

Compiled Resources on Sex for Sex Ed/Sexual Education

Luther's Small Catechism addresses sex and adultery. Lutheran parents likely will need to also! These days it is often also necessary to talk about divorce, homosexuality, and transgender ideas.

LutheranHomeschool.com represents various vendors who may approach this topic in various ways, all with the intention of encouraging a "chaste and decent life" with sexual activity reserved for marriage.

So what compiled resources have we found? Mostly articles and books geared for adults, and it is worth noting that various books correspond to various approaches.

Having said that, CPH offers a sex ed. curriculum called [*Learning about Sex*](#). It is divided between ages/ stages and between male and female. It includes *How to Talk Confidently with Your Child about Sex: For Parents, Why Boys and Girls are Different* (Ages 3 to 5), *Where Do Babies Come From* (6 to 8), *How Your Are Changing* (9 to 11), *Sex & the New You* (12 to 14), and *Love, Sex & God* (14 and up).

There is also [*Teaching Children Chastity for Life: Talking Points for Christian Parents*](#) by Marie & Ryan MacPherson through Lutherans for Life, which includes a 12-lesson outline for talking with your children.

(Unless noted otherwise, these resources are all written by conservative Lutherans.)

Resources

Articles

- A *Lutheran Witness* article "[A Chaste and Decent Life](#)," as well as the [January 2021 issue](#).

Booklets & Websites

- [*In the Image of God: Gender & Sexual Identity*](#) by Ryan Peterson is part of *A Simple Explanation* booklet series.
- [*The Real "Comprehensive" Behind Comprehensive Sex Ed*](#), by Heather Ruesch with Lutherans for Life
- [Lutherans for Life](#) can be helpful for related issues
- [LCMS Life Library](#)
- [LCMS Social Issues](#) page: topics include marriage and sexuality as well as much more

Books

Babies

- [*Alive Before You Were Born: God's Gift of Life*](#) by Kim Bestian

Body

- (This isn't written by a Lutheran but it may be helpful) [*Love Thy Body: Answering Hard Questions about Life and Sexuality*](#) by Nancy Pearcey

- Rumor has it that Dr. John Kleinig has written a Lutheran theology of the body!

Comfort for the Suffering

- [*He Restores My Soul*](#), edited by Katie Schuermann, covers an assortment of related topics
- [A free Bible study](#) for victims of sexual abuse

Purity Movement

- [*The Scarlet Virgins: When Sex Replaces Salvation*](#) by Rebecca Lemke talks about unintended consequences of the Purity Movement

Sex

- [*The Failure of Sex Education in the Church: Mistaken Identity, Compromised Purity: Questions & Answers for Christian Dialogue*](#) by Linda Bartlett
- [*God's Word about Sex and Related Topics*](#) by Mary Kuhlmann Antholz (This book literally walks through all the Bible passages that have to do with sex, which is a very helpful approach. It's geared more for discussion. You could read it along with your child.)
- [*Sexual Morality in a Christless World*](#) by Rev. Matthew Rueger
- [*Ethics of Sex: From Taboo to Delight*](#), edited by Dr. Gifford Grobier (more technical than *Sexual Morality*)
- [*Sexual Mentality: Creating a Culture of Biblical Integrity*](#) by Heather Ruesch (includes discussion questions at the end of each chapter)

Vocation, including Marriage

- [*Family Vocations: God's Calling in Marriage, Parenting, and Childhood*](#) by Gene Veith and Mary Moerbe, includes a chapter on sex.

Video

- [*Sexuality Mentality: Creating a Culture of Biblical Integrity Free Book Study & Course*](#)