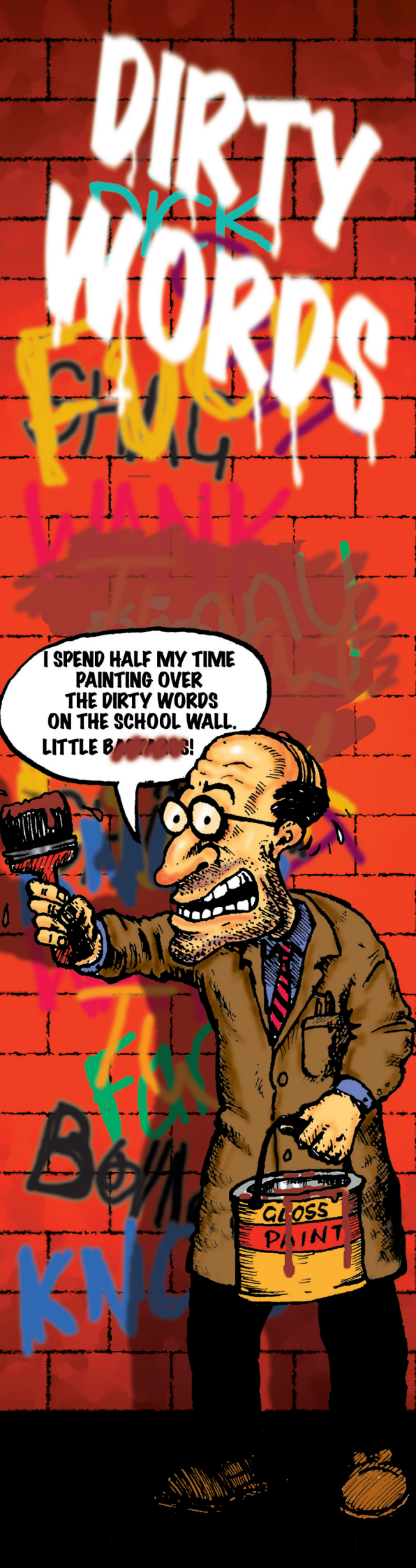


The Big Blue Book of

SEX





Dick, prong, tool, willy, knob, fanny, snatch, bonk, screw, hump, shag and loads more that we know that you know. If we printed all of them here, it might make you giggle, but probably would get this book banned from your school.

Dirty words are usually words that describe either the parts of the body used for sex or for the act of sex itself. As an example the word 'Dick' is a shortened version of the name Richard, though it is often used to describe a penis. It is also used as an insult, often with the word 'head' added. Words like these cause offence to some people, but they do have their place in sex talk. Even your teachers don't talk like the sex education textbooks:

"Oh darling. I can feel my penis getting engorged with blood. A sure sign that I'm becoming sexually aroused. Do you think we might manage a little penetrative sexual intercourse after you've finished your marking?"

Nobody talks like that in real life, but when you are learning about sex, it's vital to learn the correct words so everyone knows exactly what we are talking about. Just because your family always called your penis a 'winkle', it doesn't mean anyone else does. One family might use the same word to refer to the vagina. Just think of the potential confusion this could cause. So, we try to use the proper technical terms in order that everyone knows exactly what we are talking about.

Technical terms and words can be the best part of any sex education lesson. It is the chance to embarrass the teacher by asking them what the words mean and watching them as they look down at the floor and shuffle their feet as the class fire off the usual questions.

"Hey Sir! What does fellatio mean?"

"Hey Miss! What's cunnilingus?"

"Sir! You said everyone masturbates. Does that mean you do it?"

If you do not know what any of the words in this book mean, ask your teacher or if you can find a good dictionary, look these words up.

Puberty

Many adults usually feel as though they have to start talking to young people about sex issues when they get to 12 or 13. This is probably because this is the age at which children start to reach *puberty*. Puberty is the process of changing from a child into an adult. Boys and girls undergo major hormonal changes and this leads to changes in the body, feelings and emotions.

Boys voices *break*. The voice changes, sometimes going high pitched and squeaky for a while. Eventually, the voice becomes deeper.

Both sexes can develop spots or *acne*. Acne affects some young people severely. These days, it can be treated by your doctor with antibiotic drugs.

Boys start to grow hair between the lips and the nose (*a moustache*) and on the chin, jaws and front of the neck (*a beard*).

Boys develop an 'adam's apple'. This is a hard lump that feels like a small apple inside the throat.

Boys penises get longer and fatter (hooray!)

Body hair starts to grow on the legs and arms of both sexes. Boys tend to have thicker and more noticeable body hair. Some adults can grow body hair just about anywhere, others are not so hairy.

Both boys and girls start seeing the opposite sex in a rather different light. Sexual attraction starts to rear its head for the first time.

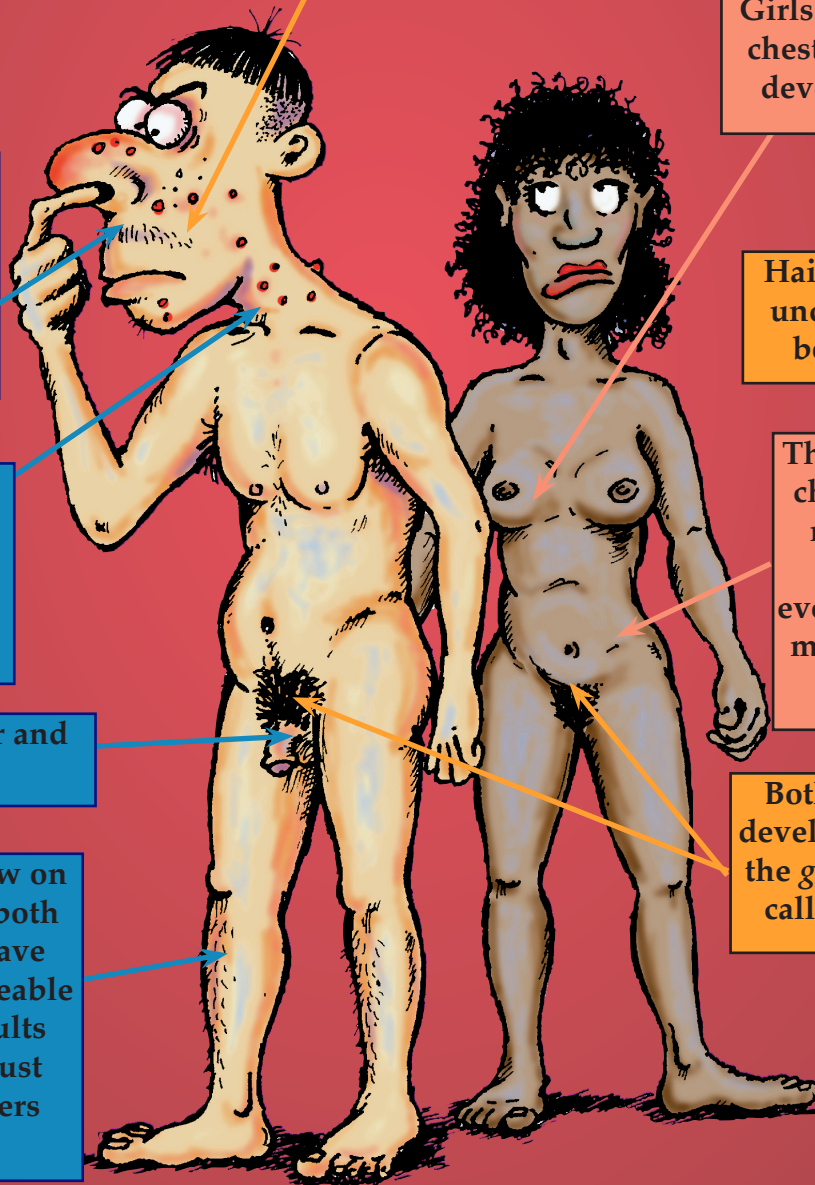
Girls lose their flat chests and start to develop *breasts*.

Hair starts to grow under the arms of boys and girls.

The shape of the body changes, this is more noticeable in girls. It is different for everybody; there are as many shapes as there are bodies.

Both sexes start to develop hair around the *genitals*. This is called *pubic hair*.

Girls start their *menstrual cycle*, or
periods.....

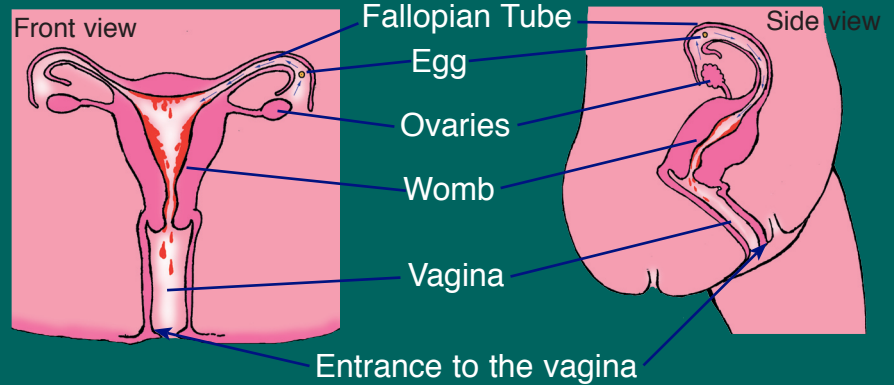


Periods

During puberty, girls start their menstrual cycle (periods).

Every month the **ovaries** produce **eggs**. These eggs travel down the **fallopian tube** to the **womb**. If these eggs are not **fertilised** by a man's **sperm**, the egg is shed along with the lining of the womb. The lining of the womb looks like a thick blood-like substance. It is expelled from the body via the **vagina**. This bleeding is called a period.

a woman's reproductive organs during menstruation.



Periods generally happen every 28 days. Some women can time their periods to the exact day whilst for others, periods can be days early or late. For some girls and women periods are very painful. It really does feel like the inside of your womb is being pulled out. For others there is little or no pain at all. Some people have a very light period where it's only a trickle whilst for others it's more like 'The Texas Chain Saw Massacre'. Periods can last 3,4,5 or 6 days.

To soak up the blood women can either choose to use sanitary towels on the outside of the vagina or tampons inserted just inside the vagina. Tampons carry a very small risk of 'Toxic Shock Syndrome'. If you use tampons always read the information on the inside of the box. You should change your tampon every 4-8 hours, or more often if needed.

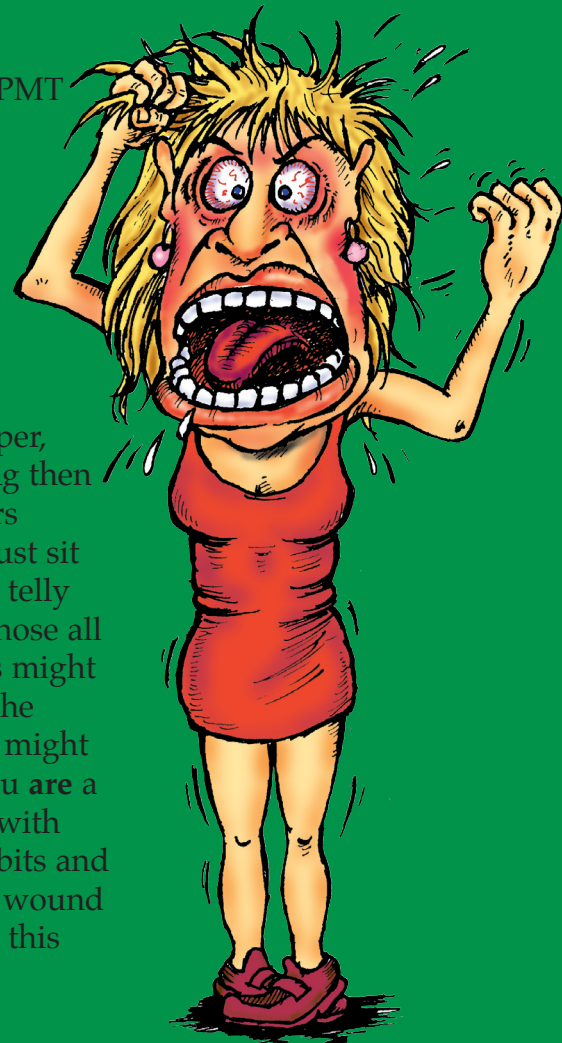
Some women may find periods painful and inconvenient, they can cause spots, backache and weight gain, but the one thing that really annoys ALL women is the amount of knickers that are ruined by either starting a period unexpectedly or by leakages from tampons or towels. Ever noticed how every soap advert always shows you how effective their powder is on blood? Don't you believe it, this stuff never comes out. Talking about periods scares most lads to death. Are you squirming now boys...? So, to cope with this lads make a joke of periods. Girls on the whole, don't like making people scared and uncomfortable, so they keep it to themselves.

Everybody feels irritable, short tempered and argumentative from time to time. Just before women start their period the levels of hormones in the blood change. Some women feel quite tense and stressed out. This is called 'Pre-menstrual tension' or

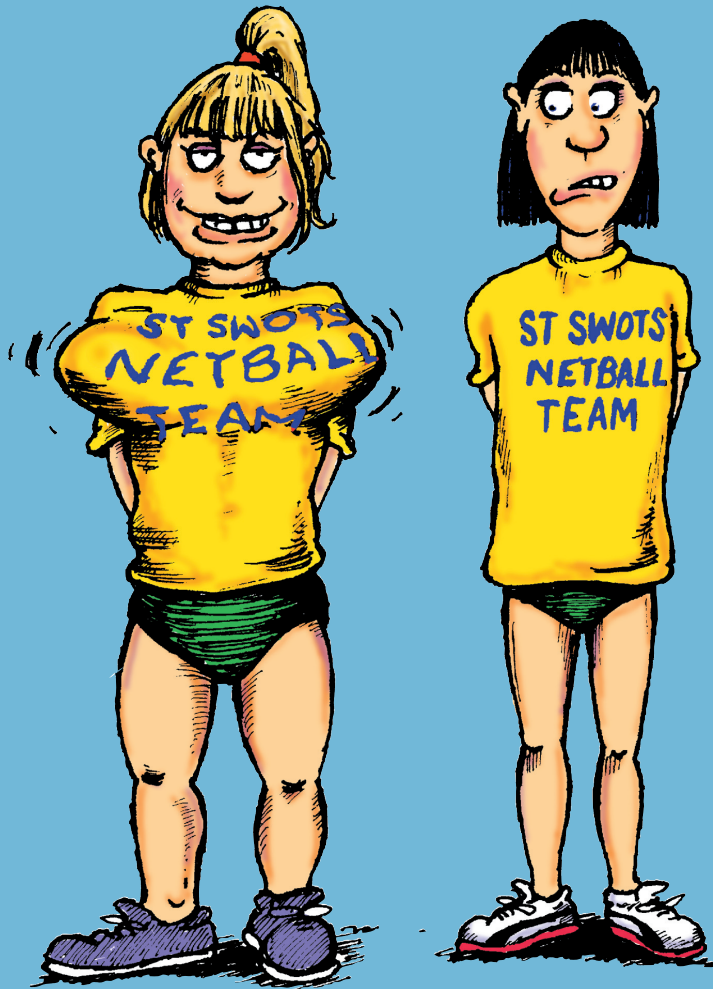
PMT.

Women with PMT can get more emotional or annoyed at things than usual.

Your mum could really loose her temper, start screaming then burst into tears because you just sit in front of the telly picking your nose all evening. This might be PMT. On the other hand, it might be because you are a couch potato with disgusting habits and you have just wound her up too far this time.



The age of change



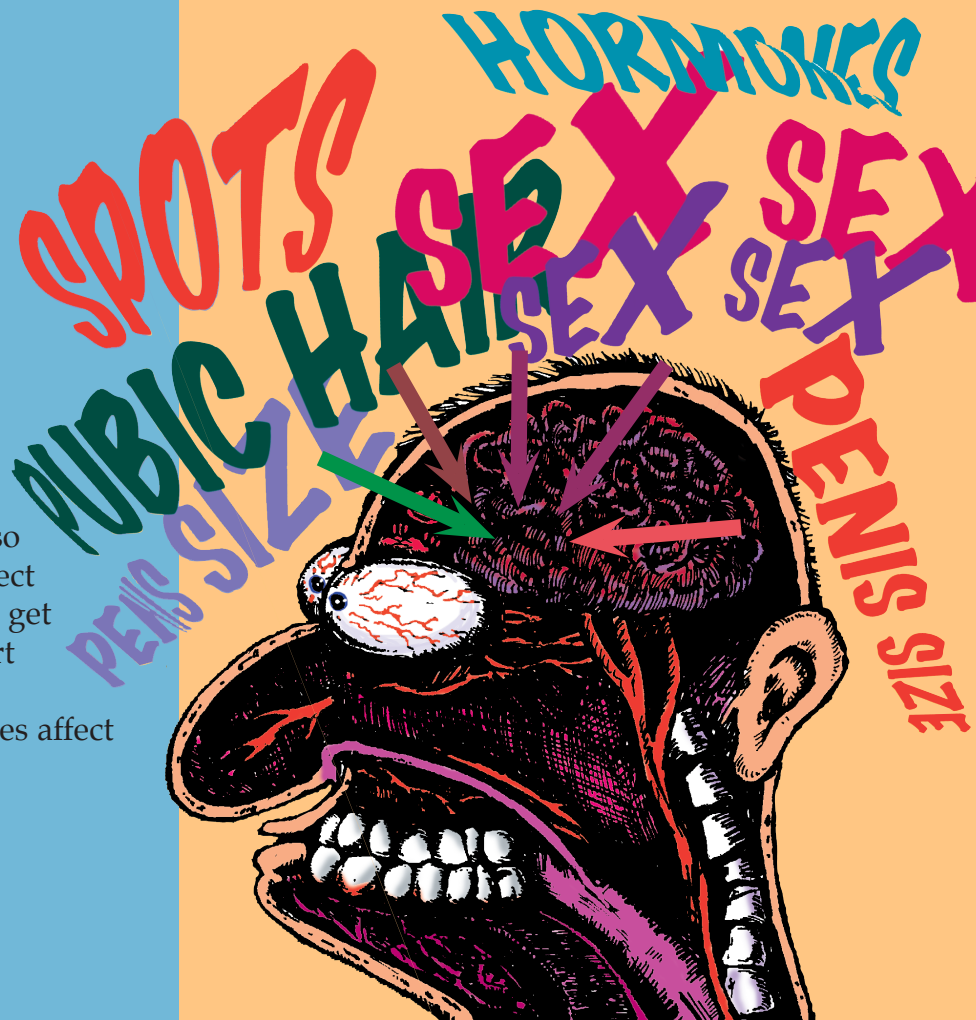
It may be normal, but it sometimes doesn't feel normal.

The other major feature of puberty and adolescence is that young people start to *feel* so different. Often, their minds are in turmoil as a result of these changes. It isn't just the anxiety about physical development, and the pressure that you feel over the opposite sex, but also the hormones themselves actually affect the way you feel and many teenagers get awkward and argumentative and start having problems with parents. While it doesn't affect everyone, it does affect large numbers of people, and is normal.

Although puberty can start at around 13, it can also start much earlier and much later.

There is no 'normal' age for people to reach puberty - anywhere between about 11 and 16 or 17 is regarded as normal. Because of this great variation, some teenagers can become very anxious about being at either end of the spectrum. Girls may feel like a freak because they have real breasts when all the rest of the girls in the class are still wearing vests.

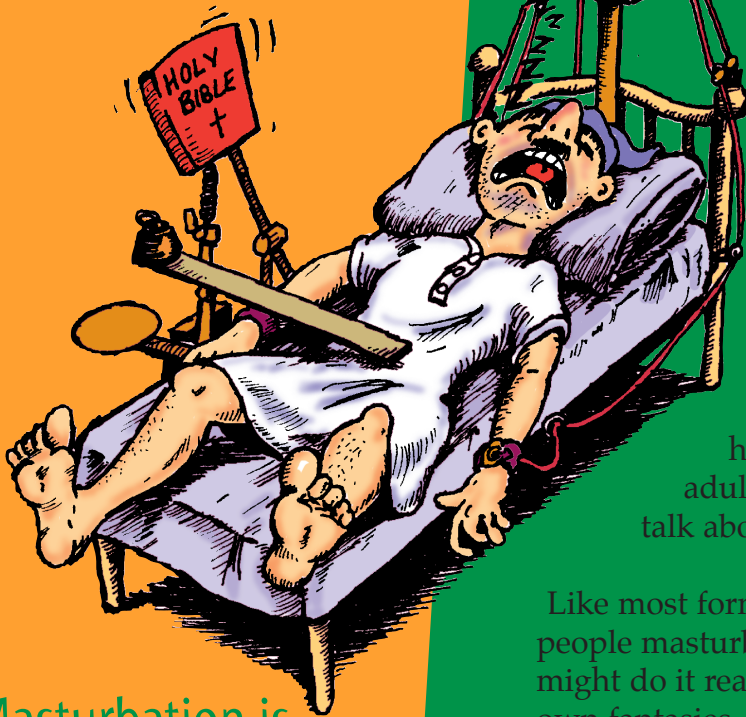
Boys desperately avoid the showers because they still don't have any pubic hair while the rest of the class have bellies like that of a wild animal.



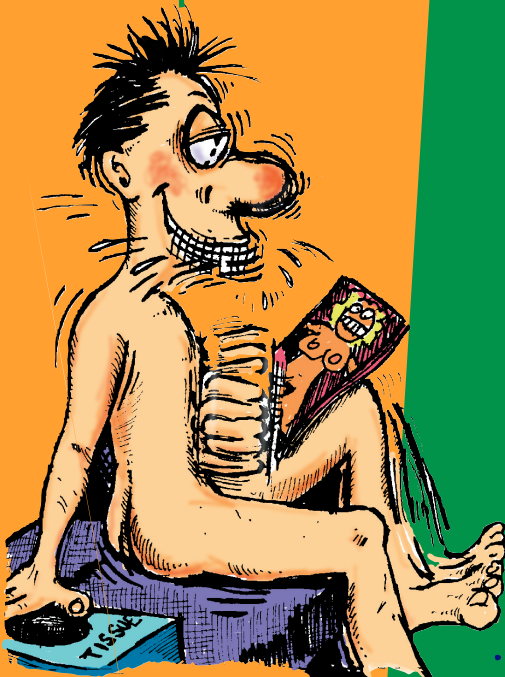
MASTURBATION

Handling your problems

The other big change that happens to young people during puberty is that most of them discover masturbation.



Masturbation is most people's first sexual experience.



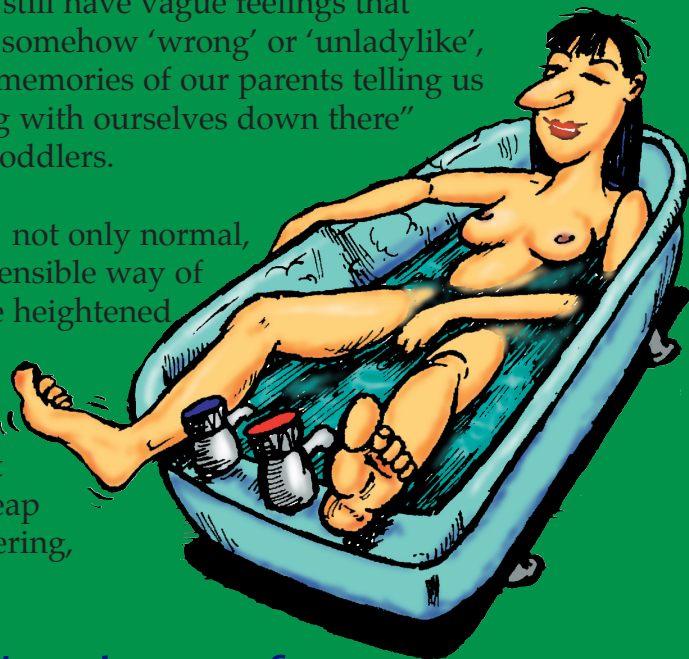
In the 19th century, masturbation was regarded as sinful, immoral and a danger to your mental and physical health. Doctors claimed that it would make you blind or mentally feeble. They produced terrible devices intended to stop people from doing it in their sleep. And if it was seen as bad for men, it was regarded as even worse for women. Some persistent offenders were even placed in psychiatric hospitals.

Today, we recognise that masturbation is normal and healthy for both sexes. It doesn't make you blind, weak or mentally feeble (though your wrists might ache if you do it too often.) Nor does it make you grow hair on the palms of your hands, yet a lot of adults still regard masturbation as taboo, will not talk about it, and think it's dirty and wrong.

Like most forms of sex, there is no 'typical' way that people masturbate, or any typical frequency. Some people might do it reading books or magazines. Others use their own fantasies. Some people use their hands, others use different things. Some do it once a month or less. Other people do it several times a day.

Teenagers often still have vague feelings that masturbation is somehow 'wrong' or 'unladylike', perhaps due to memories of our parents telling us to "stop playing with ourselves down there" when we were toddlers.

Masturbation is not only normal, it is a safe and sensible way of dealing with the heightened sexual feelings that increase during puberty. It's certainly not a matter for cheap jokes and sniggering, so.....



.....take your hands out of your pockets, you lot at the back of the class.

THE TOOLS FOR THE JOB

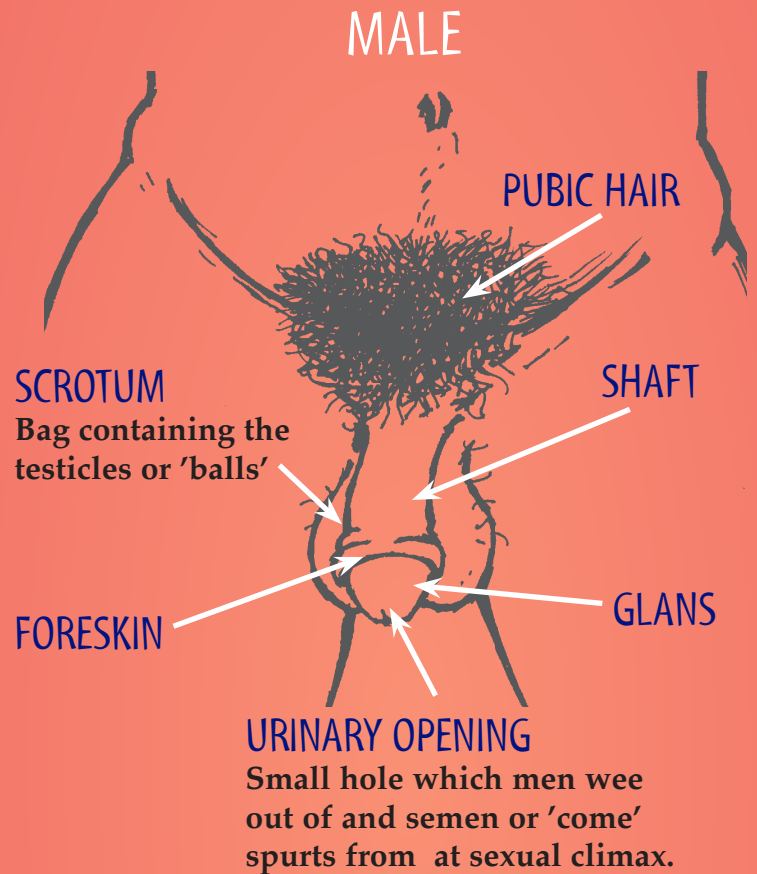
The mechanics of sex is probably the most boring part of the whole subject. But it provides the foundation on which we can build to talk about the intricacies of sex and relationships. If you don't know what goes where, it's very easy to find yourself up the creek, so to speak.

The male sex organ is called a **PENIS**. (and a million other things.) The penis contains no muscle or bones. It is usually limp but when aroused the membranes in it fill with blood making it stiff and hard.



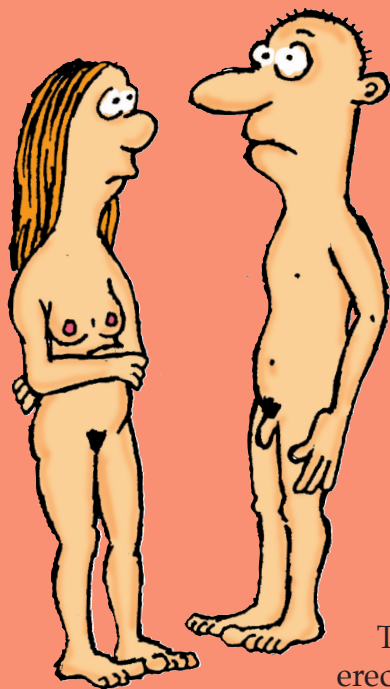
It is comprised of two main parts, the **SHAFT** and the **GLANS** (helmet). The penis is attached to the base of the torso, between the legs and hanging beneath it in a bag called the **SCROTUM** (ballbag) are the **TESTICLES**. (balls, nuts, plums, etc.) In some cases, the glans is covered by a piece of skin known as the **FORESKIN**, which rolls back when the penis is hard. Glands under the foreskin produce a creamy substance called **SMEGMA** which help the foreskin slide back. Other people have the foreskin removed as a baby for religious or medical reasons. The average length of the penis is around six inches long when erect (hard). When flaccid or soft, their size varies widely.

The woman's sex organ is not visible if she is standing facing you. In order to see it properly, she would have to lie on her back and open her legs. It is called a **VAGINA** (and a million other things). The vagina has several parts. It is covered by the outer lips or **LABIA MAJOR**. These cover the part of the vagina that gives a woman pleasure, the little bud above the opening called the **CLITORIS**. This swells when sexually aroused. Beneath the clitoris is a second pair of smaller lips called the **LABIA MINOR** and between these is the entrance to the vagina proper. The **ANUS** is the same as a mans. It is the opening to the rectum where poo comes from. It is also the entrance used for anal intercourse.



HOW TO MAKE A BABY

*As we heard in the section on periods, fertile women generate an egg once a month. The egg is formed by the ovaries and then passes along the fallopian tube to the womb. If the egg remains unfertilised, the woman will have her period and the egg will be shed with the blood that is the lining of the womb. In order for an egg to be fertilised, it has to come into contact with the man's sperm. This usually happens via **SEXUAL INTERCOURSE**.*

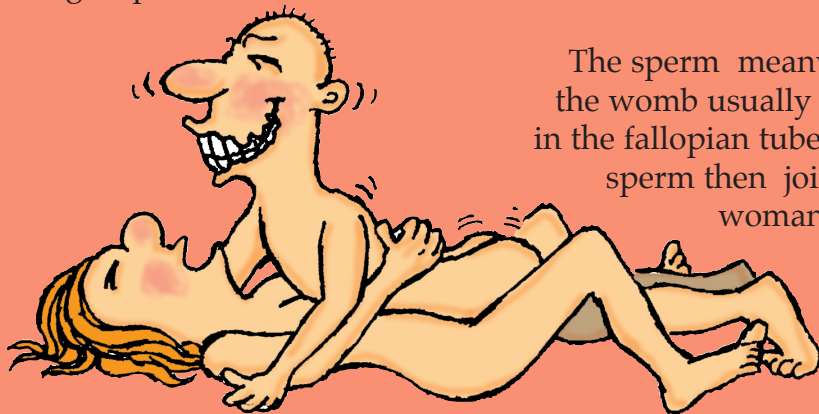


Take one male of the species and one female. For the purpose of our demonstration we have removed the clothing. In the real world this can take a considerable time, often involves a great deal of persuasion, usually on the part of the male and can often involve alcohol either to lower inhibitions or cloud judgement.

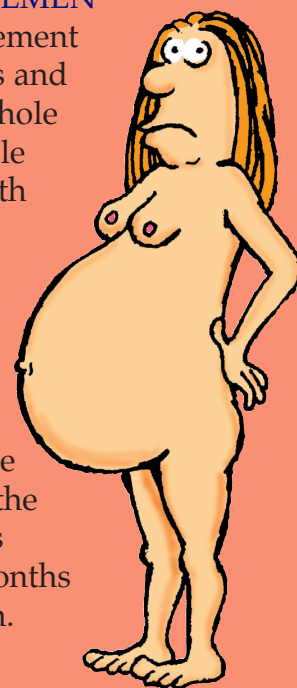
A period of foreplay gets both the male and female aroused and ready for sex; the male's penis gets hard (called an *erection*), and the female's vagina will normally secrete a fluid that lubricates her vagina.



When both partners are sufficiently aroused, the male slips his penis into the woman's vagina. This operation can be tricky for the novice; an erection can easily be lost through nerves. He then pushes it in and out and generally wiggles it around. His testicles spend their life generating **SPERM**, which travels in a creamy white fluid called **SEMEN** (Come, sponk, spunk, etc.). At the moment of the man's peak sexual excitement known as the **ORGASM**, the sperm travels from the testicles into the penis and then spurts from the penis, up into the top of the woman's vagina. This whole process can be over in a matter of seconds, particularly with young excitable males. The male's role is now over and he is free to discuss the process with groups of fellow males.



The sperm meanwhile travels towards the womb usually meeting the egg in the fallopian tubes. The strongest sperm then joins with the egg. The woman is now pregnant. The egg settles down in the womb and starts to grow. Nine months later a baby is born.



It is as simple as that. Girls don't get pregnant every time they have sexual intercourse, but it can happen the first time. If you think you are pregnant, you should get advice straight away. Speak to an adult you trust, your doctor or ring one of the free and confidential advice centres. The **Brook Advisory Centre** will tell you where your nearest local centre is. **Tel: 0800 0185 023**

Sexual + health

Patterns of sexual behaviour have changed dramatically in the past. Some people argue that society's moral structure has broken down and it's all the fault of the sixties generation. Others believe the changes stem from the type of risks that people face at any given time.

The development of the contraceptive pill (a contraceptive is something that stops you getting pregnant) in the 1960's led to a breakdown

in the old standard of women not having sexual intercourse (or being a virgin) until marriage. Antibiotics meant that sexually transmitted Infections (STI's) could be easily cured and the pill meant that women could take responsibility for ensuring that they didn't get pregnant.

The result was a revolution in sexual habits.

Today, things aren't quite so clear cut. Several new sexually transmitted infections have emerged that cannot be easily cured, such as Herpes, Chlamydia and Pelvic Inflammatory Disease. Research has found that the more partners a woman has, the greater her chances are of developing Cervical cancer. Even if a woman only had one or two sexual partners, the research shows that if her partner has had a lot of sexual partners, then the chances of the woman getting cervical cancer still increase. It doesn't seem fair, but there it is.

And the contraceptive pill is no longer seen as the miracle drug it once was. Women who take the pill and smoke are at higher risk of developing thrombosis and heart problems. Doctors now recommend that women only use the pill for a limited period, and if you smoke it's safer to use other methods of contraception.

And of course, since the discovery of HIV and AIDS, unprotected sex can cause a fatal and incurable disease. As a result, young people who are contemplating having sex should make sure that they use a condom.

Of course, condoms are the subject of many jokes, but the myths about it being like taking a bath in your wellies or eating a sweet with the wrapper on are not true anymore. Forget also that stuff about them being too small. You wish! If it feels too tight, you've got it on inside out!



If you are having or thinking of having sex, you need to learn about condoms. Learn how to use one and how to put one on the right way. Get your girlfriend to practice on you. And if you can't afford to buy them, they give them out free at the local **family planning clinic** or **Brook Advisory Centre**. These places are totally confidential, and you can either drop in and pick some up anonymously, or you can stay and talk through any problems you might have in total confidence.

The Brook Advisory Centre will tell you where your nearest local centre is: **Tel: 0800 0185 023**

Let's talk about SEX!

Some of the biggest problems that young people have to deal with when it comes to sex are caused by the different attitudes that boys and girls have towards sex.

Although individual boys and girls may feel differently about the issues, there are separate masculine and feminine cultures, and one of the areas where these cultures differ most widely is over sex and sexual relationships. According to these cultural viewpoints, boys and girls want widely different things. Girls want a long-term steady relationship with a boy. Boys, on the other hand, want sex with as many different girls as possible.

The reality for individuals is often very different. Many teenage boys want steady relationships and don't feel ready for sex. Some teenage girls like the idea of a different boy every weekend. However, the culture is there, and it does exert a pressure on both boys and girls to conform to its expectations whether they want to or not. It is this culture that labels a boy who has many sexual partners a stud, and a girl who does the same thing, a slut.



What do homosexuals do?

What is a lesbian?

Boys who are attracted to girls and girls who are attracted to boys are called *heterosexual*. *Homosexual* or gay men are men who are attracted to other men. *Lesbians* are women who are attracted to other women. Some estimates put the number of gay men and women at around ten percent of the population or one in ten people, so there is a very strong chance that some of the people in your class will grow up to be Gay or Lesbian.

Adolescence is difficult for everyone, given how confusing human sexuality is. It is even more confusing for gay teenagers. Although more and more people now believe that somebody's sexual preference is their own business, life is still more difficult for a gay person because of the prejudices many people have about homosexuality.



Of course, not everyone who has sexual feelings for somebody of their own sex is a homosexual. Some boys and girls may develop crushes on people of the same sex, and still grow up heterosexual. Other people repress their true feelings, go out with members of the opposite sex, get married and then realise later in life that they were really gay all along.



Many heterosexuals wrongly believe that gay relationships model those of heterosexual relationships, with one partner playing the 'man' while the other plays the 'wife.' This may be true in some cases, but in reality, homosexual relationships vary a great deal. Gay men don't just have anal sex. In fact, many gay men don't like anal sex and never have it. Another myth is the idea that lesbian sex involves the use of dildos or artificial penises. Again, this might be true for some, but it isn't the norm. Gay men and women are just like everyone else in that they have the type of sex that best suits them. And that differs from person to person, relationship to relationship.

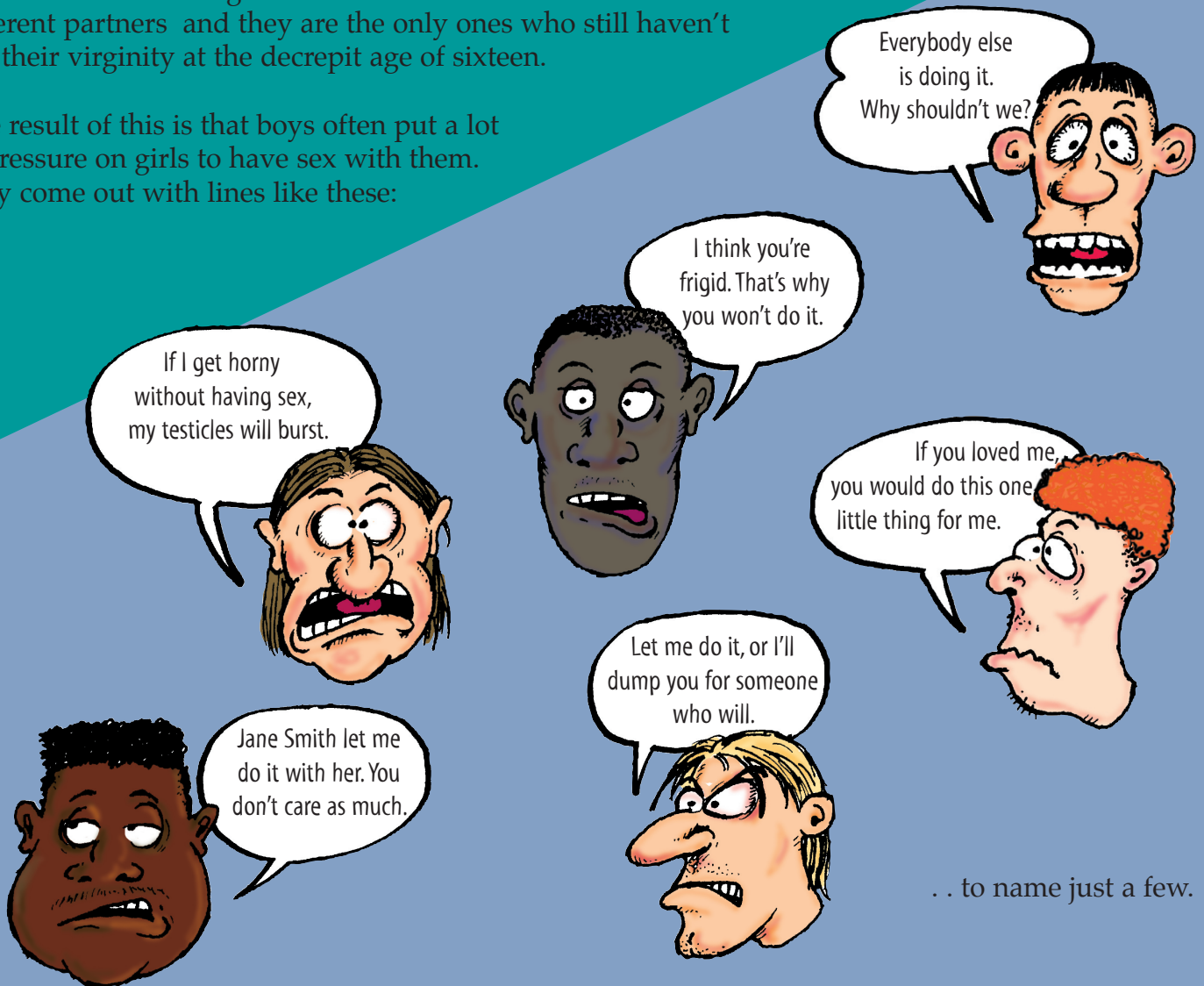
If you believe that you might be gay, and are worried or concerned about the issue, you should try to talk to someone about it. If you don't know any grown ups that you can trust, there are several places that you can call for information and advice. Your enquiries will be treated with total confidentiality. Look up the number of the local **Gay and Lesbian advice centre**, it will be in the **Yellow Pages** under 'Counselling & Advice' or ring **CHILDLINE: 0800 1111**

UNDER PRESSURE!

Films, television, records and songs are full of references to sex. If you've never had it or aren't getting it, it can seem as though the rest of the world is, and you're the only one who is missing out.

This causes problems for both sexes. Boys feel as though everybody else besides them is having lots and lots of sex with lots and lots of different partners and they are the only ones who still haven't lost their virginity at the decrepit age of sixteen.

One result of this is that boys often put a lot of pressure on girls to have sex with them. They come out with lines like these:



... to name just a few.

Having sex because you feel pressured into doing so is a very bad idea, and one that you will almost certainly regret. Anyone who does try to pressure you into having sex obviously doesn't care very much about your feelings, and that is not a good basis for any type of relationship, but especially for a sexual relationship.

You should try and remember that losing your virginity is something that you will only do once, and it's something you will remember all your life. As a result, you shouldn't do it on the spur of the moment. Do it with someone you care about, who cares about you, in a place that is comfortable and safe. You don't want to shudder at the memory for the next fifty years do you?

EVEN MORE PRESSURE

But boyfriends aren't the only people who might want to have sex with you, who might apply pressure to get what they want. Some older men are attracted to young girls -- and boys -- and will go to great lengths to persuade you to have some sort of sexual contact with them. Often, these people are in positions of power. They may be a parent, an uncle, a neighbour, a youth worker or a probation officer. They might try some sort of bribery to persuade you to do what they want, giving you money or buying you presents. Or they may try to bully or blackmail you into it. And if you've done it once, it can then become very hard to get them to stop.

Sexual relationships between adults and children are abusive. The abuser will often try to persuade the child that the abuse is their fault, or that if they tell somebody about it they will get into serious trouble, possibly taken away from their family. They use lies and deceit like this to silence the victim and to protect themselves.

It is important to remember that NOBODY has the right to touch you if you don't want to be touched, or to persuade you to engage in sex if you don't want to do it. It can be very hard to get out of a difficult situation, and it's often much easier to start as you mean to go on. If you don't want to have sex with somebody, say so loud and clear. If you feel as though you are being sexually abused and you want that to stop, you should tell the abuser. If you feel that there is some risk involved in your doing so, you should talk to someone else about it. There are helplines where you can discuss such matters in total confidence.

CHILDLINE is a **FREE** and **CONFIDENTIAL** helpline. It is open 24 hours a day, seven days a week. They will talk to you about any problem you have. Calling Childline may help you to decide what to do and how to do it.

CHILDLINE: Telephone 0800 - 1111

It is important to remember that **NOBODY** has the right to touch you if you don't want to be touched, or to persuade you to engage in sex if you don't want to do it.



How to be a good lover

A lad called Jake and a girl called Molly have arranged a date, a romantic moonlight take away chip supper and a walk around the DIY super store car park.

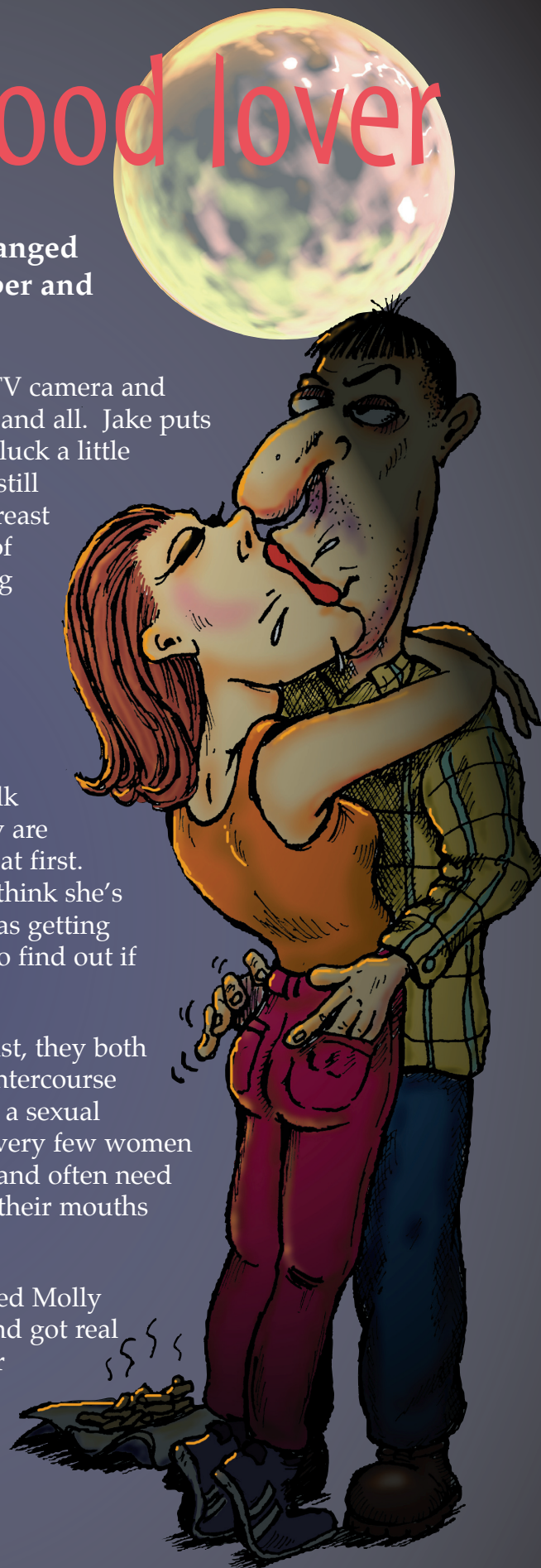
They talk, hold hands, find a quiet spot away from the CCTV camera and start to kiss. The kiss turns into a full blown snog, tongues and all. Jake puts his hand in the back pocket of Molly's jeans. Jake tries his luck a little further and moves his hand on to her breast. Molly whilst still snogging Jake pushes his hand away. Jake tries the other breast with the same result. The only sound apart from the slurp of their snogging is Molly whispering "No". Jake stops kissing her and they finish their chips.

They both think about packing each other in, but over the next couple of weeks a trust develops, Jake is allowed to touch Molly without her saying no or stopping him. At this point in our story they started to use the most important sexual organs on their bodies; their ears. Jake and Molly talk to each other about what they want, enjoy and how far they are prepared to go. They feel a little uncomfortable about this at first. They find it embarrassing. Molly thought that Jake might think she's a slut for saying what she wants. But is it as embarrassing as getting pregnant or turning up at the local clinic (the GUM clinic) to find out if you have caught a sexually transmitted disease?

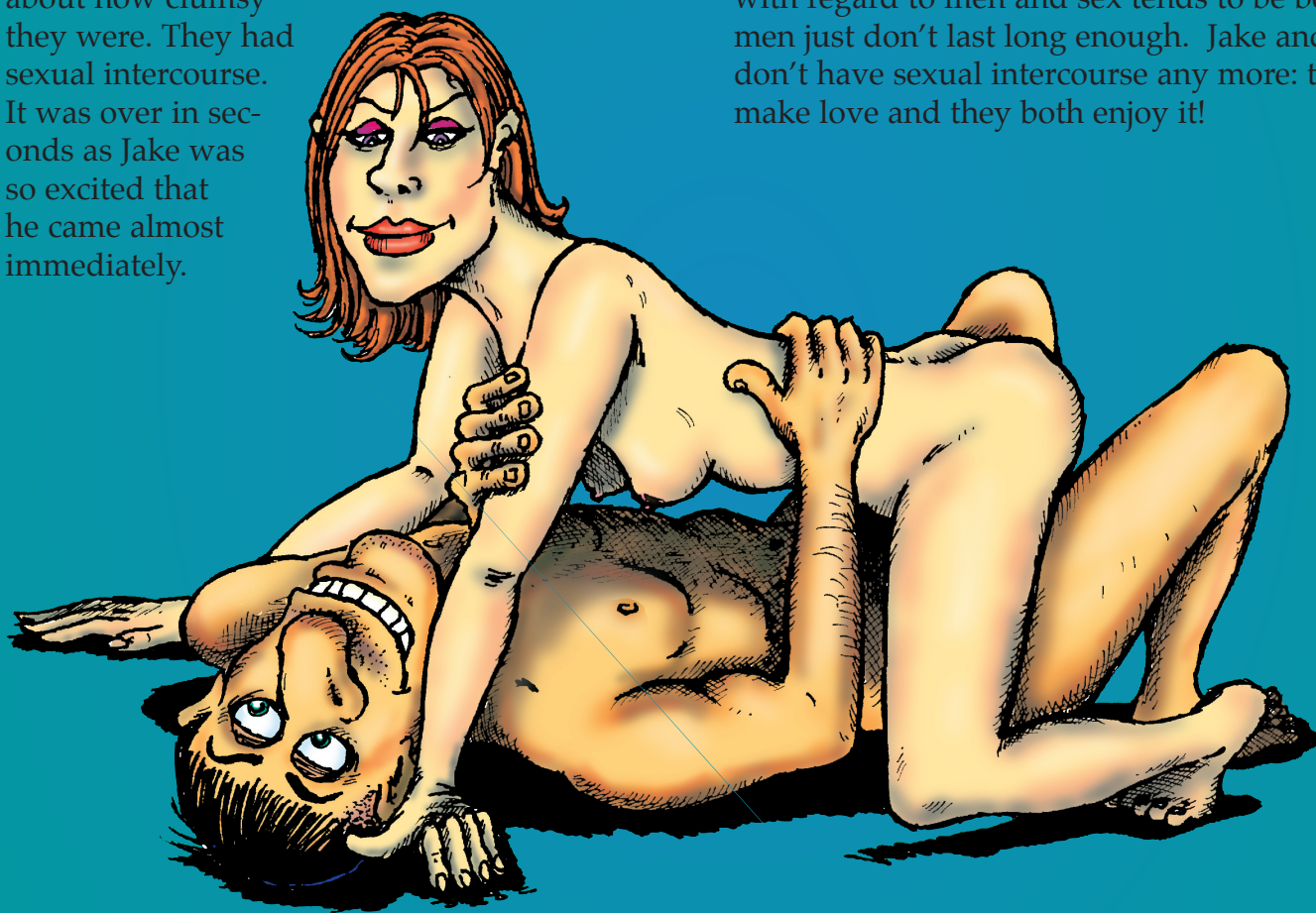
A month later and Jake and Molly have really built up a trust, they both care about each other. Molly doesn't feel ready for sexual intercourse just yet. Sexual intercourse is NOT the be all and end all of a sexual relationship. In fact, because of the position of the clitoris, very few women actually achieve orgasm through sexual intercourse alone, and often need their partners to stimulate them either with their hands or their mouths before they can actually come.

By telling each other where and how they liked to be touched Molly and Jake both learned how to bring each other to orgasm and got real pleasure from pleasing each other. Masturbating each other and oral sex are all sources of sexual pleasure that can be had without losing your virginity and without risking pregnancy or sexually transmitted disease. Getting into the habit of doing this stuff can actually make you a better lover as you get accustomed to the habit of meeting your partners needs and not rushing sex.

It's important to remember that the genitals are not the only source of pleasure. The lips, the neck, the nipples, the base of the spine... kissing, rubbing, touching... the whole body can be a source of sexual delight.



After a while Jake and Molly both wanted to have sexual intercourse. They planned to do it the next time Molly was baby sitting for a neighbour. Jake plucked up courage and went to the chemist shop and bought a packet of condoms. Molly felt that Jake taking the trouble to buy condoms was final proof that this was the boy she wanted to loose her virginity to. That evening they kissed and caressed each other as they did normally. They took their time getting each other aroused. Doing this before having intercourse is known as foreplay and is a vital part of the act. When it came to putting on the condom Molly helped Jake. They both laughed about how clumsy they were. They had sexual intercourse. It was over in seconds as Jake was so excited that he came almost immediately.



Jake felt a bit of a failure, but Molly and Jake had built up such a trust and openness about talking about sex that Molly told Jake not to worry. You can't expect to jump in a car and drive like Damon Hill without ever having a driving lesson. It takes time. Over the next few weeks they did it again and again. Jake found that if he concentrated his mind he could have some control over when he came. The condoms as well as reducing unwanted pregnancies and sexually transmitted diseases have other advantages. They may have a slight desensitising effect that gives you better control over your orgasm. The biggest problem that women have with regard to men and sex tends to be because men just don't last long enough. Jake and Molly don't have sexual intercourse any more: they make love and they both enjoy it!

Good sex is all about communication, and if you don't feel sufficiently mature to be able to talk about sex BEFORE you do it, then you probably aren't mature enough to do it at all. Think about what you WANT to do with your partner, as opposed to what you think might be EXPECTED of you. Before you actually decide to have sex, you should sit down and think about your limits. What do you want to do, and what don't you want to do? Talking is a way to try and protect yourself both physically and emotionally, so anyone who refuses to talk about this, or who ignores the limits that you set, obviously doesn't care much about you or your feelings. Do you really want to have sex with someone like this? It isn't likely to be a very rewarding experience for you.

THE AGE OF CONSENT

It is legal for young men and women to have sex, once they are aged 16. This applies to sexual relations between young men and women and young people of the same sex. In Northern Ireland it is aged 17. This is known as the age of consent.



If you are worried about any aspect of sex or sexuality telephone:

CHILDLINE: 0800 1111

Your call will be treated in confidence and is free.
They are open 24 hours a day, seven days a week.

If you think you are pregnant,
it is vital that you tell somebody straight away.
If you feel able, tell your parents or an adult who you trust.
You should contact your doctor or telephone:

THE BROOK ADVISORY CENTRE: 0800 0185 023

This is the national number, they will put you in contact with local centres.
Your call will be treated in total confidence.

[] lifeline | publication guidelines

[>] aims
To present the facts about sex in a realistic, down-to-earth way. This includes coverage of puberty, sexual health, contraception, pregnancy, sexuality, sexual abuse, communication and decision making.

[>] audience
Young people.

[v] content
Scenes of cartoon nudity, mild sexual scenes and diagrammatic representations of sexual organs. Some mild swear words.

[£] funding
Self-financed.