



It's Perfectly Normal, Changing Bodies, Growing Up, Sex, Gender, and Sexual Health

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Candlewick Press

RED FLAGS:

This book contains sexually explicit, excerpts and commentary. The books also contains "obscene" illustrations.

Introduction: Lots of Questions



Sex is about a lot of things— bodies, growing up, families, babies, love, caring, curiosity, feelings, respect, responsibility, biology, and health. There are times when sickness and danger can be a part of sex, too. Most kids wonder about and have lots of questions about sex. It's also perfectly normal to want to know about sex

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Part One: What Is Sex?



The dictionary tells us even more about sex. It says, 4: Sexual desire. Sex is also the desire to be physically close to someone, as close as you can be. Do you ever really want or crave

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something? That's desire, like when you really want someone to be your best friend or when you really want chocolate ice cream

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The dictionary tells us one more thing about sex. It says, 5: Sexual intercourse. Sex can also mean sexual intercourse. Some people call sexual intercourse “having sex.

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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. This kind of touching can make the whole body feel good — feel sexy. And when this kind of sexual intercourse happens, it is possible for a female body and a male body — once their reproductive organs have grown up — to make a baby.

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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 eggcells 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.

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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.

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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.”

Perfectly Normal Masturbation



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.

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