



Reach out  
take a step

find hope



# Care to change

Counseling to help you move forward.

# Gender Identity and Sexuality: Teaching a Sexual Ethic in Line with God's Best for Our Next Generation

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# Today's Goals:

- Learn more about how to offer clear, compassionate teaching on sexuality that aligns with Biblical truth and addresses the unique struggles of our culture today.
- Learn to navigate conversations around identity, sexuality, relationships.
- Learn to equip young people to embrace God's design for sexuality with confidence and grace.



# 60 seconds of focus



Sixty seconds of focused attention in 15 second segments on your body, breath, gratitude, and prayer helps reset the nervous system, quiet mental noise, and re-center the mind and heart on what matters most. ❤️

# Before we begin...

- Broken sexuality is a hot topic in culture today and can cause a variety of reactions for us
- Let's hold in mind Ephesians 6:12, 2 Corinthians 10:3-6, & Colossians 3:9-17
- We should not be surprised that Satan is attacking the image of God we all bear through gender and sexual identity



# What Is Identity?



# What is Identity?

## Activity

- On your piece of paper, write out your top 6 identities most important to you in your life. We listed some examples below.

*I identify as a/an...*

Christian

man/woman

wife/husband

father/mother

daughter/son

pastor/leader

American

professional \_\_\_\_\_

healthy person

heterosexual

member of \_\_\_\_\_

(family/group)

(denomination)

(race/ethnicity)

(political party)



# What is Identity?

## Activity

- Now imagine God taking away one of those identities. Which would be the easiest to give up? Mark it off. Repeat until you have only 1.
- What would it be like to give up an identity you highly value for the one that matters the most?



# What is Identity?

## Definition

- Merriam-Webster:  
*“the distinguishing character or personality of an individual...who someone is: the name of a person”*
- Psychology Today:  
*“memories, experiences, relationships, and values that generate one’s sense of self...a steady sense of who one is over time, even as new facets are developed and incorporated into their identity.”*



# What is Identity?

## Definition

- God's Word is clear – He made us, and we find our ultimate identity in Him
- When we move identity away from God, we will find our identity in anything; idolatry
- God uses identity-first language when addressing His people (Exo. 4, Deut. 7, Is. 42)



# Talking About Identity Considerations

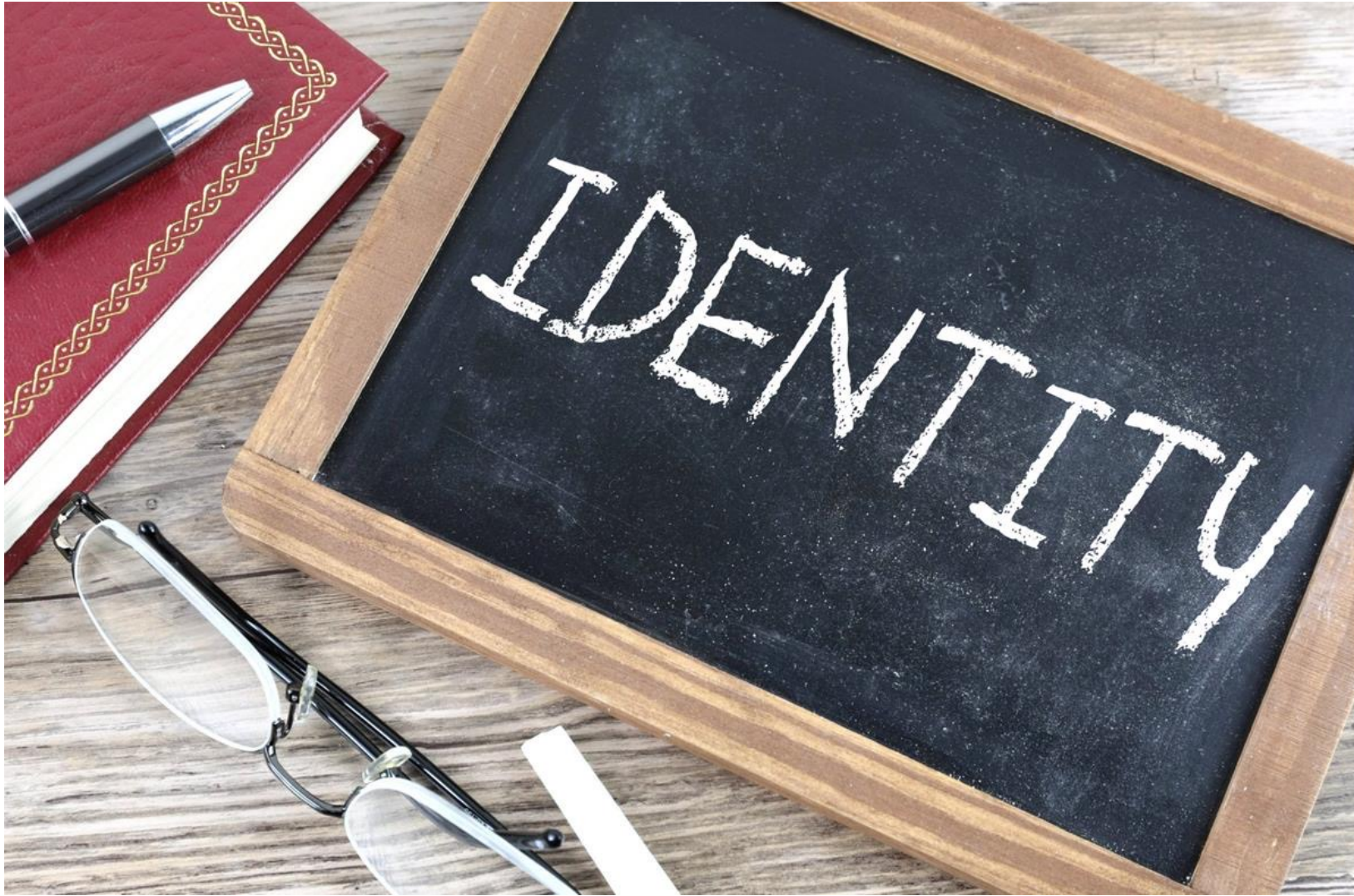
- Identity is complex and develops over a lifetime of experiences
- Getting curious is NOT the same as affirming
- The problem is always deeper than the person struggling with their sexuality or gender feelings



# Talking About Identity Considerations

- Jesus cares just as much about how we love each other as he does about Godly sexuality
- Sexual brokenness needs addressed at both the family level as well as the individual level
- God loves our kids more than we do - and we need to trust in His plan for their redemption

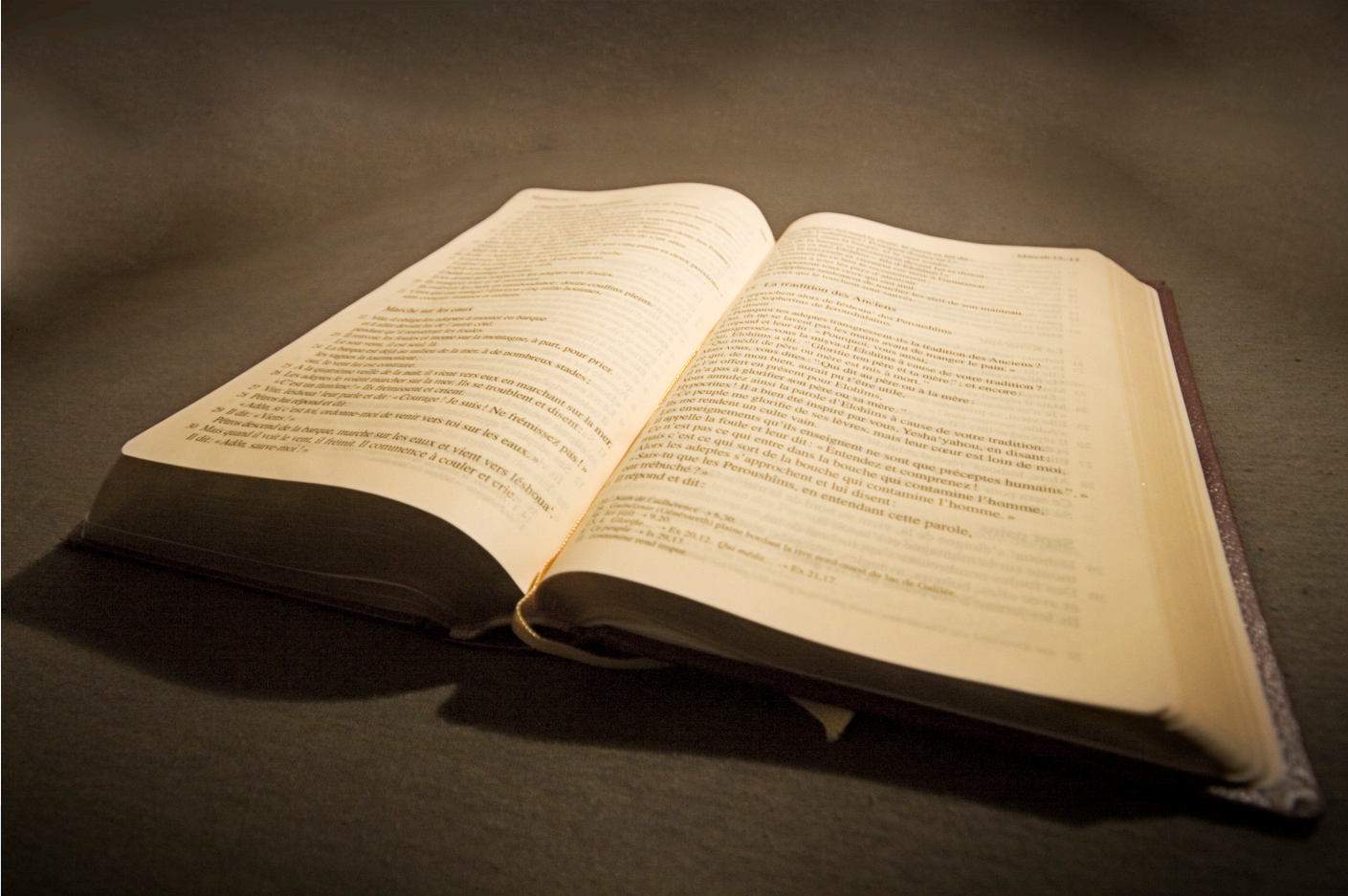






# The Bible

## A handbook we can trust...



# Teaching Biblical Sexuality Discipleship

- God gave us family to provide safety & structure in identity development
- Our primary sexual discipleship is done with our parents
- Biblical sexuality is, and always has been, counter-cultural and revolutionary



Which worldview is the right one?



What Love is...

What love is not...



# Keep an Open Dialogue

## Don't stop talking with your students...

- Ask anything journal
- Ask them regularly with curiosity and love
- Talk to them about God's goodness in creating sex for marriage
- Talk to your kids about emotions and how to handle emotions in healthy ways



# Help Practice “Being Different”

## Know your kids and stay connected...

- How will your kids use AI and how much tech use is right for them?
- What is your safety plan when they encounter sexual content?
- What are your boundaries with social media?



# Resources

- Apps/Software:
  - Nomo, Covenant Eyes, Quostodio
- Messy Grace, by Caleb Kaltenbach
- Surrendered Sexuality, by Julie Slaughtery
- People to be Loved by Preston Sprinkle
- Embodied by Preston Sprinkle
- Gay Girl, Good God, by Jackie Hill Perry
- Raising Wise Kids in a Sexually Broken World by Laurie & Matt Krieg
- Care to Change website
- Defendyoungminds.com



# SEND US YOUR QUESTIONS!



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# Call to Action

## Let's connect!

- Give us your feedback
- Listen to our podcast
- Host a community forum or a lunch & learn for your staff/ small group leaders
- Sponsor families in need
- Email us at [help@caretochange.org](mailto:help@caretochange.org)



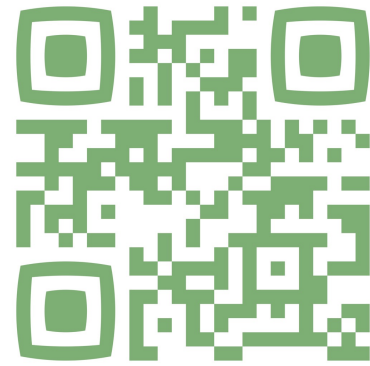
# Tell Us Your Thoughts on Today's Information



Answer 2 simple questions



Schedule an  
appointment



Our Services



Our Team



Contact Us



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