

## CHAPTER 4: OTHER SEXUAL PRACTICES &amp; SEXUAL TOPICS

Do try to find ways to let them know that sex is an enjoyable and joyous part of adult life, especially in a trusting relationship; that people find sexual pleasure in many ways; and that experimentation with what feels good, with whom it feels good, and in what circumstances it feels good is part of being adult. Your own values will determine what you tell them about the *with whom* and the *when* and the *which practices*.

## Your comfort level in explaining/discussing sex

Each reader will probably find at least one topic in this book which they find more or less revolting. None of us feels comfortable with everything to do with sex; nor do we have the same kinds of feelings about every sexual topic or sexual practice.

Even if you feel uncomfortable with the subject, you can still give the basic facts to your child, along with the direction/values you think are important. There is no use pretending we are totally cool about everything. Just say what you feel. If you feel somewhat embarrassed or uncomfortable, there is nothing wrong with saying that, too.

## Examples of values statements

Here are some suggestions of values statements, to help you think about what you might like to say about various topics. Find words which express how you really feel—and which will make it clear how you think people should behave.

1. Never do this.

I am explaining this to you so you will know about it, but I hope you never do it because... (I think it is wrong) (I think it is dangerous) (our church forbids it) (I don't think it is a good idea) (your choice of words).

2. Only do this when you are an adult.

I am explaining this to you now so you will know about it, but I hope you don't ever do this until you are grown up. I hope you wait until you are... (married) (in a relationship) (old enough to make a decision) (your choice of words).

3. Only do this with someone you love and trust. This sort of sexual practice is OK if you are with someone you love and trust, and who loves you... (or, your choice of words).

4. If you are... (in your late teens) (an adult) (old enough), and the other person is about your age, and you both agree, then this is OK.

5. I would never do this... (at all) (unless I really knew the other person well) (unless I really wanted to try it) (just because someone wanted me to).

6. When you are grown up and ...(married) (in a relationship) (really in love), anything the two of you agree to try is OK.