

“Well your Dad and I....”



If there is one thing young people generally want to avoid, it's talking about sex with their parents. Whether it's simply a conversation surrounding the idea of sex or specifically about you doing it; the moment will come and there never seems to be any way to escape.

I remember the first time parents and sex crossed paths, when I had to endure an hour and a half of “American Pie” sitting between my Mum and Dad. I have never enjoyed a film less! Not only did I find the people on screen having sex embarrassing, but then thoughts of my parents and what they were thinking also flashed into my head. I don't think I've ever left a room so fast when the credits finally began to roll.

Unfortunately that was not the worst or most uncomfortable “parents and sex” moment as that followed a few years later when I was 17. My Mum finally sat me down to have “the talk”. Not only was it about two years too late but my Mum proceeded to start many sentences with either, “In my experience....” or “Well your Dad and I....” All I can say is EWWW! I cut my Mum off and told her I'd already had sex. I'll never forget the

hurt look on her face, as I had always promised to talk to her before “doing it”. Since we have always had a close relationship, I guess I'd assumed my Mum had just known.

Whilst in my situation the sex talk was slightly wasted I do believe it can have some benefits. Often “the talk” can bring you and your parents closer

together as you find you have some common ground in relationships. So many of you have had the no protection situation or the “I might be pregnant” talk. Whilst initially

this leads us to feel as though we will be scarred for life, it can help us in the long run. Those who sit us down for “the talk” are a bank of knowledge and experience so surely suffering for a while is worth it if you can learn from their mistakes?

Not only should you listen to this experience and knowledge but also remind yourself that your parents may well still see you as their sweet innocent six-year old son or daughter. So the fact that you could be sexually active may come as a bit of a

shock. Also remember that when your parents were growing up sex was something you didn't talk about so they may be searching for the right words to use.

They might even find “the talk” more embarrassing than you....

Now if you think that your parents giving you the sex talk is just too much there

may be a way to stop them before they really get going. By going to your local family planning clinic and asking for free condoms or simply asking for advice about relationships can help to reassure your parents that you are being safe. Check out the back page of the magazine to find your nearest one. On the other hand the internet houses many advice websites which all hold a variety of information about infections, protection, safer sex and contraception to wow your parents with. Ones I found particularly helpful and informative were:

- www.younglavin.org.uk
- www.thesite.org
- www.gettingiton.org.uk
- www.condomessentialwear.co.uk

Vicky Godwin

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