

SEXUAL INTEGRITY

8TH GRADE

OBJECTIVE

Empower your student to honor God with their body, thoughts, and relationships by understanding His design for sex, purity, and intimacy.

WHAT TO KNOW

By 8th grade, students are exposed to more than many parents realize—through conversations at school, media, and online content. They're curious and influenced by peer culture but may feel nervous or embarrassed to ask questions. That's why early, honest, and ongoing conversations about sexual integrity matter. God's design for sex is good, but culture often distorts it. Sexual integrity isn't just about rules—it's about living in a way that honors God, protects their heart, and reflects their identity in Christ. Keeping the conversation open builds trust, breaks shame, and helps your student navigate these years with confidence.

TRUTH FROM THE BIBLE

It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable. 1 Thessalonians 4:3–4
God wants us to pursue purity—not because He's strict, but because He loves us.

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually sins against their own body. Do you not know that your bodies are temples of the Holy Spirit...? You are not your own; you were bought at a price. 1 Corinthians 6:18–20
We honor God by treating our bodies as sacred and valuable—because He does.

How can a young person stay on the path of purity? By living according to your word. Psalm 119:9
The Bible gives us the wisdom and direction we need to make pure and wise choices.

Blessed are the pure in heart, for they will see God. Matthew 5:8
A heart focused on God leads to clarity, purpose, and deeper connection with Him.



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TALK ABOUT IT

- What are you hearing about sex and relationships from friends or media?
- What questions do you have about God's view on sex?
- Why do you think God asks us to wait until marriage?
- What does it look like to live with integrity in your thoughts, choices, and relationships?
- How can we keep communication open between us?

LIVE IT OUT

Encourage your student to set personal boundaries around dating, media, and peer conversations. Talk about situations ahead of time and walk through how to respond when something crosses the line. Help them understand that their worth is not defined by past mistakes or culture's standards—it's rooted in being loved and chosen by God. Make sure they know you're a safe and grace-filled person to talk to, even when things feel awkward or hard. Remind them regularly that purity is possible through God's strength and forgiveness—and that integrity is about progress, not perfection.

PRAY TOGETHER

Pray with your student this week, asking God to help both of you pursue truth, purity, and grace.

"God, thank You for creating us with value and purpose. Help us see our bodies as gifts from You and live with integrity in every area of life. May we always run toward You for truth and grace. Amen."

