



Sex May 2010

The Verdadera staff encourages you to discuss and explore the issues and stories, as the publication aims not only to offer an outlet for expression, but to improve our lives. Keep in mind that the emotions that flow through the text and the feelings behind the words could be those of your child, your classmate, or your best friend.

Things to consider:

- *How do you stand true to your values about sex?*
- *Do parents have an influence on their children when it comes to the topic of sex?*
- *Do you feel any pressure to have sex, or to abstain from it?*
- *What might people gain and/or lose by having sex?*

Student Submissions

SEX IS EVERYWHERE: My friend's friend has sex all the freaking time. I got nothing against it but then my friend tells me she doesn't use protection. She is freaking out all the time cuz she thinks she might be pregnant. She takes like 50 gazillion tests all the time cuz she is all worried. And it might cross your mind: why doesn't she use it? Her boyfriend convinces her so. I bet he says something like "oh it feels better without it." Yeah, it will feel great when she has to have a baby come out of her vagina that she doesn't even really want. Then the other side of the spectrum. I got an HPV vaccine the other day and my mom was like "this is pointless, you aren't having sex until you are getting married." I said "well just to be safe." She says "but you are your husband are going to be virgins so it shouldn't be a problem." Old people live in this delusional world where they think they are the only ones screwing each

other. Puhlease. I don't know when I am going to do it, but I am not going to be like, not before marriage. Truthfully, where does this important value label everyone places on sex come from? Why must "deflowering" be something of losing your innocence? Perhaps sex is like soda; moderation is the way to go!

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*"Sexiness wears thin after a while and beauty fades, but to be married to a man who makes you laugh every day, ah, now that's a real treat."* ~ Joanne Woodward

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I'm Christian. I go to church every Sunday. I say grace at dinner. I've read the Bible, and memorized parts of it at Sunday school. But not only am I Christian, I'm other things too. I'm a girlfriend. And I feel like I have two

obligations, the obligation to my parents and to my religion to follow the Bible and participate in abstinence but I also have an obligation to my boyfriend. We haven't gone all the way but we've done things. Things that my family and church would never approve of. It's conflicting. I feel guilty sometimes but I love my boyfriend and I don't want to lose him and I want to show him how much I do love him.

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*"The art of procreation and the members employed therein are so repulsive, that if it were not for the beauty of the faces and the adornments of the actors and the pent-up impulse, nature would lose the human species."* ~ Leonardo Da Vinci  
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My family is quite unique, especially when it comes to talking about sex. My sister and brother are thirty-two and twenty-nine respectively. They are both married, and my brother has two kids already. This, of course, means that they are having sex. They don't live with us, but when they come over to visit a few times a month, our family dinner usually involves talking about sex. It doesn't faze me, since I'm used to hearing about it, but I have to admit it gets a little too graphic for me if the talk becomes personal, since I have to imagine my own sister or brother in that situation. But it's fun to talk and laugh with each other at the dinner table, even if we're talking about something as serious as sex.

It may sound strange, but I like how my family is so open about sex. It does not mean that my parents condone teenagers having sex—in fact, my mom told me that she would be extremely disappointed in me if I had sex before marriage. I can see her point of view and I am glad that I can talk to basically anyone in my family about this issue.

Many parents refuse to talk to their kids about sex, or feel that it is some sort of taboo topic that should be avoided at all costs. But I believe that talking to your kids about it is the only way to make sure they are knowledgeable on the subject—something that is very important. Talking to your kids about sex does not mean that they will go have sex! Even if you don't talk to your kids about sex at home, it's not like we don't know anything about it. Being a teenager, going to school, and interacting with others means that we do think of issues such as sex, drugs, etc., even if we never mention these topics at home. So a parent avoiding talking to their kids about sex in hopes that their kids do not know about it and therefore will not do it is useless. We all know sex, so we may as well talk to our family about it so we can make good decisions about such an important issue.

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*"There's nothing better than good sex. But bad sex? A peanut butter and jelly sandwich is better than bad sex."* ~ Billy Joel  
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I still remember the first time; I've regretted it so many times. I was only a sophomore then, I wasn't sure if I was ready for it but at the time I knew I loved my boyfriend enough to be curious. Sex complicated so many things after, it made my relationship more unstable and ironically it kept me and my ex together longer than I planned. After the first time it was the start to a whole different perspective. It made me feel more insecure, which is why I kept doing it even after me and my bf broke up. Most importantly now I realized that sex complicates everything, it ruins friendships, it builds awkwardness but with the right person it builds bonds. Now when I do my bf is happy and not sad that I'm doing him to make myself secure.

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*"Virginity can be lost by a thought."* ~ St. Jerome  
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Growing up, hearing the mere word "sex" was enough to make me squirm, not to mention having to pretend to need to go to the bathroom when a sex scene came up during a movie I was watching with my parents. However, after having my first boyfriend, sex was not something that seemed too taboo to talk about anymore. I did my fair amount of, dare I say it, "sexploration" with my first couple of boyfriends but I never went all the way with them. And then there was him. Our relationship started out like all others, the predictable flirtation, smiles, and innocence. After a couple of months, I felt that I was indeed in love with him or whatever my interpretation of "love" was at the moment. That's why I felt myself justified when I lost my virginity to him. And let me just say this right now ladies, if you think that the first time is supposed to be sweet and romantic like in the movies, you are so wrong, it hurts like hell! Anyways, after having sex for the first time, my boyfriend and I initially felt more bonded than ever. But we never used condoms, and the danger of pregnancy became a reality for me. The pregnancy test commercials on TV which I so easily disregarded before became unbearable to sit through. Also, the constant fear of being pregnant seemed to magnify the other tensions in our relationship. We fought constantly, and then would compensate for our arguments by engaging in sex again. Every time I received my period, it was like a blessing and we would promise that we wouldn't do it again. However, neither of us had the self-restraint to really commit to our

promise so the vicious cycle continued. Looking back on that relationship, I'm not going to say that I regretted my actions. I think everything happens for a reason, but I do feel that not only the person, but their partner need to both be emotionally and mentally prepared enough before they have sex. By the time you're a senior, sex is so casually tossed around that it's really no surprise anymore when you find out that another couple is having sex. Please don't be intimidated by this nonchalant environment. Sex is a beautiful, significant, and life altering experience; treat it like one.

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*"Sex is the gateway to life."* ~ Frank Harris  
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I went to a summer camp that drew kids from about 8th to 12th grade. One day, the topic of sex came up. Two girls from LA (8th graders, although they told everyone they were older) were ragging on an extremely Christian friend for her ideals -- namely, staying a virgin until married.

It was so strange for me to hear these LA girls arguing and trying to show the friend how ridiculous the idea was. After all, I'd just recently talked to some people at MVHS about the same thing, and a lot of them were saying how it was a good idea to wait until marriage. I guess it just goes to show how different places create different environments and foster different ideas.

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*"Sex. In America an obsession. In other parts of the world a fact."* ~ Marlene Dietrich  
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I was 15 and my boyfriend and I got to 3rd base. That was the farthest. I mean, we talked about it and all, but I was still shocked afterwards. It's not like we had sex I'd anything, but it really got me thinking. Do you really have to wait until you get married to have sex? I always thought that I would "give my flower away" to someone special, possibly my husband. But after reaching 3rd base, it changed my mind that it doesn't have to be my husband because when I'll know when I'm ready, and I knew it as just lust that made me think about having sex at 15. I think sex is something I can share with someone who I know will understand me, even if he isn't going to be Mr. Right.

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*"Sex is the last refuge of the miserable."* ~ Quentin Crisp  
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I didn't realize that girls were just as horny as guys were. I was talking to a senior from another school, and she has the innocent kind of look. I kept teasing her

about different things, and she would always deny or call me a pervert. I wasn't sure to stop or not, because I don't want to make a girl uncomfortable you know? Well one day, we were together, and I kept teasing her about different things and she kept saying how I'm making her imaging things. She called me a sinner and all sorts of things and she said to stop fantasizing. I told her to stop doing the same. And it went back and forth, until our hormone levels were really high. Then when it really happened, I was so surprised how she changed completely, and she was really experienced. It was the first time I ever did it, but I couldn't tell if it was her first or not. She said before that the farthest she's gone was kissing. But the first time we did, she bled a lot. I'm going to leave the details out. She was very patient, as it took me over an hour and thirty minutes. It had never taken that long before, and she was very patient, saying sexual things to keep me going. She joked earlier that I wouldn't last that long, and at this point she was very surprised nothing has happened yet. And then it happened, and we were using protection of course. Afterwards, which is what I want to talk about, I was surprised to find myself feeling a lot more confident. Here, was a very attractive girl who felt needed by me. And my confidence just soared knowing I didn't need to try and chase any other girl, nor I don't really care when I go to college (I'm going to a small college smaller than Monta Vista). It was a positive experience, and I felt I didn't need to be a nice guy to anyone. That one experience changed my completely and made me feel like I could become a better person. I could study harder, and I felt I could pursue my hobbies with more dedication and passion. I think this is what really drives human nature and when done in moderation or with caution, it really brings only positive benefits. People with high successes have high sexual drive and need a way to release their tension.

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*"Sex is a momentary itch, love never lets you go."*  
~ Kingsley Amis  
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First time sex is always a huge wall to leap over, no matter what existing cultural, religious, or conservative background you may come from. But after having sex for the first time, in the back of my mind, the wall between abstinence and being sexually active did not seem as gated. I think just mentally before sex, sex was placed as something so sacred that people rarely openly talked about doing it or considering doing it. Maybe

they talked of it in a joking manner, but never a committed statement like “I am determined to do it.” So after I ‘leapt’ over the virgin boundary, I found myself a little lost and confused. Yes the first time is important and should be meaningful, but does that mean every time after your first does not hold as great of a purpose? For me, sex was meant originally for that one person you love as an act of love. But after you lose that person, sex just doesn’t seem as reserved for the one you love since you obviously lost that person even with the intimacy of sex. Without those virgin boundaries, I am now in the free to roam area. I am not saying that I am or agree to being sexually active, but the status of sex is no longer one that is so untouchable and protected. Perhaps if losing your virginity was not seen as something so forbidden, sex after your first would have just as great of a meaning as your first time and would not be treated as something to be so easily handed out.

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“Nobody dies from lack of sex. It’s lack of love we die from.” ~ Anonymous

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Sex, is an iffy topic. During the last couple of years, my own experiences and friends have changed my perspective on the matter. Coming in to freshman year with sex. Ed I was quite opposed to the act. They drill into your heads that sex is bad. I believed this into the next year when I started talking more to upperclassmen my perspective changed only slightly. However, my view completely flopped when I found out my best friend was having sex. At first, I didn’t know what to think. Was she just a rampant slut? It took me a while to realize that her and her boyfriend loved each other. In time, it became okay and simply a personal choice. I have been put in positions where I could have had sex if I wanted but I don’t think I am ready for it yet. Maybe my friend is, but I am not. I am not completely opposed to the idea and perhaps if I found the right guy and I really trusted him it would be okay. But as of now, I am still saving myself for something serious—and not in high school.

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“Sex: the thing that takes up the least amount of time and causes the most amount of trouble.” ~ John Barrymore

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Sex is enjoyable, but based on my personal experience it is not the forbidden act or amazing event that media

and society portray it as. Sex can be painful and enjoyable both physically and emotionally. In the heat of the moment nothing else seems to matter as you bond with your partner in the closest way possible. From what I have been through there have been times when a fight or tears erupt right after sex. On the contrary there have been times when it seems as though things between my partner and I could never be better.

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“A widespread taste for pornography means that nature is alerting us to some threat of extinction. .” ~ J.G. Ballard

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So maybe not talking to your kids about sex at all and being hella strict asian parent is a good way to enforce abstinence. Seeing as how half the kids at mv don’t have sex and are virgins. Maybe not, my parents never talked to me about sex. They figured that it was covered in sex ed in elementary school and decided they didn’t need to talk to me about it. And yeah I guess it worked, I don’t have sex. But what I’m lacking is some perspective right now.

Is there a reason now to wait for marriage to have sex now a days? Everyone seems to do it premaritally and it doesn’t seem to matter much. But I don’t want to have sex with one night stands or hook ups, to me it should mean something important. Something special you do with someone special. I guess this is where it gets kind of stupid. Would talking with my parents have changed the way I view sex? I think they assume that I’ll remain a virgin until I get pregnant or something, or get an std. like I have no idea what the hell I am supposed to do?

The world is so sex crazed. That I don’t know which way is up or down in moralities about anything with sex.

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“Sex is an emotion in motion.” ~ Mae West

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I remember when I first played CFM (Chuck, F***, MARRY) at a sleepover in 8th grade. For those unfamiliar, you’re given three names and you choose: which will you chuck (throw away)? which will you f***? which will you marry?

It’s not like I was thinking about sex at that point, so putting people in that context was... weird and foreign and alien to me. But I went along, played the game, and that was the start of my entrance into our loose society.

Sex is something that is so easily thrown around, nowadays. You hear it all the time in music, but the song is catchy, so you keep listening. You hear jokes about it all the time on campus, and you become accustomed to the humor. And even if we, as teenagers, talk and joke about it a lot, the truth is that many of us who throw it around lightly are the ones who definitely aren't coming anywhere close to the actual act, anytime soon.

That's all I have to say. It's a weird concept.

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*"Fast sex, like fast food, is cheap, but it doesn't nourish the body - or the soul."* ~ Suzanne Fields  
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Sex, huh? Interesting topic... I mean, it's interesting for me because most people see me as the guy who will have sex with anyone, anywhere, any place. But to be honest, I really don't see sex in that light. Sure, I'm one of those guys who would walk around saying, "Dude, I'd bang that chick," but when it comes down to it... I don't think I would. Well, I'd like to believe I wouldn't. I remember back in my freshman year when I first *realized* what sex was meant for. Well, durr, it's an expression of love, but someone pointed out to me that only girls really see it in that way. Guys usually just look at it as, well, the greatest experience ever; besides maybe knifing a guy in the head from across the map on MW2 (I just had to say that for all the CoD lovers reading this). What's interesting to me is that a girl will actually experience ten times the amount of pleasure that a guy would upon climaxing... Well, so I've heard. In that case, you'd think the guy would look into the whole sex topic as love and the girl would be looking for the pleasure...

I think a lot of what I say when it comes to sex has to do with this INSANE sex drive... I mean, what kind of sick God would do this to a teen!? I don't know if ALL guys are like me, but if they are, they are DEFINITELY better at controlling it than me. It might have something to do with the fact that if they don't focus on their SAT studying, they might be killed by their parents, but that's beside the point. The only reason I could think of that would make me jump into bed with a random girl would be this EXPLOSIVE amount of testosterone. No, I'm not trying to sound extremely manly. I just think that God said, "Hey, let's go ahead and keep his voice a medium level, keep him relatively skinny, not TOO hairy, and let's just put the rest of the testosterone straight into this man's JOHNSON!"

To be honest, if I can control my sex drive, I don't see why others can't. That is, hold back until you find the one you love. And masturbation is not the key! If I don't have to do it, then others don't either! Plus,

masturbation is like procrastination: it feels great at first but once you get to the end, you just realized that you "did" yourself, for lack of cleaner diction.

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*"It is not sex that gives the pleasure, but the lover."*

~ Marge Piercy  
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Everyone says "abstinence is the key". I have nothing against christianity, but if you think about it, what is the point in waiting? You could die any day. You might not live to see tomorrow. And by waiting, you might miss out on the opportunity to have sex in your lifetime. And seriously, by waiting, what are you proving? If you love someone dearly, there is nothing wrong with having sex. That's why I had sex with my boyfriend. I love him so much. No words could describe it. He's the last thing I think of before I fall asleep and the first thing I think of when I wake up. And because of that, I have no regrets for having sex. It was our choice to do it, no pressure, no nothing. Sex is for those who love each other and should not be frowned upon.

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*"I'd like to meet the man who invented sex and see what he's working on now."* ~ Anonymous  
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I have never had sex, but I have seen lots of it online. Always clicking the "yes I am 18" button. I have never talked about it with my parents, but I do talk about it with my friends. We talk about who would be good at it, and who wouldn't. I find it kind of scary how detached we are when we talk about such vulgar acts, such atrocious things, but it is a new thing of this generation, to treat sex impersonally, as a casual kind of occurrence for fun. There is a lot of gossip of who has done who, who has fingered who, who has given head to who, but it is kind of scary how the girl is always the whore, and the guy is always a legend. In Biology class I remember my teacher telling us that America has the highest teen pregnancy rates, not because Americans have more sex, but simply because parents, elders look down on it and some shopkeepers to not agree to sell condoms or to provide condoms, and parents and elders just tell them to practice abstinence. You see it a lot in pop culture, mean girls for instance "Don't have sex, because you will get pregnant and die! Don't have sex in the missionary position, don't have sex standing up, just don't do it, OK, promise?"

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"Love is a matter of chemistry, but sex is a matter of physics" ~ Anonymous  
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I wonder if anyone's ever thought I had sex. I might talk about sex a lot, compare things to sex, joke with my friends about who would be most likely to be a screamer, listen to music about sex, etc, but don't we all (...kind of)? I think it's funny how prominent sex is in our society, and how much the subject of it arises within my circle of friends, but in the end, sex and I are as likely as... dancing meatloaf (the food meatloaf, not the musician Meat Loaf. The musician Meat Loaf dancing would just be awesome) - somewhat interesting, kinda funny, but if you have too much dancing meatloaf, it's not significant anymore. That's why I'm saving my dancing meatloaf for the one I want to be with forever. Doesn't mean I'm waiting for marriage, I'm just waiting until I know it's right. For the rest of you, maybe your sex is more like... the Energizer bunny. It just keeps going and going and going, nothing new, and hey, they're bunnies, and you know what bunnies like to do ;). Sure, that's cool too. Please keep it classy though, don't be powering that battery near my electrical circuit.

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"Vanity, revenge, loneliness, boredom, all apply: lust is one of the least of the reasons for promiscuity."  
~ Mignon McLaughlin  
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Ahhh....now this topic is so taboo isnt it? So controversial...so....daring and scary. First time I had sex was my sophomore year and i didnt even know I was having sex! This guy I knew, a friend, and I were just hanging out one night and one thing lead to the next and next thing you know I was officially no longer a virgin! I was dazed and mentally I wasnt there. i guess you could say throughout the whole time i wasnt even thinking. He wasnt wearing a condom because we didnt even expect this to happen. Who knew that this kind of thing would ever happen to me? i always thought I would be the kind of person to think about it, to talk about it with my partner and to always use protection. I guess not all things go as planned but i was on birth control so i felt a little more assurance. He kissed me goodbye and walked to his car as he whispered in my ear, "your no longer a virgin". I remember taking a shower that same night just washing my body, and i thought..."holy s*** im not a virgin.....holy s*** i just had sex...wow....that wasnt that big of a deal." and that was it. i got into my pjs and hopped into bed without a second thought. All I could think about was..."I just

had sex...and it wasnt the way I expected it to be...Im 16 years old and i am not a virgin."

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"Sex is more than an act of pleasure, its' the ability to be able to feel so close to a person, so connected, so comfortable that it's almost breathtaking to the point you feel you can't take it. And at this moment you're a part of them." ~ Anonymous  
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Sex is supposed to be an act of intimacy between a man and a woman, but today an increasing number of couples are having sex without realizing that they aren't ready, and we are seeing the effects. Many high school couples believe that they are "in love" and want to take their relationships to the next level, so they will consider sex. The problem is, most high schoolers are too young to make sensible decisions and don't know what love really is. High school relationships usually will not last, so having sex at such a young age is a bad decision. Having sex during high school can be extremely problematic. In sophomore year, I asked my girlfriend of 6 months if she was ready to have sex. Without pressuring her into saying yes, she agreed. On a weekend when her parents were on vacation, we went to my girlfriend's house and went upstairs to her bed. We were caught up in the moment and thought nothing of what the consequences would be. The next morning, I woke up scared and shocked at what had happened last night. I kept wondering to myself if she was pregnant. I felt so scared and guilty. She went for a pregnancy, and luckily it came out negative. Did everything turn out alright then? The answer is no. The problem is, sex has more than just physical effects on a person, it can also have emotional effects. My girlfriend felt so sad and guilty over what had happened, that we broke up the following day. She regretted losing her virginity at such an early age. All in all, having sex in your teen years is simply not worth it. People don't know what they are getting into and will usually regret it for several reasons. Whether it be pregnancy, an STD, guilt, anger, the termination of a relationship, or anything else, underage sex can scar a person for life. Teens (and adults) need to understand the risks before having sex and make intelligent decisions.

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"Literature is mostly about having sex and not much about having children; life is the other way around."  
~ David Lodge  
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sex is such a confusing topic. i always think about it which is normal cuz im a teenager u know? i wish I could have someone to do stuff with. a lotta my friends are in relationships and i want someone too.

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“Familiarity breeds contempt - and children.” ~ Mark Twain

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It’s weird to hear about people you know that are really good people having sex or directly hearing it from them. I think the thing that makes the biggest difference in their morals to mine, is either the way their parents raised them or the situations they have been in.

Personally, my parents have taught me that sex should be saved for someone you truly love, and through my parents and personal experience I have concluded that high school love 99 percent of the time is not true love. So either their parents didn’t explain this concept to them or their parents just have different morals, since most morals are passed on through parents. The other thing that I think could have happened to these people is that they met someone who they felt they were in love with and wanted to have sex, they changed their morals because of their friends, they ignored their morals just to be “that guy that got laid,” they put themselves in a bad situation and in the end either made a mistake or just started having sex, etc. You never know what people have been through so you can’t really judge someone by it, but on the other hand it is a moral thing and you can judge someone on it you just have to remember that there could have been a ton of reasons why they made this decision. In the end, there are many reasons why someone’s morals about sex could be different from yours and I think more people should acknowledge that fact and not jump to conclusions about people.

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“The tragedy of sexual intercourse is the perpetual virginity of the soul.” ~ William B. Yeats

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Every, about 20 minutes at least one thought about sex has popped into my head. I'm not sure if its normal, but I have been thinking about sex a lot lately. Aftereffects for thinking about it? Well once you get your mind started it's kind of hard to stop. Aftereffects for doing it I could imagine are somewhat more serious. I guess I'm kind of innocent compared to others at my school, I mean freaking, which is basically sex without clothes, has always felt awkward for me. But I can see pupils

around me REALLY get into it. Perviness is kind of being normalized as I hear that's what she said jokes every like ten minutes, and sometimes even from teachers. One time I found condoms in my brother's room and I had no clue what they were, but now I know what theyre used for. It's really weird encompassing the face that students or siblings or parents have sex, so I try not to. I'm not sure if girls are as into sex as guys but the way some of them dress to school sure says something. I mean seriously people CAN see through that, and YES those shorts are too short. Please girls, help a brotha out and let us concentrate on school.

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“The reproduction of mankind is a great marvel and mystery. Had God consulted me in the matter, I should have advised him to continue the generation of the species by fashioning them out of clay.” ~ Martin Luther

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Sex always fascinated me. Not like in the sense where I wanted to go out and try it, but I always wondered what it would ...feel like. Recently I have been thinking a lot about sex and how it has so much more of a meaning than just to reproduce, or to “create genetic variation” as the biology teachers would put it. Sex is for pleasure but should also be done with the right person at the right time for the right reasons. Sex is a lot more meaningful when you do it at the correct time because otherwise once you have an “Accident”...well, you know what happens. One of my friends messed around with a guy and later ended up being pregnant. Thankfully she had a miscarriage and didn’t have to worry. BUT she got lucky! 50% of fertilized eggs fail to develop, so you should still be careful. Shows like “The Secret Life of the American Teenager” seem to promote sex in a way, because they make it seem so easy to have a baby and how happy they would make the teen parents. I mean come on guys, you wouldn’t want one of those sucking up your social life at such a young age. Monta Vista already gives us enough work. Add a baby on top of that, and I don’t know what you would do. Just go out and enjoy your virgin life. Save sex until you get married and want to have kids, or just want to have fun. Make sure you are doing the right thing. Listen to that voice inside your head telling you it’s a wrong thing to do. Just some advice :)

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"Sex lies at the root of life, and we can never learn to reverence life until we know how to understand sex."

~ Henry Ellis  
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I've just been blown a couple of times and given a few tugs here and there, no big deal. What I find amusing, and almost embarrassing, however, is the fact that most of the guys in our school, especially seniors, haven't even gotten their genitals touched by anything else than their own hand. Oral sex is hella chill though, and I think I'm still kind of holding off on actual sex till maybe I find a dime piece in college, or this summer when things get hot like the weather.

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"Sex, a great and mysterious motive force in human life, has indisputably been a subject of absorbing interest to mankind through the ages." ~ William J. Brennan, Jr.  
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I don't take sex lightly. I actually don't take any of the physical aspects of a relationship lightly. I find myself to actually be quite prude. Yes, I have had a boyfriend before, but I didn't let it go any farther than kissing. To me, I don't understand how people can just so easily rush into it. There are people who cash in their v card to their boyfriend of a couple years or months, and I just don't understand why they'd do that. Sex is something important and I feel like it should be saved for when you are older, for when you really know that you love that person. There are also those people who just hand out blow jobs like tissues from a Kleenex box. I mean really, doesn't that hurt your self esteem? For me, I really don't think I'll go further than kissing until much later.

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"Sexual love is the most stupendous fact of the universe, and the most magical mystery our poor blind senses know." ~ Amy Lowell  
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Everyone says sex doesn't hurt; for me though it DID. I remember that weekend being one of the most painful physically and mentally, I was so upset I had already lost my virginity. Personally I never planned to lose it in high school, maybe college but this was all too soon. I can't blame the other person at the time we both wanted it, I guess wish I saved it because it would mean so much more. There's so much regret with sex those regrets out way the benefits

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"Sex is a big question mark. It is something people will talk about forever." ~ Catherine Deneuve  
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"I love you" is what he said to me, now what? We lived happily ever after? That kind of mentality was never the case with me but this is was the closest. It was the summer of '09 and I remember how much time I spent with him. We tried to bring back what we had lost the past year and it almost seemed like it was working. I never let things get past a certain point and he respected that. We could hang out without saying a word and still have a good time. I think that's what I found comfort in; he gave me the kind of attention I knew I could never get from friends or even family. When school started we found it hard to find times to see each other because he didn't go the same school as me. When we did find time it was for couple hours and then I'd have to leave. With each visit we grew impatient at how much we hated being apart but that wouldn't change. I guess that's when we started to do stuff that we weren't "suppose" to. I told my best friend but to my surprise it wasn't the outcome I was expecting, she was there for me and asked me if I rushed the decision or did I actually think about it. I knew I thought about it and actually spent the time thinking about the consequences. I didn't feel like I had to put myself down after I went and saw him or the next day or ever. I felt like I made a decision and that was my choice and if anything were to happen it would be my responsibility. Even though our relationship didn't last and we broke up I don't regret anything I've done with him. I think people only regret things when they didn't consider the consequences and do it for the wrong reasons. Sex is to me is a mutual understanding and should be respected on both ends. So when something like a break up happens, neither one regrets what they had done with one and another.

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"What is commonly called love, namely the desire of satisfying a voracious appetite with a certain quantity of delicate white human flesh." ~ Henry Fielding  
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Alone, lying on my back, my eyes as if held by strings to the ceiling, I pondered in the dark about my virginity. Most christian parents give their children purity rings as a way to ensure they'll stay clean until they're married, but that night three years ago I made a choice to take it one step further. So far in my life I have always hated sensual references, scenes in movies, or just the topic in

general leading me to my decision of dying a virgin. Why is “doing it” the greatest pleasure in life, because quite frankly I find it disgusting. Telling people this leads to the same inevitable stupid question, “don’t you want to have kids?” Gears shift in my mind conjuring up images of the millions of homeless kids around the world. Then I think of why they got there in the first place, and it’s almost always because of the idiocracy of someone else’s choice to have fun, find out they have a child they can’t support, then dump the kid on the street. Never in my life could I see it as a pleasure, when there are people’s lives who get ruined and traumatized because of it. Many people ask me If I am saving my virginity for god, but in truth I’m not. The spiritual reasoning for my decision is derived from this shadowed connection I feel I share with god. Although I am not religious I love god on an unconditional level as mostly religiously devout people do, but my perception of this love has made me feel that by doing it with someone else I would be loving them more than god. It is an unexplainable emotion, but as far as I know the choice I’ve made isn’t based on the immaturity of my present mind. I am known to be stubborn and consider myself to be far more mature than most my age, on a spiritual level at least, so any chance of me changing my mind would be inconceivable.

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*“Against diseases here the strongest fence  
Is the defensive virtue, Abstinence.” ~ Robert Herrick*  
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I remember my first time, and it was definitely not what I thought it would be. My boyfriend and I were only at 3 or 4 months of our relationship. It probably felt longer than that amount of time because we had “a thing” for about 2 months before he asked me out. Anyways we were on my bed just messing around like usual, and pushing boundaries each time. When both our jeans came off, I just thought, “oh I wouldn’t let him go all the way in, therefore it’ll be okay” but obviously that didn’t work. Not because he was a super horny sex fiend and jammed into me before I could stop him, but it was because, really...how the hell would I know what “all the way in is?” Needless to say, I messed up. I later saw blood on my leg and I laughed and yelled “HAHA WHAT?!?!?!?” not because I thought it was funny but because I couldn’t believe it. After it really hit me I cried. My poor boyfriend was so confused. I cried so much because I never thought I’d lose my v-card at 16. I thought that it would be at least towards the middle of my senior year. I felt dirty and I guess in all those movies where there’s a scene of a girl showering after she has sex because she felt so dirty and

messed up, it’s pretty accurate. I also thought and wondered how other girls can just go give themselves away at drunk parties and rebound hookups without feeling any guilt or sense of wrongness. I felt so unclassy and gross, I wonder why they didn’t feel trashy, and wondered why they would be confused if people called them sluts...

After that one time, it didn’t happen again for a while and probably around 3 months my boyfriend and I tried again and every time it hurt really bad for some reason. Maybe I wasn’t ready and I didn’t realize it. My boyfriend and I have been on and off again for almost 2 years now and the sex finally stopped hurting. I think it means that I am really ready for it now. I guess I sorta predicted correctly, that I wouldn’t lose my virginity until middle of senior year, well it took until senior year for it to stop hurting and actually enjoyable. Even though my on and off boyfriend isn’t my Prince Charming and I’m pretty sure we’re not going to be those high school couples that end up marrying each other, I’m glad I’m still with the boy who my first time was with, so I can say I didn’t give it away to just anybody. Sex has consequences and I wasn’t ready when I was 16, now I can say that I am able to deal with whatever consequences may come in the future and even though sex has risks, I can take care of myself. It may have been wrong 2 years ago, but it’s not wrong anymore. Just because I don’t think it’s wrong anymore doesn’t mean I parade my sex life around.

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*“When a man goes on a date he wonders if he is going  
to get lucky. A woman already knows.” ~ Frederike  
Ryder*  
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Freshmen year seems like a long time ago now that I’m a senior. Those four years have changed a lot of people who I know. Freshmen year sex was a taboo, it wasn’t something that people did. The first time I had sex, I was 14 years old and it was with a 16 year old boy I just met. I had only known him for 2 months so I can’t say I slept with him cause I was in love with him. I’m not sure why I did. I get it just came up and we did it. Afterward I didn’t feel anything. I was numb on the inside. I didn’t feel as if my innocence was taken away or that I wasn’t pure anymore. It wasn’t a big deal to me afterward. Until I told my best friend. I remember she told me that now I was going to die if I kept having sex. A few other people who I told seemed disgusted with me. I then felt terrible. Like I did something wrong, I

felt as if everyone knew that I was tainted and everyone was talking about me. Three years later everyone is doing it. All the people who gave me s*** in the start, all the kids who used to go to church and yell that they wouldn't do anything till marriage. Those are the kids I now see at school with hickies all over their necks and hear rumors about them being so drunk at parties that they ended up giving blow jobs and having sex with other people's boyfriends or girl friends. Girls being so desperate that they will take off their pants the minute someone asks them. It seems like everyone is doing it now. They have no control, they end up going to school Monday morning and feeling like sluts, honestly they probably are. I learned a while back to keep my sex private. Yes, I do it more often then most, I don't

disapprove of sex, I think it could be an amazingly fun thing that you should never be ashamed of. If you are old enough to have sex, then you should be old enough to deal with the consequences that come with it. The emotional and physical ones. Yes, I have had two abortions in two years, but I was mature enough to deal with them in the right way. I don't regret having sex so early. It gives me so much more experience in what you would have to deal with later. I wish sex wasn't something that people had to be ashamed of doing and on the other hand I don't think people should flaunt their sex life either. No one needs that negative attention. People need to realize that sex isn't a game, and that you need to be careful with who you do it and who finds out about it. Don't regret it.

Sex and the After Shock

By *(Marialena Malejan-Roussere, LMFT)*

Sex: it's such a small word, but has so many meanings, feelings, opinions, beliefs and consequences, both positive and negative, attached to it. Most people, no matter what their age or level of maturity, find it difficult to discuss sex and often shy away from doing so. Parents often reduce a discussion of sex to the "birds and the bees" talk, when in fact it is a wonderful umbrella topic for sexuality, reproductive health, relationships, interpersonal dynamics, intimacy, body image, gender roles, broken hearts, abuse, violence, unwanted sexually transmitted diseases (STDs), pregnancy, addiction and growing up in general. Sex is laden with religious and spiritual beliefs, cultural upbringing, media imaging and peer review.

Because sex is a complex human interaction, the effects of becoming sexually active vary depending upon whether the sex was truly consensual, made under pressure, exploitive, honest, protected against STDs and pregnancy, and aligned with one's internal compass. Feelings can range from euphoria, love, happiness, and closeness, to guilt, shame, longing, regret and numbness. A single physical act might be without visible physical consequences, but could lead to the stresses of negative peer labels, guilt and shame, and the permanent stressors of acquiring a STD and/or pregnancy. How we cope with the feelings and how we behave in response to the stresses sets up an internal pattern of how we are in the world and theme of our self-perception.

Here is what I know from working with countless teens and their families:

- Engaging in relationships and emotional intimacy is needed to mature into an emotionally healthy adult. It is natural and appropriate for a teen to want to be seen, heard and recognized as being valued.
- Teens are in a pressure cooker of sorts – while they long for acceptance, they must cope with intense hormonal changes in a growing body, and must resolve their own place in the opinions of their peers, culture, parents, and religious/spiritual beliefs.
- When decisions are made under pressure, having a good outcome from those decisions decreases dramatically.
- Most teens are having sex too young and doing so under pressure.
- Impulsivity, coupled with the belief of invincibility, put teens at a greater risk for unwanted negative sexual consequences.
- A normal part of being a teen is trying to define who they are in opposition to the adults and enforcing structure in their lives.

Sex is often unconsciously used to feel more connected and valued. While sex may immediately get those results, the long term goals of intimacy, connection and well-being have little to do with the act of sex. It is important to know that there are ways to feel more connected, to develop relationships and be emotional intimate with others, which do not involve sex. Peer pressure can be intense. Teens need to be honest with themselves about why they choose to have sex in a relationship – are they doing it to belong? to be liked? to fit in? or to keep a relationship?

To the Teen Readers:

The worst time to make a decision to have sex is on the spur of the moment. Think about it in advance: Do I want sex with this person? Is the sex mutually agreed upon? Is it respectful? Have I communicated my needs, wishes, desires, thoughts, feelings effectively and respectfully? Has my partner? What protection are we using against a STD? Against a pregnancy? How would I cope with the stress of a possible unwanted pregnancy? An STD? How would I handle grief and loss in my own or another's heart? Have I discussed all of these possibilities with my partner? If your partner can't give you an answer to any of these questions, what will that mean for your relationship? Have you been honest with your partner? Is your partner honest with you? What happens to your relationship if one of you has not been honest? How might that fair for the long term of your relationship

In the end, only you own your body. You are in charge of who touches it, how you take care of it and how you use it. From the choices you make with your body, you create your opportunities for self-empowerment and positive self-esteem, or you

disempower yourself and lower your self-image. When you make a decision that does not serve you or another, how do you cope with the challenge you have created? How you face these challenges, how you comfort yourself through difficult times, the kindness you show to yourself and others when things don't go as planned, will define you. Although there may be people or events that influence you or pressure you in regards to sex, it is still your decision, and you alone live with the consequences.

Let's talk about the after effects of sex. Statistically, unless you plan to be a virgin when you marry, it is highly unlikely that the partner you choose at 15 is the partner your 25-year old self would want. How will you cope with a broken heart, unrequited love, disappointment, whether your own, or that of your partner? It is important to discuss these possibilities in your relationships. It may feel easy enough to let life or someone else choose for you, but are you strong enough to choose your own life? Can you take the risk involved in resisting peer pressure or living through an awkward situation when you tell another that you are not ready? A good relationship is more about how the couple deals with disagreement and repairs disappointment than it is about often or how good the sex is that they have.

Respect your body. Listen carefully to what you want. Take care of yourself. Remember if you do not like the direction you are heading in a relationship, you always have an option: turn around and start walking in the opposite direction. And if you have to deal with an unwanted result, take a deep breath, gather support from the people you trust, and confront it head on.

To the Parent Readers

Relationships heal and help grow parts of ourselves, sometimes parts our families can't do. Your teen is growing up in a different time than you did: culturally the expectations around sex are different. There is a larger influence from the media and different pressures from peers. For instance, today most teens report they believe it is okay to have sex with someone other than your wife or husband, whereas a generation or two ago, the pressure was to meet the special person, fall in-love and have sex with him or her only. Most teens will consider their sexuality and will have been curious about sex long before their parents recognize their child as a sexual being. Teens are bombarded with so many conflicting messages about sex – casual sex is okay, sex should be meaningful; sex is fun, you can die from a sexual encounter; sex is necessary for guys, girls who engage in sex are sluts; having sex makes a teen accepted by their peers, teens who have sex risk getting hurtful labels.

No matter how you cut it, sex is a complex issue. Sex education is most beneficial when all of the many issues are discussed. Your communication with your child on these issues is a process, not a one-time event. Your job is not only to ensure that your child understands the details of reproductive and sexual health, but to guide your child's communication and decision making skills. Talk with your child about gender roles, self-esteem, and how to cope effectively with life stressors. Research shows that teens that are well educated about sex tend to delay their first intercourse and participate safely when they decide to do so.

While it is important for your child to know your expectations and values about sexual experimentation, it is also important to respect them as growing human beings and the authenticity of their experiences. Respect their emotional experiences and acknowledge their reality, without being dismissive or minimizing the profundity of their choices because of their age. Remember the goal is to keep relationship with your teen. Teens will not let you parent them without a relationship based on trust and mutual regard and respect.

Teach your children ownership of their bodies, an appreciation of their bodies, and responsibility of their behaviors. Emphasize the power of their choices. Be respectful of their feelings. Listen and regard the intensity they may be feeling. Help them deal with the pressures and stress they may be facing. You may disagree, but show how to disagree respectfully. Remember you are helping them grow into a healthy adult who can deal with life stressors, be in charge of their own life, and act responsible, and respectful both towards themselves and others.

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*Marialena Malejan-Roussere is a licensed Marriage and Family Therapist with a private practice in Los Gatos. She specializes in working with teens, families and parenting support. For more information regarding teen support groups, a free consultation or to set up an appointment, contact her at 408-702-7429, 315 Los Gatos-Saratoga Road, Los Gatos, CA 95030 or visit her website at [www.relationshipharmony.com](http://www.relationshipharmony.com).*

## Resources from the Verdadera Staff and Professional

- Canfield, Jack. *Chicken Soup for the Teenage Soul: The Real Deal School*. Health Communications, 2005.
- Miller, Patricia Martens. *Sex Is Not a Four-letter Word!: Talking Sex with Your Children Made Easier*. New York: Crossroad, 1994. Print.
- Mullaney, Jamie L. *Everyone Is NOT Doing It: Abstinence and Personal Identity*. Chicago: University of Chicago, 2006.
- Stenzel, Pam, and Crystal Kirgiss. *Sex Has a Price Tag: Discussions about Sexuality, Spirituality, and Self-respect*. Grand Rapids, MI: Zondervan, 2003.
- <http://living.health.com/2008/10/10/6-things-your-teen-needs-to-know-about-sex/> Health.com offers guidance for parents to educate children on safe sex and its misconceptions.
- <http://www.pamf.org/teen/parents/sex/talksex.html> Palo Alto Medical Foundation has advice for parents wanting to talk to their children about sex.
- <http://www.plannedparenthood.org/> Planned Parenthood is the nation's leading sexual and reproductive health care provider; their website includes information related to sex and staying safe.

## Upcoming Issues and Submission Deadlines

| <u>Issue</u> | <u>Deadline</u>                           |
|--------------|-------------------------------------------|
| Parties      | 6pm, Saturday, May 1 <sup>st</sup> , 2010 |
| TBA          | 6pm, Saturday                             |

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**Sex**  
**May 2010**

*Verdadera is a publication created by and for Monta Vista students for the purpose of instigating communication concerning the reality of high school within the community. Each month, an issue on a topic relevant to the lives of our students is sent home for reading by both parents and students. While we do not edit submissions, we aim to publish personal experiences, not opinion articles. Please utilize all the resources present and feel free to email comments and feedback.*

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