



# Hip + Holistic Sex Education

FOR CONSCIOUS MOMS RAISING EMPOWERED DAUGHTERS



Holistic Sex Ed  
for Moms & Daughters

## Your Essential Guide to Sex and New Relationships

A workbook for teenage girls & their moms.  
(Moms are encouraged to go through it with younger girls)

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# **New Relationship? Thinking of Having Sex for the First Time?**

## **What's your Minimum Standard? Why settle for less?**

### **Essential Questions to Ask before getting in too Deep or Going All the Way!**

This workbook is designed to give you a lot of really useful information that you'll be glad to know someday, maybe right now! I also wanted to give you some things to think about, I encourage you to grab your journal and put your daydreaming muscle to good use! When I created this workbook, I thought to myself, "If I never come into contact with you again, what is the most important information I could give you to help make a difference in your life?", and this is it! I encourage you to refer to it often until it becomes part of what you know. This is all the stuff I wished I knew when I was growing up and I had to figure it out the hard way and not always with good results. So I've done all the hard work for you, and you can learn from my mistakes and my successes and implement them into your life to great effect without having to go through all the things I had to in order to learn this.... Although you can if you want to... but I don't recommend it. 😊 Enjoy!

### **Exercise: Discovering What You Want**

Take your journal and center yourself in a quiet place. Allow your thoughts to flow as you consider the type of life you would like to have. Are you going to college? Will you travel? Will you start a family? Where would you like to live? What does your life look like?

Now consider how your romantic partner fit in. What does your life together look like? Consider how you would like to be treated by your partner. What kind of life would you like to have together? Do you travel? Are there children? If you could have anything, if life could be any way you wanted it to be, what would it look like? Start taking notes. Write down words, fragments, random thoughts and idea. Allow your imagination to run with this.

It's ok if you're not sure. Just let your mind roam and consider all of the possibilities. What sounds fun? What is your contribution to the planet? What are you passionate about? What excites you?

Take this precious time to discover and explore where your interest lie and discovers what inspires you so that you can live your life to the fullest by pursuing those passions. And it's ok to change your mind in the future, you're not committing to anything, but putting pen to paper and stating what you want is a powerful way of beginning the process of making it so.

## Are You Right For Me?

This is a list of questions to ask and topics to discuss with any new partner you are thinking of becoming romantically involved and sexually intimate with. **These important topics can sometimes make or break a relationship.** You might be really glad you had these conversations! After all, you are sharing more than just a night together, you share bacteria, viruses, yeast; exchange energy; pick up little mannerisms or verbal expressions.

**When becoming intimate with someone you take on a part of them.** Consider, do you want this person to be that close with you? It often takes 5 or more dates to really get a sense of what a person is like and you've barely scratched the surface. Sexual relations can have life altering consequences; **ideally, one would enter into a relationship with eyes wide open.**

Now that you've had some time to consider what the future could look like, think about the qualities you want in your romantic partner. Make some notes in your journal.

Determine which are the essential non-negotiable qualities that you want in your relationship? (Kind, supportive, affectionate, committed, humorous, willing to do housework, wants kids, doesn't want kids, good work ethic, honest, open minded, likes dogs/cats, etc.) What's important to you? What do you need from a relationship?

So if your dream is to sail around the world and jump out of airplanes, you'd probably want to be with someone who is as adventurous as you or at least open to do new things and has the ability to follow through to the end.

### Things to Consider with a New Love Interest:

- How do they measure up to what you're looking for?
- What's missing? Is it a non-negotiable?
- What are you willing to go without or how can you get those needs met in other ways? How does this work for you in the long term. Visualize the relationship 5 years in the future, 10 years, etc. When the newness has worn off and you're in the routine of life. Is this missing "non-negotiable" going to become a problem? Are you willing to let go of it and settle for less?
- If you are considering moving forward with a relationship that is missing some important non-negotiable items on your list, consider why you are settling for less. Are there fears of being alone or not feeling good enough to find someone better suited to you? What are your motives?

- Consider another journal exercise:
  - What does life look like 5 years from now without this non-negotiable quality in your relationship?
  - Then do the same with the quality incorporated.

**Big Sister Tip:** Realize that you cannot fix or change people. If you are going into a relationship trying to save someone, you're going in for the wrong reasons.

**If your love interest makes it through your checklist of non-negotiable attributes and things you need from your relationship then it's time to progress to the "Interview".**

## **[Submit Your Application Here!](#)**

When you apply for a job, you fill out an application and give references. When you want to rent an apartment they do a credit check and give references again. They want to know who you are. Are you trustworthy? Are you going to show up for work? Are you going to pay your rent on time?

**Should we hold our love interests to the same standard? Should we go in blindly putting our trust in this person's honesty when we just met?** When entering into a relationship, you invite your partner into your most private and intimate spaces of your personal self, your body, your psyche, your home, your computer, your financial world and more. But do you really know this person? They seem nice enough. Right?

Am I saying that you should interview every guy you date? Well, pretty much YES if he's being invited back on a second and third date. There are important questions that should be asked before you get in too deep. Is this person really a good fit for you? Are you headed in the same direction in life? How can you determine if you really want to integrate this person into your world?

Sooner or later sex will come into the picture and there are several really important conversations to have. One of my goals is to prevent the spread of Human Papilloma Virus (HPV), a sexually transmitted virus that is responsible for most of the cervical cancer in the world. These questions can help you get a better idea if someone might carry this virus.

They say that 80% of the sexually active population gets this virus at some point in their life. Some say that when rates are this high, that's its just part of the normal flora that humans live with. I'm not sure that I agree. We're not born with it so why not try to prevent it, or at least going into a relationship aware of what the risks may be and consciously choosing to take that risk.

Sexually transmitted viruses are insidious, can be difficult to detect and usually stick with you for life. HPV can only be detected in a Pap smear after infection has occurred and is causing changes in cervix cells putting a woman at risk for cervical cancer. HIV has a 6 month incubation period in which it's not detectable. You usually can't tell if someone carries a virus.

How can you protect yourself? Good question. Here are some questions and topics to consider and why you might want to have that discussion before taking the relationship to the next level and becoming intimate.

## Thinking of Having Sex? Get Birth Control! Get Tested!

**Before having sex with someone the first time**, the responsible thing to do is to get tested and choose a method of contraception. **If you have health insurance**, this screening is included in your *Well Woman Exam* along with your Papsmear. Contraception may also be included in your health insurance. Talk about the various options and chose what's best for you. Have a talk with your mom so that she can support you in your decision.

It's important to know that **sexually transmitted diseases can be present without any symptoms or signs**, which is why it's important to get tested. Virgins can also transmit certain sexually transmitted infections.

Sexually transmitted diseases and viruses can affect future fertility and put you at risk for an untimely demise. **Most sexually transmitted diseases can be tested for except for the Human Papilloma Virus** (HPV), unfortunately this virus is very common and is carried by a large segment of the population.

The following questions can help you determine the likelihood of someone's exposure to HPV and other viruses (which **can** be test for) so that you can better determine for yourself if you'd like to become intimate with them. Just because someone has a sexually transmitted virus, isn't a reason to avoid getting into relationship with them, but it is important to enter into a relationship informed so that you can take precautions to protect yourself if you want to minimize your risks. It's important to make a conscious choice on whether this person has enough potential to put yourself at risk and if yes, then you are making a conscious and empowered decision. Our body is our temple after all; it's the only one we get, so it's important to take good care of ourselves and not go into something blindly.

See your doctor  
or clinic for STD  
Testing

Blood Tests: HIV,  
HEP-A, B & C  
HSV-1&2

Cultures & Swabs:  
Chlamydia,  
Trichomoniasis,  
Gonorrhea,  
Syphilis

Pap Smear: HPV

## What's their sexual history?

- How many partners?
  - Why? Someone who has had a number of partners has more opportunities to up a sexually transmitted virus and other infections. However, even having unprotected sex with one person can result in a sexually transmitted disease even if that person is still a virgin.
- What's their history of condom use and consistency?
  - Why? Inconsistent use of condoms specifically increases the risk that this person has been infected with the Human Papilloma Virus (HPV). If your partner has an aversion to condom use, chances are they're not consistent with condom use and may be a risk for HPV.
- Any history of abnormal pap smears personally or partners?
  - Why? 99% of all abnormal Pap Smears and Cervical Dysplasia are caused by the HPV virus. Since there's no test to identify HPV in men, finding a history of abnormal Pap Smears in his previous girlfriends indicates the likely presence of the virus and if he hasn't been consistent with condom use then he could be a carrier of the virus.
- Any previous sexually transmitted diseases?
  - Why? Sexually transmitted viruses are with the individual for life. All other STDs should be curable with proper treatment. Get tested to make sure.
- History of genital sores or growths?
  - Why? Could be Herpes (HSV) or HPV, ask more questions and test for HSV I & II.
- History of cold sores? Cold sores in childhood?
  - Why? Cold sores are caused by the herpes virus. HSV-1 prefers the oral cavity but can be transmitted to the genitals with oral sex. You may want to ask before permitting oral sex since cold sores are quite common, particularly in childhood and are not really thought of when discussing reproductive health concerns with a new partner. A blood test is available to detect Herpes 1 and 2.
- History of Hepatitis? Blood Transfusions?
  - Why? One method of transmission is through unprotected sex with an infected person. This virus will really mess up your liver. Blood tests can rule it out all three types.

## Where Do They Stand on the BIG Issues?

### **Are your partner's desires for children similar to your own?**

- Do you want kids some day? Does your partner want kids? If one is a yes and one is a no, this can cause significant stress within a relationship and sometimes cause relationships to end.
- Views on Unintended Pregnancy & Abortion
  - Why? If they don't match, this could be a recipe for a significant problem later on if an unintended pregnancy occurs. If a relationship is pursued with someone who has a significantly different view than you in this area, consider using a high level of contraceptive protection consistently until such time a pregnancy is desired.
- What if the two you were to become pregnant before you're ready to?
  - Good Idea to discuss a plan, know where each other stands.
  - Why? These types of disagreements are devastating to a relationship and have gone as far as the Supreme Court in a few notable cases.
  - Nothing throws your life into turmoil like an unintended pregnancy.

### **Are religious & political views compatible?**

- Significant differences can lead to problems later on. Good communication going in is essential.
- How do religious views play into raising children?
- Are any views extreme? How do you feel about that? Does it make you uneasy?
- Does this mean certain things won't be discussed in the household, like politics?

### **Is there any other view, lifestyle choice, etc that is important to you?**

The saying is true, there's a lot of fish in the sea. Women (and girls) tend to compromise their values out of fear of being alone or not feeling worthy or deserving of someone better who will treat them the way they want to be treated. You deserve a relationship with just the right kind of person; don't be afraid to hold out for someone who measures up to your standards a little better. Life is full of possibility and opportunity; you just have to open the door. Don't box yourself into a relationship that doesn't serve you in the long term.

## Are you actually READY to have sex?

Would it surprise you to know that many women regret the first time they had sex? Often they wish the circumstances in which they lost their virginity were different. Many didn't know they had the option to say no. Most girls don't realize that boys will go as far as you let them, and if you're letting them go all the way early in the relationship it's highly unlikely the relationship will last. Plus he won't respect you and your reputation may suffer.

**Exercise:** Pull out your journal again and consider what you'd like your first time to be like. Image the possibilities and jot down what you'd like it to be like.

### Questions to Ask Yourself if You're Thinking about Having Sex

1. Have you had all the important conversations with your partner and asked the important questions? (see previous sections of this document)
2. Have you or your partner obtained condoms?
3. Will you be using any additional forms of birth control? It's wise to use two methods for extra protection.
4. Have you received a comprehensive education on how to protect yourself from the many different types of sexually transmitted diseases?
5. What happens if you get pregnant? Do you know what you would want to do? Do you know what your partner's thoughts are? Do you have a plan just in case?
  - a. If you don't know what you would want to do, stop and journal about your thoughts. It can be helpful to imagine what your life would be like in 5 years if all goes as planned. Then imagine if a baby got thrown into the mix, think realistically about what it would be like, feeding and caring for a baby, a toddler, a young child... Think about your different options and try to arrive at a plan that you would feel comfortable with if you should get pregnant in spite of your best efforts not to.
  - b. Now have a conversation with your partner and if they're not sure what they would want to do, invite them to do the 5 year exercise with and without a baby in the picture.
6. Think about why you want to have sex with this person. What are your motives? What do you hope happens as a result of sharing this special experience? What does this experience mean to you? Consider having this conversation with your partner.
  - a. What does having sex with you mean to your partner? Is this a special experience for them? Are you just another conquest? Will they be comparing notes with their friends?

7. How long do you think your relationship will last? What if you knew you'd break up in a few weeks or a few months, would you still want to have sex with them?
  - a. Ask your partner how long they think the relationship will last. If they say a long time, ask how long is a long time... 6 months? A year? 5 years? 10 years? A lifetime?
  - b. The reality is, teen relationships tend to be transient (short lived) for many reasons.
8. How would you feel if word got around school about what happened and your reputation suffered as a result?

Deciding to have sex with someone is a big step. Sex can be a lot of fun and bring you closer to your partner but it comes with a lot of big responsibilities. There's really no rush, and if you'd like another **Big Sister Tip**: Unless you get lucky and land a great lover, it's likely that some of the best making out you'll ever have is before you have sex for the first time. So take your time and savor it. 😊

## Taking Care of You

Here are some useful tips and miscellaneous things that you'll probably be glad to know someday.

- That vaginal discharge you sometimes see once you've started to cycle is perfectly normal.
- It's ok to say No to anything, including sex.
- Always urinate after sex.
- Never put anything that's been up your butt into your vagina.
- Alcohol and other drugs can impair your ability to keep yourself safe and may put you at greater risk of something bad happening to you. (That's a **Big Sister Tip** by the way; don't learn that one the hard way.)
- Always protect your drink when at parties, people can slip drugs into your drink and harm you in a variety of ways.
- Be careful of eating things at parties, brownies and other foods can be laced with potent marijuana or other drugs and may incapacitate you, making you vulnerable and unable to defend yourself.
- Always use a condom. Sexually transmitted diseases are common and easy to get. It only takes one exposure to get an STD including viruses that you get to keep for the rest of your life which may shorten your life, give you cancer, liver disease or sores on your body. Alcohol and other drugs can make you careless. Even virgins can carry STDs.

- If the condom breaks and you don't have another backup form of contraception in place, you can go to the drug store and buy emergency contraception. It must be used no later than 5 days after exposure, sooner is better. Prevention is best.
- Oral and anal sex are not forms of safe sex. You also need protection against sexually transmitted diseases for these activities as well.
- Never share sex toys without disinfecting them.
- Another **Big Sister Tip**: Any relationship that starts out based on sex is doomed to fail.
  - Guys will take it as far as you let them and respect you less as a result.
  - It takes 5 or 6 dates to really get a sense of who someone is, the longer you wait to have sex the more likely he is to respect you.
  - Boys who get angry when you decline to have sex don't have your best interest at heart and no matter how much you might like them, you're better off to look elsewhere and find someone who will treat you right.
  - Be picky and don't lower your standards, it's worth waiting.

## A parting thought...

I'll leave you with a final **Big Sister Tip**: Don't be afraid to explore your own genitalia. Just because you're not having sex with your partner doesn't mean that you can't pleasure yourself. Let your fingers do the walking or get a clitoris vibrator. Indeed, in order to have really great sex, it's important to understand your own body and how it works and be able to communicate to your partner what feels good to you.

**Have fun, be safe and play it smart!**

**If you'd like to learn more about your body, menstrual/fertility cycle, birth control and your sexuality check out my programs at:**

[www.holisticsexed.com](http://www.holisticsexed.com)



## A Few Resources:

Where to get Condoms Online: <http://www.condomman.com/>

Info on Emergency Contraception: <http://ec.princeton.edu/questions/get-ec.html>

Info on Sexually Transmitted Diseases & Viruses:

<http://www.plannedparenthood.org/health-topics/stds-hiv-safer-sex-101.htm>

State Reproductive Health Laws: <http://www.guttmacher.org/statecenter/spibs/index.html>

Find a Planned Parenthood near You: <http://www.plannedparenthood.org/health-center/>

Healthy Relationships:

<http://www.k-state.edu/counseling/topics/relationships/relatn.html>

[http://kidshealth.org/teen/your\\_mind/relationships/healthy\\_relationship.html](http://kidshealth.org/teen/your_mind/relationships/healthy_relationship.html)