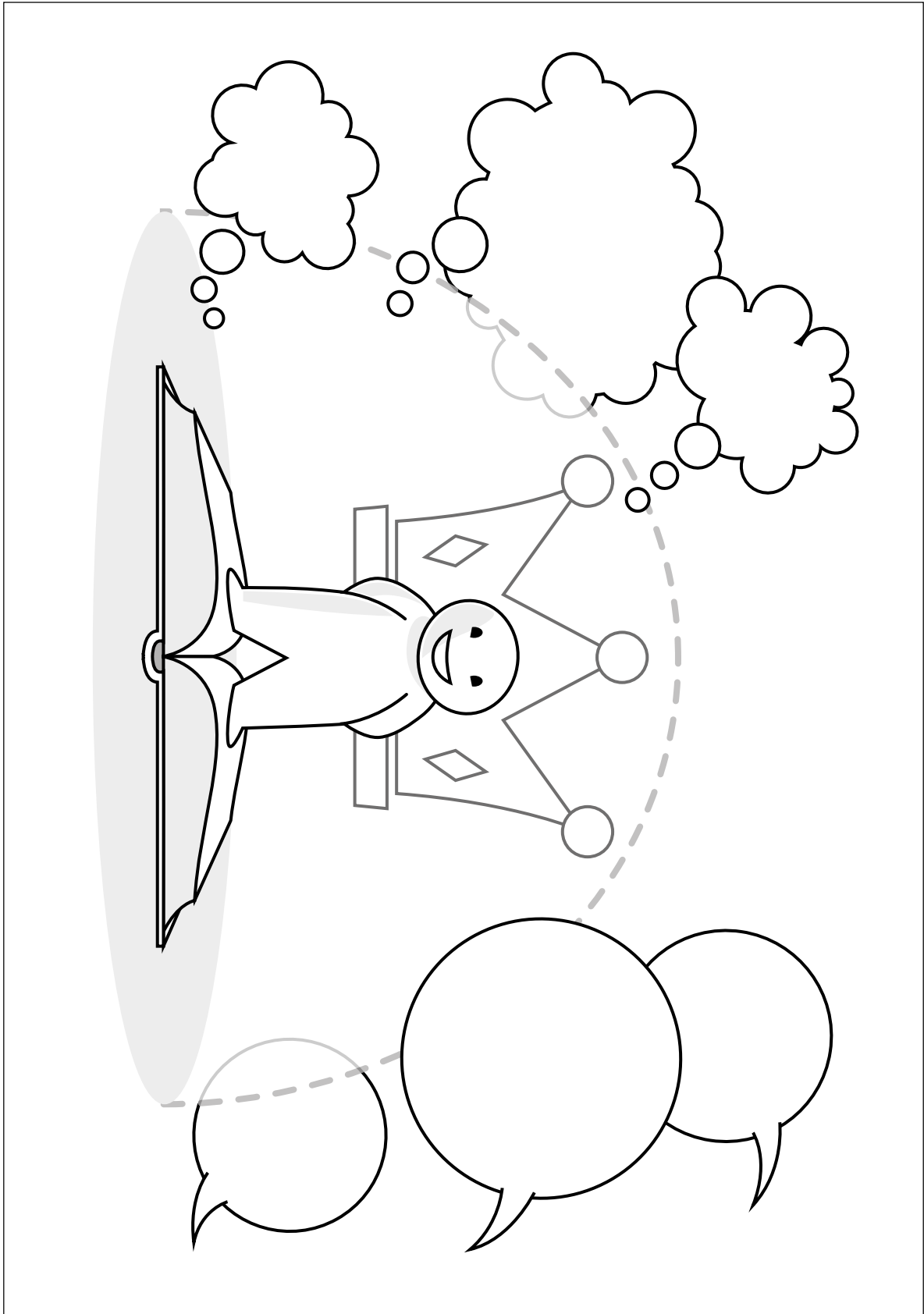
We have found that this is where children make the most progress relating the Bible to their everyday lives. Please leave enough time for this section.

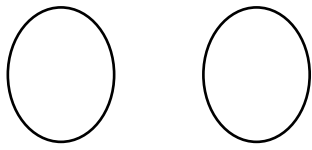
*These questions can mostly be found on the **Chat Time** (see p.22) sheet which has been designed to aid your discussion. If possible, enlarge the page to A3 so you can work on it together. Make sure each child can still answer the personal questions honestly for themselves (e.g. hand out Post-it notes for them to write/draw their answers to these questions).*

Prayer

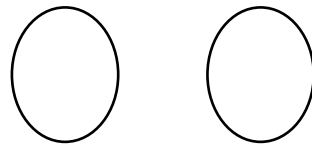
What truth do you need to remember about who you are, and the body God has given you? Ask God to help you feel his peace about the body you have and for his help to trust and honour God with your body as it grows and changes.



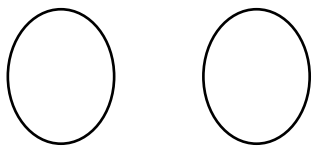




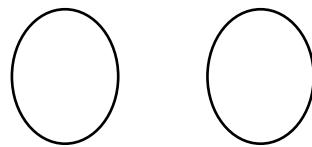
**God made some
people male**



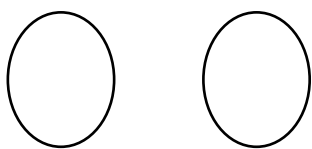
**God made some
people female**



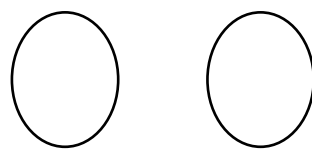
**God made some
people male**



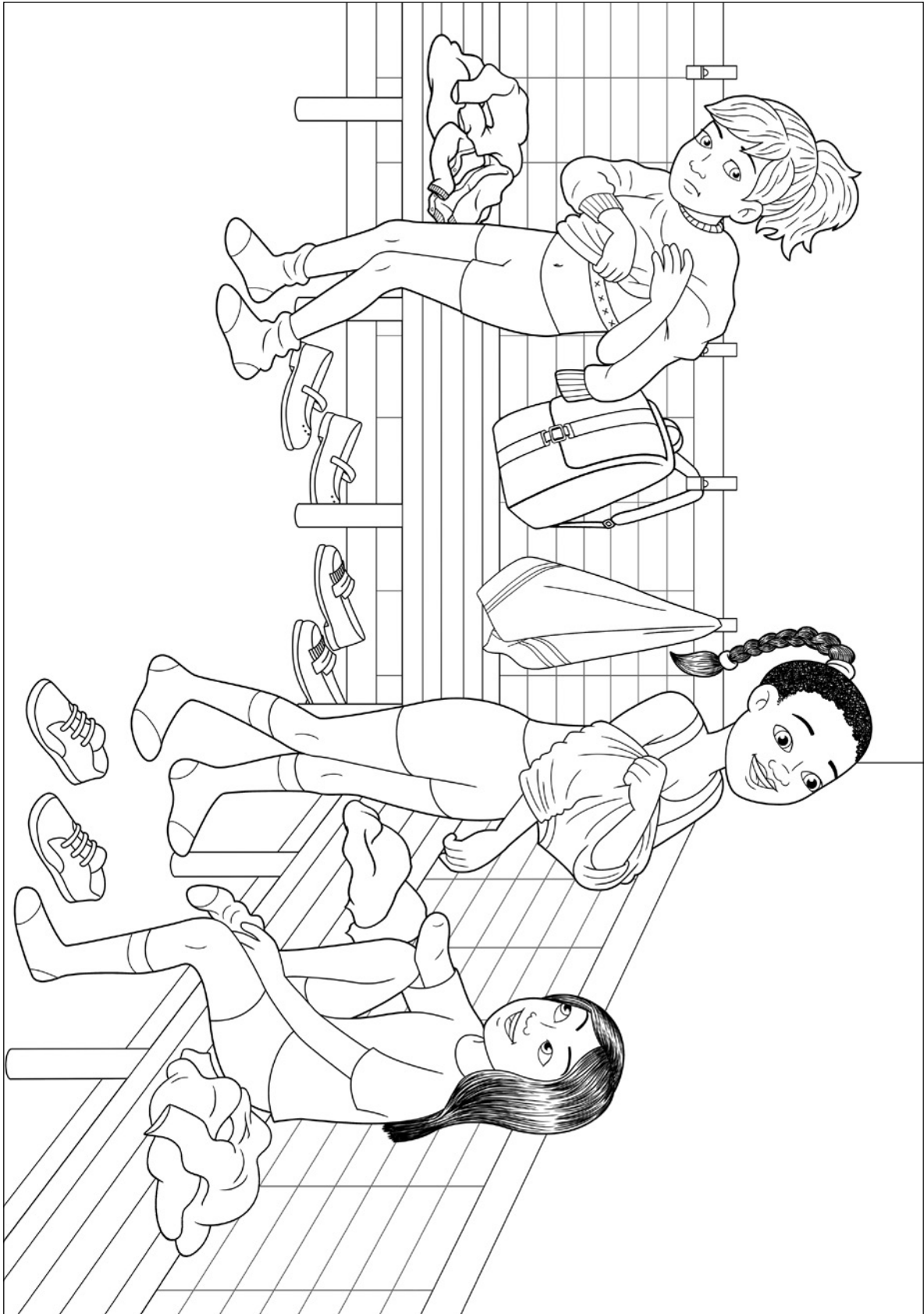
**God made some
people female**

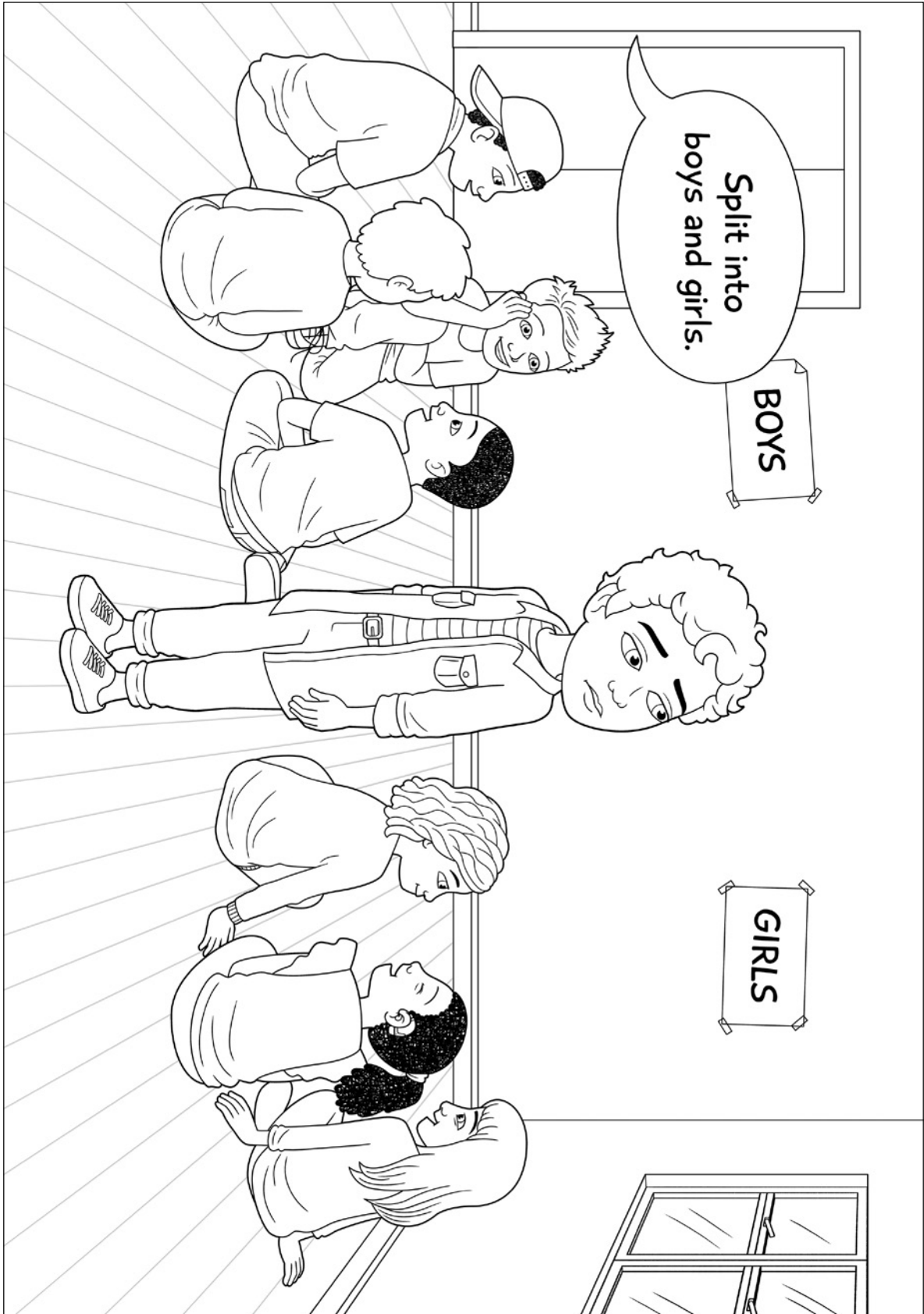


**God made some
people male**



**God made some
people female**







Heart & Hands Chat Time



Genesis 1:27, Ecclesiastes 12:1

Look at these verses together and find the answers

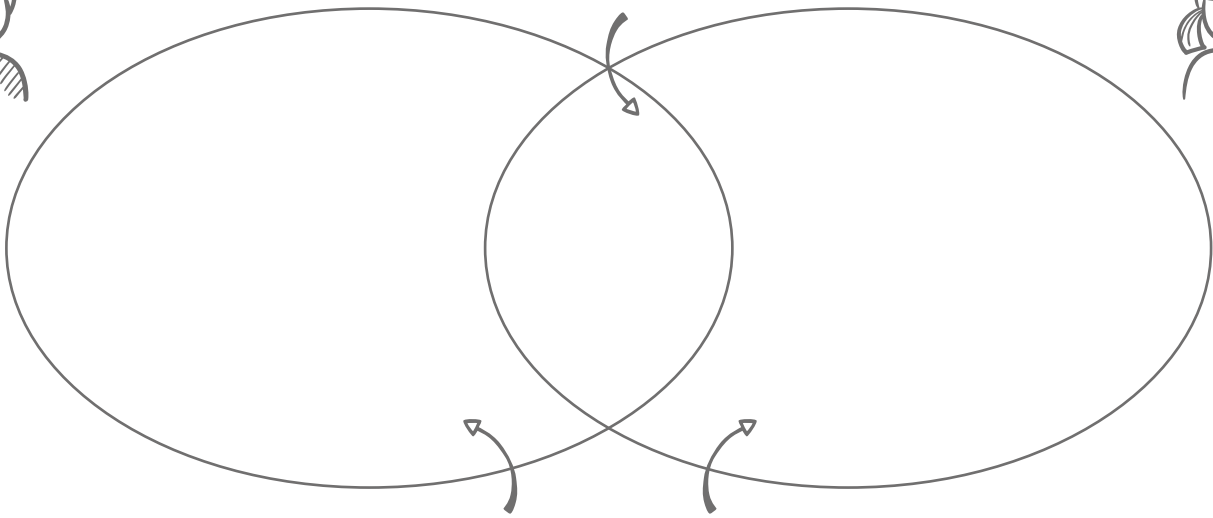


Did you spot it?

If God created male and female in his image...



How are they the same?



How are they different?

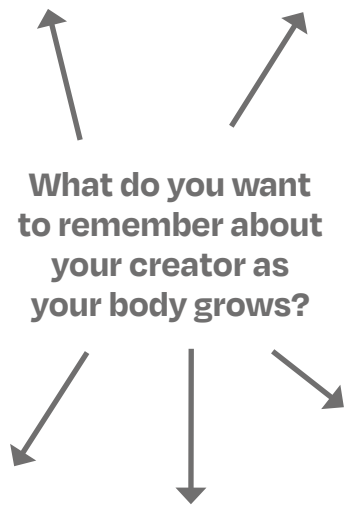


Work it out

Give everyone a chance to answer



When might you think it was good to be the other sex? Why is that?



What do you want to remember about your creator as your body grows?

What could you say to a friend who finds themselves thinking that often?





Heart & Hands Chat Time



Live it out



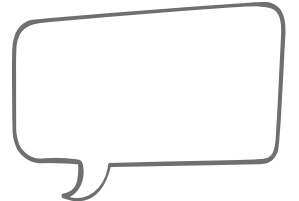
What might this girl be feeling about her body?



Why can it feel confusing and embarrassing to go through some of the changes of growing up?



What would you say to her from today's truth that could help?

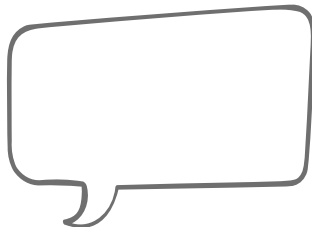


What might this boy be thinking and feeling about his body?



What does God want him to know about his body?

How could you encourage him to trust God with the body he has been given?



What truth do you need to remember about who you are, and the body God has given you? Ask God to help you trust and honour him with your body as it grows and changes.





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GROWING

God's
Good
Story

Take
home
truth

LESSON 2

I am male or female

Genesis 1:27 • Ecclesiastes 12:1

faith **in** kids



Read and understand

I am male or female

GENESIS 1:27, ECCLESIASTES 12:1

TRUTH = Our body tells us whether God made us male or female. Puberty is when our body changes, but our sex does not...

FAITH = Children who understand that their sex has been chosen by their loving creator and that growing up is good.

"So God created mankind in his own image, in the image of God he created them; male and female he created them." GENESIS 1:27

Our children hear that people can change their sex if they don't feel like they have the right body. We want them to know that God has given us our sex as an unchangeable part of who we are. Here are some resources to think further about this:

- **Podcast:** Faith in Parents #97
The transgender debate and gender identity
- **Book:** God and the transgender debate, Andrew Walker

God's better story

- God created me male or female – my body shows me which sex I am. As we grow up lots of things change, but our God-given sex doesn't.
- We can thank God for being male and thank God for being female – God says both male and female are good! We might hear people say different things, but we listen to God, who made us and loves us, more than we listen to other people.



Talk together



7 and Under

Top tip: Use real names for body parts. Say 'penis' not 'willy'. It makes for better conversations from the start.

- Can you think of some things that are the same about boys' and girls' bodies?
- Can you think of anything that is different?

As we grow up our bodies get bigger and start to be a bit different. We will have different feelings and we will be able to do different things.

- What are you looking forward to about growing up?



8 and Over

- What might he be thinking and feeling about his body?
- What does God want him to know about his body?
- How could you encourage him to trust God with the body he has been given?



Live it out

This week, try to gently speak to your child about growing up and puberty, mentioning some of the physical and emotional changes they will go through.

- Look at a photo of your child when they were younger. Talk about how they have changed.
- Gently talk about some of the differences between your adult body and their child body.
- How do they feel about growing up?

Connect to the truth

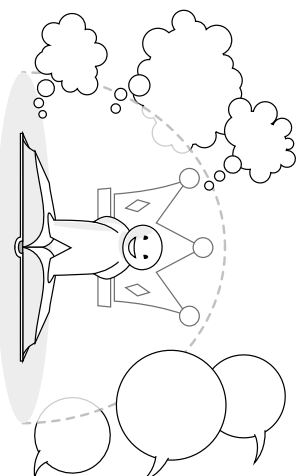
- God designed our bodies to grow and change.
- A boy grows into a man and a girl grows into a woman - our sex does not change.
- God chose to give you your male or female body and he says that it is good.

Pray

Use objects to help you connect with God.

1. BIBLE - Thank God that he made male and female, equally good but different from each other.
2. MIRROR - Ask God to help you to trust his good design for your body, even when you wish it was different in some way.

Let's be people who thank God for our bodies.



We've got more on this topic on our podcasts. Listen in and carry on the conversation.



#142



#112



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