

WHO AM I?

for Students

A Guide
to Identity,
Sexuality, and
Belonging



Purpose for Parents

Teenagers are navigating identity, desire, peer pressure, and cultural messaging. These conversations should be honest, calm, and grounded, reinforcing that truth and grace are not opposites. Your posture matters as much as your answers.

1. IDENTITY BEGINS WITH GOD

What We Want Students to Know

- Every person is made in God's image.
- Their worth and identity do not come from feelings, popularity, or labels.
- Our primary identity is found in Christ.

Scripture

"So God created mankind in His own image." – Genesis 1:27

"You are not your own; you were bought at a price."

– 1 Corinthians 6:19–20

Church Teaching

"All persons have been made in the image of God and must be treated with dignity, justice, and respect."

Discussion Questions

- Where does the world tell teens to find their identity?
- What does it mean to belong to Christ first?

Parent Note: Avoid debating labels right away. Focus first on belonging, worth, and identity in Christ. Teens need reassurance that God's love is steady, even when emotions are not.

2. SEXUALITY: GIFT AND RESPONSIBILITY

What We Want Students to Know

- Sex is not shameful; it is a sacred part of God's good creation
- Sexuality is powerful and therefore requires responsibility and self-control

- God designed sex with a purpose to be expressed within the covenant commitment of marriage between one man and one woman.

Church Teaching

"Human sexuality is a gift of God within the covenant of a loving and monogamous marriage between one man and one woman."

Scripture

"Therefore a man shall leave his father and mother and be united to his wife." – Genesis 2:24

"Marriage should be honored by all." – Hebrews 13:4

Discussion Questions

- Why do you think God connects sex with covenant?
- How does culture treat sex differently from Scripture?

Parent Note: Teens need clarity without fear-based messaging. Speak honestly about desire, boundaries, and consequences, while reinforcing that self-control is not shame, it's wisdom.

3. TEMPTATION, STRUGGLE, AND GRACE

What We Want Students to Know

Temptation does not equal failure.

Everyone struggles.

Grace is available, and repentance is needed.

Scripture

"All have sinned and fall short of the glory of God."

– Romans 3:23

"If we confess our sins, He is faithful and just to forgive."

– 1 John 1:9

Church Teaching

"We welcome all to experience the redemptive grace of Jesus and are committed to being a safe place of refuge, hospitality, and healing."

Discussion Questions

- Why do people often hide struggles?
- What makes it hard to ask for help?

Parent Note: Your response to honesty matters more than perfection. If teens expect anger, panic, or lectures, they will stop talking. Aim for truth + safety + discipleship, not interrogation.

4. GENDER, FEELINGS, AND TRUTH

What We Want Students to Know

- God created male and female.
- Feelings are real but not ultimate.
- Compassion and truth belong together.

Scripture

"God is not a God of confusion." – 1 Corinthians 14:33

"Speak the truth in love." – Ephesians 4:15

Church Teaching

Gender is defined by "immutable biological traits identified by or before birth."

Discussion Questions

- Why is identity such a big issue today?
- How can Christians show compassion for others without changing what Scripture teaches?

Parent Note: Your response to honesty matters more than perfection. If teens expect anger, panic, or lectures, they will stop talking. Aim for truth + safety + discipleship, not interrogation.

5. HOW WE TREAT OTHERS MATTERS

What We Want Students to Know

- Faith shapes how we treat people, especially when we disagree
- Self-control and kindness are marks of maturity, not weakness
- Our witness matters both in person and online

Church Teaching

"Followers of God are called to exercise self-control, kindness, and grace in all matters of life."

Scripture

"The fruit of the Spirit is...self-control." – Galatians 5:22–23

"Let your light shine before others." – Matthew 5:16

Discussion Questions

- What does it look like to live differently from culture?
- How should Christians speak about and treat others both online and in person?

Parent Note: Model this. Teens learn as much from how you talk about others as from what you say. Your posture teaches them how faith shows up in everyday life.

CLOSING PRAYER

Lord, thank You for making us and calling us Your own.
Give us wisdom to follow You in a confusing world.
Help us live with truth, courage, and grace.
In Jesus name, Amen.

Additional Resources

- [A Parent Guide to LGBTQ+ and Your Teen](#)
- [A Parent Guide to Pornography](#)
- [A Parent Guide to Teen Dating](#)