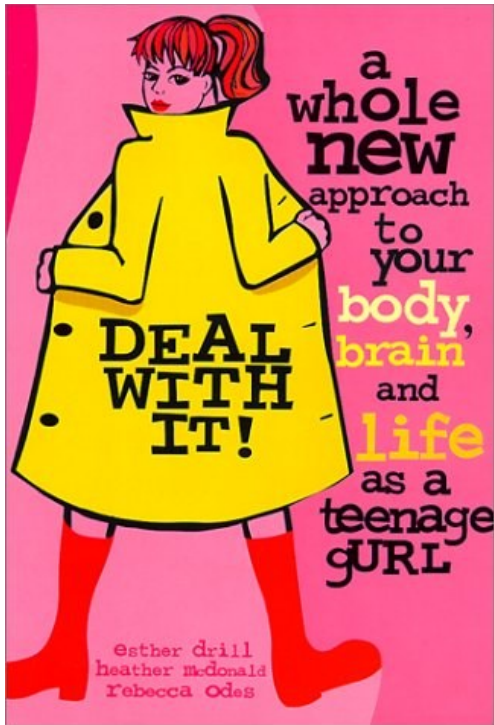


DEAL WITH IT!



Young Adult

By Esther Drill, Heather McDonald, and Rebecca Odes

ISBN: 0-671-04157-6



4 /5

Not For Minors
BookLooks Review Rating

Page	Content
3	<p>The title of the page "boobs" is illustrated with a pair of breasts as the "oo" in the word.</p> <p>Written within a banner at the bottom of the page are the words: boobs, boobies, hooters, jugs, knockers, tits, titties, melons, kasabas, hoojies, bosom, ta-tas, twins, knobs, honkers, bonkers, caldoons, mummies, bazongas</p>
6	<p>The illustration on the top of the page depicts a nude woman from the waist upward. There are honeydew melons over her breasts. The text under the image reads: I have large breasts.</p> <p>...Boys in high school thought they were the first ones to discover it so they had no problem screaming down the hallway, "Hey you know something, you got big tits!" Thanks.</p> <p>In Europe, men on the streets reminded me by staring directly at my chest with tremendous smiling faces. Sometimes they'd even say "hello." To my tits.</p>
7	<p>Guys are, for some reason, fascinated with girls with big breasts- trust me, I'm a 38C or D, depending on the bra.</p> <p>The illustration on the bottom-left side of the page depicts a nude woman from the waist upward. There are cherries covering her breasts.</p> <p>The illustration on the top-right side of the page depicts a nude woman from the waist upward. There is a peach on her right breast and an apricot on her left breast.</p>
8	<p>The illustration on the bottom of the page depicts two black breasts pointing upward. One of the breasts is larger than the other with an upward arrow on it. The other breast is smaller with a downward arrow on it.</p>
9	<p>The illustration on the top-left side of the page depicts a person hugging a large breast and nipple. The text surrounding the image reads: boys like boobs (all different kinds)</p> <p>Guys do stare at breasts. I asked my friend what it is about guys and breasts and he said, "Well, you know...breasts are just cool." And I said, "Hey, if you like them so much you should get your own pair." Then he said, "If I could, I would, and I would play with them all day. I don't see why girls don't play with their breasts."</p> <p>The illustration on the right-side of the page depicts a large breast in profile.</p>
11	<p>My nipples are weird. Sometimes they are inverted and I wanna know why! I'm embarrassed to let a guy see me.</p>
15	<p>What's Up Down There?</p> <p>There are words on the banner at the bottom of the page which read: pad, cushion, pubik, bush, shrubbery, trim, pussy, slit, hole, cunt, twat beaver, muff, box, quim, snatch, pootang, gine, vooge, flap, mohawk, vagina, crack, cooch, coochie, fanny, jelly roll, tail, Y, buff puff, honeypot, vulva, hotbox</p>
16	<p>The illustration on this page depicts a cartoonish woman saying, "HeLLo." She is lying back with her legs spread open and her knees bent upward. Her vulva and</p>

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	anus are exposed. There are dotted lines extending outward labeling and describing the individual parts of the vulva and anus. <i>See Figure 1.</i>
17	<p>Clitoris: ...The most sensitive spot in the female genitals, the clitoris is a small organ densely packed with extremely sensitive nerve endings, consisting of a head (glans) and body (shaft). Only the glans is directly visible. It is made of tissue that swells during sexual arousal (kind of like an erection in a boy but much less pronounced). The clitoris is the only organ in the body that exists solely for sexual pleasure, and clitoral stimulation is usually necessary to achieve orgasm.</p> <p>The illustrations on the background of this page depict cartoonish vuvlas in various colors and sizes.</p>
18	<p>The vagina is very elastic- partly because it's walls have many folds, which expand and contract to accommodate whatever it needs to accommodate (a baby, penis, tampon, finger). ...When you get sexually excited, the vagina makes a lot of secretions and feels wet- this provides lubrication for sexual activities. ...The outer third of the vagina has a lot of nerve endings and, as a result, is very sexually sensitive.</p>
20	The ripe egg will stay in your fallopian tube for about 3 days after ovulation. And sperm can live 3 to 4 days. So there can be living sperm waiting in the fallopian tubes at the moment of ovulation even if you haven't had sex for 3 days.
23	A relatively new product is a soft, disposable "menstrual cup," which can be inserted and left in for as long as 12 hours, less on heavy days. This can be worn during sexual intercourse.
25	Orthodox Jewish women are also considered impure during their periods, and their husbands are forbidden to have sex with them during this time. Seven days after their period ends, the women are required to take a ritual bath, the mikvah, which makes them ready to resume sexual activity.
30	<p>You should have your first internal exam when you're 18 or when you start to think seriously about having sex, whichever comes first. ...This is the time to bring up birth control, if you are (or plan to soon be) sexually active. Most doctors won't tell your parents or anyone else what goes on during your exam (unless you want them to know). The right to confidentiality in matters of birth control has been the subject of some controversy in the last couple of years, but no state has yet passed a law requiring parental notification for birth control. Some states leave it up to the discretion of the doctor, so you might want to make sure that you and your doctor are on the same page when it comes to informing your parents.</p>
44	The illustration on the left-side of the page depicts a cartoonish woman's pelvis with pubic hair in the shape of a triangle.
46	The illustrations on this page depict two nude young women with their arms behind their heads. Their breasts and pubic area are exposed.

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47	The illustrations on this page depict two nude young women with their arms behind their heads. Their breasts and pubic area are exposed.
54	The illustration on the middle-right side of the page depicts a woman with wings and her breasts exposed standing in a frontal position wearing an ankle-length skirt. The illustration on the bottom-left side of the page depicts a nude woman with her breasts exposed, with a blanket over her pubic region.
56	Any or all of the following adjustments may be made to the clothing to make it fit better: pinning in back, cutting, boobs taped into place (to improve cleavage or position).
67	sexuality Sexuality is ambiguous, amorphous, and powerful. It means different things to different people- something that can be difficult to remember when you're being bombarded with media images and ideas trying to tell you what sex or sexy is. Sexuality extends well beyond the act of doing "it," fooling around, touching, making out, kissing...It includes all the things that make you feel sexy, sensual, comfortable or just generally in the mood. Sexuality is everywhere.
70	Sexual attraction is a very unique, personal sensation. What turns you on doesn't necessarily turn on anybody else. Sometimes there may be a direct mental connection between what the senses take in and previous sexual experiences. ...touch being gently kissed on my ear... the feel of someone's biceps... I'm totally into the back tickle...
71	Getting turned on Feelings can create a response in your body whether you want them to or not. Boys get erections. Girls get wet (bodies produce vaginal lubrication). Sometimes all it takes is the thought or touch of someone or something you like. The body responds to arousal in many other ways, too. Hormones called androgens and estrogens create lots of physical changes. In the body, and regulate the sex drive in both men and women. ...Estrogen, on the other hand, helps the body get ready for sexual intercourse by lubricating the vagina and keeping it elastic. Your sex drive can be affected when the levels of these hormones change. ...Just before ovulation, for example, the ovaries produce a small amount of testosterone, which is like a foot on the gas pedal of your sex drive.
72	MASTURBATION playing with yourself, jerking off, whacking off, petting the bunny, spanking the monkey, jacking off, jilling off, buttering the biscuit So you get turned on. What do you do about it? Some people do nothing and wait for the feeling to go away. Others take the sexual energy they may feel and apply it to other things (sublimation). Other people touch themselves. Actually, many people do. Masturbation, or self-stimulation, is probably the primary sexual activity of the human race, and it's safe to assume that more people masturbate than participate in any other kind of sex.

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	<p>Guys may be more up-front about this activity than girls are, but anyone who says girls don't masturbate is lying. Girls masturbate; they just may not talk about it much. They do it standing, sitting, or lying down. They use their fingers outside. They put their fingers inside. Some rub themselves against a pillow. Some do it in the bathtub with the shower nozzle or water from the faucet. Some look at books or movies or magazines while they do it. Others fantasize.</p> <p>...Masturbation is a way of figuring out what feels good to you. It's a helpful way to get acquainted with your body and to learn how you respond to things. In a way, everyone is her own first and most efficient sex partner. Knowing what you like and being able to communicate it is part of being a good lover to someone else.</p> <p>With masturbation, there's no risk, no pressure. It is the ultimate safe sex. You can't get pregnant or catch any diseases, and since it is done alone, there's no embarrassment or performance anxiety.</p>
73	<p>If you have a removable shower head, turn it on to jet mode and spray the water onto your clit. It feels really goo. -flicka</p> <p>IT DOESN'T WORK FOR ME!!! I've tried simply rubbing my clit, using a vibrator, and putting fingers in my vagina...nothing works. It feels okay, but I never orgasm. -venter</p> <p>The only problem I've had is that it can get a little boring because you're always doing the same thing. One of the best things to do is rub your clit with an ice cube. It lubricates you so that you can stick your finger in easier. It feels great to rub, tickle, and/or hump. -bugbutt</p> <p>Lie down and put your hands or a blanket or something between your legs, squeeze, & rock back & forth. -BiBal</p> <p>I feel really embarrassed about saying this stuff, but when I masturbate, I'm usually thinking of my boyfriend or some other guy. It feels strange, but it feels great afterward. -TRIX</p> <p>A good way to masturbate is to rub your clit with your finger. You can apply pressure if you want, and rub in a circle as fast or as slow as you want. I think it usually works best if you do it fast & hard, but it feels really good no matter what. -wilmaf</p> <p>There are millions of stories about bad things that can happen to you if you masturbate. Not one of them is true.</p> <p>Assuming you're not spending all of your time masturbating, and you don't masturbate in public spaces, there is hardly any danger in it at all.</p> <p>...One slight danger with masturbation is infection if you masturbate with something unclean. Also, you may irritate your sex organs by rubbing too hard for too long.</p> <p>...Another myth about masturbation is that people do it only when they are not in a sexual relationship with somebody. Masturbation, alone or with a partner often continues in the context of good and healthy sexual relationships. Actually, it can be a great tool for showing someone what you like. Many people get turned on by watching other people touch themselves. Masturbating together is a fairly popular activity among couples who have sex on a regular basis.</p> <p>None of this means that if you don't masturbate, there's something wrong with</p>

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	<p>you. Some people don't start masturbating until much later in life. Some don't masturbate until they become sexually active or are in a close relationship. Others never really get into it at all. As far as touching yourself goes, whatever feels good to you is the right thing to do.</p>
74	<p>SEXUAL AROUSAL- WHAT'S GOING ON Although it's the most natural thing in the world, sexual arousal is a fairly complex process. ...To be aroused sexually, quite simply, you have to be interested in sex. You have to be thinking about it, curious about it, and generally wanting it in some way. ...Step 3: If your sexual interest is still aroused, engorgement continues and vaginal lubrication starts. The inner part of the vagina expands, the labia lips open and enlarge, the clitoris swells and pulls back against the pubic bone. When aroused, the clitoris becomes more sensitive to touch. It pulls back so its head is protected from direct contact. The nipples may also experience engorgement and can swell and become erect. ...Step 4: Otherwise known as the plateau phase, it's not about flattening out, but about reaching a more intense level of excitement and kind of riding there for a while. ...Step 5: If you're lucky, the big "O"- orgasm. It's hard to describe what an orgasm feels like because there are so many varieties. Everyone is different, so everyone experiences pleasure differently. Though more intense, orgasm does not last as long as the other stages of arousal, which can go on anywhere from minutes to hours. ...On the less intense end of the scale, an orgasm can be like a sigh of relief or a pleasant rush of warm feelings.</p>
75	<p>whenever I read something about sex or a book where people have sex or even if I just think about sex, my "down there" area gets all hot and tingling and I can feel a pulsating. Is this a tiny orgasm? Did you girls ever have this feeling? IF YOU DON'T, YOU SHOULD- IT FEELS REALLY GREAT! -tiziana ...I know this question might be a little weird but how do you feel when you get "horny"? -orchata When you get "wet" you are horny. Like, when the mucus comes out of your vagina. -wispy</p>
76	<p>ORGASM the big "O", coming, getting off, getting your rocks off, the little death</p> <p>Sexual responsiveness can change with age. Lots of women don't start having orgasms until they are in their twenties and thirties, either because their bodies aren't ready or because they just don't know how. ...Orgasms are undeniably great, but there can be too much emphasis placed on them. If trying to attain an orgasm becomes the be-all and end-all of any sexual activity, it may actually spoil the enjoyment of sex. There should be no pressure to reach orgasm- sex can be fun without it. Not having an orgasm doesn't mean that you or your partner has failed.</p> <p>Orgasm & the clitoris</p>

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	<p>For women the primary pleasure center is the clitoris, which is located a good inch or so away from the vagina, at the top of the vulva. Orgasm is most easily attained by manipulating and stimulating the clitoris. But the methods and preferences for clitoral stimulation vary. Some women like direct contact; others find it too uncomfortable. Pressure on the mons area, which can move the clitoris against the pubic bone, feels good to some women, but not all.</p> <p>The act of sexual intercourse- inserting a penis inside a vagina, and moving it in and out- doesn't pay much attention to the clitoris. Only a small percentage of women (one estimate is about 30 percent) experiences orgasms through intercourse alone. Stimulation of the clitoral area by the woman or her partner during intercourse can lead to orgasm. Orgasm can also be reached through oral sex or manual stimulation. Those sexual activities are considered foreplay to some, but when they lead to orgasm, they can be the main event.</p> <p>This does not mean that sexual intercourse isn't extremely fun and pleasurable for women, even if it doesn't lead to orgasm. Different positions can be more pleasurable for different women, and some allow for direct stimulation of the clitoris. When the guy is beneath or behind the girl, she and he have more access to the clitoris, making it easier to stimulate it manually.</p>
77	<p>Multiple orgasm</p> <p>Generally after an orgasm, the body, satisfied, starts to enter what is called the resolution phase, where everything returns to its prearoused state.</p> <p>...But some women are able to maintain a high level of arousal even after an orgasm and can be elevated pretty quickly to another climax (and possibly another and another). Those who have multiple orgasms say there is a "pyramid effect," each one building on the last in intensity. Also, some say G-spot orgasms...lend themselves more to multiple orgasm than clitoral ones.</p> <p>For most people, though, one orgasm at a time is more than enough and most women are perfectly happy without ever experiencing the legendary multiple orgasm.</p> <p>Orgasm & the vagina: The G-Spot</p> <p>Some women do have orgasms as a result of vaginal stimulation. Different parts of the vagina are more sensitive than others and can be stimulated through intercourse or other methods. In general, the first couple of inches of the vagina have more nerve endings than deeper inside. The front wall of the vagina also seems to be more sensitive, possibly because it's closer to the clitoris, and possibly because of something known as the G-Spot. Most women learn their own sensitivities and preferred angles of penetration only by experimenting with a partner.</p>
78	<p>What is known is that there is a place inside the vagina that- for certain women- can create powerful sexual pleasure.</p> <p>...It is not usually pictured on anatomy charts, but the area known as the G-spot is approximately 2 inches inside the vagina, behind the pubic bone and next to the urethra.</p> <p>...When women do find the G-spot and it is rubbed and stimulated, the sensations can be intensely pleasurable, although some women say that they don't like it.</p>

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	<p>Probably because of the proximity to the urethra, having the G-spot rubbed can make you feel like you have to pee.</p> <p>...Fingers can reach the G-spot, and certain positions of intercourse, such as when the woman is on top, lend themselves more to G-spot stimulation.</p> <p>Female ejaculation: It's well known that guys ejaculate, releasing a fluid (semen, in their case) during orgasms. Some women also have been known to ejaculate as well, and they say that these orgasms are even more intense than ones without ejaculation.</p> <p>The G-spot is often associated with a kind of female ejaculation that includes female ejaculation or gushing, a convulsive expelling of some fluid from the vagina. This fluid is said to be thicker than urine and somewhat sticky, and the amount of it really varies.</p> <p>...Simultaneous orgasm</p> <p>Simultaneous orgasms during intercourse are more rare than movie mythology would have us believe, due to the fact that most women reach orgasm through clitoral stimulation, something the act of intercourse alone doesn't promote.</p> <p>Stimulating the clitoris during intercourse can increase the possibility.</p> <p>Simultaneous orgasms may be more attainable through oral or manual stimulation.</p>
82	<p>You have no responsibility to "finish what you started" or otherwise take things further than you want to. Some boys may complain that you are leaving them with a case of "blue balls"- extremely aroused penises and testicles can ache if they do not release the mounting tension through an orgasm.</p>
83	<p>Everyone likes different things, and good communication is crucial for good sex.</p> <p>...Whenever I am around my boyfriend all I want to do is make out but he never makes the move. Sometimes it really annoys me. He never really wants to or at least it seems that way, but then other times he does make out with me. It just makes me confused. -Urgh</p>
84	<p>I like that moment in kissing when you go from just kissing with your lips to opening your mouth and using tongues...</p>
85	<p>I'm not really the heavy make out type person but I just want to be prepared for what can happen. How do you kiss a guy on his neck? I mean do you suddenly just grab them and start sucking on them? Does anyone have any suggestions, advice, words of wisdom or anything? -gothamgirl</p> <p>It's sort of like after you kiss for a while and you're just hugging, then your mouth is right there. It's never something I plan. -penny17</p>
86	<p>There is a huge range of ways people can be made to feel good by touching, from a supportive pat on the back, to a massage, to directly touching someone's sex organs with the intention of bringing him or her to orgasm.</p> <p>...And people have different erogenous zones, areas that are particularly sexually sensitive. Figuring out what feels good for you and the person you are with is a trial and error process that can be helped along a great deal by open communication.</p> <p>Feeling up: Touching breasts and/or nipples with hands</p>

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	<p>I know what being felt up is...but what exactly happens? -willynilly It's just what the name implies...the guy literally "feels you up." -babar_x Most guys love girl's breasts. Since I'm not a guy, I can't give you the exact reason WHY they do, but they do. There's not much that goes on, guys just feel around. There isn't much more to say! -miro The illustration beneath the above, depicts a cartoonish hand reaching for a breast.</p> <p>Fingering: Touching a woman's sex organs, either externally (vulva, clitoris) or internally (inserting one or more fingers into the vagina); masturbation on a woman. The illustration below the above, depicts a cartoonish hand reaching toward a cartoonish vulva.</p> <p>My boyfriend wants to finger me, but I am scared because I don't know exactly what it is. I know that his hand goes in my underwear, but does he actually put his finger "inside" my? And how long do guys usually do this? Does this start to hurt after a while? -lemonfiend It all depends on the guy. I don't think any guy does it the same. It depends on his position, your position, his fingers, etc. -celis if it's too hard to tell him what you like, just move his hands to where you want to be touched. Moan or something to let him know how much you like it. If you keep doing that he'll get the idea. -janeygirl</p>
87	<p>Hand job: Using hands to stimulate a man's penis (the name hand job generally implies that ejaculation is the goal); masturbation on a man The illustration below the above, depicts a cartoonish hand reaching toward a cartoonish penis and scrotum.</p> <p>My boyfriend and I were fooling around and he started to stick my hand down his pants, so I finished it off and went all the way down. The thing is, I have no clue what to do when I get down there. He asked me if I was having troubles but I didn't know what to do. What do I do down there that turns a guy on? -cauliflowermary Just squeeze and move up and down as steadily as possible. And ask HIM what feels best. I'm sure he'll be more than happy to share. -tuFFie ...Usually when I give hand jobs, it's after we've been making out for a while and we're starting to take each other's clothes off. I just kind of Go for it :-) anyways, it seems to drive him crazy no matter what I do. If your boyfriend's like that, I doubt he'll notice you don't have much experience. He'll probably just think you have your own style. -catballou Me and my boyfriend just recently started fooling around. He always gets me off, and I never have a problem with it. But when it comes to me giving him a handjob, he can never get off! It takes me about 40 minutes to actually get somewhere, but in the end he usually just stimulates himself by giving himself a handjob, and then when he is about to go, I just take over. I feel terrible, like I should be doing something. -thepear Man, you sound exactly like me! Wow! With my ex, no matter what I did, it didn't</p>

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	<p>ever seem to get him off. It was so funny because he would be like "try it a little faster" or " a little tighter might help." Nothing seemed to work and I felt like my arms were going to fall off. He eventually had to stimulate HIMSELF and I think it was a little embarrassing for both of us. -seaglass</p>
88	<p>Sex with your clothes on: Dry humping, going through the motions of sex with some or all your clothes on, preventing genital-to-genital contact. My boyfriend and I have had "dry sex" and I've felt his penis through his pants near/against my vagina. Is there any chance I could get pregnant? -sisyann Dry humping is completely safe, as long as your clothes are still on. You can't get pregnant, and you can't catch anything. -LaKeisha</p> <p>Going down on him, giving him a blow job, fellatio Oral sex on a guy: Using the mouth (including lips and tongue) to stimulate a guy's sex organs The illustration below the above, depicts a pair of cartoonish lips next to a cartoonish penis and scrotum pointing upward toward the lips.</p> <p>I try to look into my boyfriend's eyes when I'm sucking. It seems to get him off faster. I also lick and suck his balls, but not too hard. If my mouth gets tired I use my hand to jerk him off for a little while until I can suck again. Don't suck too hard- I try to make my mouth feel soft but tight. -salome The first time I ever went down on a guy, I literally sucked on his penis...he ended up with a HUGE hickey and he said it hurt to go pee. With time and experience I learned that when you "suck" on a guy, what you actually do is just kinda put him in your mouth (careful of those teeth) and bob your head up and down sliding your hand up and down his penis at the same time. -freethrowqueen Concentrate on the head, like little kisses, etc. (that's the most sensitive part). Underneath the shaft is also a good place to concentrate (roll your tongue down the bottom of it). If it's kind of a big one, then don't try to get the whole thing in your mouth, 'cause it might make you gag, which is hardly romantic. Have fun and just go with what seems right. -Nadin You shouldn't let your boyfriend make you feel bad just because you don't want to give him a blow job. It's not fair of him to say that you don't love him just cuz you won't give him head. -greenone To swallow or not to swallow? Am I supposed to swallow it when he comes in my mouth? I feel like I'm going to gag. -laccee I think guys like it better if you swallow, but if it grosses you out, you can sort of move your mouth away and just make sure you cover the head with your hand so he's not squirting all over the place. -miNimouse Oh, it ain't so bad. I wouldn't put it on my cornflakes, but it doesn't taste too heinous! -BlossomD</p>
89	<p>eating out, cunnilingus, going down Oral sex on a girl: Using the mouth (including lips and tongue) to stimulate a girl's sex organs The illustration below the above, depicts a pair of cartoonish lips above a</p>

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	<p>cartoonish vulva pointed upward toward the lips.</p> <p>Hey, about how girls get oral sex: You've more than likely heard the term "going down on a girl" or "eating a girl out." Well, in a way it's like fingering a girl- same concept- just using the tongue. -LilyT</p> <p>Do guys like eating girls out? I mean, do they get pleasure from sticking their tongue up there or something? -randomqueen</p> <p>Some guys feel that if they make a girl cum, than they have done a good job pleasing her. Some guys just like eating girls...my b/f does it to me cuz he loves me and he knows that I like it a lot. -mybelle</p> <p>Safe oral sex: The only totally safe way to perform oral sex is with a condom on the penis or by using a "dental dam" on the vagina when a girl is on the receiving end. Condoms even come flavored ("touch o' mint" is a standard) for this purpose. It is important to note that a guy doesn't have to come in your mouth during a blow job in order for fluid to be transmitted. Something called pre-ejaculation or pre-cum comes out of the penis before the sperm, and it carries all of the potential diseases the sperm carries.</p> <p>Girls having sex with girls Girls having sex with girls can engage in any or all of the activities mentioned here except for the ones that require a penis.</p> <p>Cleanliness and oral sex: ...Vaginal fluids are meant to be aphrodisiacs. That's why people get off on going down on girls: the smell, the taste, all of it combined is very stimulating.</p> <p>The illustration on the middle-right side of the page depicts the number 69 with silhouetted faces drawn on each number. The text surrounding the image reads: is simultaneous oral sex (people talk about it more than they do it)</p>
90	<p>hiding the salami, shtupping, poking, screwing, laying, knockin' boots, making love, sexual intercourse, fucking, doing it, doing the nasty, bumping uglies</p> <p>Vaginal sex: Penis in vagina. This is thought to be the only kind of sex than can result in pregnancy (though it is possible to get pregnant if a man ejaculates close to your vagina). ...In fact, penis-vagina penetration is just one part of sex, and not necessarily the best part, either. That said, vaginal intercourse is, to some people, the ultimate act of love that a man and woman can engage in and as close as two people can get.</p> <p>Sexual positioning It is possible to have sexual intercourse in many different positions. You are really limited only by your body's flexibility and your own imagination. Probably the three most popular positions are: boy on top (also called missionary position) The illustration above this description, depicts two stick figures. On of the stick</p>

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	<p>figures is lying on top of the other one. The figure on the bottom has their knees bent upward as the one on top has a portion of their body angled further inward toward the pelvis of the other one.</p> <p>Girl on top The illustration above this description depicts two stick figures. One of the stick figures is lying with their knees bent and pelvis raised to meet the pelvis of the other figure sitting on top of them.</p> <p>Boy behind girl (known as doggie style) The illustration above this description depicts two stick figures. One of the stick figures is bent downward with their hands and knees at the bottom of the image's frame. The other stick figure is kneeling behind them with their pelvis meeting the other figure's pelvis and their arms are extended outward onto the bent stick figure's back</p> <p>Lubrication: For the movements of sex to go smoothly, it is important that the vagina be well lubricated. Bodies provide their own lubrication, but sometimes not enough. If you find yourself feeling uncomfortable during penetration, you could try a commercial lubricant from a drugstore. Water-based lubricants are the only kind that work with condoms.</p> <p>Anal sex: Penetration of the anus by a penis (or other stuff, such as fingers). There are lots of nerve endings in and around the anus, and many people find that stimulation of this area can be pleasurable. <i>See Figure 2.</i></p>
91	<p>SEX IS PLAY</p> <p>For many people, sex involves more than just the basic activities described in the preceding pages. Sex is supposed to be fun and many adults consider it to be a kind of "play" (not without risks, obviously).</p> <p>...Toys Some people like using objects for sexual stimulation, whether they are specifically designed for that use or not. Thousands of different kinds of sex toys are available.</p> <p>...Some common sex toys: Dildos are objects designed for penetration and often, but not always, resemble a penis. Vibrators, either electric or battery-operated, produce vibrations, which many people find pleasurable. Some vibrators are designed for penetration, others for external use. Anything, as long as it's clean, unbreakable, and has no sharp edges, is fair game as a sex toy. In a larger sense, sex toys include everything people use to enhance sex- flowers, feathers, food, oils, whatever gives you pleasure. Body massagers are little gadgets that serve about the same purpose that vibrators do...they vibrate. You cannot insert it, but it massages your clit. You may even have one at home which your parents use to alleviate their aching backs...or do they really? -Marlys</p>

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	<p>The illustration on the bottom-left side of the page depicts a cartoonish oblong apparatus resembling a dildo.</p> <p>Fantasies Many people fantasize about various sexual situations. ...Some people are turned on by the idea of sex as a power relationship. Tying each other up (bondage) is one way to do that. Sadomasochism (S&M), in which one partner deliberately inflicts pain on the other, is also a kind of power role-playing.</p> <p>Multiple partners Three-way sex is called a threesome or a mage a trois. An orgy or group sex refers to sex with more than three participants. ...Sometimes it can be a way of same-sex experimentation without the intimacy of a one-on-one experience. Emotionally, multiple-person sex can be pretty intense.</p>
92	<p>Genital mutilation In some traditional cultures, mostly in Africa and Southeast Asia, the horrifying practice of female genital mutilation is practiced on girls to ensure that they never experience sexual pleasure. This procedure involves the scarring or removal of a girl's external genitals (clitoris and labia).</p> <p>The notion that sex is primarily for the purposes of procreation rather than pleasure- automatically discounting masturbation, premarital sex, and bi-or homosexuality, among other things- is a strong thread in many religions.</p>
93	<p>Porn In addition to the presence of sex in the media in general, a whole industry is devoted exclusively to producing media that are explicitly about sex and sexuality. Videos, movies, websites, books, magazines, and other publications whose primary purpose is to cause sexual excitement are commonly referred to as pornography (porn) and/or erotica. ...Erotica, which refers to depictions of sex in fine art and literature, as well as in some magazines and movies, has classier connotations than pornography, which is the commercialized, mass production of sexual images. However, one person's pornography is another's erotica. ...Somewhat bizarrely, even today some states have laws on the books that prohibit oral and anal sex, and these acts are considered "crimes against nature" even when they are performed between consenting adults. Although the term "sodomy" originally referred to anal intercourse only, at some point the definition was broadened to include oral/genital contact as well. ...Prostitution, or sex for money, is the world's oldest profession.</p>
95	<p>To Do it or Not To Do it Everyone had different beliefs and levels of experience, and nobody should ever feel pressured to have sex or to get more sexual experience. Sexual intercourse is only one part of the sexual intimacy, though it is a huge, loaded part. Virgin or not, the real issue is to be comfortable with your decision</p>

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	every time you participate in sexual intimacy, whether you are deciding to make out, give or receive oral sex, have intercourse, or anything else.
98	<p>My friend recently lost her virginity, and I feel like I am soooo behind! I am afraid that I'll sleep with the next guy who comes along, even if I really don't like him that much. -t2sday</p> <p>...About a month ago I started dating this guy who was 3 years older than I am and when he asked me if I was a virgin I say "no" because I didn't want him to think I was a loser. I slept with him then he broke up with me a week later, but now he thinks I'm a slut! -Gilda</p>
99	<p>Part of this responsibility is talking to your partner about safer sex, birth control, and attitudes about pregnancy and abortion, since no birth control is 100 percent effective.</p> <p>...If gurls hurt having sex for the first time, does it hurt guys too if a gurl is "tight"? -faedra</p> <p>For me it hurt bad the first time, and I can't speak for everybody, but I don't think sex feels that great for girls their first time. I was close to crying! -ortiz</p> <p>I'd suggest that you request he performs oral sex on you first. This lubricates things up so it goes in easier.</p> <p>...Guys don't hurt when they lose their virginity- all they feel is the pressure on the penis (which is where the pleasure comes from). We feel pain because our organs are being stretched to new sizes, dealing with a new, uncomfortable thing inside. -cHirp</p>
100	<p>Since my bf and I had sex, I feel much closer to him.</p> <p>...In later years and in different societies, the Right of First Night became a form of oppression and rape by the ruling classes, as when it was practiced by slave owners in the American South on their slaves' daughters.</p> <p>...In parts of Turkey, virginity tests are still performed on young girls. The practice was questioned in the 1990s when five girls ages 12 to 16 attempted suicide by taking rat position and jumping to a deep water tank to avoid being tested.</p> <p>...And in Thailand's child sex trade, a high premium is placed on virgins (who are thought to be AIDS-free), which has meant that younger and younger girls are coerced and forced into becoming prostitutes.</p>
101	I just lost my virginity 2 days ago. It was extremely painful and I bled a ton.
104	<p>By the twelfth grade, two-thirds of teenagers have already had sex, and a quarter of them have had four or more partners.</p> <p>...The average teenager is sexually active for up to a year before using methods of birth control and STD protection.</p>
105	<p>To be as safe as possible, use condoms during any sex with any man.</p> <p>...The male condom</p> <p>What it is: A thin latex covering that fits over the erect penis. There are also animal-skin condoms, but they are not as effective against viruses like HIV, so they are not recommended.</p> <p>How it works: Provides a barrier to the sperm that come out of the penis during male orgasm. Some condoms have a reservoir tip at the end to catch sperma and make breakage less likely. Some condoms come with spermicide (sperm-killer), usually nonoxynol-9.</p>

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	<p>...Effectiveness against STDs: The KING of disease prevention, especially when combined with spermicide.</p> <p>...Benefits: Cheap and easy to get. Can prolong erection.</p> <p>Disadvantages: Must interrupt sex to put it on.</p> <p>...Guys must pull out right after orgasm, while still erect, to make sure the condom stays on, so there's not much time to savor the moment afterward.</p> <p>...How to put on a condom: After your partner is erect and before his penis goes anywhere near your vagina, open the package carefully with your fingers, without a sharp implement, so as not to tear the condom. Note: If you prefer, you can open the condom package (leaving the condom inside the wrapper) before you begin fooling around so it takes less time to put it on when you and your partner are aroused.</p> <p>...Put the stiff ring around the head of the penis and unroll down to the base of the penis.</p> <p>The illustrations on this page depict cartoonish condoms in various colors, styles and sizes.</p>
106	<p>How to take off a condom: Immediately after ejaculation, while the penis is still hard, the guy should withdraw his penis while holding the open end of the condom to seal in juices. Slide the condom off and throw it away.</p> <p>...Testicle-Cover Condoms: As the name suggests, they cover not just the shaft of the penis, but the balls as well, for an extra measure of safety, both in terms of birth control (they stay on better) and STD prevention (by further reducing skin contact).</p> <p>The illustrations on the bottom of the page depict two erect penis showing a condom being placed on first the head of the penis and then the shaft of the penis.</p>
107	<p>Condoms and oral sex</p> <p>Opinions vary on the necessity of using condoms or another barrier method when giving or receiving oral sex.</p> <p>...You can lower your risk by making sure your gums, lips, mouth, and throat are healthy, as well as by not letting men come in your mouth and by not performing cunnilingus on menstruating women. Some sex educators recommend not brushing or flossing for up to 2 hours after giving unprotected oral sex. To be more safe, use a condom on a man and a dental dam, a cut-open condom, a GLYDE dam, or non-microwavable plastic kitchen wrap on a woman when giving oral sex.</p> <p>...The female condom</p> <p>...Benefits: Great protection against STDs; and can be inserted in advance of sex to maintain the mood.</p>
108	<p>If you are sleeping with girls, you obviously don't need condoms unless you're sharing sex toys.</p> <p>...Dental dams, cut-open condoms, Glyde dams, and plastic wrap, the kind used in the kitchen, can be used during cunnilingus to cover the vaginal area. For sex</p>

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	involving fingers, latex gloves and individual finger coverings called finger cots can be used.
110	And don't forget those activities that carry extremely low or no risk and are fun too: masturbating, hugging, dry kissing, dry humping, massaging.
114	Early withdrawal, or coitus interruptus- when a man pulls out before coming.
122	<p>It can happen even if a man pulls out early, since pre-ejaculate fluid (the stuff that comes out of the penis before he comes) can contain sperm.</p> <p>It is also possible to get pregnant if a man spills some sperm near the opening of your vagina, after a hand job or withdrawal, for example, and just one of them makes its way into your vagina to the egg.</p> <p>...You cannot get pregnant from anal or oral sex (as long as the sperm is not near the opening of your vagina).</p>
123	<p>If there is some kind of accident with your birth control (the condom breaks or slips off during sex, allowing ejaculation inside you) or you were forced to have unprotected sex against your will, and you are 100 percent sure that you do not want to be pregnant, you can get a form of emergency contraception.</p> <p>"Morning-after pills" must be started within 72 hours of the unprotected sex- the sooner the better.</p>
124	<p>who would help you through an abortion?</p> <p>How will you pay for either option?</p> <p>What are your moral or religious convictions?</p> <p>...If you're sure that you're pregnant, you have to make a relatively quick decision about whether you will continue the pregnancy.</p> <p>For some people, there is no decision to make. Their religious, moral, or personal beliefs make it unthinkable to intentionally terminate a pregnancy.</p> <p>For others, abortion is an alternative that has been a safe and legal option in this country since 1973, when the U.S. Supreme Court ruled in Roe v. Wade that every woman has the right to decide to end a pregnancy in the first three months (and possibly later).</p> <p>It's your body and your decision. No one can force you to have either an abortion or a baby. You need to make your own decision based on your own personal situation and circumstances.</p>
126	<p>Adoption</p> <p>If you don't want to have an abortion, but are not prepared to raise a child at this time in your life, you can choose to have the baby and arrange to have it adopted.</p>
127	<p>Abortion</p> <p>...Many women who have abortions feel relieved once it is over and say they have no regrets. Others do have regrets.</p> <p>...Any local chapter of Planned Parenthood can provide a list of safe abortion clinics.</p> <p>Abortion clinics are also listed in the Yellow Pages, but it's better to get a referral. Occasionally, right-to-life or anti-abortion groups pose as abortion clinics or "abortion alternatives" in order to attract pregnant women and talk them out of getting an abortion.</p>

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128	Many people who favor a woman's right to choose have qualms about third-trimester abortions, when the fetus is becoming for babylike, and could even survive outside the womb if born.
133	<p>Understanding Sexual Preference</p> <p>Sexual preference is mostly understood to mean which gender you have sex with, prefer to have sex with, or fantasize about having sex with...though it's interesting to think about sexual preferences in a broader way too.</p> <p>I prefer to make out with tall people. I prefer to fool around with people who read the same books as I do. I prefer to have sex with myself. I prefer to have sex on the beach.</p>
135	<p>My best friend is HUGE in the chest and sometimes I think of having sex with her. Just thinking of her boobs against mine...it drives me nuts. But I also love guys. Am I bi-curious? Or bi-sexual? I also like going to sites with naked women on them but I hate sites with naked guys. -phoneixrose</p> <p>I don't blame you at all for liking girls and guys. I mean, come on, girls look better than a lot of guys!! You might become lesbian, stay bi, or even be straight. You never know how things are gonna work out. And it's ok, you aren't weird or anything for liking girls, and if anyone gives you crap about it, then they suck, ok? Remember that always! -grrlzrule</p> <p>...since sixth grade I've dated girls exclusively (I'm now nearly 19). I've always said I would be open to dating a boy if he was really special...but I've still considered myself to be queer.</p>
136	<p>It's just the way things are & more than anything (more than choosing, not choosing, being horny...), it should be about LOVE. Real love is about loving a person's spirit, which I believe to be sexless. -naTala</p> <p>QUEER IS *NOT* SOMETHING YOU CHOOSE TO BE. I was born it and I accept it. -Mimsy</p>
137	<p>Unlike the chimpanzees, bonobos have sex often and in all different combinations: female-male, male-male, female-female. Female bonobos often mount each other and rub their clitorises together, a practice known as GG-rubbing (genito-genital rubbing). Primatologists have observed that bonobos use sex as a way to resolve tension and call them the "make love, not war" primates. Researchers have observed sexual orgasm in sexual relations between pairs of female monkeys and between male dolphins. And in many species, it's not just about sex. Stable homosexual pairings between two males or two females occur in some species of birds, including gulls and certain waterfowl.</p>
138	<p>Clearly, a dick is NOT an essential part of sex! There are many things to do that don't require one! :) -simona</p> <p>...Does the female condom work for lesbian oral sex, or is there some other way to do it? -Ethyl</p> <p>Here are some things you can use to have safer sex with women...If you're having oral sex, you can use dental dams, which are flat pieces of latex that you hold over the woman's genitals...if you can't find them, you can also use NON-MICROWAVABLE plastic wrap (the microwavable kind has pores in it large enough</p>

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	to let the HIV virus pass through). Also, if you ever use any kind of toys, you shouldn't share. If you DO share, you should put a condom on anything that is inserted, and change the condom in between people. Hope this helps. - missgarland
139	Gay. Bi. Straight. Lesbian. Queer. Bi-curious. Bi-questioning.
140	Many had been harassed at regular schools; others had dropped out or attempted suicide. ...I like girls and I don't know how to tell other people. I'm thinking about killing myself because no one understands me. What should I do? -Cyla ...Listen to me carefully! I don't know you and the only connection we ever have might be right now...but I know how u feel. I've tried committing suicide before and boy am I glad I failed!
141	The Bible says a lot of things that don't make any sense. I'm not questioning the legitimacy of God's (or Goddess') existence or authority. I'm questioning the legitimacy of the Bible which was written by fallible mortal hand. -eartha
144	Also, the internet has an excellent assortment of gay and bi sites to peruse and join. As always with cyber romances, if you opt for a face-to-face meeting with someone you've met online, do so in a safe, very public place. ...Among certain highlander tribes in Papua New Guinea, boys practice oral sex on each other as a formal rite of passage.
148	Unwanted contact with the breasts, genitals, or anus, short of penetration of the vagina or anus, is legally considered sexual assault, a slightly lesser crime than rape.
149	In about 14 Latin American countries, including Argentina, Brazil, Chile, and Costa Rica, a rapist can escape penalty if he agrees to marry the woman he raped.
151	I was raped when I was 15, by a man I didn't know. Afterward, I did a lot of stupid crap, and my grades dropped all over the place. It's very difficult to see yourself as "clean" or "pure" after it's happened. I completely shut down toward men for a while, and then when that didn't work (like ignoring the problem ever does), I slept around- a lot. I thought that every person after him would erase the memory of his face, but it doesn't.
152	Date rape Around 80 percent of all rapes, defined as unwanted sexual penetration, occur between people who are at least acquainted with each other. ...my bf almost raped me today. I want to have sex with him, but he kept protesting and whining and made me feel guilty about not having sex with him.
153	I got sort of raped last night, and I don't know if I should say anything or not, because I was pretty drunk. -GirlfromIowa ...The date rape drug The "date rape drug" is a powerful sedative, 10 times more powerful than Valium, called Rohypnol, or "roofie," for short. ...Rapists have been known to slip these into unsuspecting women's drinks.
155	INCEST Incest is sex between family members. ...At night my dad goes into my little sister's bedroom and touches her in places

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	<p>that she doesn't want him to. ...When I was young my grandfather molested me. It just stopped about 3-4 years ago. This year I told my parents about it.</p>
156	<p>MOLESTATION Molestation is contact of a sexual nature with a child, including indecent exposure, genital contact, fondling, and penetration.</p>
158	<p>The illustration on this page depicts a profile view of male sexual organs both internal and external.</p>
159	<p>A few words about the penis... penis, schlong, dick, cock, tool, weener, weenie, peepee, willie</p> <p>The penis is an extremely loaded symbol- what it represents goes far beyond what it really is. In our society, many objects that are longer than they are wide (skyscrapers, swords, and guns, to name a few) are seen as phallic symbols and are thought to represent power and strength.</p>
160	<p>WHAT HAPPENS TO BOYS DURING SEX? Erection An erection (boner, hard-on, woody, stiffy) occurs when blood rushes into and fills the spongy cylinders of the penis, enlarging it and stiffening it (a condition that tis technically called vasocongestion). ...Erections often occur in response to some sexual stimulation or thought- but not always. ...As more and more blood flows into the penis, it darkens in color and gets stiffer and stiffer. The head also fills with blood and can get larger. In this highly aroused state, a small amount of clear fluid, called pre-ejaculate, often squeezes out of the tip of the penis. ...2. They go away after ejaculation. The male orgasm culminates with the penis emitting semen in a series of muscular contractions, after which the muscles at the base of the penis relax and the penis returns to its unaroused state. Does a guy get an erection when you are making out? -samiam I think that you would notice if he had a hard-on, like it would be sticking out for a little bit. -warningwarning What is a boner exactly? And is it the same as a schlong? -gofreckles A boner is slang for an erection, when blood flows to the penis and makes it hard. A schlong, a rather vulgar word, is the penis itself. -mssaigon</p> <p>The illustration on the top-left side of the page depicts an erect penis in a three-quarters side view. The illustration on the bottom-left side of the page depicts a flaccid penis in a three-quarters side view.</p>
161	<p>Premature ejaculation is when a boy ejaculates before or immediately after penetration in intercourse. ...Wet dreams Also known as nocturnal emissions, wet dreams are what happens when a boy ejaculates in his sleep.</p>

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	<p>...Wet dreams alleviate the buildup of sperm and may or may not be the result of an explicitly sexual dream.</p> <p>...Masturbation during the day or an active sex life may help curb the frequency of wet dreams.</p>
163	<p>Ejaculation blowing your wad, shooting your load, cuming, climax</p> <p>Although people tend to think of ejaculation as part of the male orgasm, it is actually a separate biological function- it's even possible for the two to occur independently of each other.</p> <p>...Ejaculation happens when the sexual tension builds to the point where it absolutely has to be released, causing sperm to and semen to spurt out of the tip of the penis.</p> <p>...Male orgasms, like female ones, vary in intensity.</p> <p>...MALE MASTURBATION jack off, pull your pud, spank the monkey, jerk off, beat your meat, beat off</p> <p>Most boys and men, well above 90 percent, masturbate from time to time, or frequently. There are several popular techniques for male masturbation. Probably the most common is holding the penis shaft with one hand and rhythmically pulling up and down, while occasionally stroking the head, building momentum until climax and ejaculation. Some guys also rub against something, the bed or other inanimate object.</p>
164	<p>The illustration on the left-side of the page depicts a cartoonish penis with a face drawn on the head. It has arms. One of the hands is scratching its head.</p>
174	<p>I'm sorta on an emotional rollercoaster but to keep my sanity and to keep from killing myself I write and draw.</p> <p>...One minute I'll be really happy about something, and then someone gives me a dirty look and I'm down and depressed. When I'm made I feel like I could rip someone's head off, and when I'm sad I just wanna lay down and die. -cocoqueen</p>
192	<p>I am 16, an honor student, and I lead a satisfying life. However, I party a lot, and in the past few months I have gotten more drunk and stoned than usual. What's worse is that every time I get wasted, I fool around with people who either I don't know or are older.</p> <p>...SELF-MUTILATION ...carving words or pictures into your body using razors, knives, paper clips, bobby pins, pens, scissors, combs, pieces of glass, or fingernails, compulsive cutting</p>
193	<p>I dunno how to say this but I have this huge problem with cutting myself...it kind of scares me but it's like my only escape... -haZel88</p> <p>...first of all, I fust have to say that I have been there. Not only do you have to stop cutting yourself, but you need to find the root to the problem. Without narrowing down what it is that is causing you to cut yourself, you may just never stop. I myself used to cut myself because I was angry- I hated my family, school, church, God, etc. I felt like nothing was going right in my life.....cutting myself was my own twisted way of expressing my anger towards others. -MissV</p> <p>Well, I have been cutting myself for a year! I have contemplated suicide! And I have come close so many times!</p>

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194	I also confided in my friend when I was suicidal. A lot of what she needs is just support, and someone to talk to.
195	many times I have felt so insecure about myself I have thought about committing suicide.
221	<p>The other night I was home and suddenly I heard weird noises coming from my mom's room. I went over and found her masturbating.</p> <p>...I mean, I masturbate too, but it's so embarrassing.</p> <p>...I read my mom's e-mail, and she sent a message to my dad and he wrote back to lube up his hard drive.</p> <p>...My mom usually makes me leave the house when her bf comes over. One time I was home while he was here (my mom knew I was home) and I heard her moaning through the wall!!!</p>
229	Sexual abuse refers to any kind of sexual relationship between an adult and a child (legally defined as someone under 18). This covers any kind of sexual behavior, from kissing or petting to oral sex or actual intercourse.
237	Last year, my friend and I were totally depressed for the whole year. I don't exactly know why, but we were. Now, I'm getting better, but she's not. She's been having these dreams where she kills herself and she's even tried slashing her wrist.
270	<p>POLITICS</p> <p>People's beliefs (religious and otherwise) can and do have a big impact on their politics.</p> <p>...Student Activism</p> <p>History has shown how potent student movements can be.</p> <p>...Abortion</p> <p>People (especially women) have exceedingly strong beliefs on the subject of whether a woman legally should be allowed to terminate her own pregnancy and under what circumstances.</p> <p>Those who advocate "choice" say the decision of whether or not to carry a pregnancy to term rests with each individual woman and is private in nature. Those who oppose a woman's right to choose abortion say that abortion is murder; that human life starts at conception, and that the right of the unborn fetus to live supersedes the right of a woman to choose whether or not to carry a pregnancy to term.</p> <p>Religious beliefs can play a huge role in where people stand on this issue. The Roman Catholic Church, and many other Christian fundamentalist organizations, are involved in the anti-abortion (also called "pro-life") movement.</p>
273	The illustration on the top of the page depicts a woman holding a sign reading: WE'RE HERE WE'RE QUEER GET USED TO IT!
286	<p>Racial and cultural differences</p> <p>The United States is the most culturally diverse and racially diverse country in the world. This is one of our biggest strengths as a nation, and one of our greatest challenges.</p> <p>...People tell me that I try to act white and that I only have white friends, but this is not true. I have black friends, just not many of them because some of the black</p>

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	students don't want to accept me for who I am. ...They make fun of me cause I'm the only flat-chested black girl and because I talk "white."

Profanity/Derogatory Term	Count
Ass	3
Bitch	1
Cock	1
Dick	3
Dyke	1
Fuck	2
Piss	3

EXTERNAL REPRODUCTIVE ORGANS

The vulva includes all the outer genitals. It's a good idea to get to know what your own vulva looks like. You can do this by holding a mirror between your legs. Every girl's vulva looks different.

Mons: Also called the mons veneris (mound or mountain of Venus) or mons pubis, it's the soft, slightly raised area over the pubic bone, made up of fatty tissue. Pubic hair often grows here first during puberty.

Urethra: Located between the clitoris and the vaginal opening, the urethra is not a sex organ. It's the tube that carries urine from the bladder to the outside.

Outer lips (labia majora): Unless the legs are spread, the outer lips of the vagina come together and protect the rest of the genitals. They vary in size and shape on different women and become covered with pubic hair during puberty.

Anus: This little wrinkly hole in your butt is the opening to the rectum, which carries feces out of the body.



Figure 1

hiding the salami shtupping poking screwing
 laying knockin' boots making love sexual intercourse
 fucking doing it doing the nasty bumping uglies

Vaginal sex: Penis in vagina.
 This is generally thought to be the only kind of sex that can result in pregnancy (though it is possible to get pregnant if a man ejaculates close to your vagina). For this reason, it's often what people think of when they think of "sex." In fact, penis-vagina penetration is just one part of sex, and not necessarily the best part, either. That said, vaginal intercourse is, to some people, the ultimate act of love that a man and woman can engage in and as close as two people can get.

Vaginal intercourse poses high risks for both getting diseases and pregnancy. Anal sex poses high risk for disease. Learn how to protect yourself.

See *Protecting Yourself*, for detailed information on safer sex, pp. 103-19.

Sexual positioning

It is possible to have sexual intercourse in many different positions. You are really limited only by your body's flexibility and your own imagination. Probably the three most popular positions are:



boy on top
 (also called missionary position)



girl on top



boy behind girl
 (known as doggie style)

Lubrication: For the movements of sex to go smoothly, it is important that the vagina be well lubricated. Bodies provide their own lubrication, but sometimes not enough. If you find yourself feeling uncomfortable during penetration, you could try a commercial lubricant from a drugstore. Water-based lubricants are the only kind that work with condoms.

Anal sex: Penetration of the anus by a penis (or other stuff, such as fingers). There are lots of nerve endings in and around the anus, and many people find that stimulation of this area can be pleasurable. It can also, however, be very painful. Any experimentation in this area should involve substantial lubrication and should be treated as highly risky sex. The tissues inside the rectum are very susceptible to damage and the subsequent bleeding can transmit diseases.



Figure 2