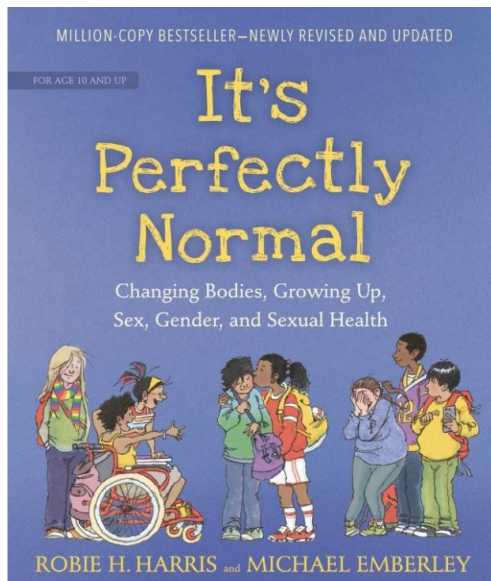


IT'S PERFECTLY NORMAL, 5TH EDITION



Book Summary:

This book instructs young children, aged 10 years and older, about puberty, sexual intercourse, STD's, pregnancy, abortion, and sexual abuse.

Summary of Concerns:

This book contains sexual activities and sexual nudity.

Juvenile

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3 /5

Minor Restricted
BookLooks Review Rating

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1	<p>Sex is about a lot of things- bodies, growing up, families, babies, love, caring, curiosity, feelings, respect, responsibility, biology, and health.</p> <p>...You may wonder why it's a good idea to learn about some facts about bodies, about growing up, about sex, about sexual health, and also about gender.</p>
2	<p>Here is what one dictionary says under the word sex:</p> <p>...2: A label usually given at birth to humans and other living things based solely on the male body parts or the female body parts they have or were born with. Looking up words such as sex or gender or other words in a dictionary can be a good way to find helpful information. But some dictionaries may not have the most up-to-date information. And other dictionaries may not include everything you may want to or need to know about sex or gender.</p>
3	<p>And often one of the questions kids may wonder about or ask when they first hear that a new kid is joining their class is, "Is it a boy or a girl?" When kids ask that question, they are usually asking about a person's sex. The labels "girl," "boy," "male," and "female" are labels that most babies are given at birth. But these labels are only based on what the parent, doctor, nurse, or midwife sees at the moment of birth.</p> <p>...However, not all people's bodies, including babies' bodies, are exactly the same. ...Some babies are born with a mixture of male body parts and female body parts. If a person is born with that mixture, their sex is "intersex," which is the word that is often used to describe that mixture.</p> <p>Many people talk about sex and body parts, many think they are talking about a person's gender. But gender is not just about our body parts. Gender is also about the many thoughts and feelings each of us has about being who we are: a girl or a boy, a man or a woman, or a mixture of genders, or somewhere between female and male, or neither male nor female.</p> <p>Many people use the words girl or boy, or man or woman, to describe who they are. Yet other people feel or know that those words do not describe who they are and that the sex they were assigned at birth does not fit with who they are. They may be or feel that they are a different gender than the gender they were assigned at birth. Or they may feel that neither female nor male describes who they are and may not want to use girl or boy, man or woman, or female or male to describe who they are.</p> <p>...There are some states and cities that have now added another option for gender to their birth certificates- the gender X. The</p>
4	<p>How you feel, see, and describe yourself- whether it is according to the sex you were assigned at birth or the gender you now feel and know you are- is called your gender identity. A person's gender identity is often defined by the clothes they wear, or by the way we behave, or by the way we look, or by other traits we may have.</p> <p>Sometimes other people may try to define your gender for you.</p>
6	<p>The dictionary tells us even more about sex. It says,</p> <p>4: Sexual desire.</p>
8	<p>The dictionary tells us one more thing about sex. It says,</p> <p>5: Sexual intercourse.</p> <p>Sex can also mean sexual intercourse. Some people call sexual intercourse "having</p>

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	<p>sex."</p> <p>...These feelings often make them want to or decide to be very close to each other in a sexual way. People can have these feelings for people of a different gender, or for people of the same gender, or for all genders.</p> <p>One kind of sexual intercourse happens when a person with a female body and a person with a male body are so close to each other that the penis goes inside the vagina, and the vagina stretches in a way that fits around the penis.</p>
9	<p>Most often, people have sexual intercourse because it feels good.</p> <p>...When a couple has sexual intercourse and does not want to make a baby, there are healthy ways, called birth control, that can help keep them from making a baby or from passing on an infection to one another.</p> <p>...People also call sexual intercourse "making love" or "lovemaking" because it's a way of expressing love.</p> <p>...Another kind of sexual intercourse happens when the sexual parts of two people who have female bodies touch or when the sexual parts of two people who have male bodies touch. This kind of touching can make the whole body feel good- feel sexy. Since male bodies have only sperm cells and no egg cells- and since female bodies have only egg cells and no sperm cells- the beginning cells of a baby cannot start to grow and a pregnancy cannot begin when two people of the same sex have sexual intercourse.</p> <p>The illustration on the top of the page depicts a nude woman straddling a nude man who is laying on a bed. The woman's buttocks and side-view of her right breast are exposed.</p> <p>The illustration on the middle of the page depicts two nude women sitting on a bed facing each other. The light skinned woman has her arms outstretched grasping the other woman's torso with her legs straddling the other woman's legs. The darker-skinned woman is slightly hunched with her right arm grasping the other woman's left arm. The darker-skinned woman's left arm is angled downward toward either woman's pelvis.</p> <p>The illustration on the bottom of the page depicts two nude males laying on a bed. The lighter-skinned male is lying on his side with his buttocks against the other man's pelvis. He has is right arm around the darker-skinned male's neck and shoulder. The darker-skinned male is leaning on the bed with his left arm around the other male's back and his right hand holding the other man's hand. He is pressing his pelvis into the other man's buttocks.</p> <p><i>See Figure 1.</i></p>
10	<p>Sexual intercourse- "having sex"- can involve the penis and vagina, or the mouth and the genitals, or the penis and the anus.</p> <p>...Sometimes people use the word sexuality to talk about sex. When people use the word sexuality, they are usually talking about everything in our daily lives that makes us sexual human beings- our gender, our sexual feelings, thoughts, and desires, as well as any sexual contact, from sexual touching to sexual intercourse.</p>

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11	<p>Straight, lesbian, gay, and bisexual are words that have to do with sex because sex is also about sexual desire- the sexual feelings we may have toward another person. The words sexual orientation are words that have to do with sexual attraction.</p> <p>...People do not choose their sexual orientation.</p> <p>...A person who is straight is someone who is sexually attracted to people of another gender- someone who is not the same gender as they are.</p> <p>...A person who is gay is someone who is sexually attracted to people of the same sex or gender.</p> <p>...In a gay relationship, two people of the same gender- a male and a male, or a female and a female- are attracted to, and may have loving feelings for or fall in love with, and may have a sexual relationship with each other.</p> <p>A gay relationship between two females is called a lesbian relationship.</p>
12	<p>A person who is bisexual is someone who is sexually attracted to people of a different gender and is also sexually attracted to people of the same gender.</p>
13	<p>But most scientists believe that being lesbian, gay, straight, or bisexual is not something you choose- just as you cannot choose what skin color you were born with. They believe that a person is born with traits- with the biological makeup- and that those biological traits are what determine whether someone is a straight person, or a gay person, or a bisexual person.</p> <p>Sometimes as kids are growing up, they become curious about other kids who are the same gender as they are or who are a different gender. They may even look at and even touch each other's bodies. This is a normal kind of exploring and does not necessarily have anything to do with whether someone is or will be straight, gay, lesbian, or bisexual.</p> <p>...Many people use the term LGBTQ+. These initials- L for lesbian, G for gay, B for bisexual, T for transgender, Q for queer or questioning, and + for plus- are ways of referring to people who are lesbian, gay, bisexual, transgender, or who refer to themselves as queer or questioning, or who may use other words to refer to themselves. Queer is a word that some people use to describe their gender and/or their sexuality.</p> <p>...Questioning is a word that is used when people may question who they are sexually attracted to- someone of the same sex or gender as themselves, someone of a different sex or gender from themselves, or both, or neither. The word questioning is also used when kids or adults question the feelings they have about their own gender.</p> <p>Pansexual describes those who are attracted to people of all genders, not just to males or females.</p> <p>Asexual is a word that is used to describe people who feel that they are not sexually attracted to anyone of any gender. The word ace is often used as a shorter way of saying asexual.</p>
14	<p>Cisgender is a word that has to do with gender. Cis is the Latin word for the phrase "on the same side." A cisgender person is someone who feels or knows that the gender that was assigned to them at birth- female or male- was and still is their gender.</p> <p>...Transgender is another word that has to do with gender.</p>

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	<p>...A transgender person is someone whose gender identity is different from the gender that person was assigned at birth and who transitions from the gender assigned at birth to a different gender. Transgender people can be straight, or lesbian, or gay, or bisexual, or asexual.</p> <p>This means that a person who was born with a male body, but feels, acts, and knows she is female and may ask to be called a girl- or a person who was born with a female body, but feels, acts, and knows he is a male and may ask to be called a boy- is a transgender person. Some may feel this way all of the time and will feel this way throughout their lives. Others may feel this way for only a few months or a few years. And some may feel that sometimes they are one gender and other times they are a different gender.</p> <p>Transgender people may change the way they dress or their name to match the gender they believe they really are. They may also ask to be called "he" instead of "she" or "she" instead of "he." And some who feel that they are male some of the time and female at other times may ask to be called "they" or "them."</p> <p>...Genderfluid describes those who feel they are not the same gender all of the time.</p> <p>Pangender describes those who feel they are more than one gender.</p> <p>...Binary, which means two, is a word that describes only two genders- male and female.</p> <p>Non-binary is a word that can mean several things about a person's gender identity. It can mean that a person identifies as neither male nor female, or identifies as someone who is in between male and female, or may be another gender.</p> <p>...Some feel that transgender people should not have the right to use the bathroom at school or other public places or should not have the right to be on a sports team that aligns with the gender they feel or know they are. Taking away an LGBTQ+ person's rights only because of their gender identity or sexual orientation is more than disrespectful. Taking away or trying to take away one's rights can make a person feel sad, even very sad or angry.</p>
20	The illustrations on this page depict several nude males and females of varying ages.
21	The illustrations on this page depict several nude males and females of varying ages.
22	The illustration on this page depicts a nude young woman from a three-quarters view, looking at herself in the mirror as she brushes her hair.
23	<p>When the clitoris is touched and rubbed, the clitoris and the whole body can feel good both outside and inside. It feels kind of tingly, kind of warm and nice. It feels sexy.</p> <p>The illustration on the top of the page depicts a zoomed in view of a vulva with the following parts labeled: Clitoris, Outer labia, Inner labia, Opening to the vagina, Opening to the urethra.</p> <p>The illustration on the bottom of the page depicts a young woman bending over with a mirror in her hand. Her buttocks and vulva are in the foreground. There are</p>

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	labels pointing to the corresponding body parts which read: Anus, Opening to vagina, Opening to urethra.
24	The illustration on the top of the page depicts a nude young woman holding a window over her pelvis which shows the internal organs in her pelvis.
25	<p>When the penis is touched and rubbed, the penis and the whole body can feel good both outside and inside- kind of tingly, kind of warm and nice. It feels sexy.</p> <p>The illustration on this page depicts a nude young man from a frontal view. He is looking at himself in the mirror.</p> <p>The illustration on the bottom of the page depicts a zoomed in view of two nude penises and scrotum. The labels beneath the illustration read: Circumcised penis and Uncircumcised penis.</p>
26	<p>During puberty, each testicle grows to about the size of a walnut or a very small ball. That's why they are often called "nuts" or "balls."</p> <p>The illustration on this page depicts a nude young man from a frontal view. He is looking at himself in the mirror.</p>
27	<p>Semen, the fluid that carries a male's sperm, leaves the male body in rapid spurts through the tip of the penis. This spurting is called ejaculation, and it occurs only after puberty has begun.</p> <p>The illustration on the top-left-side of the page depicts a young man holding up a window over his pelvis which shows an internal view of his penis and scrotum.</p>
30	The illustration on this page depicts nude males of various ages in a full-frontal view.
31	The illustration on the bottom of this page depicts nude females of various ages in frontal view.
39	<p>Sperm leave the body when a penis ejaculates semen. To ejaculate means to suddenly release or to let go. When ejaculation occurs, the penis is usually erect.</p> <p>The illustration on the bottom of the page depicts two nude young males. One of the males has a flaccid penis and the other one has an erect penis.</p>
40	The illustration the bottom-right-side of the page depicts an erect penis with sever sperm inside of it as they rush toward the tip which has a white spray coming out of it. The sperm are saying "WE'RE MOVIN' NOW!" "YEAH!" "YIKES!" "WHOA!"
41	<p>Erections can happen with the penis is touched and rubbed, or when a boy or man is having pleasurable thoughts or seeing someone who makes them feel happy, excited, sexy, or nervous. Erections can also happen when watching a movie or TV show or video or reading or seeing something online that feels exciting, when someone attractive walks by, or while having a pleasurable dream. Many boys and men often have erections when they wake up.</p> <p>...Erections usually happen before and during sexual intercourse. An erection makes it possible for the penis to enter the vagina.</p>

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	<p>...Some people call an erection a "hard-on" or "boner" even though there are no bones in the penis.</p> <p>...The semen, which contains sperm, travels through the urethra and spurts out through the tip of the penis. This spurting out of semen- ejaculation- causes a feeling of excitement called an orgasm.</p>
42	<p>Ejaculation usually occurs during sexual intercourse. It can also occur during other kinds of sexual touching and excitement and even during sleep.</p> <p>Most boys usually start having "wet dreams" at puberty. Wet dreams happen when a pleasurable, exciting, or sexy dream causes the penis to ejaculate some semen.</p> <p>The illustration on the top of this page depicts a young man lying on his side in bed. He has a shirt on but does not have pants on. He is lifting up the covers, exposing his penis and scrotum.</p>
43	<p>The illustration on this page depicts a nude young woman looking at a bra.</p>
44	<p>The illustration on this page depicts a nude young man standing next to a dresser with a shaving razor in his hand.</p>
45	<p>The illustration on this page depicts a nude young man taking a shower.</p>
46	<p>The illustration on this page depicts a nude young woman taking a shower.</p>
49	<p>The illustration on the top-left-side of the page depicts several young women in a locker room in various stages of dress.</p>
51	<p>Perfectly Normal Masturbation</p> <p>...Kids, teenagers, and grown-ups too experience sexy feelings when they masturbate. Masturbation is touching or rubbing any of your body's sex organs for pleasure- because it feels good. One everyday term people young and old often use for masturbating is "playing with yourself."</p> <p>Some people believe that masturbation is wrong or harmful. And some religions call masturbation a sin. But masturbating cannot hurt you.</p> <p>...Many people masturbate. Many don't. Whether you masturbate or not is your choice. Masturbating is perfectly normal.</p> <p>When people masturbate, they usually rub their sex organs with their hands or with something soft, like a pillow.</p> <p>Girls often rub their clitoris; boys often rub their penis. Both the clitoris and the penis are sensitive to touch.</p> <p>The illustration on the top of the page a young woman laying on her side with one arm under her head. Her left hand is angled into her pelvis between her exposed legs and pelvis.</p> <p>The illustration on the bottom of this page depicts a young man sitting on the edge of a bed. He does not have any pants on, and his right hand is gripping his penis. There are curved movement lines on both sides of his body. <i>See Figure 2.</i></p>

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52	<p>A person may have a warm, good, tingly, exciting feeling all through their body while masturbating. This feeling can become more and more intense until it reaches a peak or climax. At that moment, a male may ejaculate; a female may feel strong, exciting sensations just in the area around the vulva or throughout the body. A female may also feel some wetness in the vagina.</p> <p>When this happens, this is called having an orgasm. Some people call it "coming." After having an orgasm, a person usually feels quite content and relaxed.</p> <p>...Often when people masturbate, they daydream about someone or something happy or pleasurable or sexy. Some people become sexually excited without masturbating, just by looking at sex pictures or by dreaming about or having fantasies about something pleasurable.</p> <p>People of all ages masturbate- babies, kids, teenagers, grown-ups, and the elderly. Girls and boys often start to masturbate at puberty, but many start before.</p>
59	<p>Touching, caressing, kissing, and hugging- often called "making out"- are other kinds of sharing that can make two people feel very close and loving and excited about each other. People can and do become sexually excited without having sexual intercourse.</p> <p>The illustration on the top-middle of the page depicts a young man and woman kissing on a couch. They each have a hand in the other person's hair.</p>
60	<p>Sexual intercourse usually begins with two people touching, caressing, kissing, and hugging each other.</p> <p>After a bit, a person's vagina becomes moist and slippery, and the clitoris becomes hard. After a bit, a person's penis becomes erect, stiff, and larger. Sometimes a bit of clear fluid that may contain a few sperm comes out of the tip of the penis and makes it wet. This is usually when two people begin to feel excited about each other.</p> <p>But in fact, there are different kinds of sexual intercourse- vaginal intercourse, oral intercourse, and anal intercourse.</p> <p>When a person with a female body and a person with a male body are having vaginal intercourse, the erect penis goes into and inside the vagina, which stretches in a way that fits around the penis. The wetness from the vagina makes it easier for the penis to go into the vagina.</p> <p>Vaginal intercourse is also called vaginal sex. As the two people move back and forth in rhythm, the movement of the penis inside the vagina soon feels very good. They may hug and kiss and touch each other even more as all of this is going on and feel more and more excited.</p> <p>When the feelings come to a climax, semen is ejaculated from the penis and spurts into the vagina, and the muscles in the vagina and uterus tighten and finally relax. This is called having an orgasm. Often, right after an orgasm, a small amount of fluid may come out of the vagina and out of the penis.</p> <p>When two people, whether they are male and female or two males or two females, are having sexual intercourse, they may have orgasms at different times. And sometimes one person has an orgasm and the other doesn't.</p>

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	<p>The illustration on the top of this page depicts a side view of nude woman laying on her back on a bed with her right breast exposed. Her legs are wrapped around the waist of a nude man who is laying on top of her. His Pelvis is against the woman's.</p> <p>The illustration on the middle of the page depicts two young women sitting up in a bed with the covers drawn up over their waists. A lighter-skinned woman is sitting on the other woman's lap with her back to the other woman. The woman behind the other, has her arms wrapped around the other woman's chest and is kissing her neck.</p> <p>The illustration on the bottom of the page depicts two nude males laying on their stomachs, one atop the other, on a bed. Covers are pulled up over their waists. A lighter-skinned man is laying on the bottom with his head up, resting his weight on his elbows while the other man is kissing his neck.</p> <p><i>See Figure 3.</i></p>
61	<p>A pregnancy can begin even if the penis is withdrawn from the vagina before ejaculating. If sperm are ejaculated close to the opening of the vagina- or even if just a few sperm spurt out before ejaculation- it is possible for them to swim up the vagina and join with an egg.</p>
62	<p>And all couples- no matter who they are or with whom they are having sexual intercourse- can help protect each other from getting infections such as HPV, HIV, and gonorrhea that are spread by sexual contact if they use a new condom correctly and every time they have sexual intercourse. This is one way of practicing "safer sex."</p> <p>There are other ways people make love and have sex. When a person puts their mouth on a vulva or penis, this is called oral sex or oral intercourse. When an erect penis goes inside the anus, this is called anal sex or anal intercourse. Some think that when people have oral sex or anal sex, they are not having sex- and that they are abstaining from sex.</p> <p>The illustration on the bottom of the page depicts women and men speaking. A woman is saying, "But we were standing up." A man holding a baby is saying, "But I pulled out." Another man is standing next to the other one saying, "But she said she didn't have an orgasm."</p>
65	<p>The illustration on middle-right-side of the page depicts a nude woman with her breasts exposed. She is looking down at a window showing an internal view of her baby in utero with a hamburger floating above the baby.</p>
68	<p>The illustrations on this page depict a nude woman giving birth. The illustrations are shown in various distances from the woman's vagina.</p>
69	<p>The illustration on this page depicts a nude woman laying back as a small man in a toga holds his hand on the woman's abdomen.</p>
76	<p>Condoms can be bought at a drugstore, a convenience store, or a supermarket. They are often displayed in a special section or on the counter next to the pharmacy or near the cash register- and no prescription is needed. Condoms can also be bought online, and many health-care professionals will also provide them.</p>

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	<p>All types of condoms work very well when used correctly.</p> <p>A male condom is a soft, very thin cover that fits over an erect penis. When a male ejaculates, semen is kept inside the condom and sperm are not able to enter the vagina and unite with an egg.</p> <p>The illustration on this page depicts a nude woman laying back as a small man in a toga holds his hand on the woman's abdomen.</p>
77	<p>Condoms are often called "rubbers" because they are usually made out of a rubbery material called latex.</p> <p>...A condom designed to fit inside the vagina, called the internal condom and also known as the female condom, is often made out of a plastic material called synthetic nitrile. This soft pouchlike condom is inserted into the vagina before vaginal intercourse. This type of condom can also be inserted into the anus before having anal sex.</p> <p>The illustrations on this page depict several birth control products including: IUDs, Implant, Depo-Provera, Patch, Ring, Birth control pills, Condom, Internal condom, Cervical cap, Diaphragm.</p>
78	<p>The illustration on the top of the page depicts a nude young woman holding a window in front of her pelvis which is showing her internal organs.</p>
79	<p>If there is an emergency and a woman or girl has been raped- forced to have sex against one's will- there are emergency contraceptive pills that can be taken to prevent the start of a pregnancy. These pills are called "morning-after pills." They can also be used if a condom breaks, or is not put on properly, or a patch falls off, or if a female has unprotected sex for any reason.</p>
80	<p>When a male and female use the withdrawal method, the male withdraws the penis from the female's vagina just before ejaculation. This method does not work very well either because some semen may leak out before ejaculation or because males may fail to remove their penis before ejaculating.</p> <p>...Some religions and groups and some individuals believe that using any method of birth control is wrong. Others believe that using the rhythm method and withdrawal method is fine. However, they also believe that using over-the-counter and prescription birth control methods is wrong.</p>
81	<p>There are laws being voted on and policies being considered and enacted in some states and also by the federal government about contraception that could and in many instances do keep healthcare professionals from giving information about contraception to kids and adults. This can mean that kids or adults who cannot get information about birth control may then become pregnant when they feel they are not ready, or not old enough, or did not intend to have a baby.</p>
82	<p>An abortion is a medical procedure for the purpose of ending a pregnancy. Some pregnant females choose to have abortions.</p> <p>...An abortion is usually performed in a clinic or a hospital by a doctor or other trained health-care professional and is a safe procedure, especially when done early in the pregnancy.</p> <p>...Sometimes abortions happen later. That's because at the moment, the laws of many states make it harder to get an abortion.</p>

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	<p>There are pills that can end a pregnancy and are used as another method of abortion. This method is called a medication abortion.</p> <p>...They can be taken by a pregnant female during the first ten weeks of a pregnancy. The first set of pills is taken at a doctor's office or clinic. The second set is usually taken at home one or two days later and followed by a checkup with a doctor or nurse.</p> <p>These are some, but not all, of the reasons why people who are pregnant might want or need to end a pregnancy:</p> <p>...They feel they are too young to take care of a baby in a responsible manner.</p> <p>They are sick and unable to take care of a baby.</p> <p>They do not have enough money or time to take good care of a baby or they already have children and cannot afford another child.</p> <p>They feel they are not ready to become pregnant.</p> <p>They are not in a good relationship or feel the relationship will not last and decide that having a baby under those circumstances would not be responsible.</p> <p>...They are single and feel they are not able to raise a child on their own.</p> <p>They did not intend or want to become pregnant.</p>
83	<p>In 1973, the Supreme Court of the United States, which is the highest and most powerful court in the nation, ruled that a woman has the right to end an unwanted pregnancy. This ruling also says that no state can limit that right until very late in the pregnancy when the fetus could survive outside the womb. The court said it is up to each state how much to restrict abortion at this point in a pregnancy, so long as no restriction interferes with a woman's choice to end her pregnancy in order to preserve her own life or health. The name of the 1973 Supreme Court decision is Roe versus Wade.</p> <p>...People who support the Supreme Court decision favor a woman's right to decide whether or not to have an abortion. They believe that this is a deeply private and personal choice and should therefore be made by the individual female, not by the government.</p> <p>People who think that this decision should be changed so that abortion is no longer legal- is no longer allowed- believe that the ruling allowing a woman to choose for herself whether or not to have an abortion is wrong. They believe that life begins when a baby is conceived and that an embryo or fetus has a right to life- a right to grow in a woman's body and to be born whether or not that woman wants to have a baby.</p>
84	<p>These laws are being challenged and most likely will continue to be challenged in the courts. But as of now, the United States Constitution gives women and girls the right to decide for themselves whether or not to have an abortion.</p> <p>...If a person does live in a state that keeps them from having an abortion in their state, that person may be able to have an abortion in a state whose state laws have made it legal and safe to have an abortion. But if a person becomes pregnant and lives where they cannot get or where it is too difficult to get a safe and legal abortion, they may have no choice but to give birth to their baby.</p>
85	<p>In fact, there are centers that tell people information that's not true, such as abortion causes cancer and mental illness or makes it not possible for someone to have a baby in the future. This information is false, and even though such centers</p>

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	<p>may look like they are real health-care centers, they do not provide abortion care or offer any correct information about abortion. Usually, most of the staff at these centers are not real health-care professionals, even though they may dress like doctors or nurses and may wear lab coats to make it look like they are real health-care professionals. However, some centers have begun to have some health-care providers. But the goal of these centers still remains to convince pregnant women and girls not to have an abortion and instead to continue their pregnancy and give birth to a baby. This is intended to keep women and girls from making their own decisions about whether or not to continue their pregnancies.</p> <p>...But their counseling still includes persuading people not to have an abortion and tells people information about abortion and birth control that is not true. And they will not help a girl or woman get an abortion because they will not give them information on where and how to get a safe and legal abortion.</p> <p>...There are also centers called pregnancy counseling centers that clearly say that they are not health-care centers. They also say that they do not offer health-care services, but that they do offer pregnancy counseling and do give out baby supplies such as diapers, baby clothes, and baby toys. However, these centers also give out information about abortion that includes persuading people not to have a safe and legal abortion and tell people information about abortion that is not true. Some also give out information about birth control and emergency contraception that is not true and is aimed to keep people from using birth control and using emergency contraception.</p> <p>...Doctors do not always understand why miscarriages happen, but they know that females who have miscarriages can usually become pregnant again and give birth to healthy babies. The same is true for those who have chosen to have an abortion.</p>
89	<p>These kinds of photos or videos are called pornography. Many people use the word porn as a short way of saying pornography.</p>
90	<p>Sending sexual messages, photos, or videos to someone over the Internet is called sexting, which is a combination of two words- sex and texting.</p>
92	<p>Hate speech means saying or writing words to or about another person or group of people that insults that person or group because of who they are. Often, but not always, hate speech is based on a person's sexual orientation or gender identity, looks, race, or religion.</p>
99	<p>Condoms are the only contraception that can help to protect one from getting an STD or passing on an STD to another person. Abstinence is the surest way to protect oneself from getting infected by a sexually transmitted disease.</p>

they want a baby. Most often, people have sexual intercourse because it feels good. People have sexual intercourse well into old age.

When a couple has sexual intercourse and does not want to make a baby, there are healthy ways, called birth control, that can help keep them from making a baby or from passing on an infection to one another.

Sometimes, a couple does not plan ahead or decide whether or not to have sexual intercourse. Planning ahead is most often the most effective way to keep a pregnancy from beginning.

People also call sexual intercourse “making love” or “lovemaking” because it’s a way of expressing love. But sexual intercourse is only one way of expressing love.

Another kind of sexual intercourse happens when the sexual parts of two people who have female bodies touch or when the sexual parts of two people who have male bodies touch. This kind of touching can make the whole body feel good—feel sexy. Since male bodies have only sperm cells and no egg cells—and since female bodies have only egg



WHAT IS SEX? 9

Figure 1

Perfectly Normal Masturbation

During puberty, when the sex hormones cause kids' sex organs to become more active, many kids begin to have even more pleasurable and excited feelings about their own bodies than they have ever had before. They may also be more attracted to and interested in other people's bodies.

These feelings are often called sexual feelings or "feeling sexy." Even though they are hard to describe, they are normal feelings. They happen at different times and in different ways for different kids.

Kids, teenagers, and grown-ups too experience sexy feelings when they masturbate. Masturbation is touching or rubbing any of your body's sex organs for pleasure—because it feels good. One everyday term people young and old often use for masturbating is "playing with yourself."

Mas-tur-bat-ing.
I've heard
about that.

Just another
big word.
That's all it is.



Some people think that masturbation is wrong or harmful. And some religions call masturbation a sin. But masturbating cannot hurt you. And it does not result in pregnancy or in getting or passing on infections that are spread through sexual contact.

Many people masturbate. Many don't. Whether you

masturbate or not is your choice. Masturbating is perfectly normal.

When people masturbate, they usually rub their sex organs with their hands or with something soft, like a pillow.

Girls often rub their clitoris; boys often rub their penis. Both the clitoris and the penis are sensitive to touch.



PUBERTY 51

Figure 2



60 IT'S PERFECTLY NORMAL

to sexual intercourse—at any time and for any reason.

Sexual intercourse usually begins with two people touching, caressing, kissing, and hugging each other.

After a bit, a person's vagina becomes moist and slippery, and the clitoris becomes hard. After a bit, a person's penis becomes erect, stiff, and larger. Sometimes a bit of clear fluid that may contain a few sperm comes out of the tip of the penis and makes it wet. This is usually when two people begin to feel excited about each other.

But in fact, there are different kinds of sexual intercourse—vaginal intercourse, oral intercourse, and anal intercourse.

When a person with a female body and a person with a male body are having vaginal intercourse, the erect penis goes into and inside the vagina, which stretches in a way that fits around the penis. The wetness from the vagina makes it easier for the penis to go into the vagina.

Vaginal intercourse is also called vaginal sex. As the two people move back and forth in rhythm, the movement of the penis inside the vagina soon feels very good. They may hug and kiss and touch each other

Figure 3