

Honest
~~THE~~
TALK

Critical Conversations

John Fort, MST
Director of Training

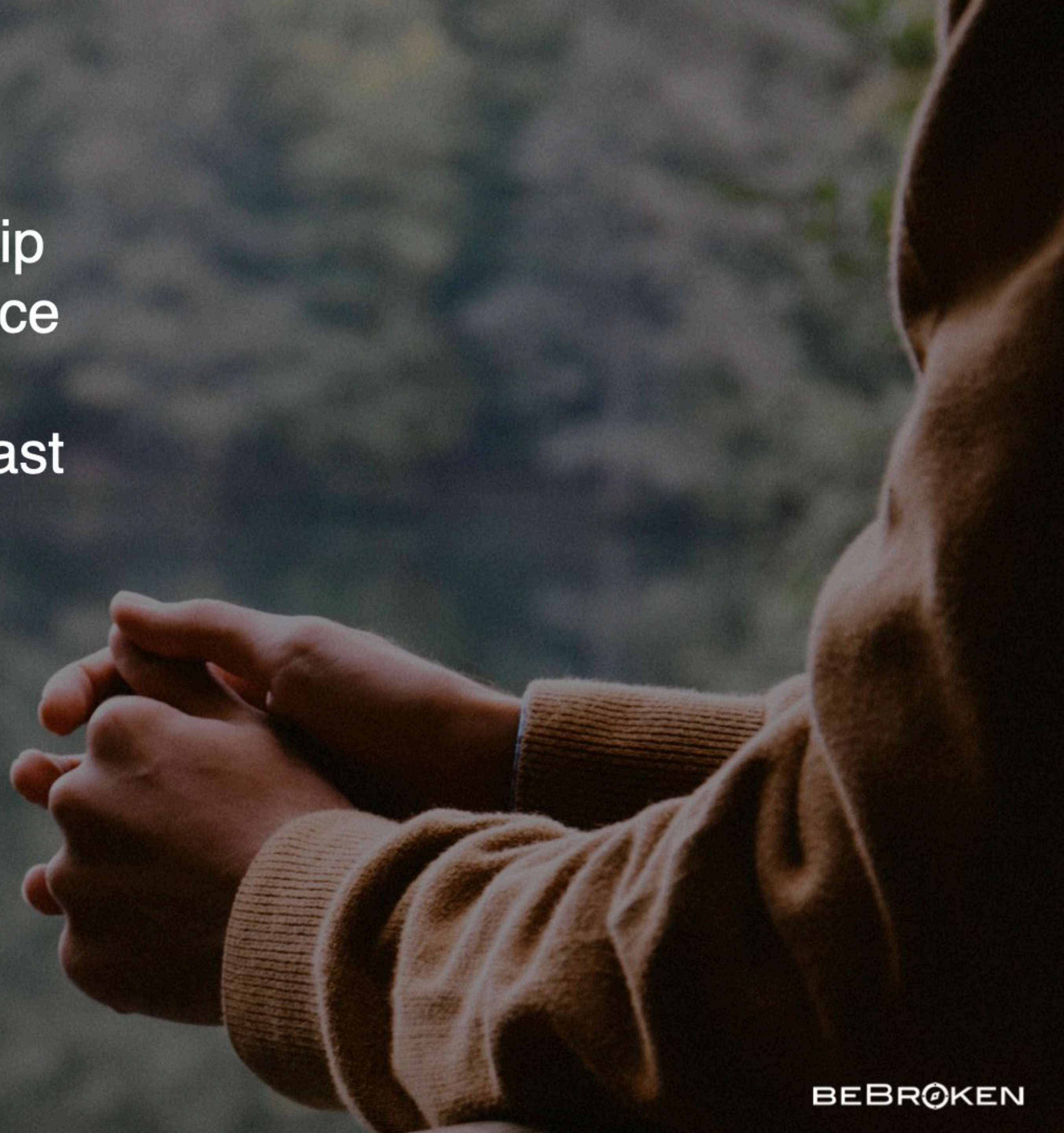


BE BROKEN



PARENTS FEAR

1. It might strain our relationship
2. I will ruin my child's innocence
3. It will be too much work
4. My kids might find out my past



KIDS FEAR

1. Parents won't understand how I feel
2. I'll get in trouble for what I say or ask



WHO or **WHAT** is shaping your child's sexuality?

Google Images

Video games

NETFLIX

YouTube

Sexual jokes

Friends

Apps

TikTok

Personal experiences

Explicit media

SEXTING

Virtual reality porn

Erotic literature

Internet porn

Instagram



QUICK POLL

What were things that influenced your sexuality and how you thought about sex as a child?



CRITICAL CONVERSATIONS

1. Feelings & Emotions
2. God's Design for Sex
3. Prepare for Exposure
4. Dealing with Temptation
5. Processing Exposure
6. Leveraging Your Story





BEBROKEN

CONVERSATIONS FOR INTEGRITY WITH KIDS
Next Step Resource Finder

Conversations & Tasks for Each Age Group

Conversations 1-4 are ideally given in order. The last two conversations can happen any time and at any age.

1-Feelings & Emotions	
AGE	TASK
3-5	expand feelings vocabulary
6-7	identify what they are feeling
8-10	find healthy ways to respond to feelings
11-18	connect feelings with temptation

2-God's Design for Sex	
AGE	TASK
3-5	learn correct name for body parts
6-7	how God makes babies
8-10	purpose for sex beyond reproduction
11-18	what sexuality is for during the teen years

3-Prepare for Exposure	
AGE	TASK
3-5	body safety
6-7	what you might see or hear and what to do
8-10	pornography, jokes, literature, objectification, predators & what to do
11-18	continued discussion

4-Dealing with Temptation	
AGE	TASK
3-5	wants & needs
6-7	feelings VS what is healthy for us
8-10	feeling brain VS thinking brain
11-18	connecting feelings & sexual temptation

5-Processing Exposure	
AGE	TASK
all	<ul style="list-style-type: none"> What have you seen, heard, done? How did it happen? What do you think about that? How did you feel? Do you have any questions for me? What can we do next time? Can we pray about this?

6-Leverage Your Story	
AGE	TASK
all	Any time you have a story related to what your child is or is likely to go through. <ul style="list-style-type: none"> Be working on your own issues Don't ask to keep secrets from spouse Share categories, not details What their reaction and stop if they are not receiving your story well

contact@bebroke.org

bebroke.org

210-822-8201

Selecting the Next Resource to Use

1. Search the tables for the age of your child.
2. Look down the CONVERSATION column and find the first conversation that you have **not** discussed or have not discussed much. Stop there.
3. Look to the right at the suggested RESOURCE.
4. Be Broken books are available at BeBroken.org/store as well as Amazon.com. Other books can be found on Amazon.com and other retailers. Courses (online video-based courses) are found at PureLifeAcademy.org under the FAMILY menu.

NOTE: Ages are general guidelines only. Your child may be ready for older content or may be served better by content listed in a younger table. Content for younger kids is often still helpful for older kids if they have not been through it.

Preschool

CONVERSATION	RESOURCE	AUTHOR/SOURCE
Feelings	Course - Family Integrity: Emotional Resilience	PureLifeAcademy.org
God's Design for Sex	Book - God Made Your Body Book - God Made Boys and Girls	Jim Burns Marty Machowski
Prepare for Exposure	Book - God Made All of Me	Justin & Lindsey Holcomb
Temptation	Book - But I Want It	Dr. Holly Karapetkova
Process Exposure	Book - Honest Talk p 51-53	John Fort (Be Broken)
Leverage Your Story	Book - Honest Talk p 21-23	John Fort (Be Broken)

Ages 6-7

CONVERSATION	RESOURCE	AUTHOR/SOURCE
Feelings	Course - Family Integrity: Emotional Resilience	PureLifeAcademy.org
God's Design for Sex	Book - How God Makes Babies	Jim Burns
Prepare for Exposure	Book - Honest Talk p 50-51	John Fort (Be Broken)
Temptation	Book - Lilly Learns About Wants and Needs	Lisa Bullard
Process Exposure	Book - Honest Talk p 51-53	John Fort (Be Broken)
Leverage Your Story	Book - Honest Talk p 21-23	John Fort (Be Broken)

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Ages 8-10

CONVERSATION	RESOURCE	AUTHOR/SOURCE
Feelings	Course - Family Integrity: Emotional Resilience	PureLifeAcademy.org
God's Design for Sex	Book - The Talk: 7 Biblical Lessons on Sexuality	Luke Gilkerson
Prepare for Exposure	Good Pictures/Bad Pictures	Kristen Jensen
Temptation	Good Pictures/Bad Pictures	Kristen Jensen
Process Exposure	Just Between Us: Parent-Child Journal	John Fort (Be Broken)
Leverage Your Story	Just Between Us: Parent-Child Journal	John Fort (Be Broken)

Ages 11-18

CONVERSATION	RESOURCE	AUTHOR/SOURCE
Feelings	Course - Family Integrity: Emotional Resilience	PureLifeAcademy.org
God's Design for Sex	Book - Changes: 7 Biblical Lessons...Puberty Book - Relationships: 11 Biblical Lessons... Book - IDENTITY, chapter 7	Luke & Trisha Gilkerson John Fort (Be Broken)
Prepare for Exposure	Course-Family Game Plan for Responding to Porn	PureLifeAcademy.org
Temptation	Book - Honest Talk, chapter 8	John Fort (Be Broken)
Process Exposure	Course-Family Game Plan for Responding to Porn Book - Father-Son Accountability	PureLifeAcademy.org John Fort & Lucas Fort
Leverage Your Story	Course-Family Game Plan for Responding to Porn Book - Father-Son Accountability	PureLifeAcademy.org John Fort & Lucas Fort

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Feelings & Emotions

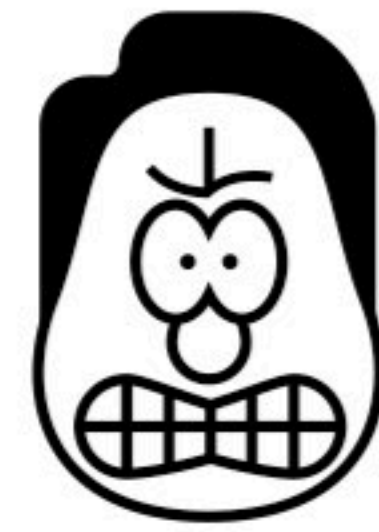
Feelings & Emotions

AGE	TASK
3-5	expand feelings vocabulary
6-7	identify what are feeling
8-10	find healthy ways to respond to feelings
11-18	connect feelings with temptation

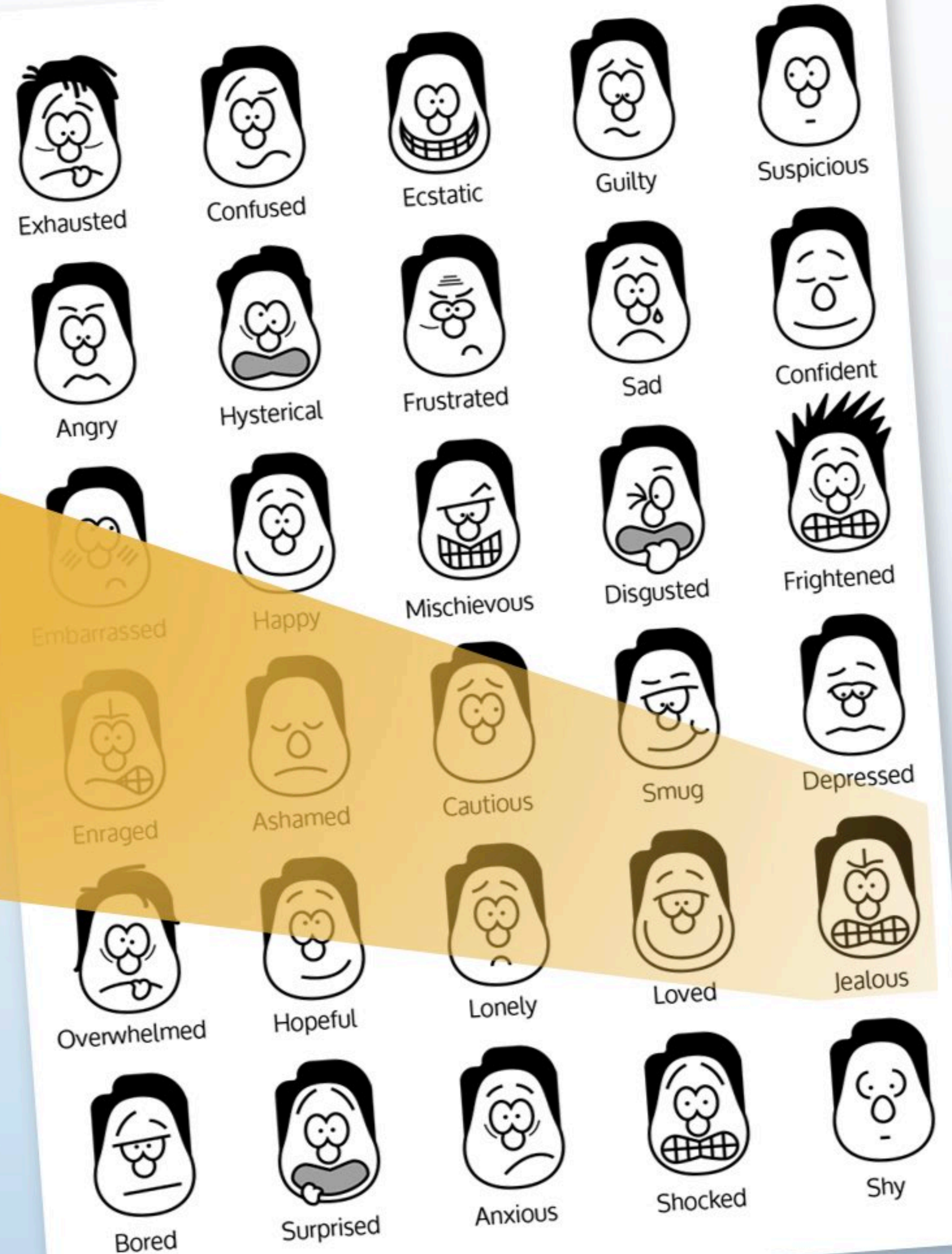
Young Children

Expand Vocabulary Beyond:

- Mad
- Sad
- Happy



Jealous



Middle Children

Find better ways to respond

Emotional Care Tags

Developed by Jodi Smith, MSW, LCSW, RPT-S

When I _____

I am feeling _____

I need _____



When I cry
I am feeling disappointed
I need a hug

When I hit
I am feeling overwhelmed
I need space

Adolescent Children

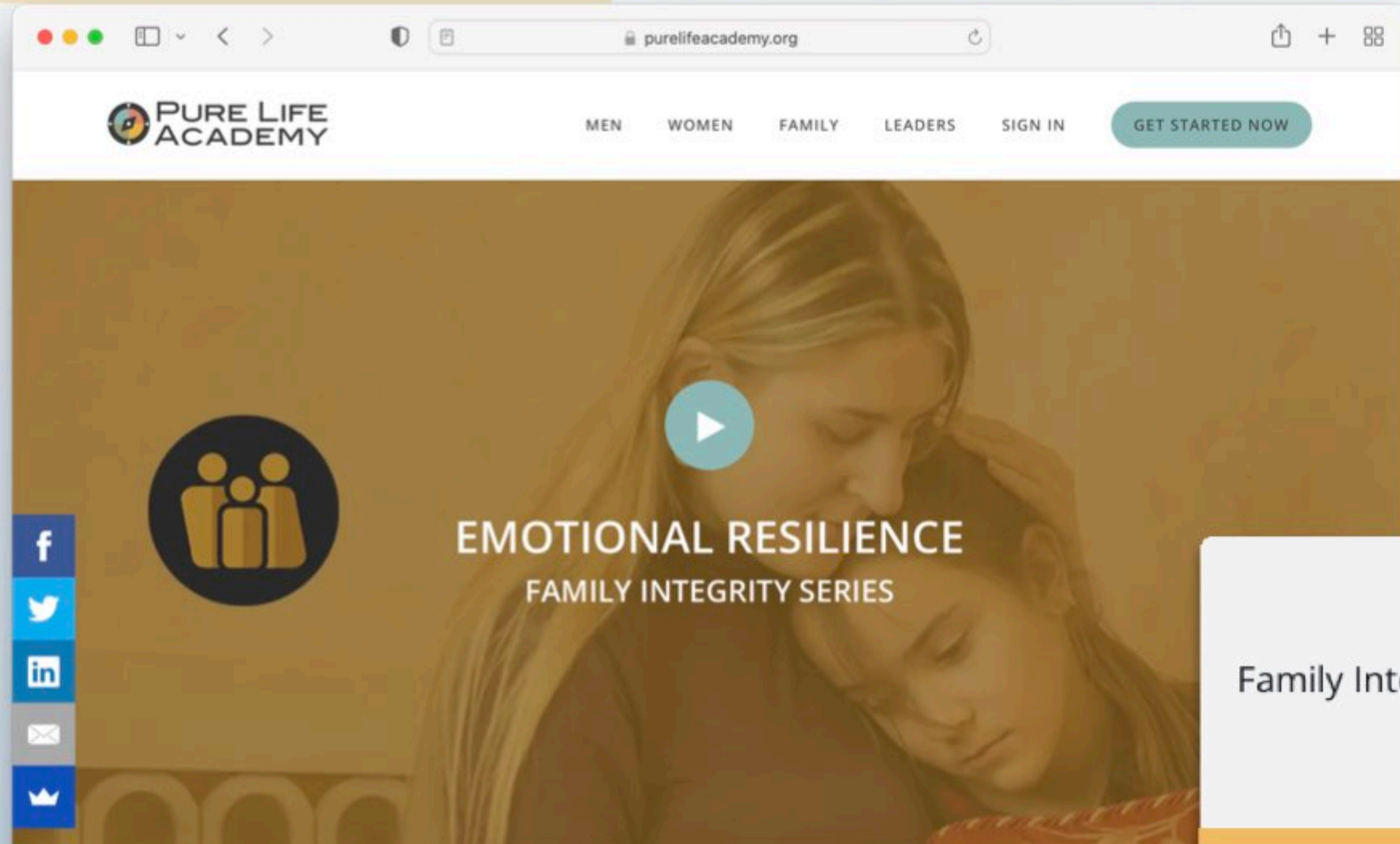
Emotional Care Plan

I feel tempted to: _____

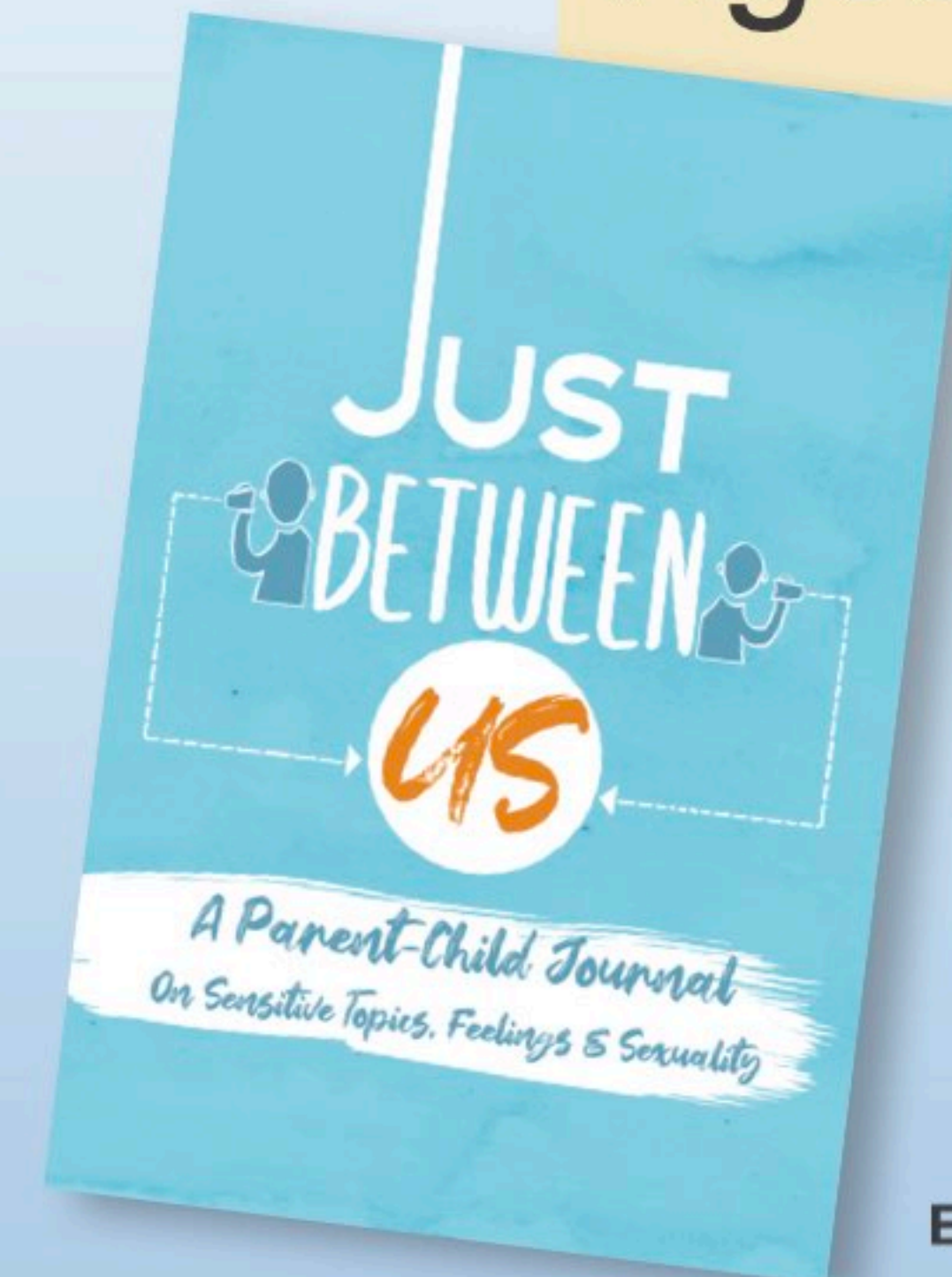
When I feel: _____

Ages 5-18

Ages 8-12



Ages 10-18



Emotional Resilience for Sexual Integrity

One of the main ways sexuality becomes broken in children is when they don't know what to do with their emotions. In this course we will review the concepts parents need to understand about emotional resilience and how that affect sexuality. We will then walk you through teaching emotional awareness and resilience in younger, middle, and adolescent children.

The sections for middle and adolescent children are designed for parents and




God's Design for Sex

QUICK POLL

How many learned MOST of what you knew about sexuality from **something other than your parents?**

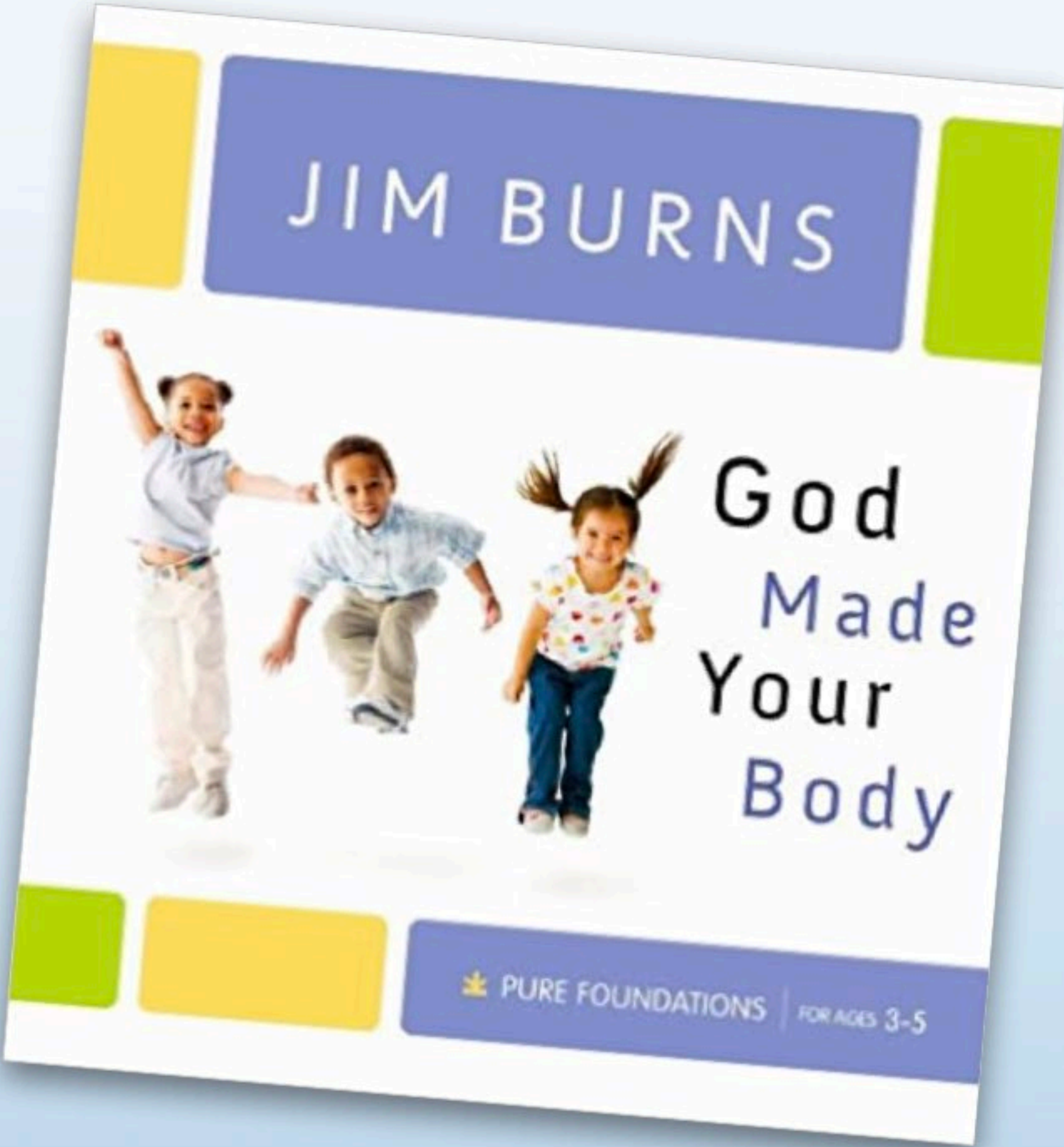
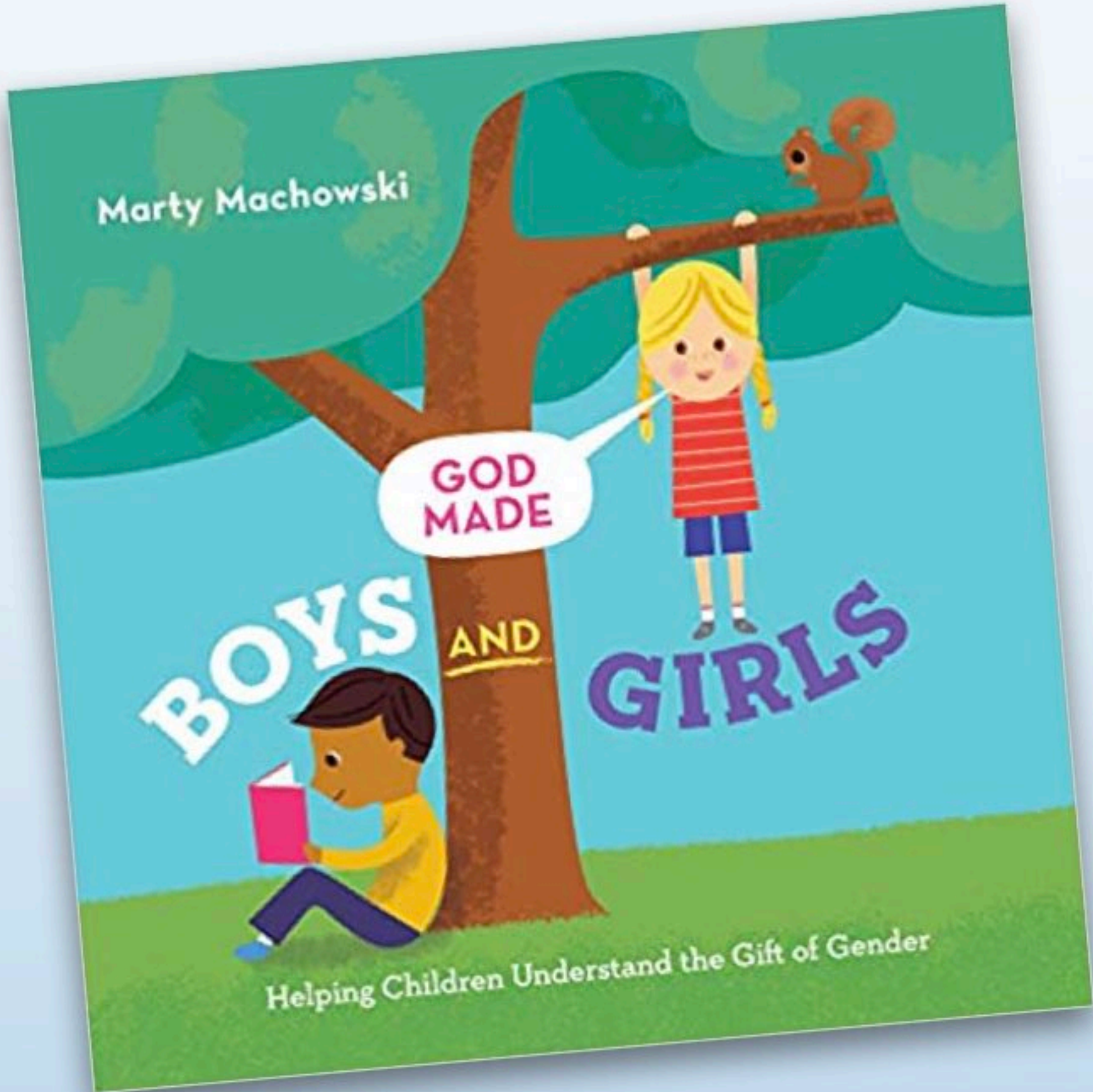


- 
- A man with short brown hair, wearing a dark checkered shirt, is sitting on a bed and looking towards a young boy. The boy, with dark hair and wearing a light blue shirt, is also sitting on the bed and looking back at the man. They are both looking at each other with serious expressions. The bed has a patterned blue and white floral coverlet. In the background, there is a lamp with a white shade and a blue wall.
- no need to be ashamed of what God created
 - protects rather than ruin innocence
 - if you don't teach, someone/something else will

God's Design for Sex

AGE	TASK
3-6	learn correct name for body parts
7-10	how God makes babies
11-12	purpose of sex beyond reproduction
13-18	what sexuality is for during the teen years

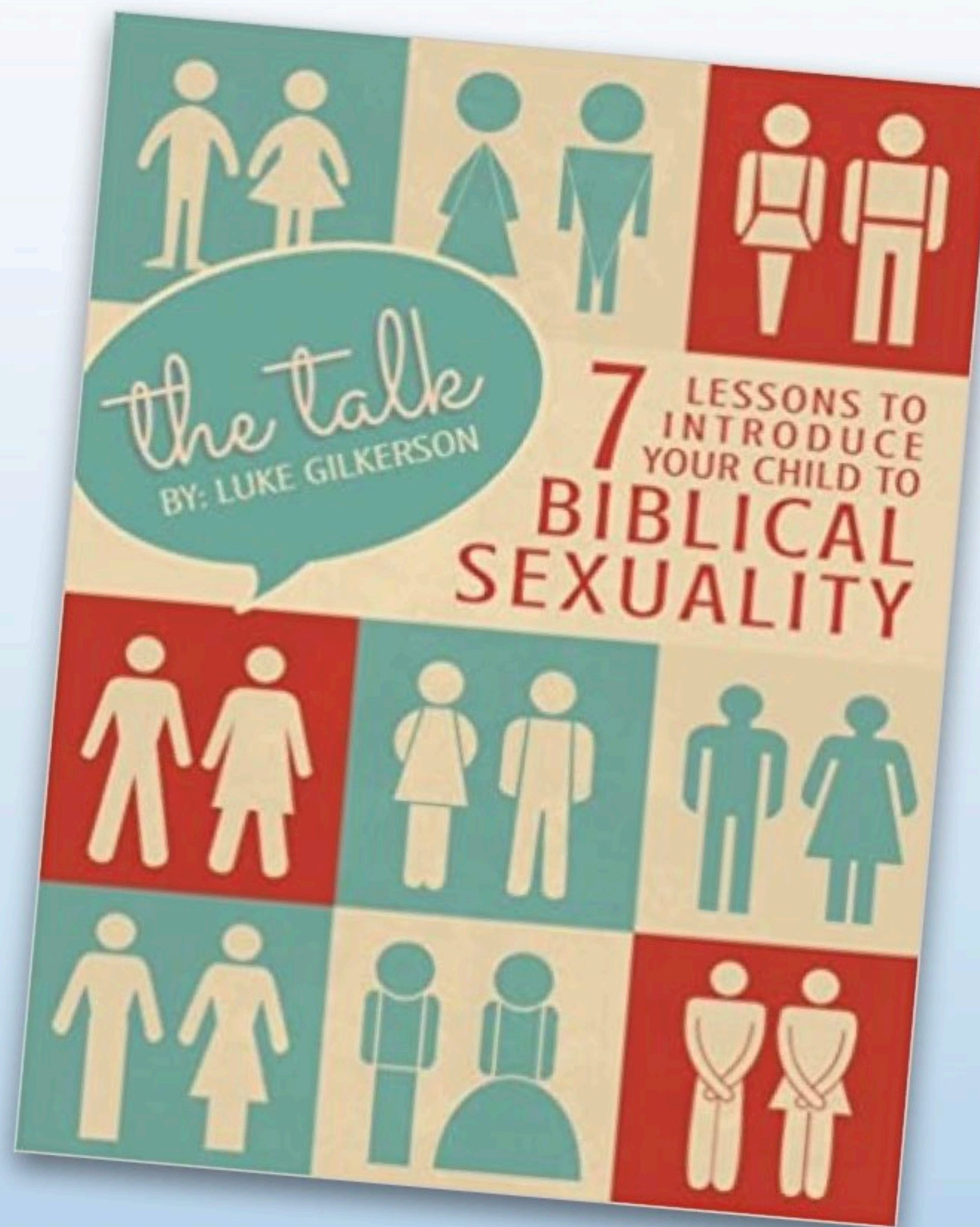
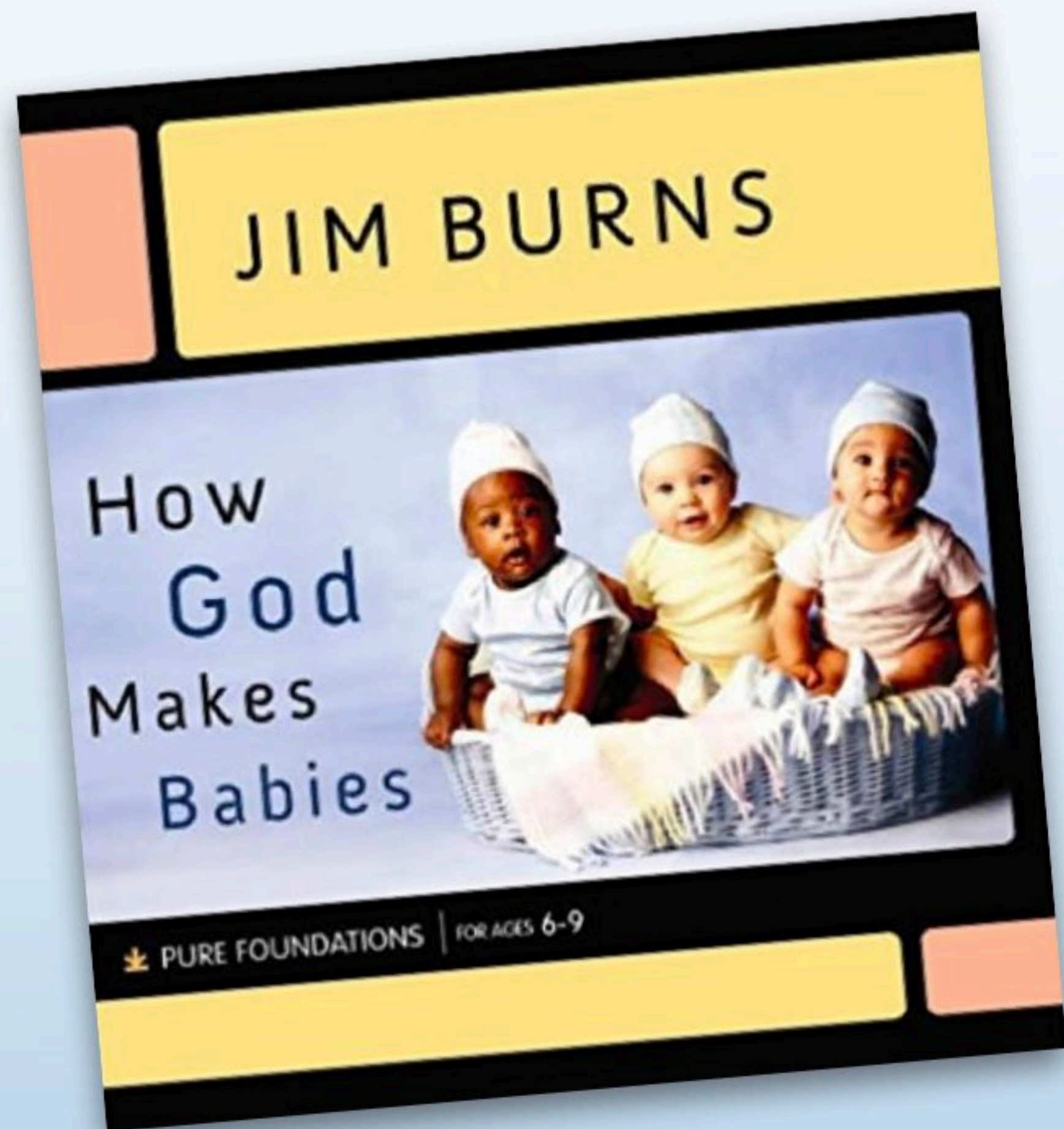
Preschool



Ages 6-9

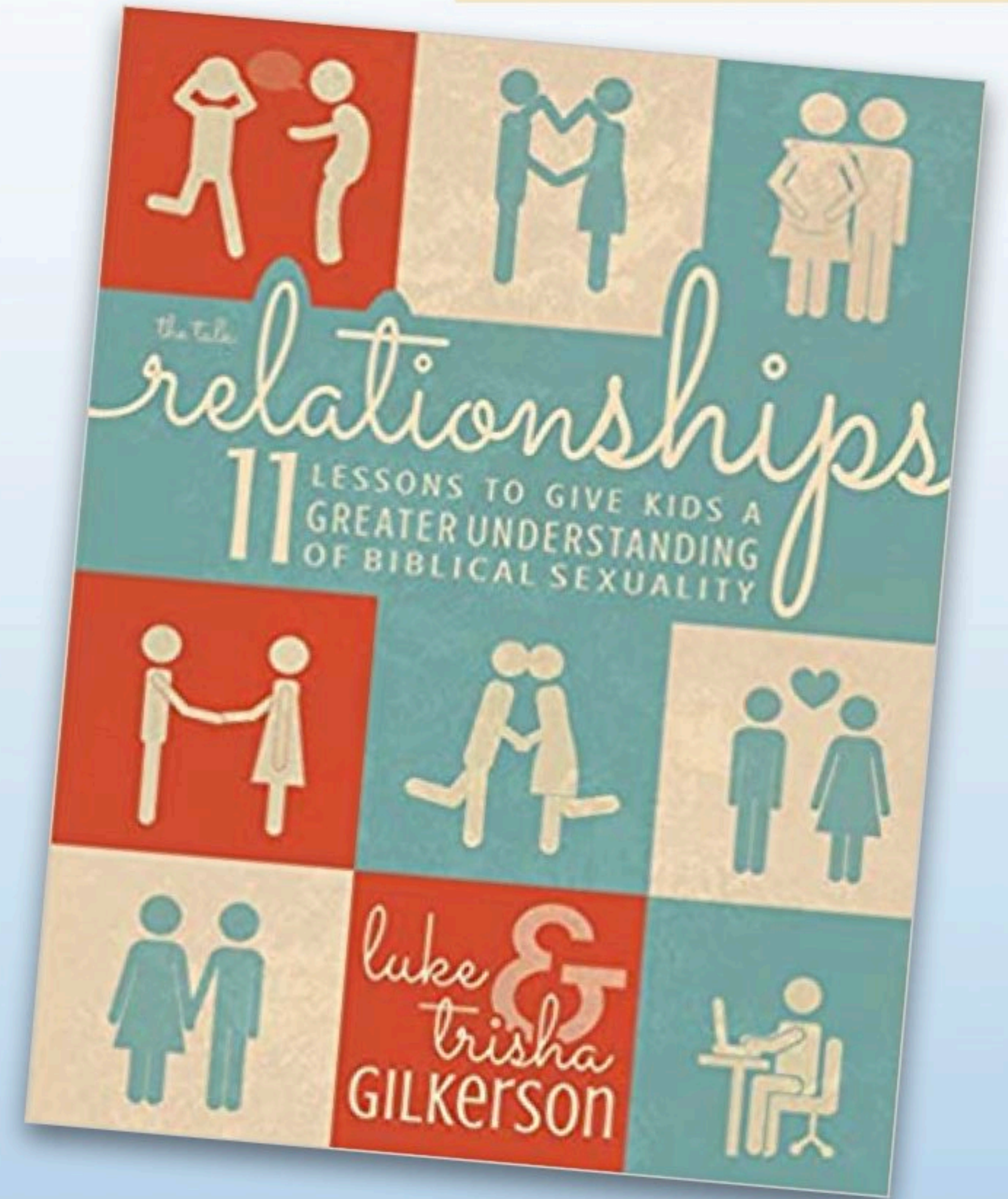
Ages 7-9

Ages 8-12

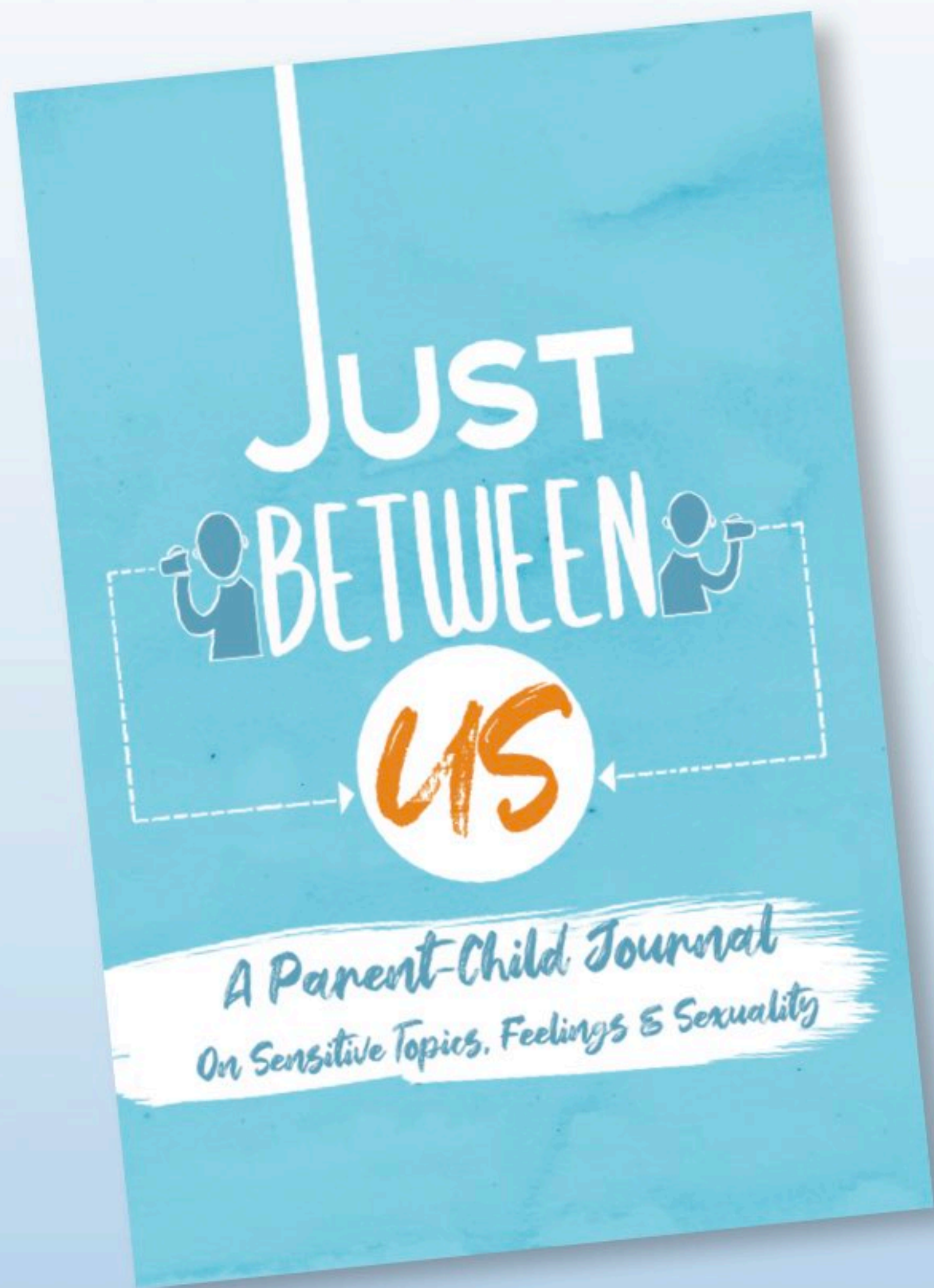


Ages 10 - 12

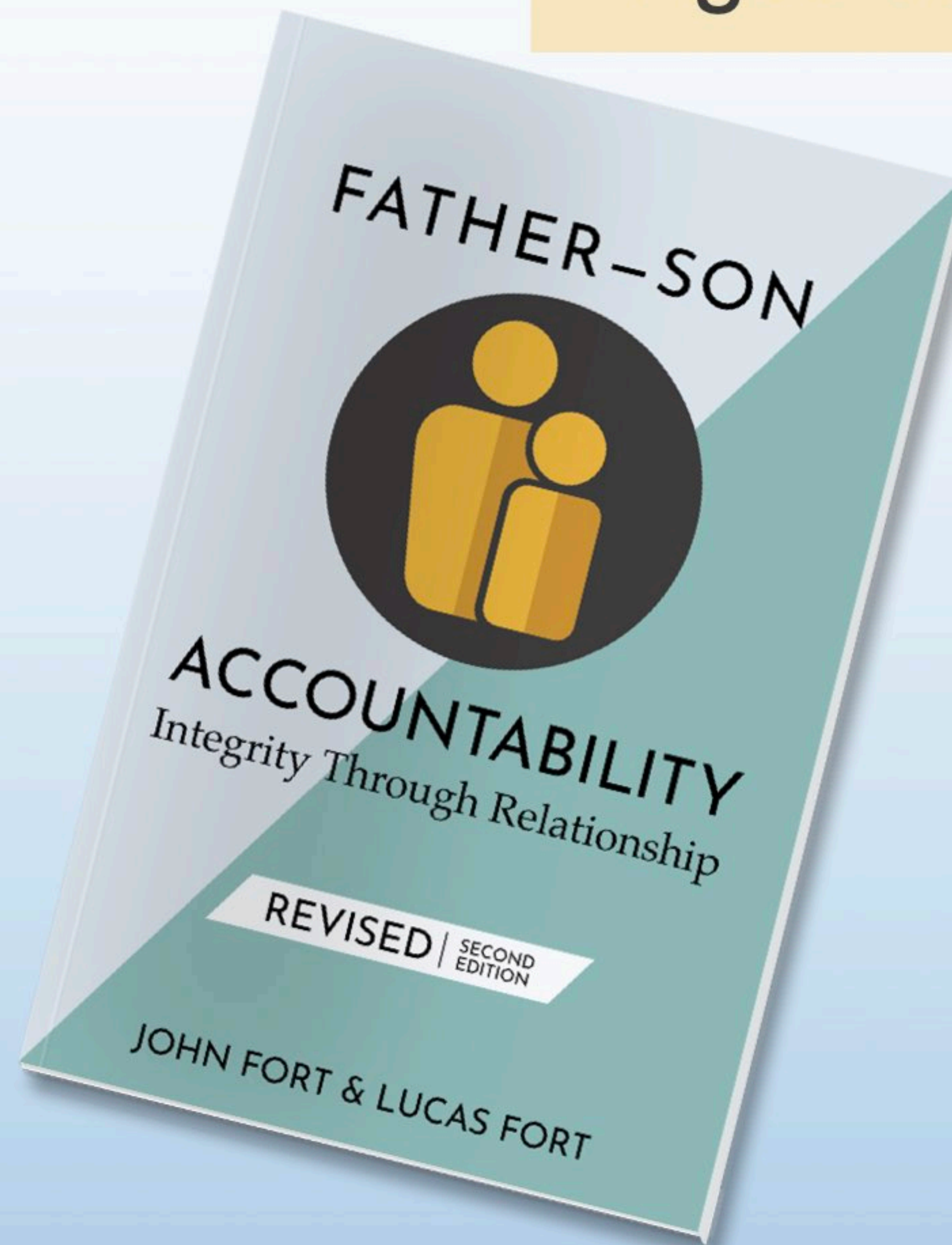
Ages 12-14



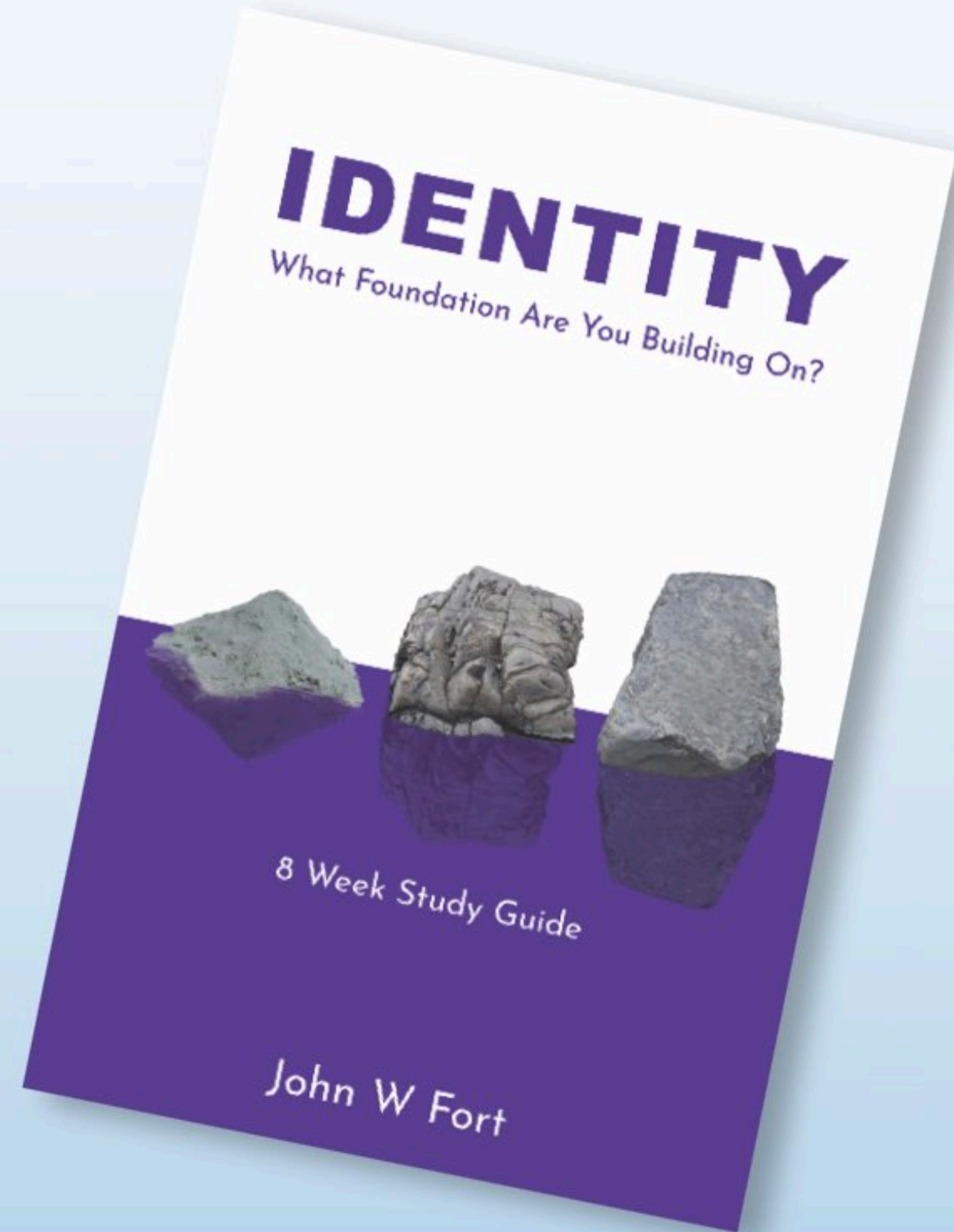
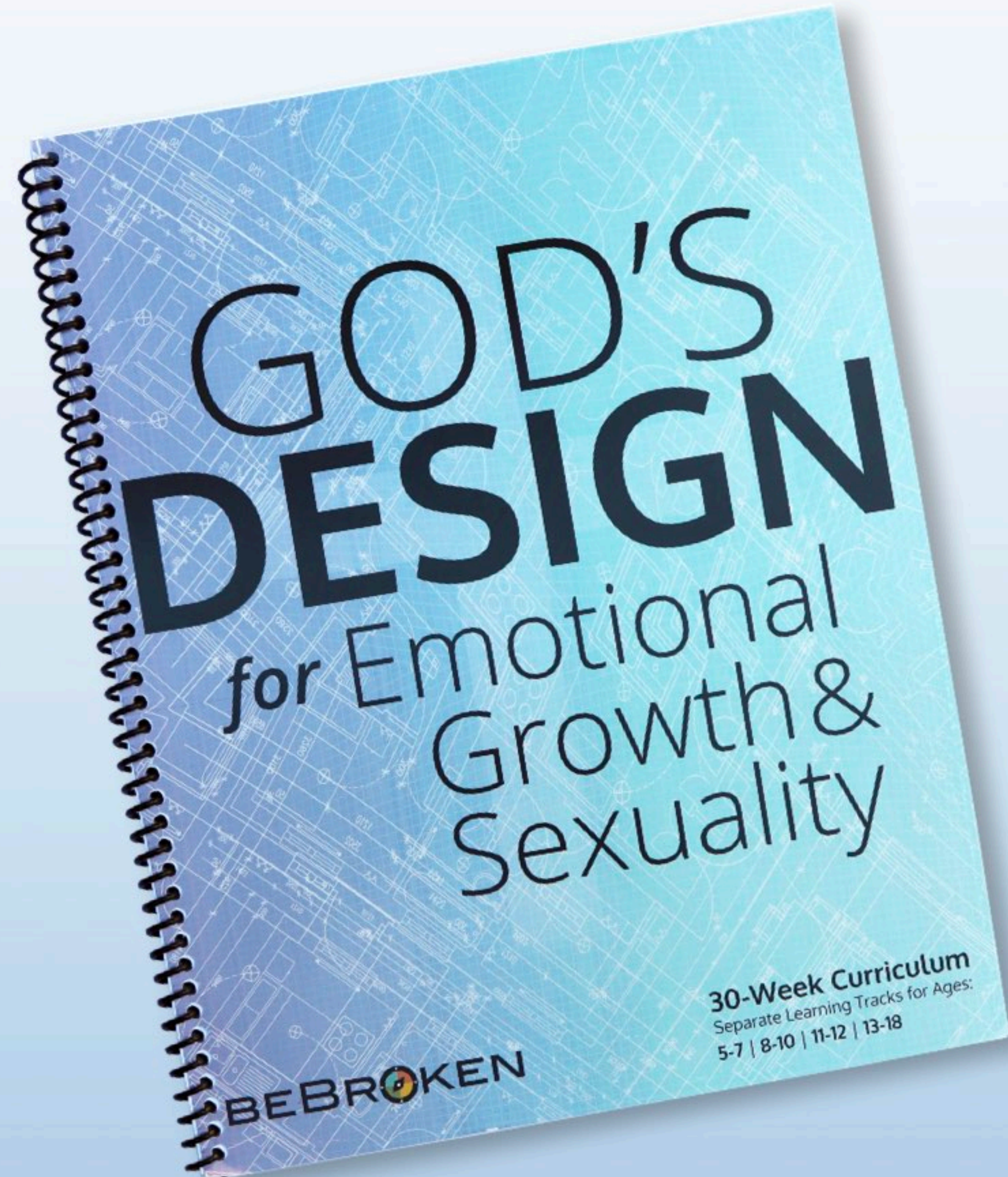
Ages 10+



Ages 12-18

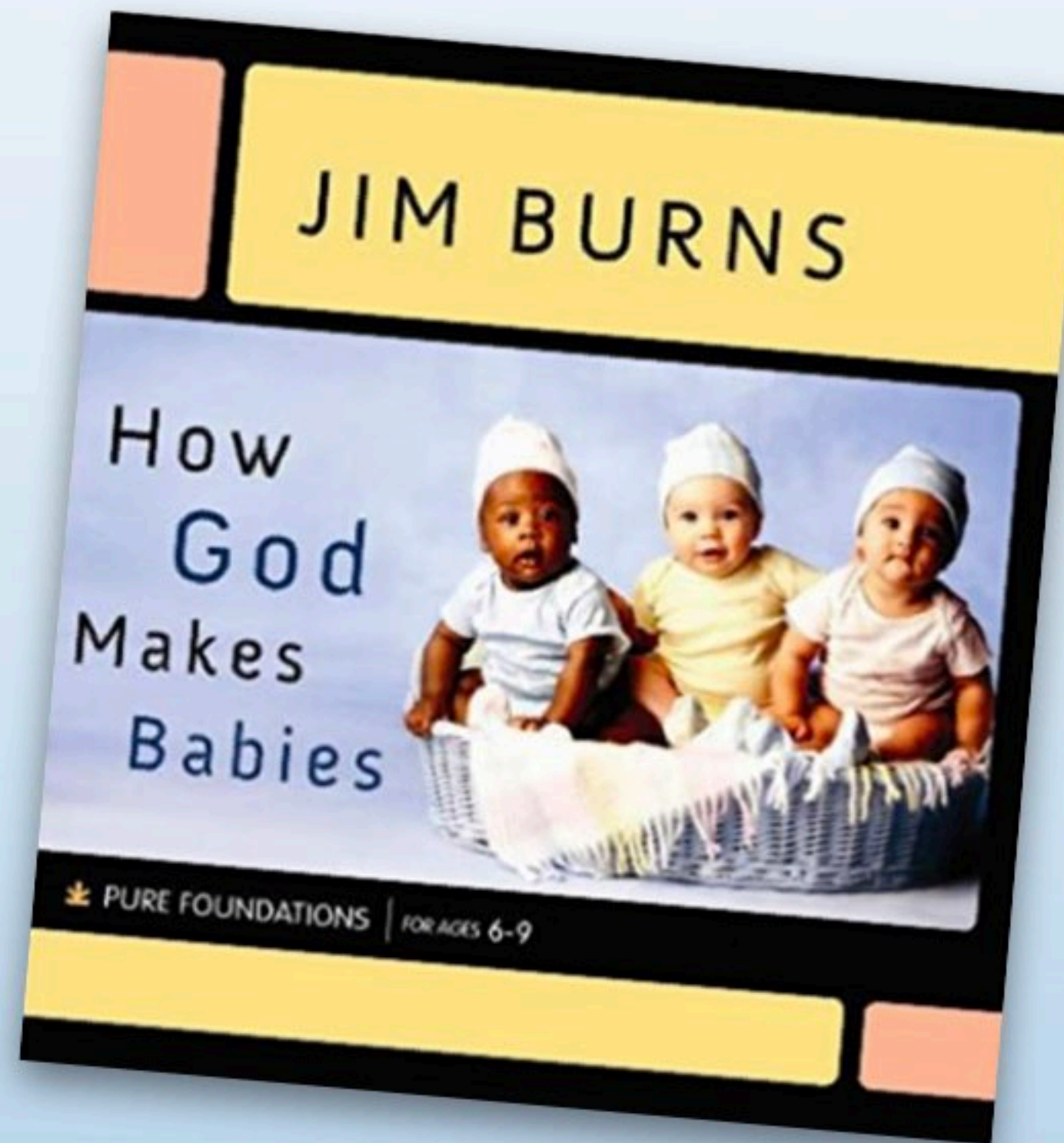
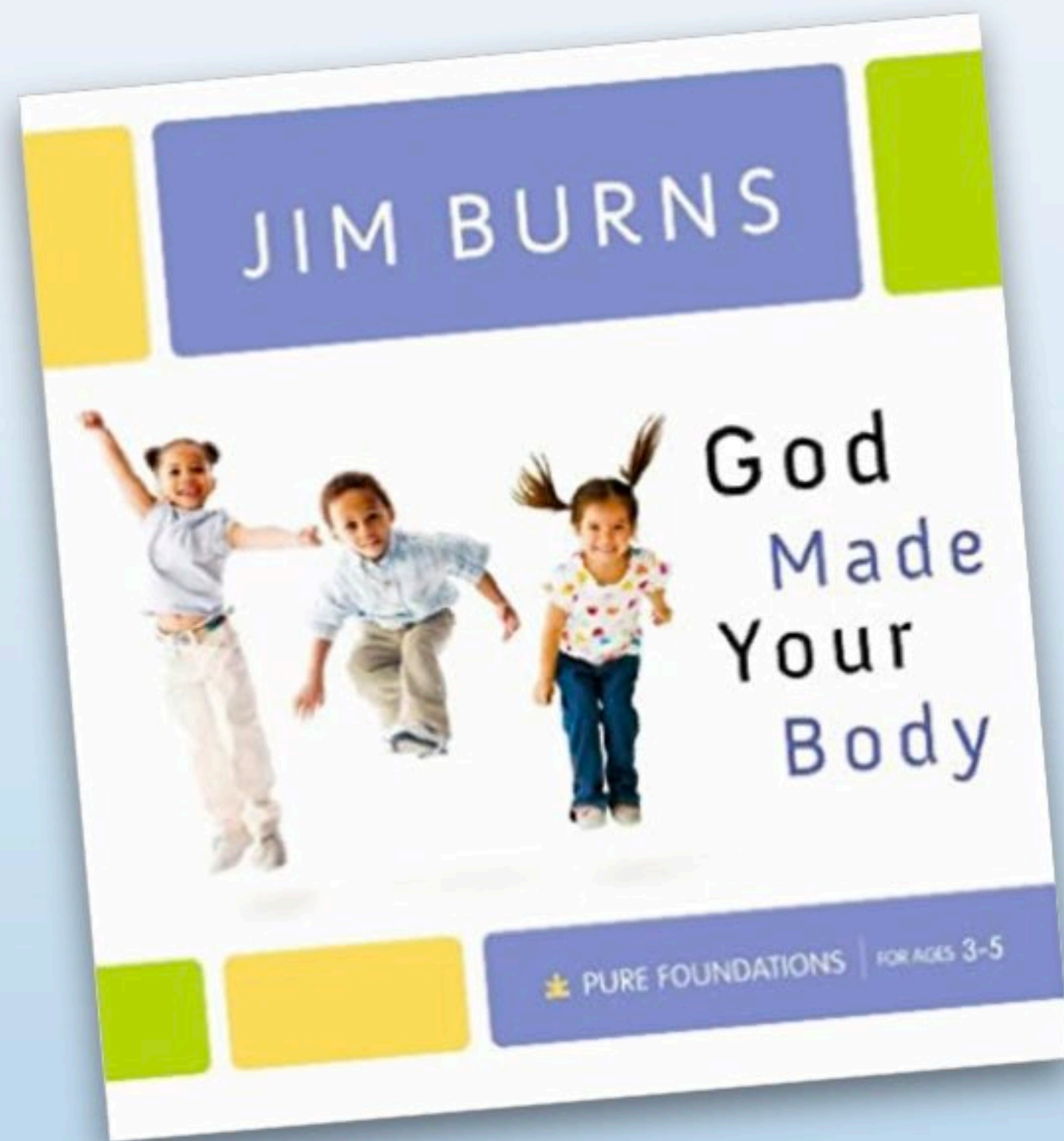


Ages 12-14



*Why is knowing how sex works not innocent?
Seeing hardcore pornography ruins innocence,
not knowing God's design for sex.*

—Jim Burns



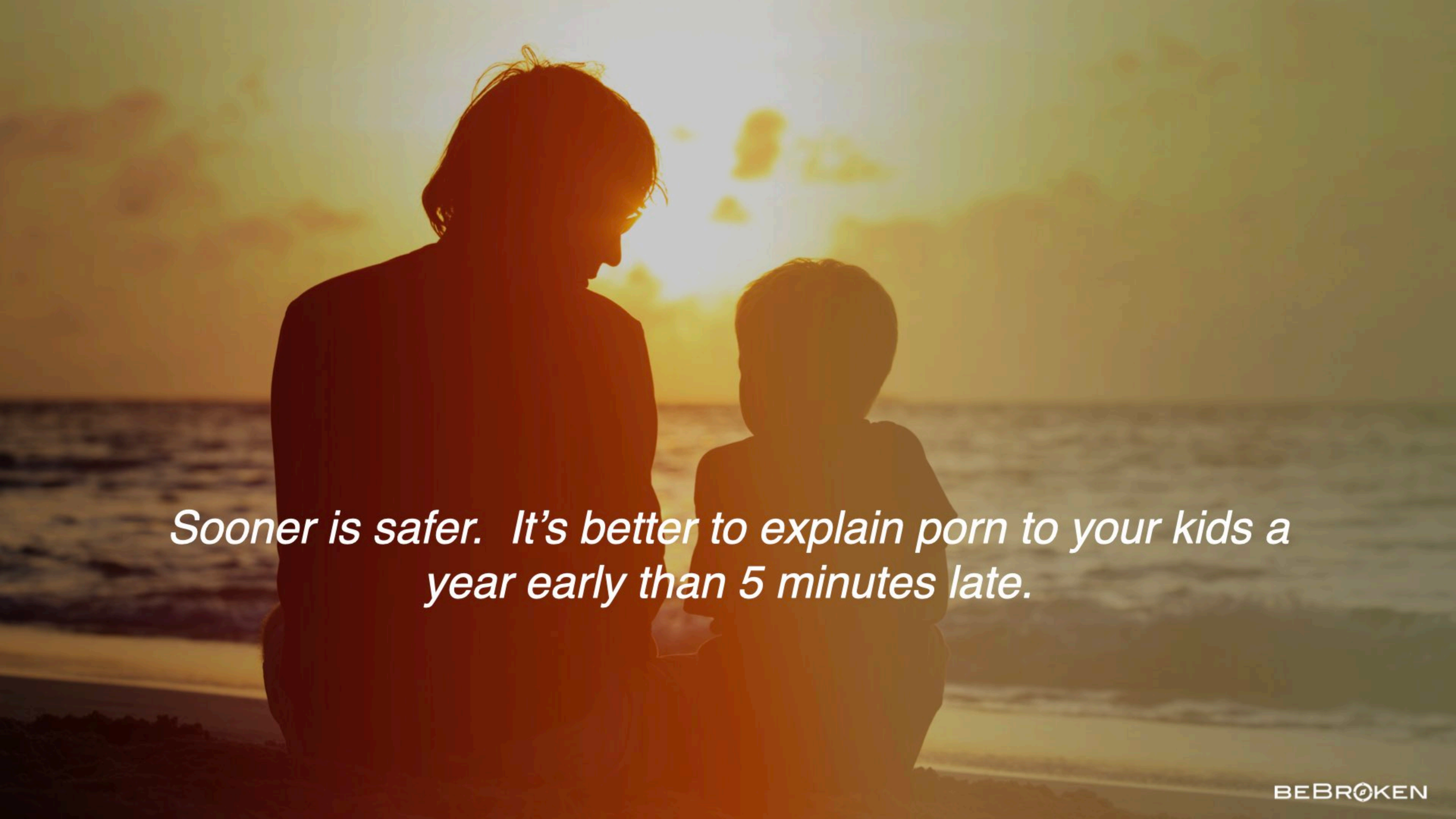




Prepare for Exposure

- Porn/Sexualized media
- Sexual jokes
- Objectification
- Unwanted touch
- Predators
- Erotic literature

Prepare for Exposure

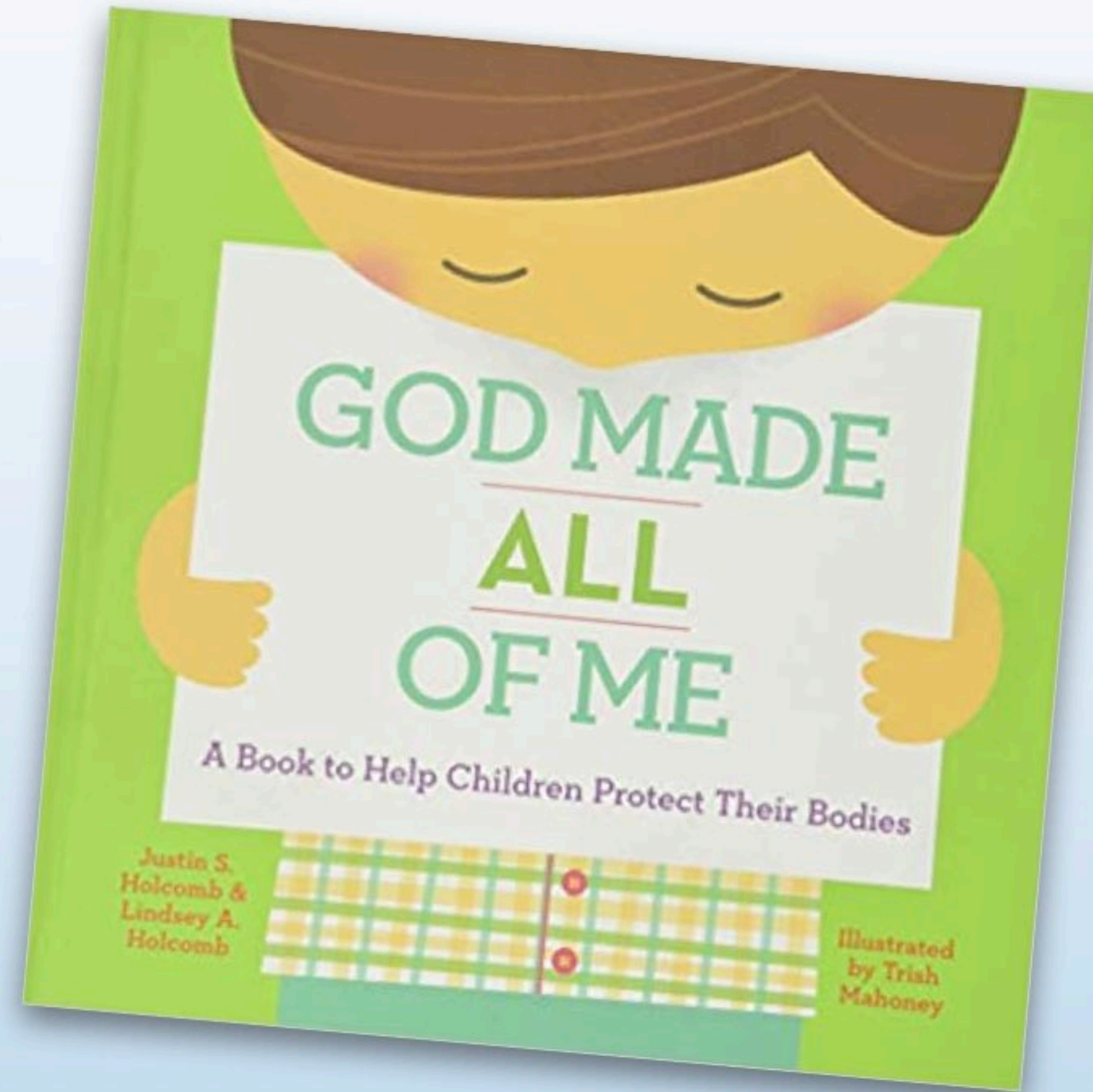
A photograph showing the silhouettes of a woman and a child standing on a beach, looking out at the ocean during a sunset. The scene is bathed in a warm, golden light from the low sun, creating a soft, hazy atmosphere. The woman is on the left, and the child is on the right, both facing away from the camera towards the water. The text is overlaid in the center of the image.

Sooner is safer. It's better to explain porn to your kids a year early than 5 minutes late.

Prepare for Exposure

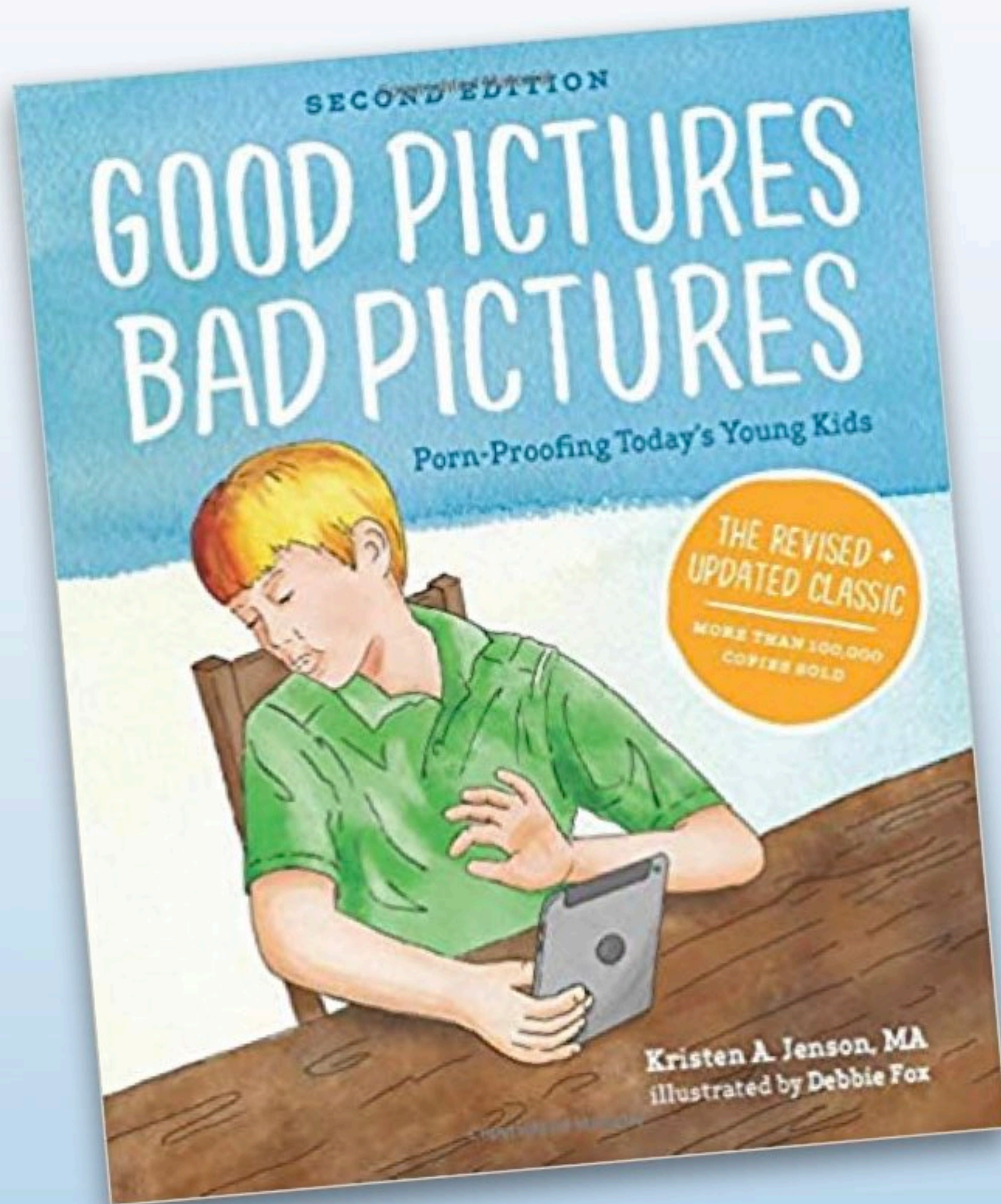
AGE	TASK
3-5	body safety
6-7	what you might see/hear & what to do
8-10	pornography, jokes, objectification & what to do
11-18	continued discussion

Preschool



Ages 7-9

Ages 12+



PURE LIFE ACADEMY
purelifeacademy.org

MEN WOMEN FAMILY LEADERS SIGN IN GET STARTED NOW

Family Discussion Guide
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A Family Game Plan for Discussing Porn

Studies show that the average child is exposed to pornography at 11-13 years old. This exposure harms both their emotional and spiritual development. We want to help you help your family.

Whether your child has been exposed to pornography or not, the likelihood increases dramatically in adolescence. You both need to be prepared! This course starts with a section for parents, then children join in with a series of short videos and discussion guides.

21 Days of Help for Parents & Children

Parents will be equipped for conversations that lead to real change. The course starts with easy conversations and works toward more difficult ones. Topics include:

- Close your eyes
- Get away
- Come tell me
- You will not be in trouble





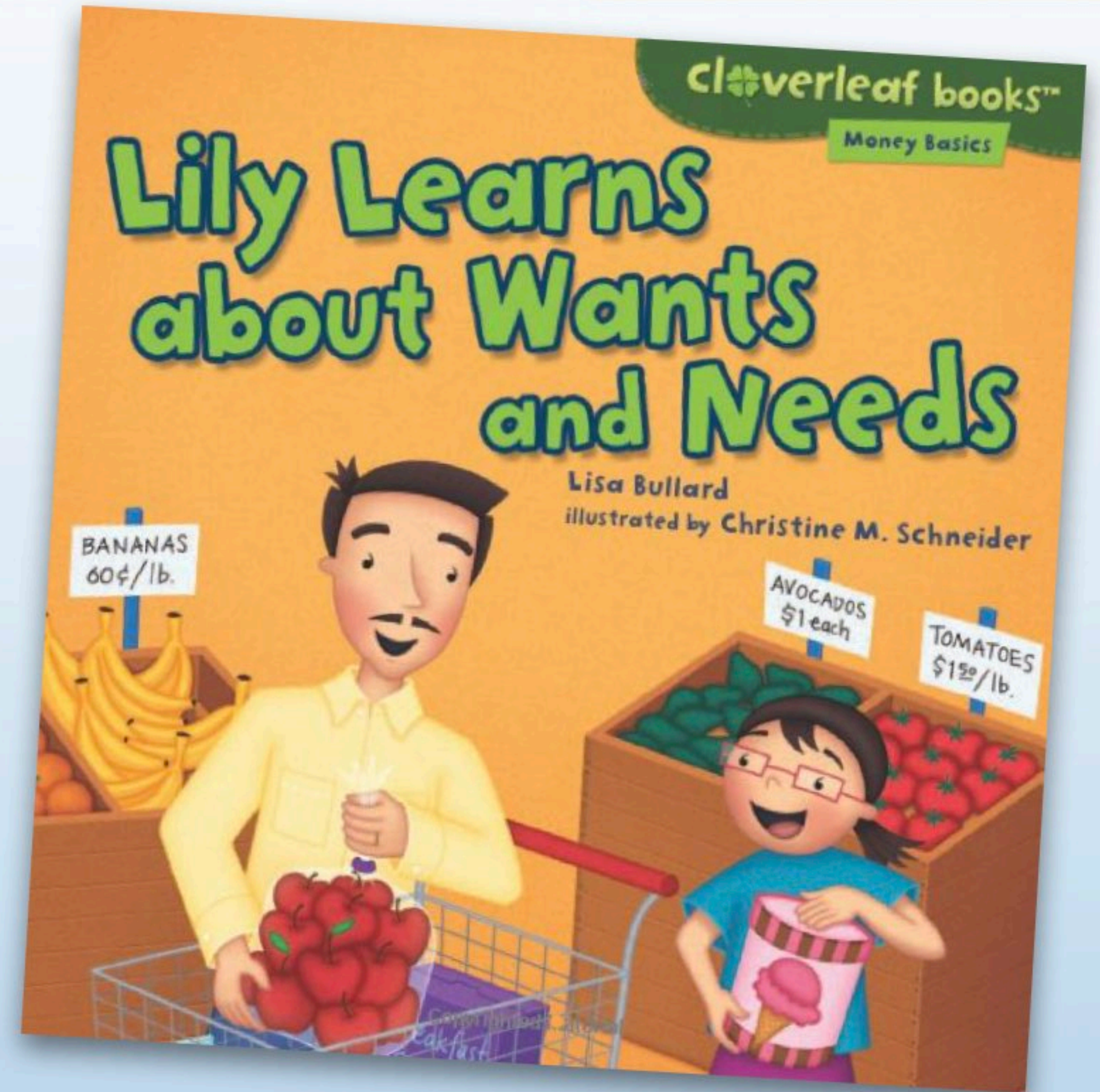
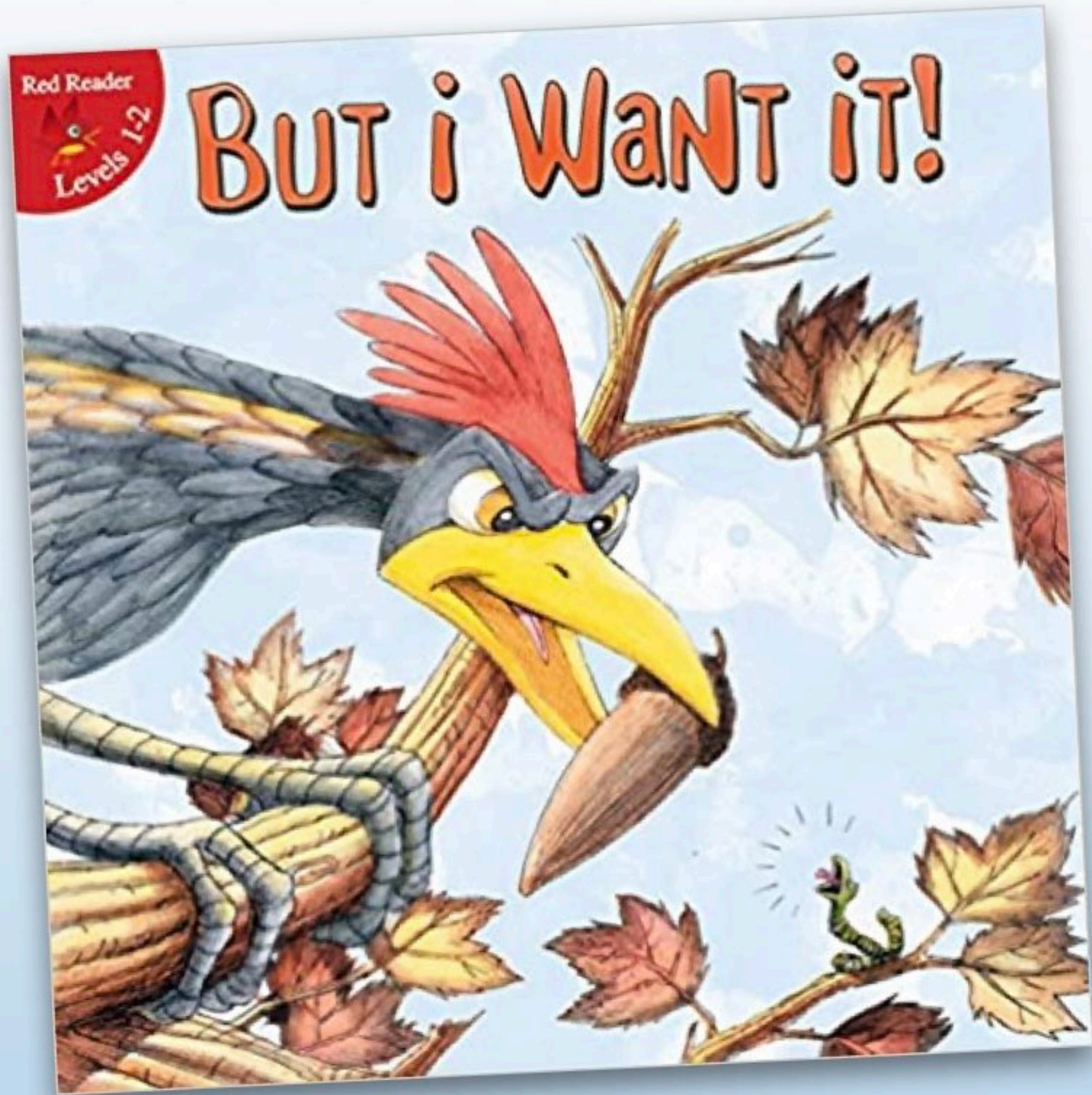
Dealing with Temptation

Dealing with Temptation

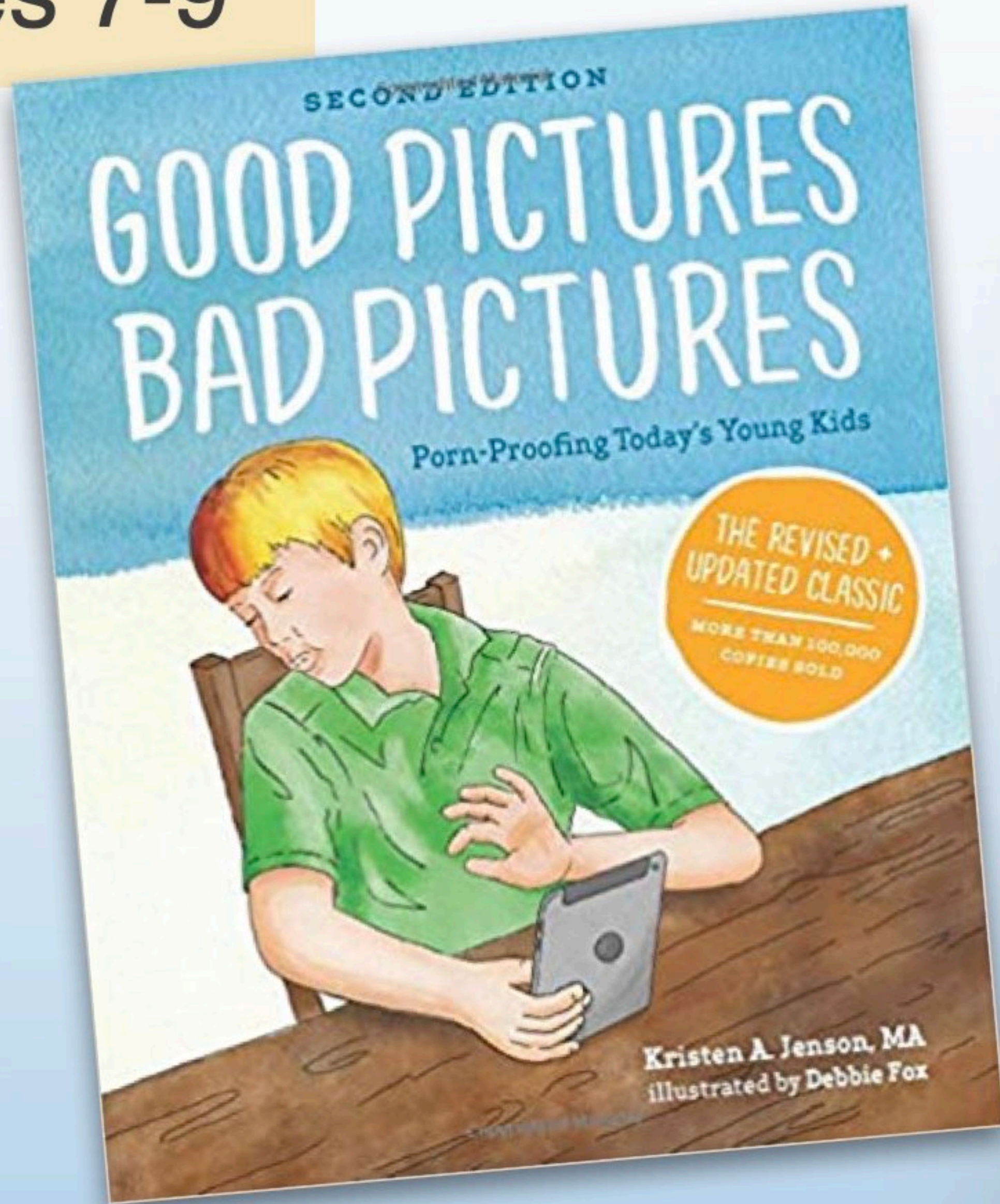
AGE	TASK
3-5	wants & needs
6-7	my feelings VS what is healthy for me & others
8-10	feeling brain VS thinking brain
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Preschool

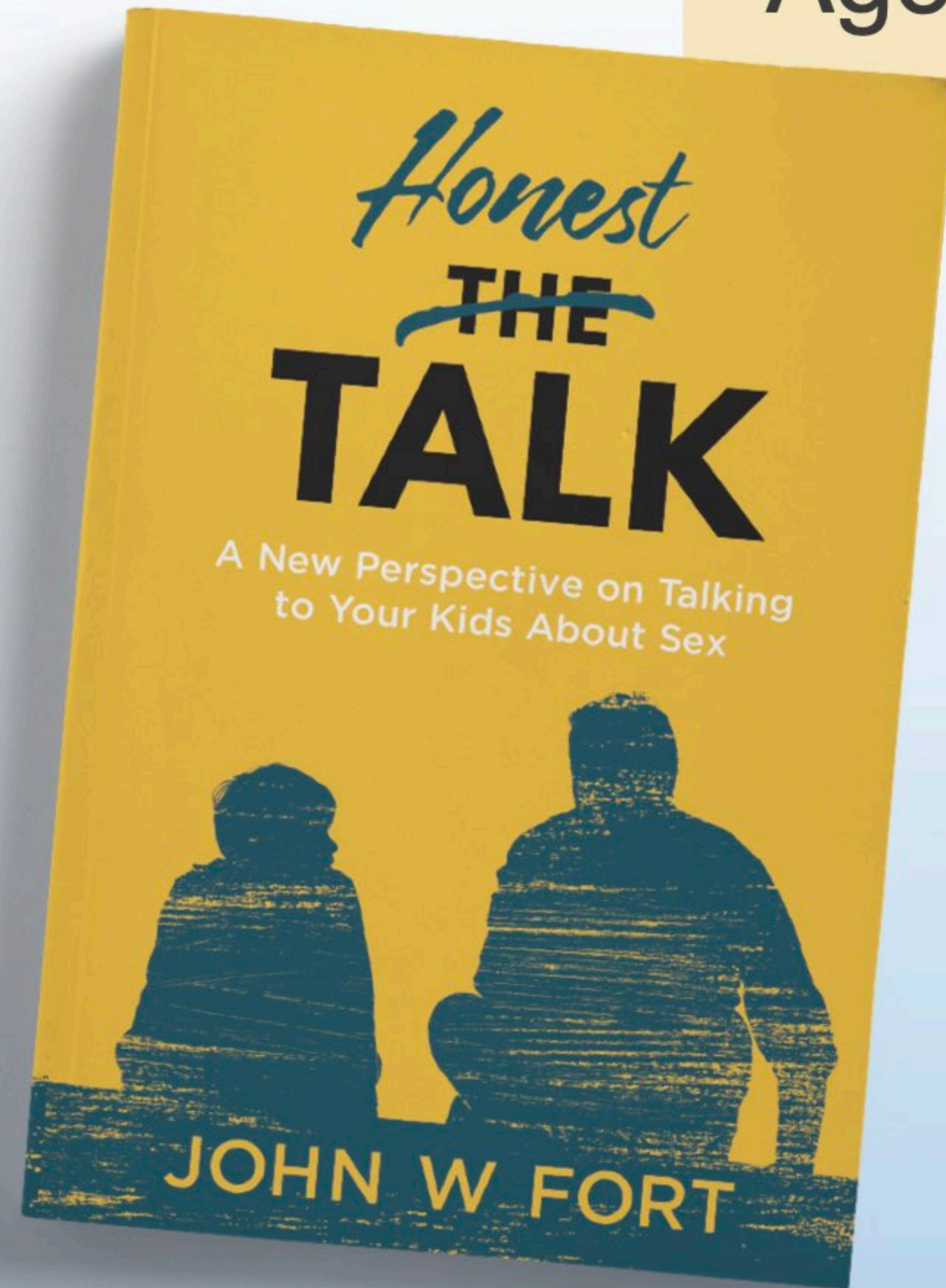
Ages 6-7



Ages 7-9

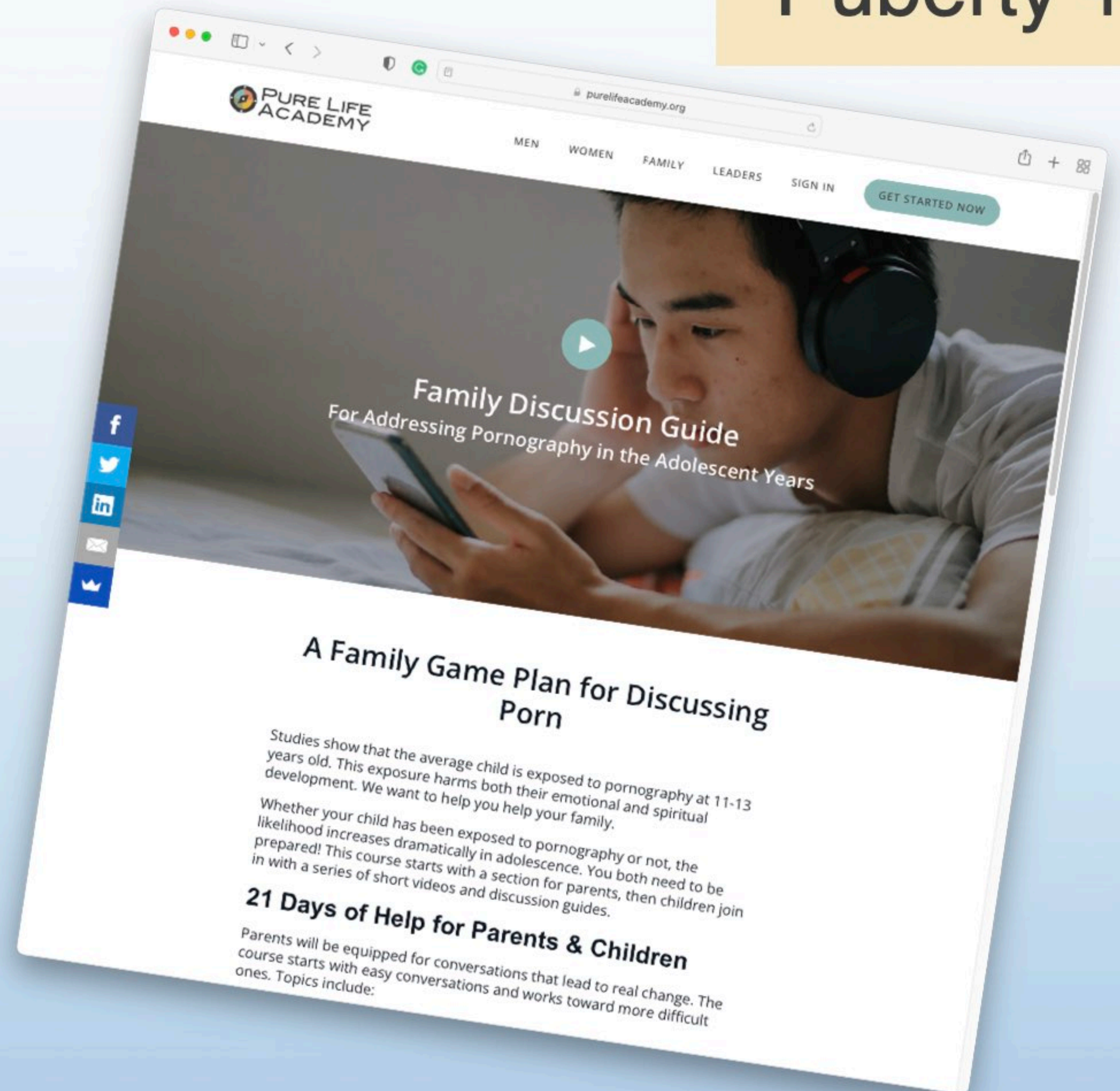
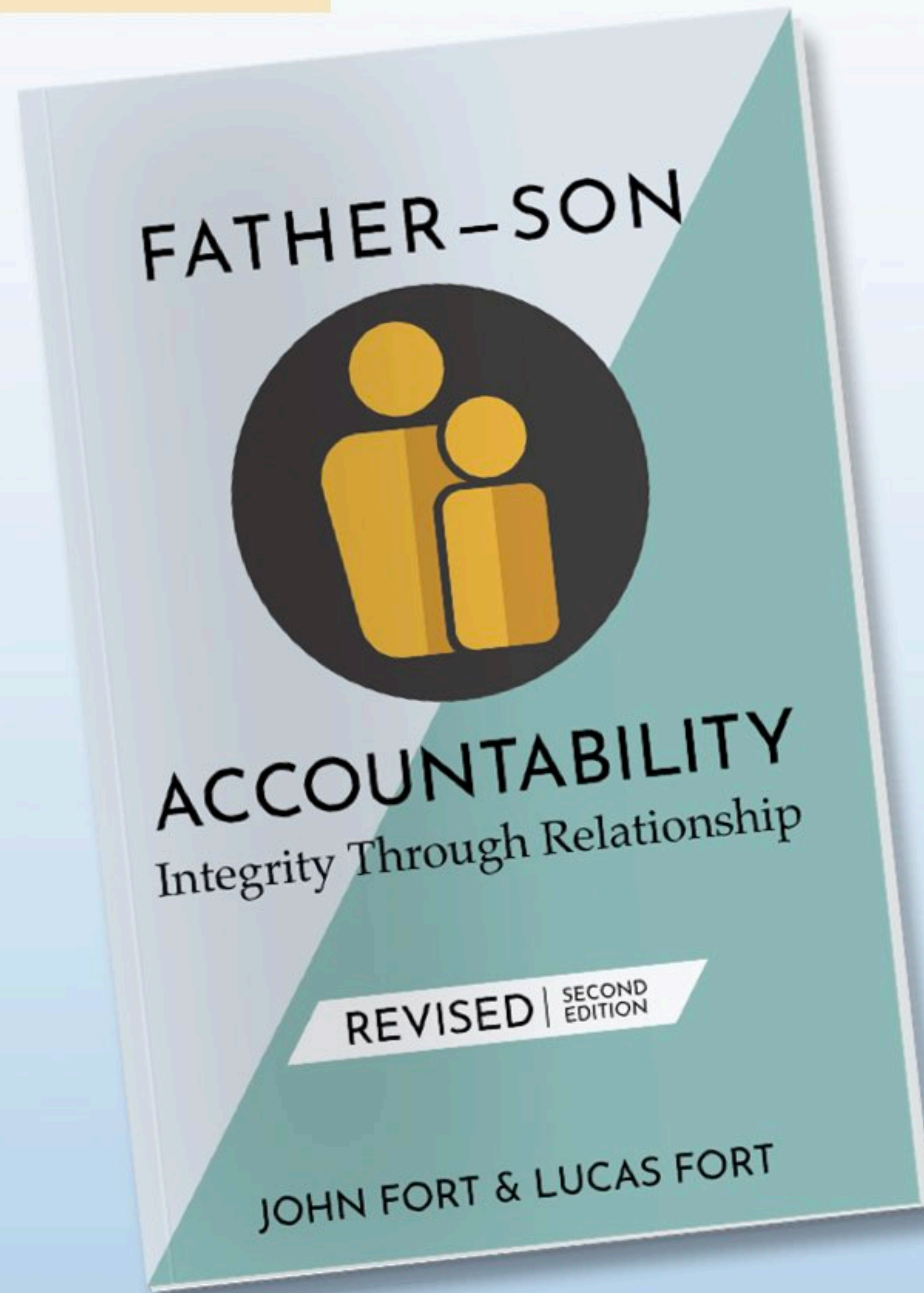


Ages 11+



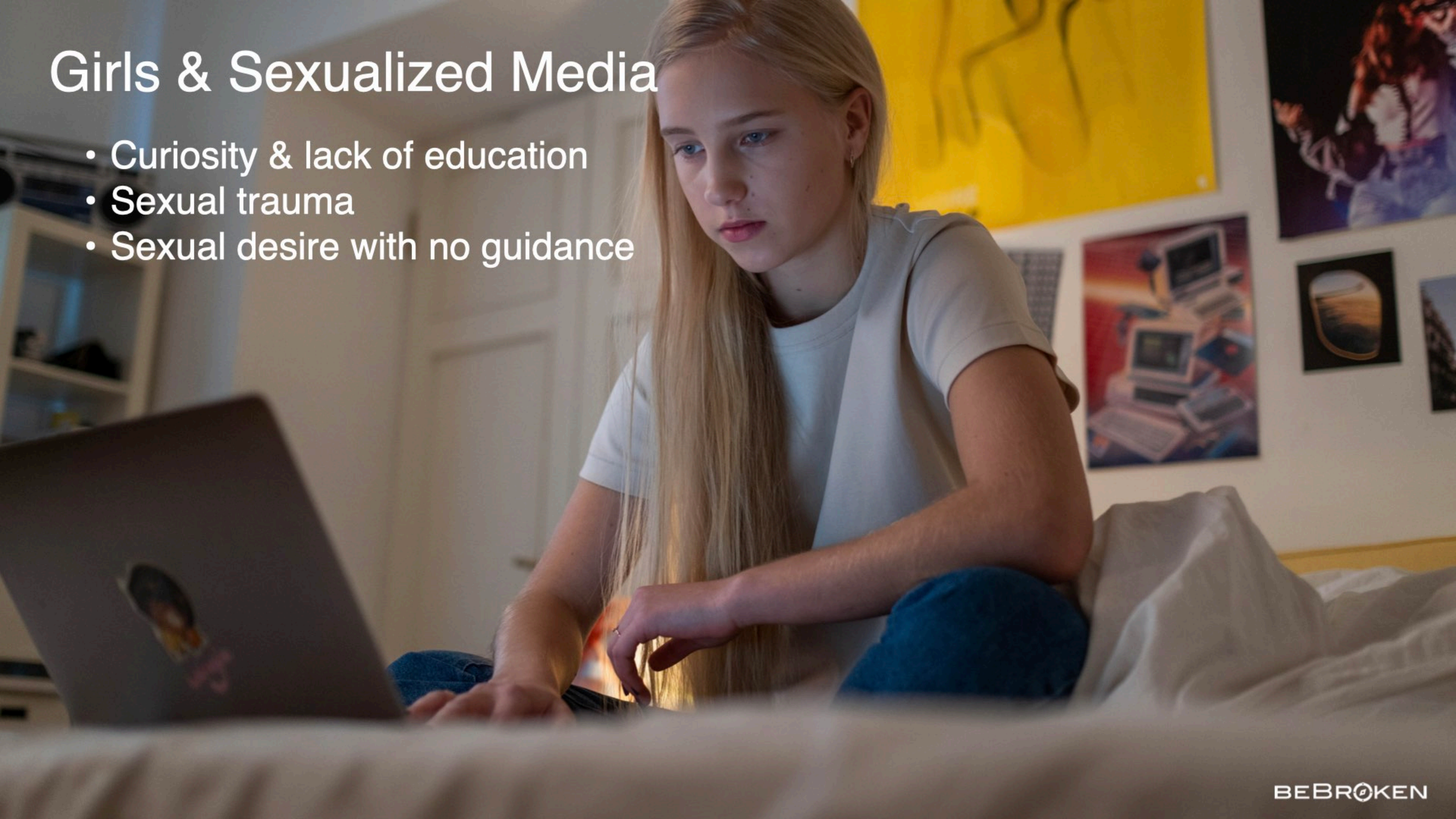
Ages 12+

Puberty +



Girls & Sexualized Media

- Curiosity & lack of education
- Sexual trauma
- Sexual desire with no guidance





“It’s not about sex at all, but the desperate search for love, touch, affirmation, and acceptance...”

“God created us for intimate connection with Him, with others, and with ourselves. When those connections are broken or absent, girls desperately seek a false substitute.”

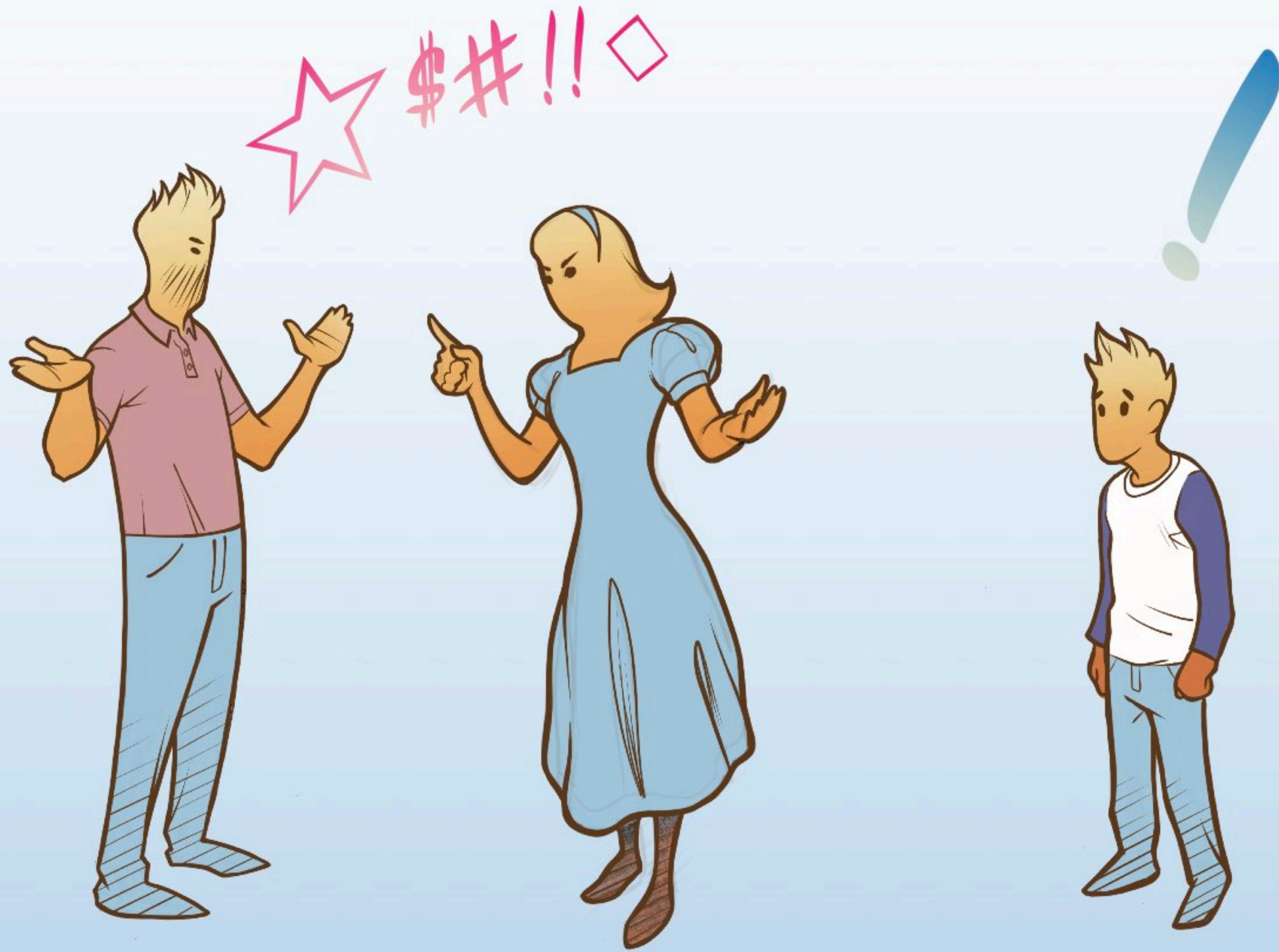
—Marnie Ferree





- Sexual Arousal
- Negative Feelings Vanish





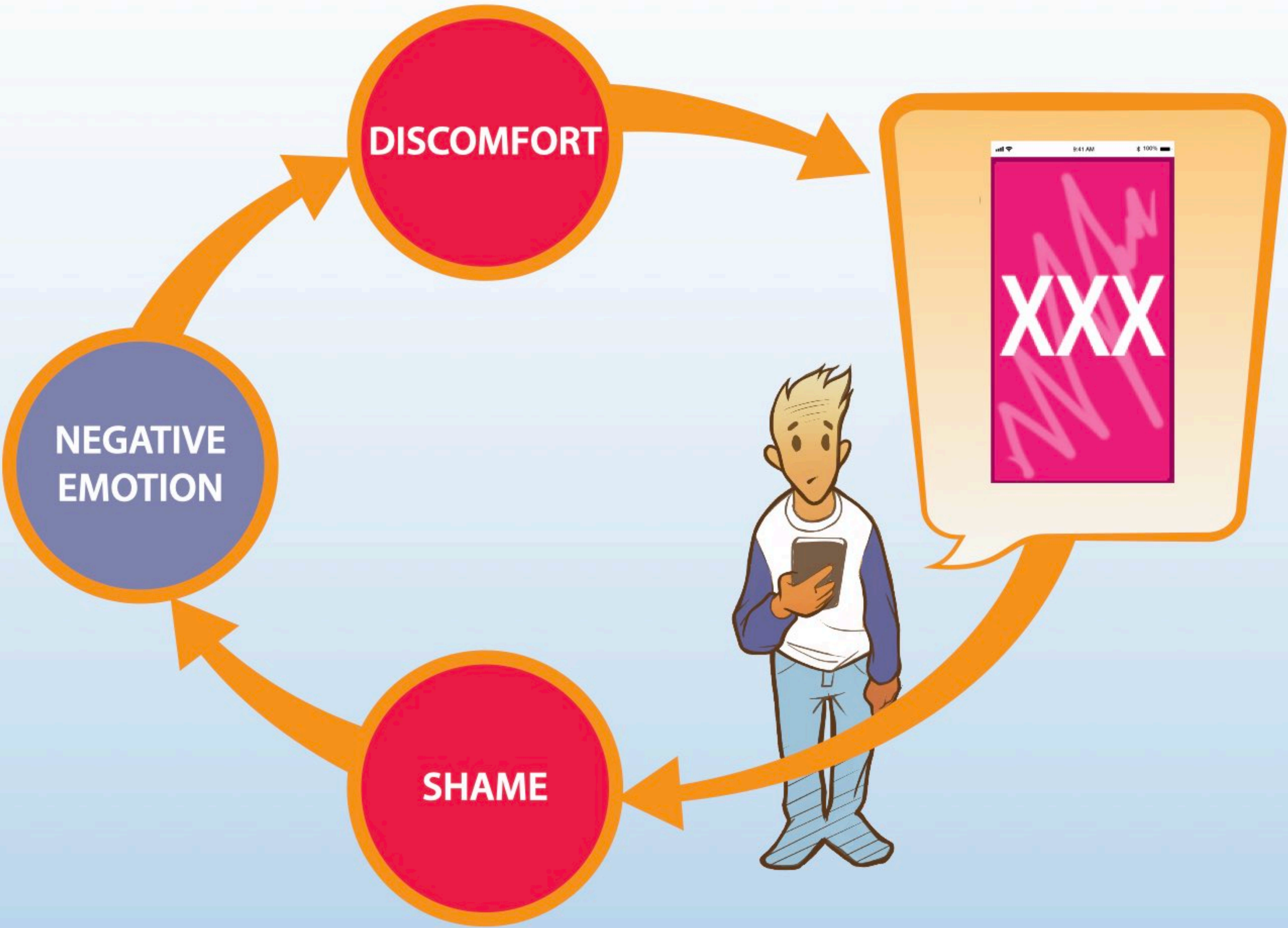


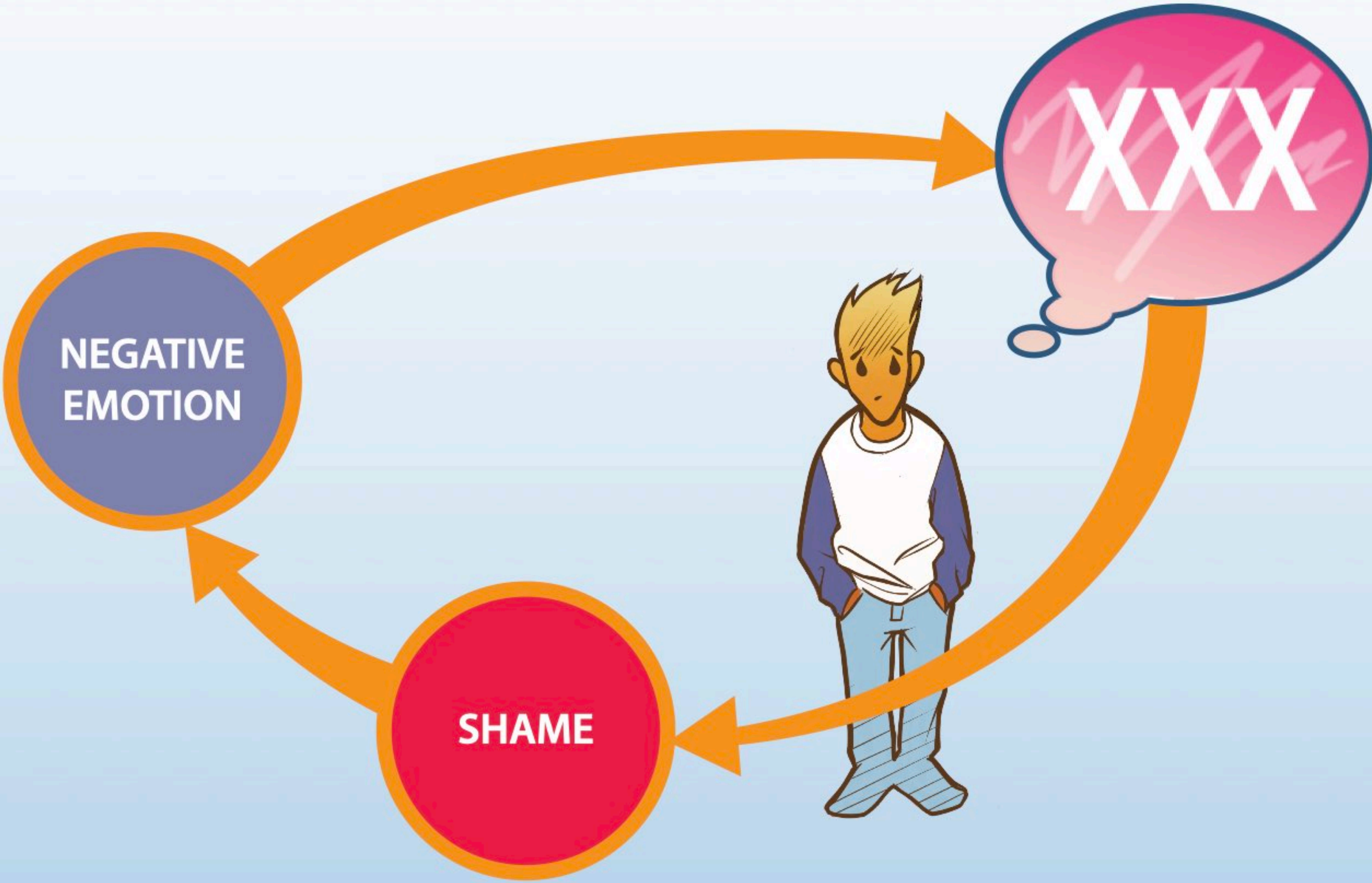


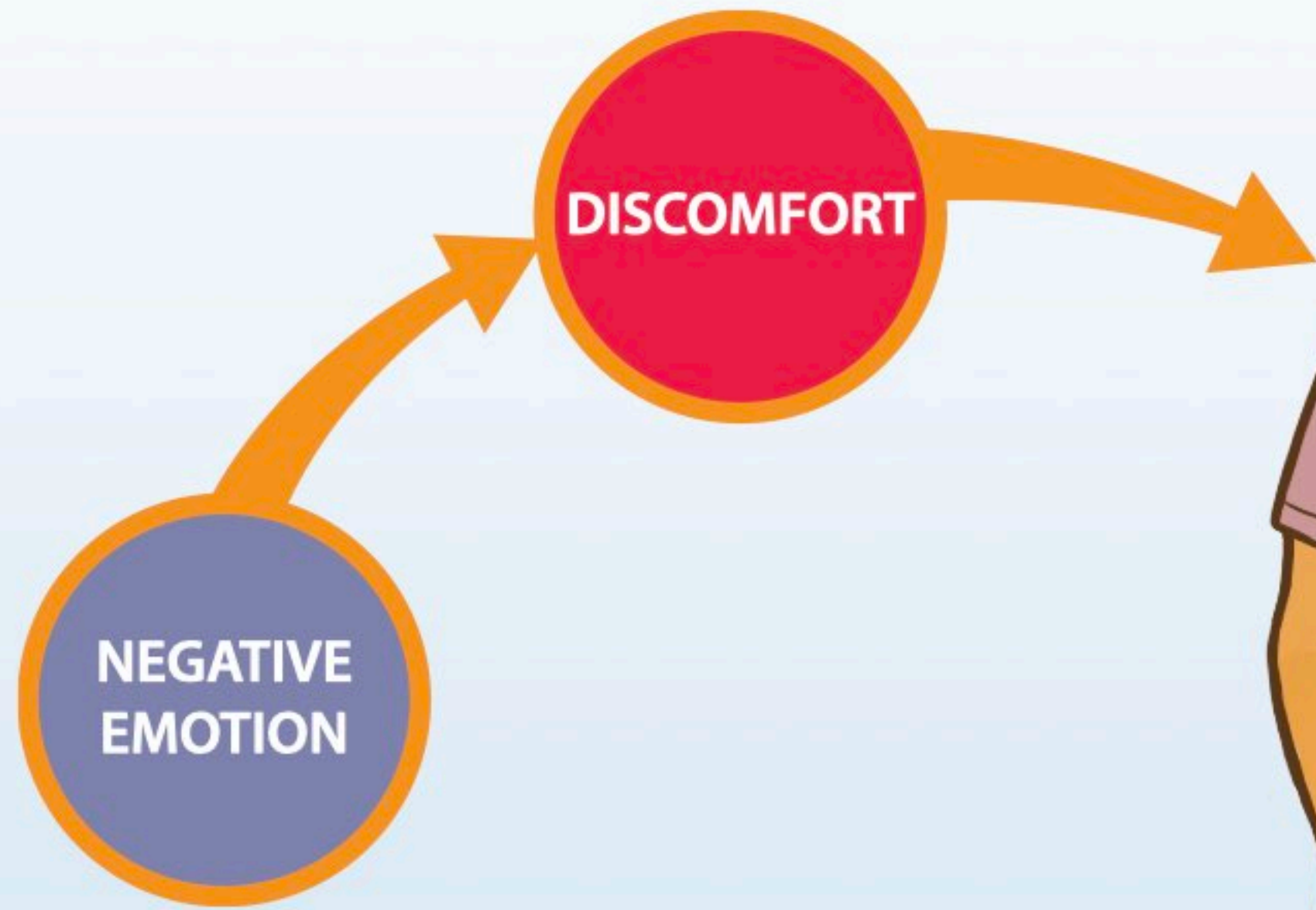


- Sexual Arousal
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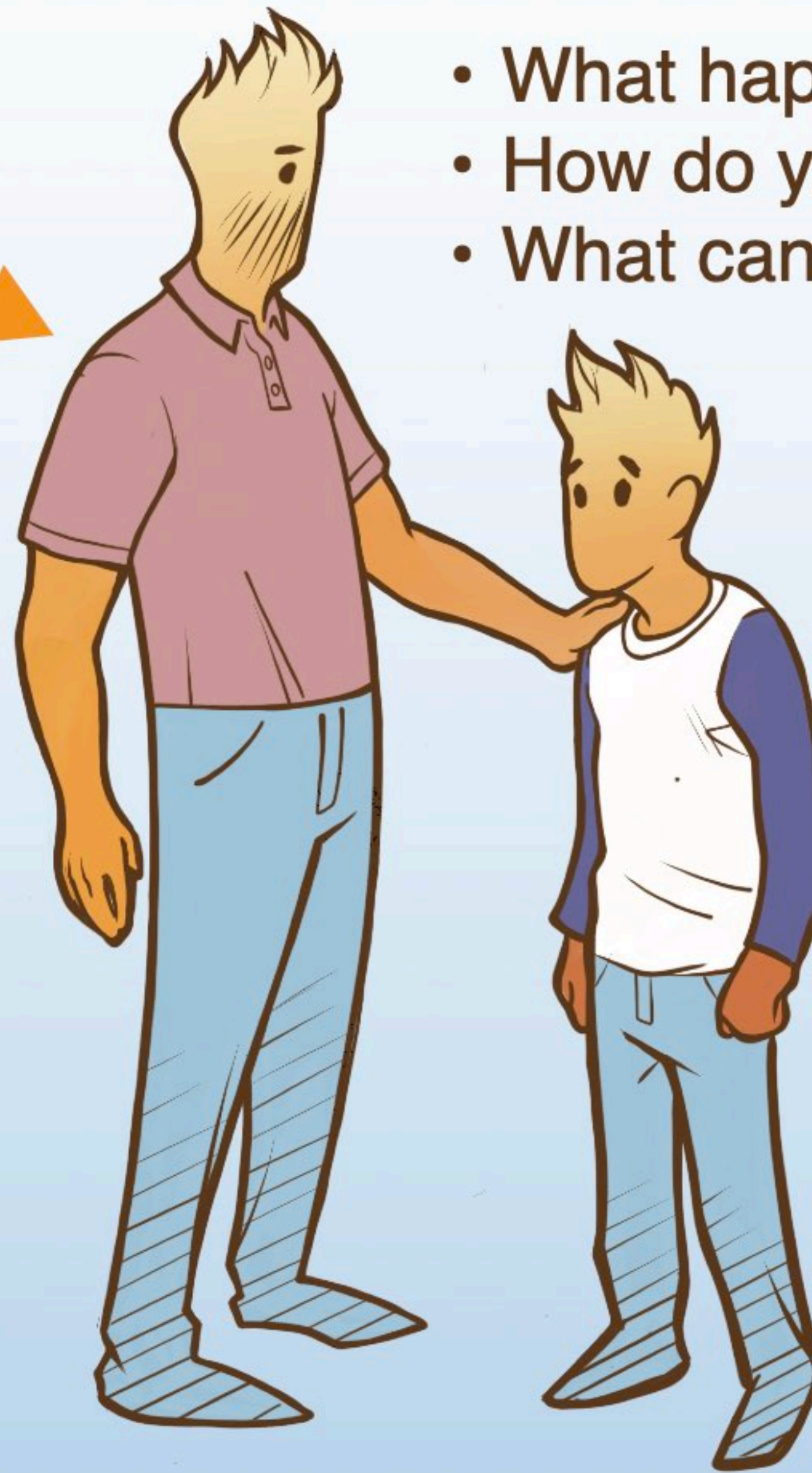


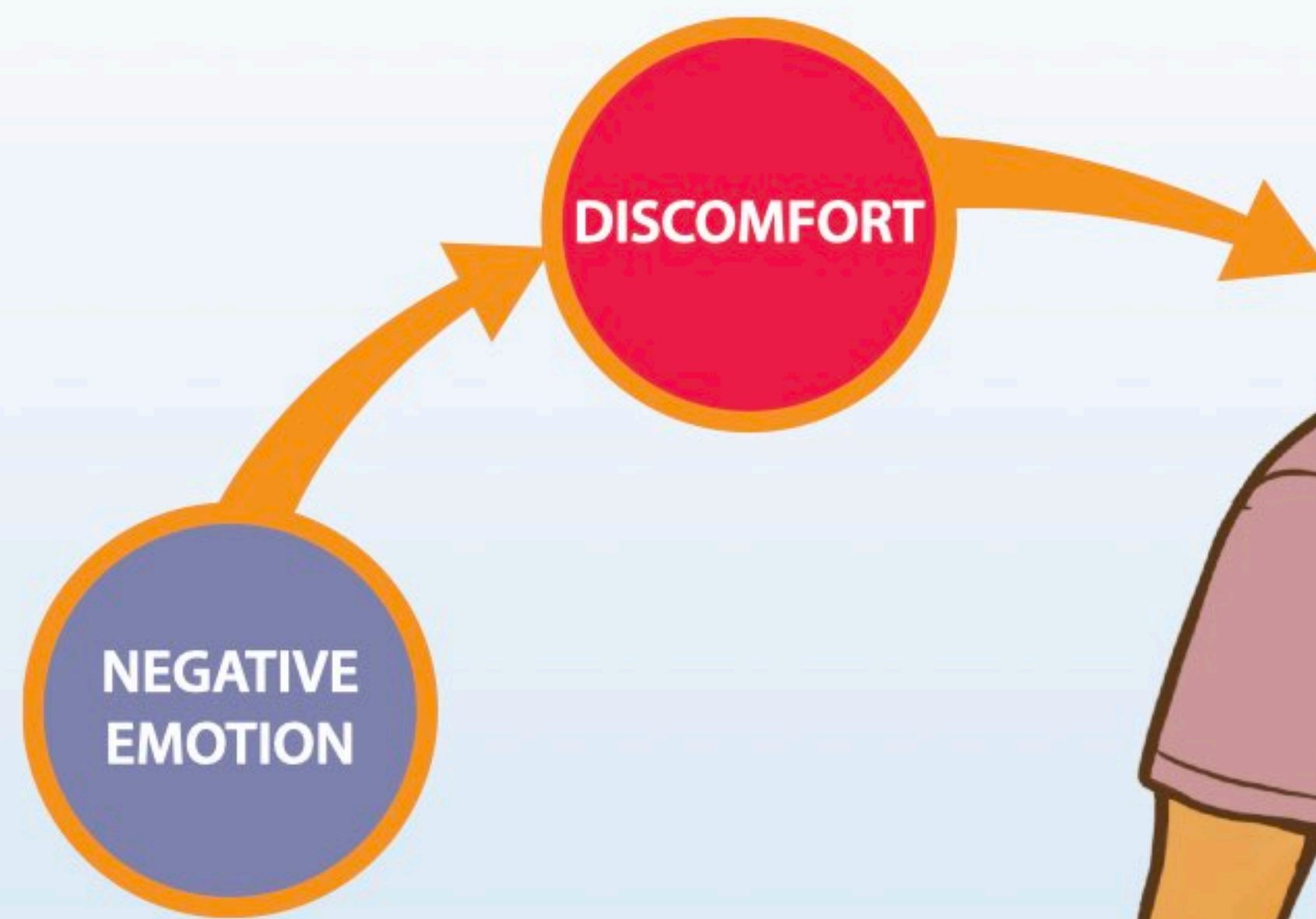




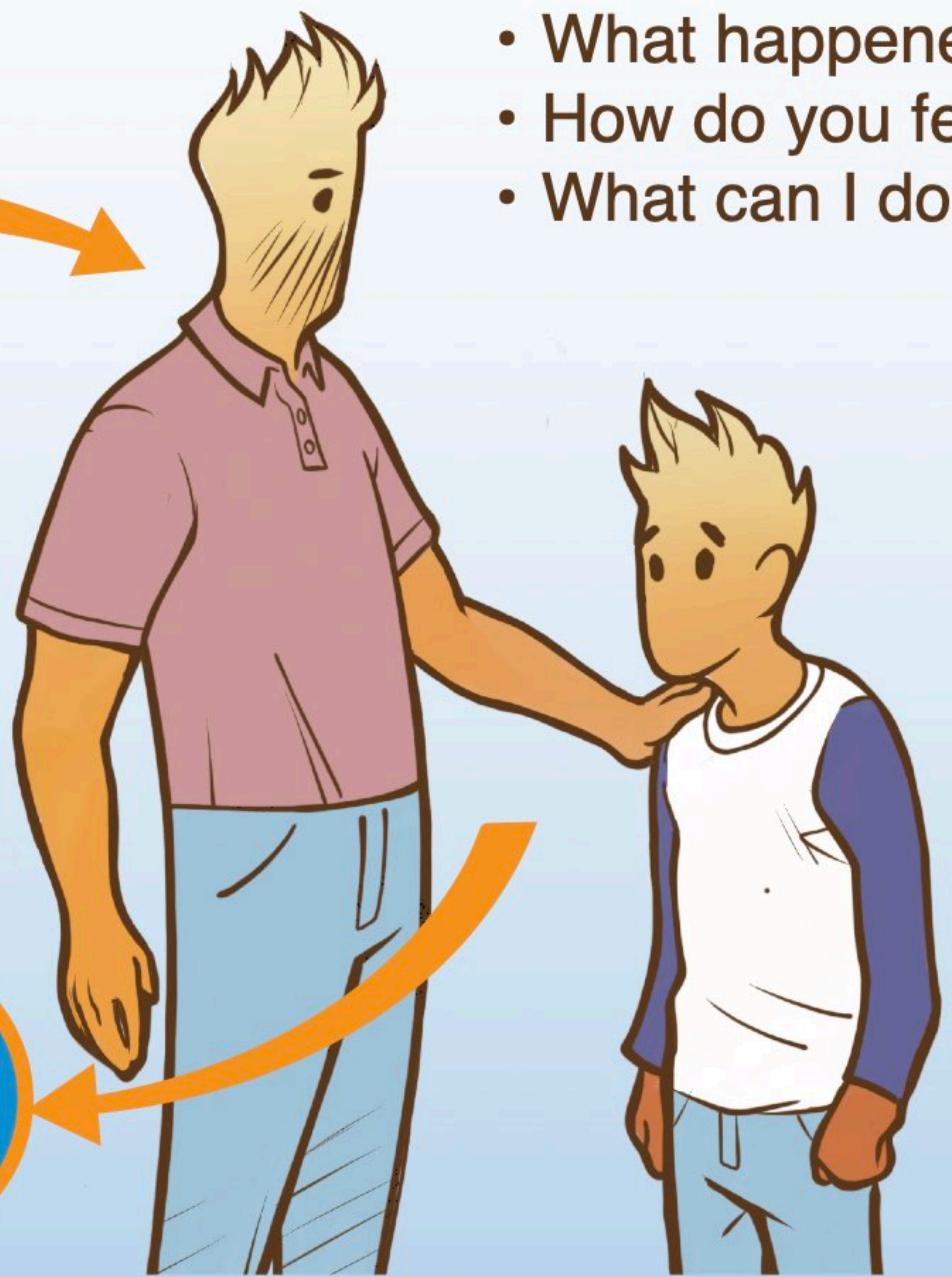


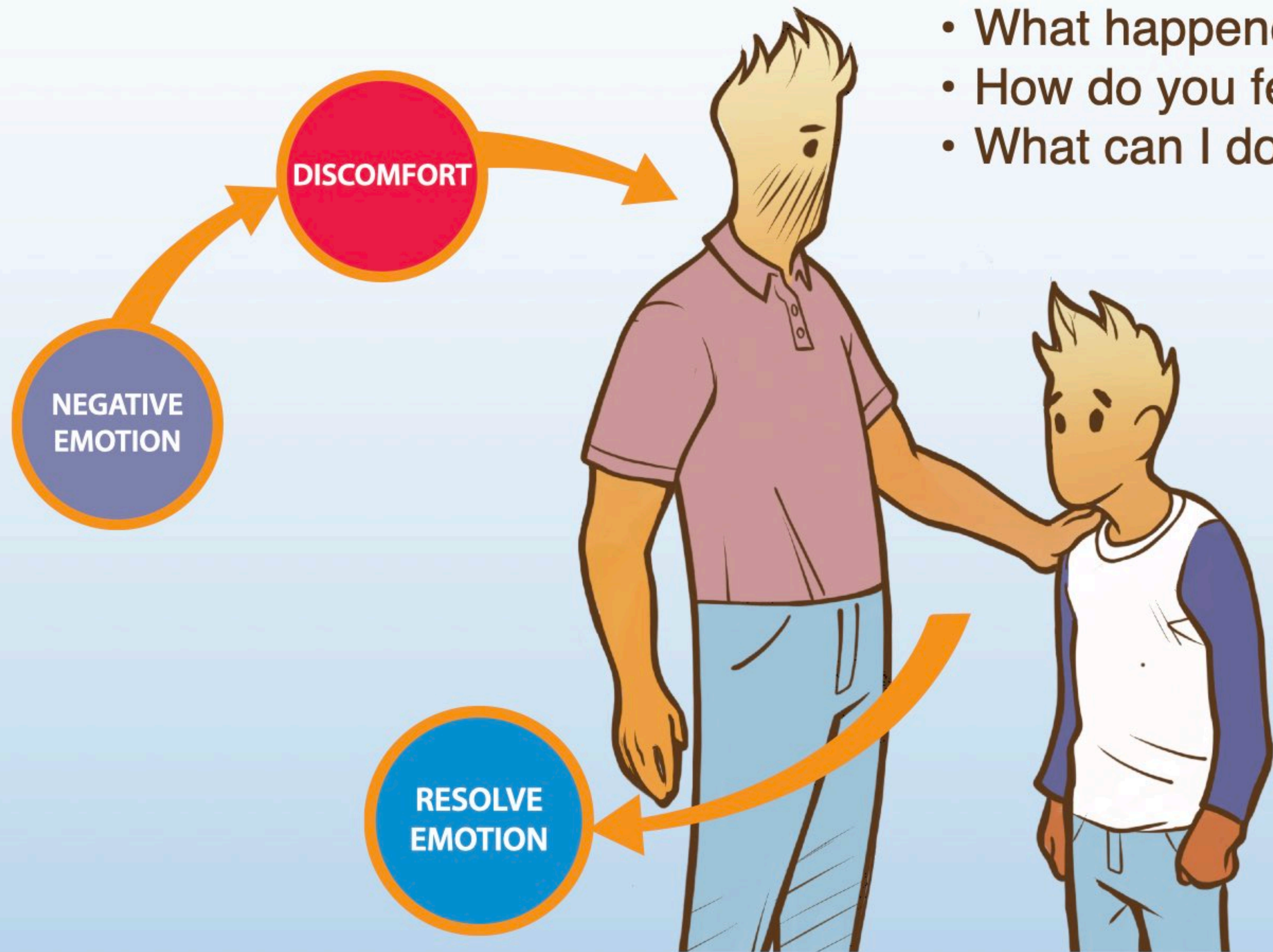
- What happened?
- How do you feel?
- What can I do?






- What happened?
- How do you feel?
- What can I do?





- What happened?
- How do you feel?
- What can I do?

The image features the silhouettes of a child and an adult standing against a warm, orange-hued sunset background. The child is on the left, facing right, and the adult is on the right, facing left. The text is overlaid on the scene in white, bold, sans-serif font.

Your child will experience **sexual** temptation.

Your child will give in to temptation less often
when they have a safe place to talk through
their **emotions**.

Emotional Care Plan

When I am tempted to

- look at porn
- masturbate to fantasy

I might be feeling

- like a failure
- not heard

I can

- write in my journal to God
- text Dad when feel not heard

Emotional Care Plan

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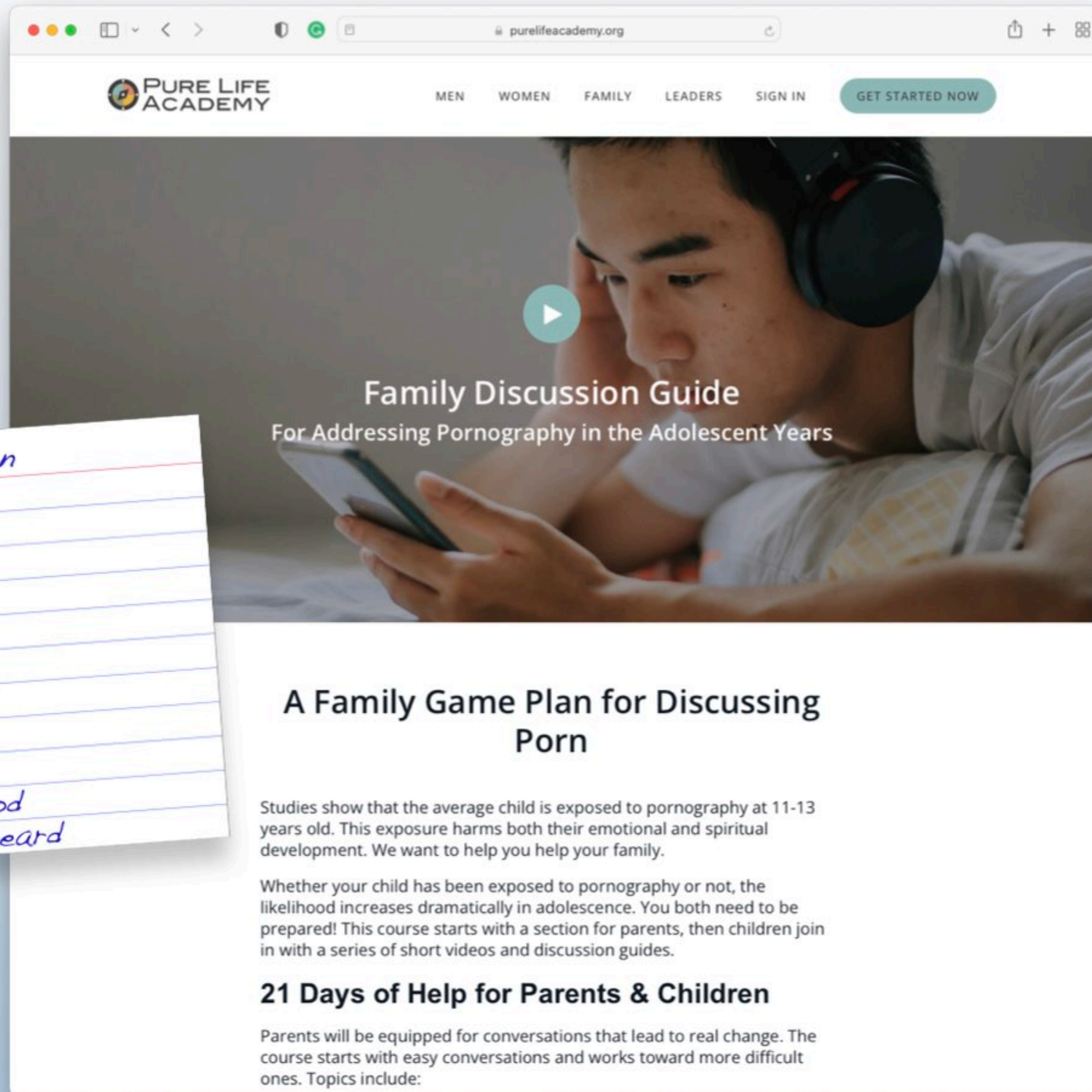
- like a failure
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The screenshot shows the Pure Life Academy website. The header includes the logo and navigation links for MEN, WOMEN, FAMILY, LEADERS, and SIGN IN, along with a 'GET STARTED NOW' button. The main content area features a video player with a play button and the title 'Family Discussion Guide For Addressing Pornography in the Adolescent Years'. Below this, there is a section titled 'A Family Game Plan for Discussing Porn' with a sub-header '21 Days of Help for Parents & Children'. The text describes the course's focus on helping families address pornography exposure in adolescents.

PURE LIFE ACADEMY MEN WOMEN FAMILY LEADERS SIGN IN GET STARTED NOW

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Emotional Care Plan

When I am tempted to

- look at porn*
- masturbate to fantasy*

I might be feeling

- like a failure*
- not heard*

I can

- write in my journal to God*
- text Dad when feel not heard*



Processing Exposure



Common Characteristics of Exposed Kids

- Shame
- Secrecy
- Isolation from family
- Depression
- Bad moods
- Feelings of failure
- Unworthiness
- Masturbation
- Negative body image

— Joy Skarka | Authentic Intimacy



Negative Body Image

From comparing self to Photoshopped & anorexic women and men who are way outside the norm of body shape.

— Joy Skarka | Authentic Intimacy

Process Exposure

AGE	CLEANSING CONVERSATIONS
all ages	<ul style="list-style-type: none">• What have you seen, heard, done?• How did it happen?• What do you think about that?• How did you feel?• Do you have any questions for me?• What can we do next time?• Can we pray about this?



QUESTION

What is a likely reason a parent might internally feel anger upon discovering their child had accessed pornography?



Not your fault
Not too late to fix

monster victim







social media

cultural messaging

attention seeking

being objectified

sexual experimenting

pornography

peer influence

unwanted touch

unmet curiosity

social media

pornography

cultural messaging

Contamination

peer influence

attention seeking

unwanted touch

being objectified

unmet curiosity

sexual experimenting

GOD

PARENTS

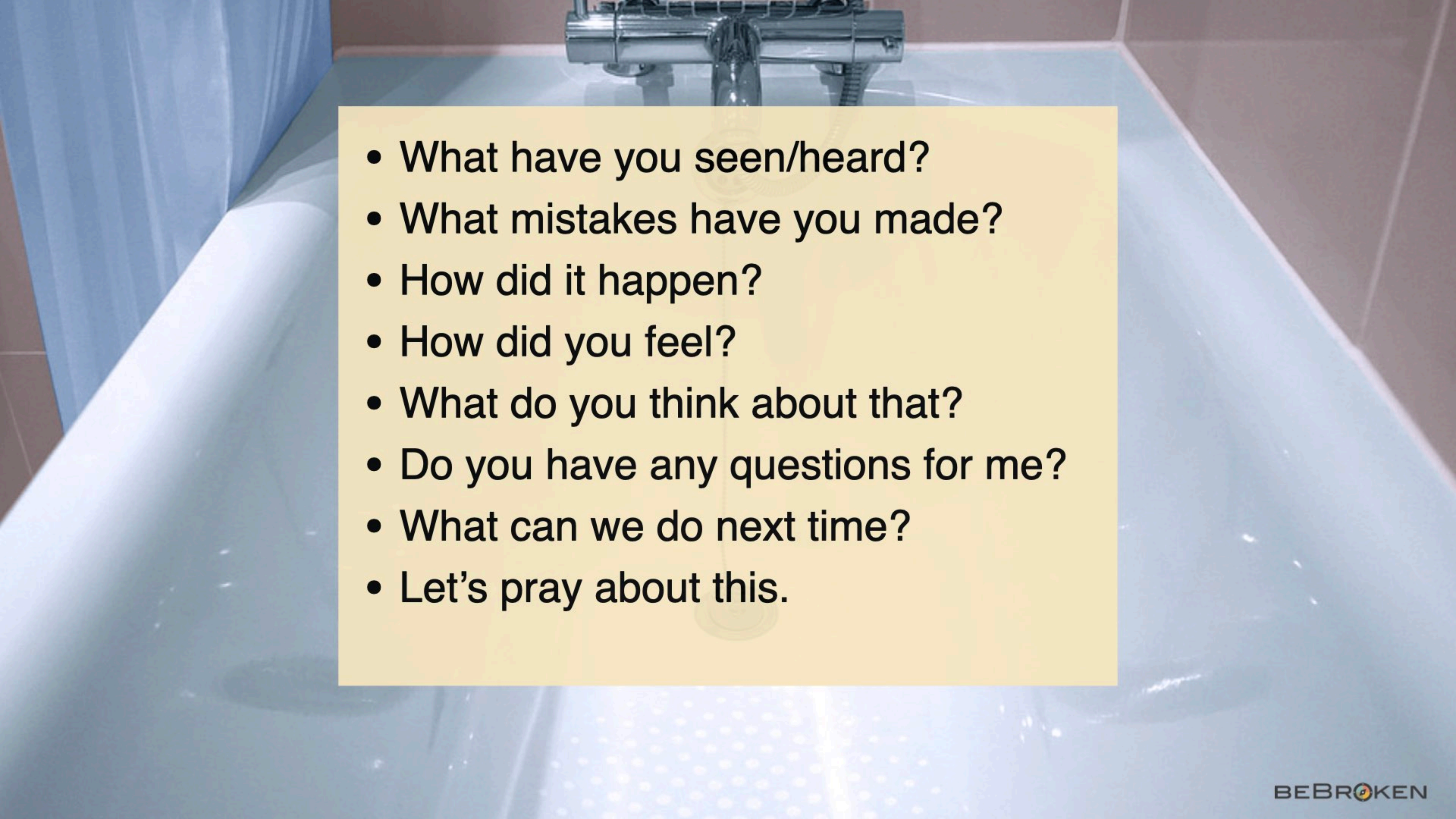
Contamination

GOD

PARENTS

Purification



- 
- What have you seen/heard?
 - What mistakes have you made?
 - How did it happen?
 - How did you feel?
 - What do you think about that?
 - Do you have any questions for me?
 - What can we do next time?
 - Let's pray about this.

judgement free zone



A woman with long brown hair and sunglasses, wearing a light pink shirt, is looking at a smartphone held by a young boy. The boy is wearing a blue and green striped polo shirt and has his hand to his neck, appearing to be in discomfort or pain. They are outdoors in a city setting with buildings in the background.

ANGER

- An inappropriate response
- Indicates fear
- Your child needs an ally

A sunset over a body of water with silhouettes of a woman and a child sitting on a bench. The sun is low on the horizon, creating a warm orange glow. The woman is on the right, and the child is on the left, both facing each other. The text is overlaid on the image.

Your child will be repeatedly exposed to sexual contamination through their own actions and the actions of others.

Cleansing takes place through **talking**.



Leverage Your Story

PARENTS FEAR


1. It might strain our relationship
2. I will ruin my child's innocence
3. It will be too much work
4. My kids might find out my past



KIDS FEAR

1. Parents won't understand how I feel
2. I'll get in trouble for what I say or ask



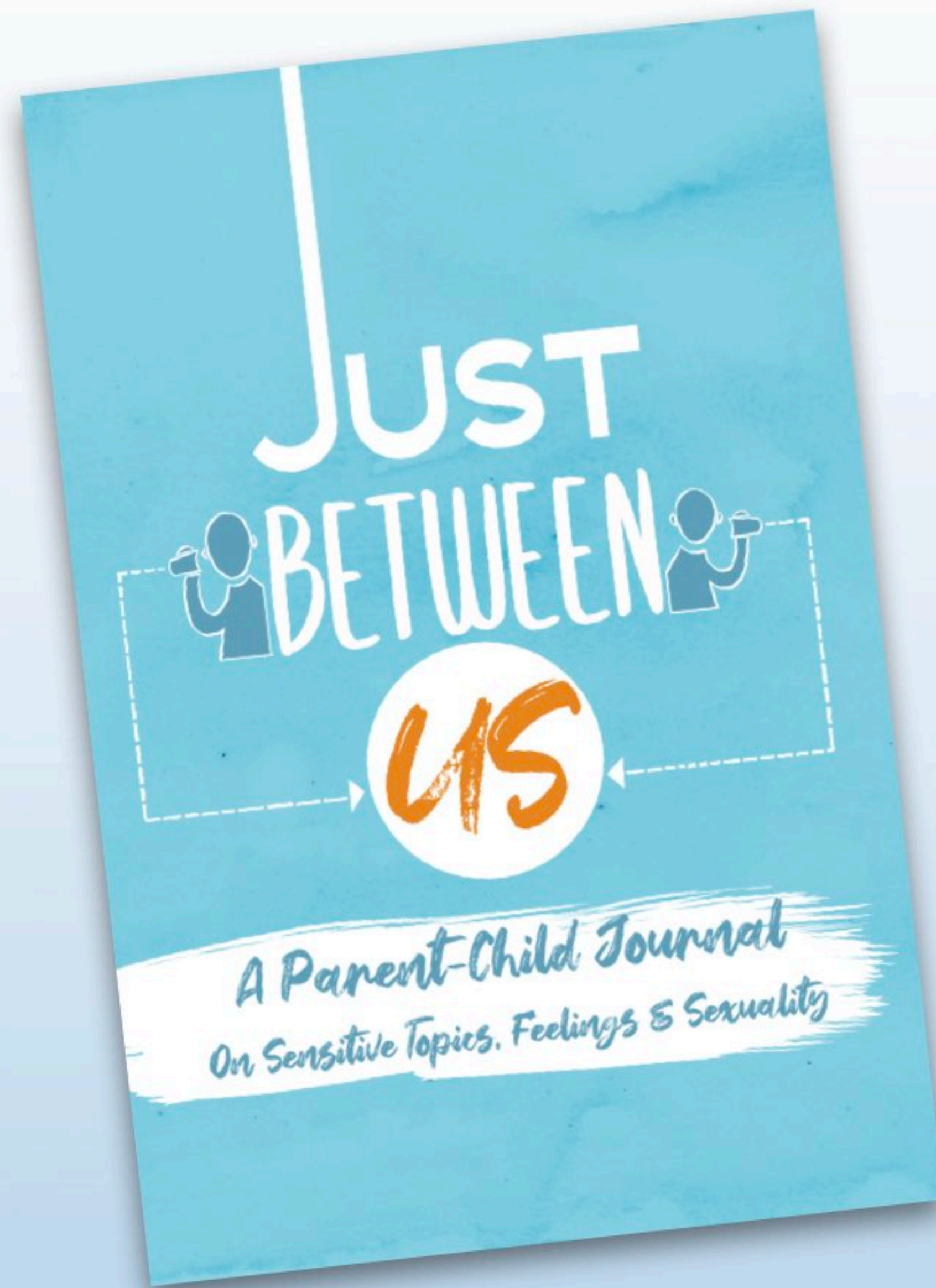
A young man with dark hair, wearing a white tank top, is looking towards the right. An older man with grey hair, wearing a yellow t-shirt, is leaning in from the right, looking down at the young man. The background is a lush garden with green foliage and yellow flowers. A semi-transparent white box is overlaid on the lower left of the image, containing the text "Your failures are what qualify you".

Your failures are what qualify you

Leverage Your Story


AGE	TASK
3-5	
6-7	share stories related to what kids are experiencing as well as things you know they will be confronted with some day
8-18	

Ages 8+





- Working on Own Issues
- No Secrets from Spouse
- No Inappropriate Details
- Watch Reaction



*That happened
to me too, and
I felt...*

I want you to tell me if that happens. The first time that happened to me...



*I'm so glad you told me.
When I was your age...*



CONSIDER

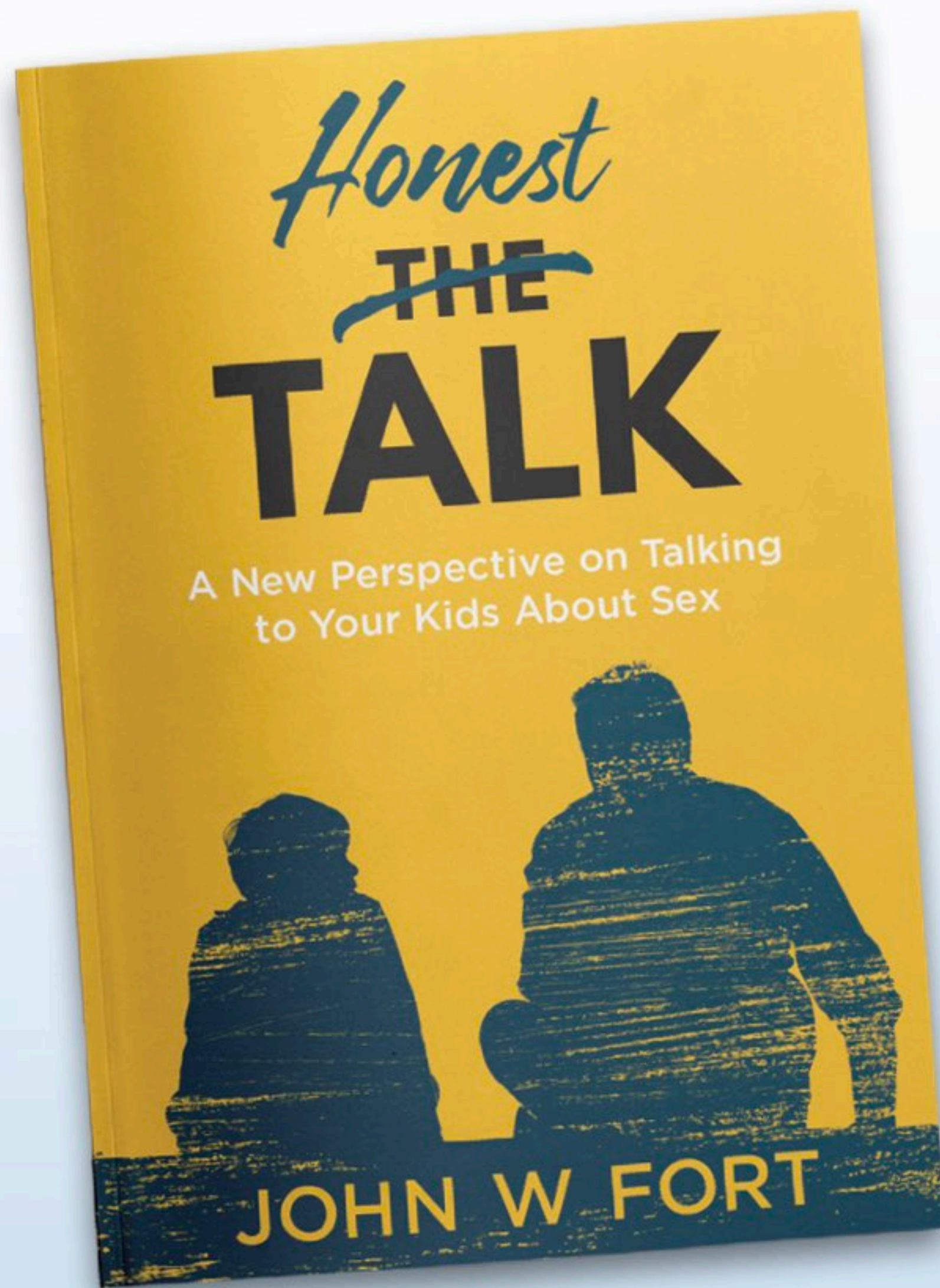
Think back to your own first exposure to pornography:

- A. How old were you?
- B. How did it happen?
- C. What feelings did you have?
- D. Were some of your feelings conflicted?

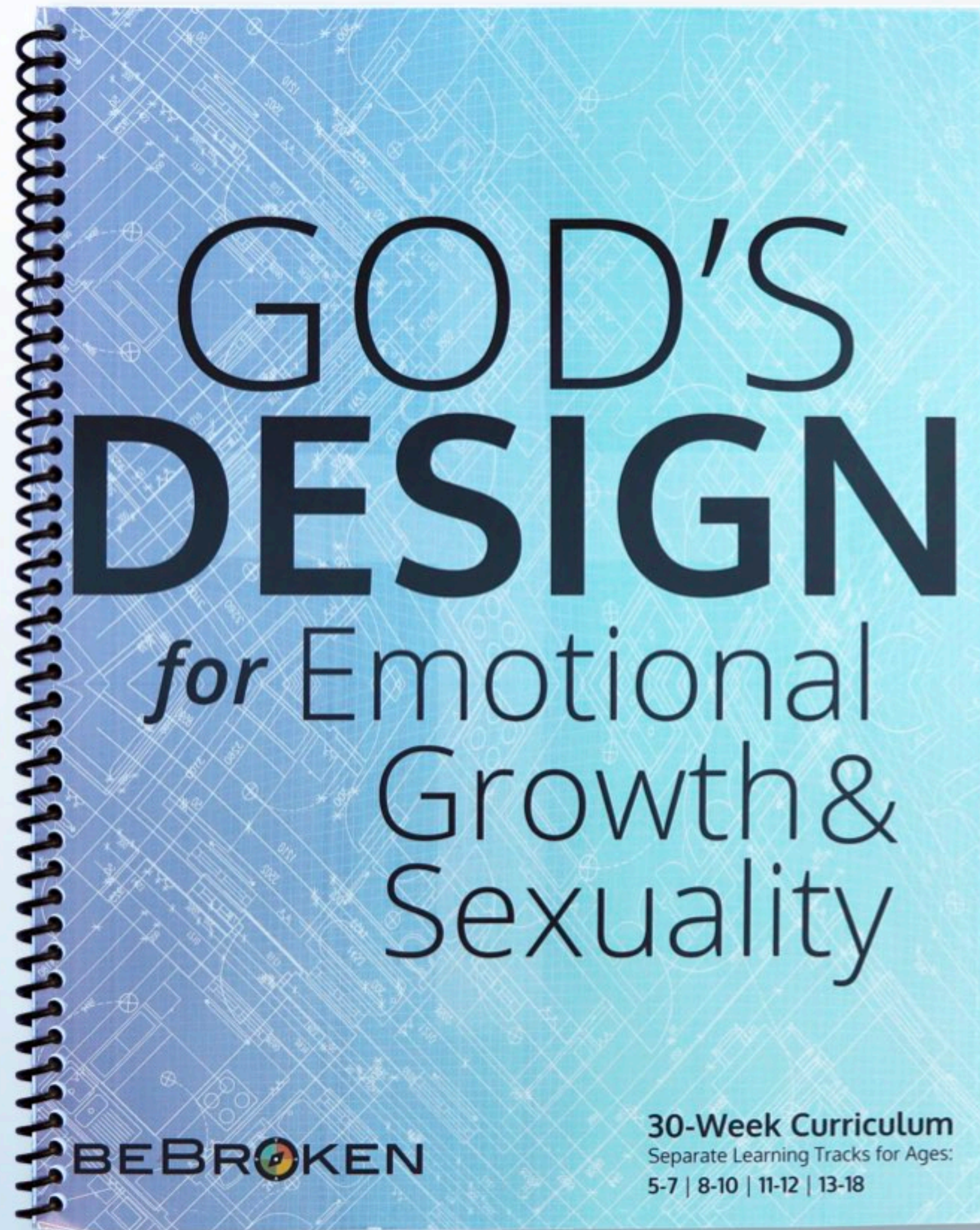
CRITICAL CONVERSATIONS

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3. Prepare for Exposure
4. Dealing with Temptation
5. Processing Exposure
6. Leveraging Your Story





- Source of concepts
- Guidance for parents
- Some activities to do with kids

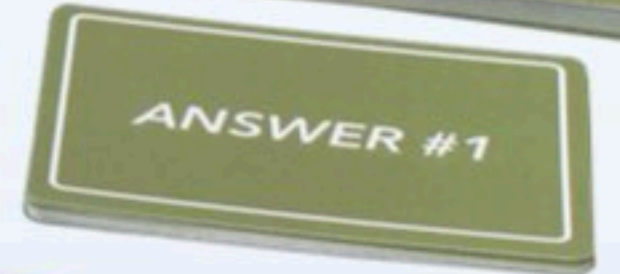
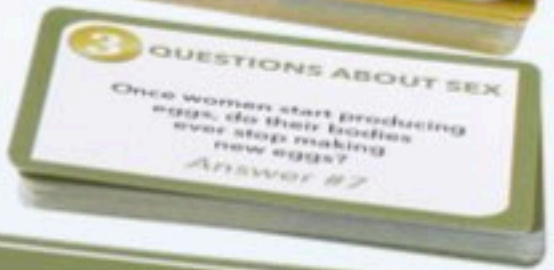
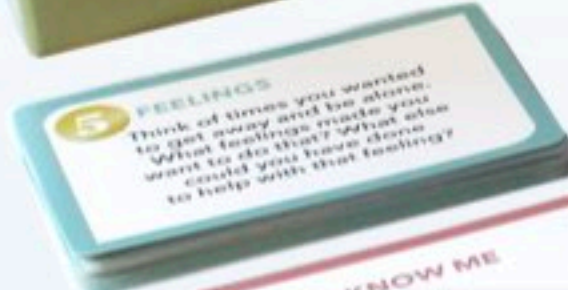


- 30 week curriculum
- 1 lesson per week for *each* age group
 - 5-7
 - 8-10
 - 11-12
 - 13-18
- Based around these 6 conversations

GOD'S DESIGN

for Emotional Growth & Sexuality

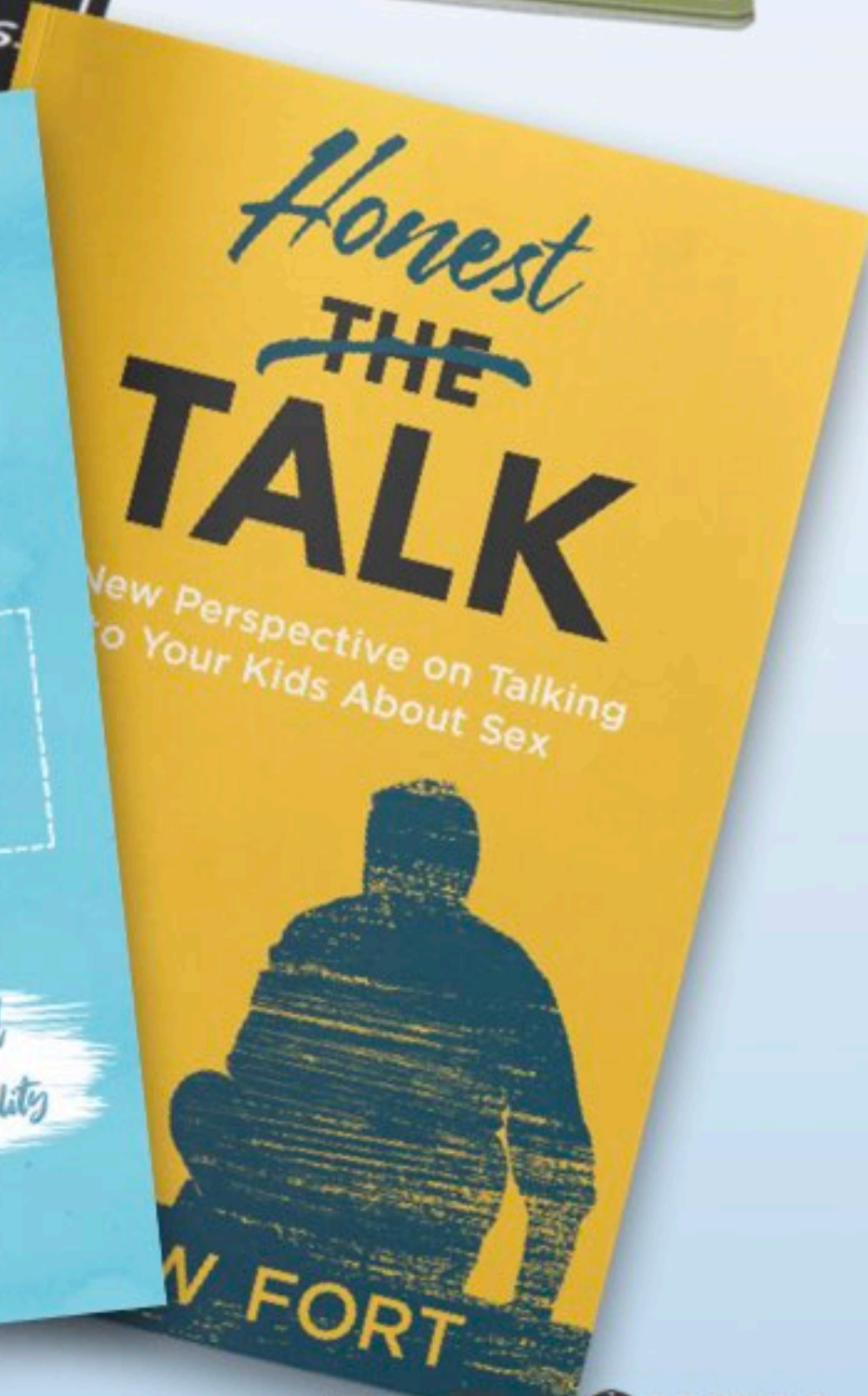
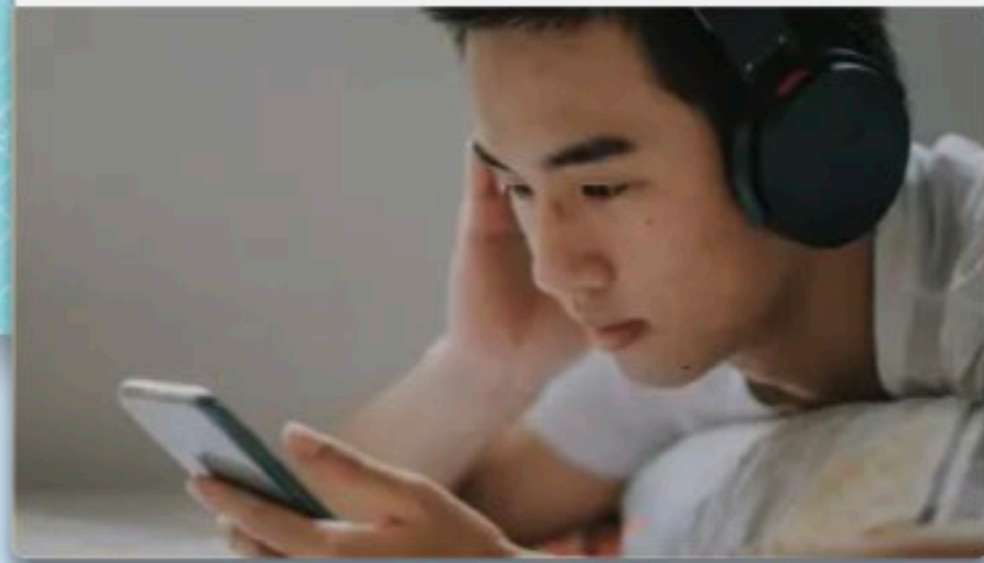
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Family Integrity: Emotional Resilience

Family Integrity: The Need for Freedom

A Family Game Plan for Discussing Porn



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QUESTIONS



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Honest
THE
TALK

Critical Conversations

John Fort, MST
Director of Training



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