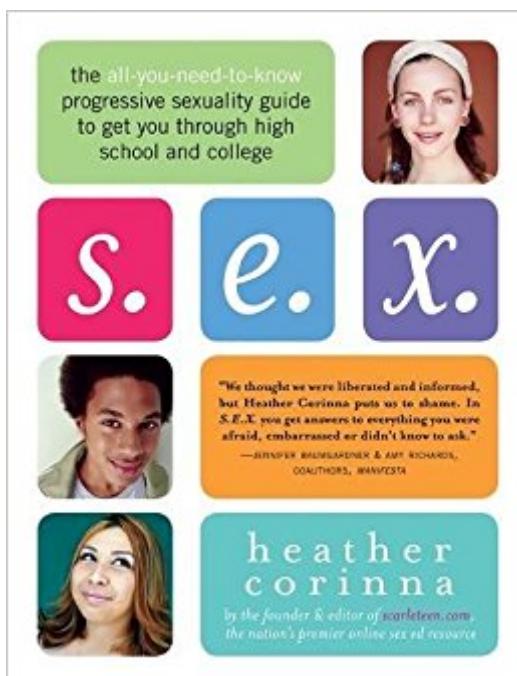


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# S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide To Get You Through High School And College



## Synopsis

Have you ever wondered; Am I normal? (and what is "normal," anyway?) What's up down there? I really like girls, but I like boys sometimes, too. Am I gay, bisexual, or just messed up? Are we both really ready to have sex? Is it ok if I masturbate? I feel like I can't ever say no to my partner. What's the problem? Heather Corinna and Scarleteen.com have been providing sex education and information for young adults, parents, and mentors for nearly ten years. Whether you're straight, gay, sexually active, or just plain curious, S.E.X. spells out everything you need to know, including: A sexual readiness checklist Illustrations of female and male reproductive anatomy How to love your body, even when it's changing every day Tips on safer sex for body, heart, and mind An in-depth birth control breakdown How to create and enjoy the relationships that are right for you Popular mechanics of partnered sex: sexual activities explained, including pregnancy and STI risks STIs 101: what they are and how to keep yourself from getting them

## Book Information

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## Customer Reviews

Library Journal (Booksmack! e-newsletter), 6/2/11 "A great deal about body health and maintenance is included. An outstanding resource section offers both print and online information." "Curve" "The Our Bodies, Ourselves for the MySpace generation, this book by the founder of sex ed website Scarleteen.com is a comprehensive course in sexuality and sexual health for teens of any orientation and their parents, teachers and counselors. In a society that all too often scolds and belittles teenagers often deserving of more credit, S.E.X. is revolutionary." "A" Seattle Post-Intelligencer, 05/13/07 "This is another

groundbreaking book.â€” Library Journalâ€”“Corinna has put together a blockbuster of a book for young people dealing with sex and relationships. Much like the authors of Our Bodies, Ourselves and its spinoffs, Corinna answers every possible question teens and young adults could have about virginity, puberty, pregnancy, body image, masturbation, sexual identity, the variety of relationships, and the mechanics of partnered sex. She also addresses topics that are often overlooked, e.g., transgender and intergender identities, realistic teen relationship management skills, and pornography. An excellent resource for preteens, teens, young adults, and people working with these populations; highly recommended for most libraries.” Lisa Jervis, Bitch magazine co-founder “Not only would my own adolescence have been vastly less painful and confusing if I’d had access to the accurate, comprehensive, and above all nonjudgmental information that Heather Corinna so carefully provides, but S.E.X. is, literally, a lifesaving book: Corinna’s vast commonsense wisdom--especially on topics relating to gender roles, queer sexuality, and gender identities--has the potential to improve the physical and emotional health of anyone who reads it, and to help heal our culture’s unhealthy, conflicted approaches to sex, sexuality, and gender.” Bust magazine, June/July 2007

Heather Corinna is a writer, artist, educator, activist, and Internet publisher and community organizer in her mid-thirties. She has been bringing original, inclusive, informative, feminist, creative, and radical sexuality content to the web since 1997.

Fabulous book. I just gave copies to my sons, 14 and 18, and I’m convinced it’s the only sex education book they will need from now well into their 20s. I gave each of them a copy along with this note: “Mom and I are giving you this book, and the notes here, so that you have a great source of factual information about sex and relationships all in one place.” “We know you have had quite a bit of “sex ed” already at school, but there is always more to learn, and after looking around, we think this is one of the best resources. It goes well beyond what school teaching offers, and does a better job than I could even in hours of conversation. It’s not easy for parents to talk to kids about sex, so this book at least gets the right information out to you and then opens the door for questions and discussion, whenever you want. I have been married once before and was in various other relationships, so I know a lot about this stuff and I want you to know I am totally open to questions and discussion, any time.” “Mom and I like this book because it’s really straightforward and very complete, and also free of any judgmental or moralistic viewpoints. Mom and I both think that’s the best approach. You have both been raised to be good and moral persons, so you will use your own

"gut" (and advice from us, whenever you want it), to choose what you think is right for yourself and the people close to you."Giving you this book is not a substitute for talking about these issues whenever we want or need to. In the meantime, here are some tips on sections that we think you should definitely read ..."From there I went on to highlight the "must read" sections (safe sex, contraception, consent, etc) and told them we would talk about these. It's a great book and offers comprehensive information in a matter-of-fact, adult manner and in a format that's easy to flip through to find what you're looking for.

This book is a great tool for parents to give to their teenagers! As a teen my mom gave me a couple books but they mainly covered the medical aspects of sex and since it was the late 70's/80's they were very focused on women and heterosexual sex. The sex readiness checklist is an excellent way to let young adults know what things they should think about before they become sexually active. S.E.X. covers the biological factors involved but the social, emotional and economic factors too like do you have enough money saved to cover medical expenses (e.g. annual exams, birth control, etc.). It was nice to see a discuss of same sex relationships and the insightful discussion of virginity in this context which can help heterosexual teens/parents have better discussion about the different types of sexual encounters beyond full intercourse. My daughter and I actually had three books out during a discussion about sex and birth control and we ended up always looking at this book because it was much better than the others. The one thing this book had a BIG miss on was on the topic of Sexting. It had one paragraph describing it but no mention of the legal and social dangers and risks of sending videos and photos via SMS/email. This is a big deal in the area we live in with 12 teenage boys recently being arrested for distributing photos. Would have liked to see more information about this to warn kids about potential concerns.

I purchased this for my daughter (16 at the time), who has been a long term relationship (long term being subjective for high school). She's found this book quite helpful and has approached me about a few of the items that she felt needed additional clarification. It is a VERY detailed book. Parents if certain topics make you squeamish, this book will handle those topics for you. If you have certain topics you'd rather not introduce to your teen, then I hope you can shelter them a bit longer. Honestly though, with the ability to search (and view) just about any topic online, I'm not sure how well any parent can really "shelter" their teen from knowledge. My son, who is a good two and half years younger than my daughter, has shocked me with how well-informed he is about certain things. It's been to the point sometimes that he belittles his older sister for being so naive. I find this a bit

disconcerting as a mom, but I guess it's to be expected. I try not to kid myself as to what teens think and do in high school so I've tried to be as open as I can with them. This book has been one of the tools I've used. My hubs did thumb through the book before I gave it to my daughter. He looked a little green around the edges at some of the items included, but did not balk at handing it over. I'm sure he didn't want to have to discuss or answer any questions related to those topics. Hah!

I absolutely LOVE this book and cannot recommend it enough. As a college professor who teaches human sexuality, I have come across a lot of sex ed books, and this one is the best book that targets high school and college students, in my opinion: it is full of accurate facts, it's engaging, and it is written in a tone that works for this age group (e.g., it isn't old-fashioned but also doesn't try to be too hip, which can backfire and be a turn-off). I not only use it as a textbook for my First Year Seminar college class (students love it, and it's cheaper than a traditional text book), but I also bought it for my high school-aged daughter to read whenever she is ready. My favorite chapter is one called "To be...or not to be...sexually active". It has a long, detailed checklist for people considering being sexually active that is very thoughtful (heck, it's so detailed about all the things to consider that I wondered if \*I\* was ready to be sexually active, and I've been married for 10 years!! :-). My wife is a therapist and she often gives the chapter to her clients this age who are considering becoming sexually active. The book also covers so many important issues (not just pregnancy and contraception but relationships, emotions, gender and sexual orientation issues, abuse, rape, prostitution, you name it). I highly recommend it for parents of teens and/or college students and their kids.

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