

# SEXUAL INTEGRITY

## 10TH GRADE

### OBJECTIVE

Help your student understand God's design for sex, relationships, and purity—and equip them to live with integrity in a world filled with distorted messages.

### WHAT TO KNOW

By 10th grade, students are more aware of emotional and romantic dynamics—and likely navigating more intense pressure around sexuality. Culture offers a constant stream of messages about love, identity, and sex, many of which disconnect physical intimacy from God's design of love, covenant, and commitment. Sexual integrity isn't just about avoiding temptation; it's about choosing to honor God with your whole life—body, mind, and heart. Your student needs to hear the truth not just from church or friends, but from you. When these conversations are built on trust and truth—not shame—they become a powerful tool to help your student navigate dating, temptation, and boundaries with wisdom and clarity.

### 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's design for sex is rooted in holiness, self-control, and honor.

*Flee from sexual immorality ... Do you not know that your bodies are temples of the Holy Spirit ... ? You are not your own; you were bought at a price. Therefore honor God with your bodies.*  
1 Corinthians 6:18–20

We are called to treat our bodies as sacred—because they belong to God.

*How can a young person stay on the path of purity? By living according to your word.* Psalm 119:9  
God's Word gives us both a standard and the strength to live it out.

*Blessed are the pure in heart, for they will see God.* Matthew 5:8  
Purity isn't just about behavior—it's about the heart.



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## TALK ABOUT IT

- What are you hearing from culture or your peers about sex and dating?
- What do you think sexual integrity means, practically, at your age?
- Why do you think God cares about how we handle our bodies and relationships?
- What boundaries could help you honor God in this area of life?
- How can we keep this conversation open and honest between us?

## LIVE IT OUT

Encourage your student to be honest about the messages they're seeing and hearing about sex and relationships—from TikTok to TV. Let them know that your home is a safe place to ask questions and wrestle through these topics with grace and truth. Walk through God's design together and talk about why sex matters to Him—not because He's restrictive, but because He's loving. Help your student identify boundaries that protect their heart and body and revisit those often. If they've made mistakes, remind them that redemption is always available and that their worth has never changed. Living with sexual integrity isn't about shame—it's about freedom, trust, and honoring God with every part of who they are.

## PRAY TOGETHER

Pray with your student this week, asking God to shape their view of love, identity, and purity.

"God, thank You for creating us with purpose and value. Help us live with integrity in our hearts, minds, and relationships. Give us wisdom, courage, and grace as we pursue purity in a world that often says otherwise. Amen."

