

pleasures and education

intercourse has to be just the penis and the vagina, no hands involved. For many women, it's never going to work for them for physiological reasons to have an orgasm through intercourse alone, so if they and their partner can learn a way for their partner to stimulate them at the same time as their having intercourse, with his hand, for example, or for them to stimulate themselves.

I guess the point is that we have these ideal expectations. Like, it *should* happen this way (there's a lot of 'shoulds' in sex) and if it doesn't happen that way there's something wrong with me. If people can get away from that and accept themselves for who they are and be more flexible in how they make love and how it works for them and what feels good, then they're going to end up enjoying sex a lot more.

The most common dysfunction for young men, by the way, is rapid ejaculation. For young women it's not having orgasm. There are a few men, but very few men, who don't have orgasms during sex, but what men worry about is coming too quickly.

What advice do you give people who are experiencing that?

We have techniques that men can use to delay ejaculation. One of them is called the Squeeze Technique. If they buy some of those books I mentioned earlier, like *The New Male Sexuality*, these techniques are described in there. But basically, we do know that as men get older, they tend to have better control. When you're in a relationship longer, you tend to have better control. If you have sex more frequently, you tend to have better control. Control over when you ejaculate is something you can learn and so men have to learn techniques that they can use that allow them to have better control over ejaculation. It's the same as orgasm for women: for some men, control is easy, for some men, it's hard. Some men don't even feel that they have to learn to control ejaculation; they just have it. And we think partly it's a threshold thing. For some men, the threshold is just biologically lower and so to delay orgasm, they have to learn techniques. For other men, it seems to be easier. But all men can learn to delay ejaculation.

Do you ever talk to young people who are considering having sex for the first time?

Not often. It's not often part of my job. People don't come in to a sex therapist when they're thinking of having sex. In fact, unfortunately in our culture, most kids don't talk to anybody about it. It's something they have to decide on their own. Many of them don't even talk to their partner about it, in their minds, it sort of "happens," like they didn't expect it to happen, it happened, which of course is why so many don't use birth control either the first time they have sex.

That goes back to being a sex-negative society. It would be, I think, good for all concerned if people could actually think things through, talk their decision to have intercourse through with their partner, and make sure that when they make that decision, they're making it at a time and place that is right for them. I guess that's the advice I would give to people, whether it's the first time or anytime. It's first of all, do it for the right reasons, because you want to do it, not because you feel you're doing it for your partner or because it's expected or because you might lose your partner or whatever. Sex is an important part of a relationship and it's important to all of us so you need to really use good decision-making in deciding who,

when, where.

Of course, I give a lot of messages about safer sex and use of condoms. I would certainly say the communication has to happen before you have sex. If you can't communicate about sex outside the bedroom, you're not going to be able to communicate about sex inside the bedroom. The chance of you being able to ask your partner what you want, tell them what displeases you, what pleases you, is also pretty low so actually being able to communicate back and forth so both partners get what they need and what they want is important.

There's always some question about how early should people, parents or teachers start sex education. What are your feelings on that?

My view is that sex education should start at birth. Of course, at birth you don't give babies a lecture on sexual intercourse, but when you're holding children, stroking them, you're doing sex education. We're teaching them to feel comfortable with their bodies and to be in touch with their own sensuality, which is part of sexuality. So I'm not talking about sexual touching, I'm talking about what we do with babies. You stroke their skin, you hug them, you hold them. That's part of their sex education.

When kids are just starting to talk, one of the things we often do with kids is to play naming games. You point to your nose and you say 'what's that?' and they say 'nose.' And if you look at the naming games we play, we've got nose, mouth, chin, belly-button...knees. There's nothing in between.

And so the second thing we want to do — the first message is to make kids feel comfortable with their bodies, to not give negative messages about their bodies, to give positive messages — and then to give them a vocabulary. We don't make up a cute little name for knees, we don't call your nose your carrot, and we shouldn't do that with genitals,

proactive and give the message, hey, it's okay to talk about sex.

I say the same thing for schools. I think sex education starts way too late in the schools in New Brunswick. It should start in grade one. And again, it should be age-appropriate. We need to give kids the information they're developmentally ready to hear. I think kids can learn about intercourse at a very early age. They get silly about sex, way before it becomes something they're embarrassed about. We tend to do it in grade six; by grade six, many girls have already started going through puberty — it's too late. We need to do it in grade four or three, before they've started puberty.

The concern with that is going to be if you're doing sex education earlier, if you're putting condom machines in schools, that means they're going to run out and start having sex. Do you think that's accurate?

Oh, that's one of the biggest myths that's perpetrated by people who are opposed to sex education, who are really sex-negative, I would say. The research clearly shows that sex education does not result in kids having sex earlier. Not only that, but good sex education actually results in kids delaying having sex and also in being more likely to use contraceptives when they do have sex, being safer about it.

The point is, when I'm talking about good sex education, I'm not talking about just teaching the biology. That's all we teach. I mean, if you look at the sex education curriculum in most schools, the word pleasure is not in there. Because sex education in the schools is not about pleasure. But what do kids want to know about? They want to know about pleasure and satisfaction and communication. So when I talk about good sex education, of course you have to teach the facts, but you also have to teach kids about how to make good decisions, how to clarify their own

"Certainly for women, the most common kind of sexual dysfunction is not having an orgasm. Virtually all women, one hundred per cent of women can have orgasms, so we like to say that women are pre-orgasmic, meaning that they haven't had an orgasm yet, not that they're non-orgasmic."

either. If we have vocabulary and we start talking about it and we say genitals are just part of your body, it does two things. It gives kids a positive message about their bodies, which is good, which is a basis of sexuality, and it also says to kids, 'oh, this is something we're allowed to talk about in our family.' Kids notice when you go from the belly-button to the knees. They say, 'oh, that must be something we don't talk about in our family, because how come nobody's talking about it.' We need to do that. We need to be proactive about raising issues with kids.

Sometimes parents say, 'well, I'm ready to talk to my kids about sex anytime. As soon as they ask me a question.' I say if you're waiting for them to ask you a question, you're off base already. We don't wait for them to ask us a question about stars or who their grandparents are or other things that are important, we just tell kids and then they ask us questions. We have to do the same thing with sex. When you're walking down the street with your child and you see somebody who's pregnant, you need to say, 'oh, look, that woman's pregnant. That means there's a baby inside her.' Then they can say to you, 'how did the baby get inside her?' So we need to really be

values. If you include that, then hopefully at least some of these kids will say 'wait a minute!' Instead of just going with the flow, going with the peer group, they can say, 'what are my values? what do I want? what is right for me?' They can make better decisions, and often, often, the decision will be to delay.

Do you see problems associated with the speed with which young people in new relationships will sort of just jump into bed?

Do I see problems? Well, I think people just have to know themselves. For some people, having sex too early in a relationship causes confusion. The relationship moves too quickly and that sometimes is the demise of the relationship. When you meet somebody and you're sexually involved and that creates a lot of strong emotions, sometimes the relationship itself would be better if things happened a little more slowly. It's not the sex per se, it's just the speed of getting into it a heavy relationship.

On the other hand, I know a lot of people who had sex very early on in the relationship

Continued on page 10

SEXUAL HARASSMENT AND SEXUAL ASSAULT

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Each and every day in our society, males and females are violated and assaulted, physically, mentally, and emotionally.

The UNB Sexual Harassment Policy combined with information from the novel *After Sexual Assault*, gives the following definitions for sexual harassment and sexual assault:

Sexual harassment is a conduct of a sexual nature such as verbal abuse or threats, unwanted sexual invitations or requests, demands for sexual favours or repeated innuendoes or taunting about a person's body, appearance or sexual nature when:

a) submission to such conduct is made a term or condition of employment, academic status or academic accreditation, or b) used as a basis for employment, for academic purposes, status, or accreditation decisions, or c) such conduct interferes with an individual's work or academic performance, or creates an intimidating, hostile, or offensive working or academic environment.

Sexual assault is intimate sexual contact with another person against his or her will, including kissing, fondling, touching of sexual organs, oral sex and vaginal or anal sex, this includes rape.

Sexual assault and sexual harassment are not limited to the big cities like New York and Chicago, or Montreal and Vancouver. Right here on both the UNB and STU campuses, these violations are occurring, even as I write. In 1992, a survey was taken of the previous year, in which males and females from all walks of life and all backgrounds and ethnicity's participated. This survey of UNBF and STU students was entitled "Unwanted Sexual Experiences," and determined the following statistics:

35% of women reported one or more unwanted sexual experience in the past year.
96% of victims reported being victimized by someone they knew.

BOYFRIEND	33%
NON-ROMANTIC FRIENDS	20%
ACQUAINTANCE	16%
DATE	10%
FORMER BOYFRIEND	8%
HUSBAND	5%
OTHER	4%

Sexual Assault Statistics, 1992

17% of men reported one or more unwanted sexual experience in the past year. Over 90% of their aggressors were women.

As depicted with the above statistics, sexual harassment and sexual assault is a very serious crime, which does occur, even in the tiniest of towns.

To close, if you or one of your friends has been sexually assaulted or sexually harassed, tell somebody with whom you feel safe and comfortable. Do not be afraid to be honest and acknowledge your feelings and identify when your rights have been violated.