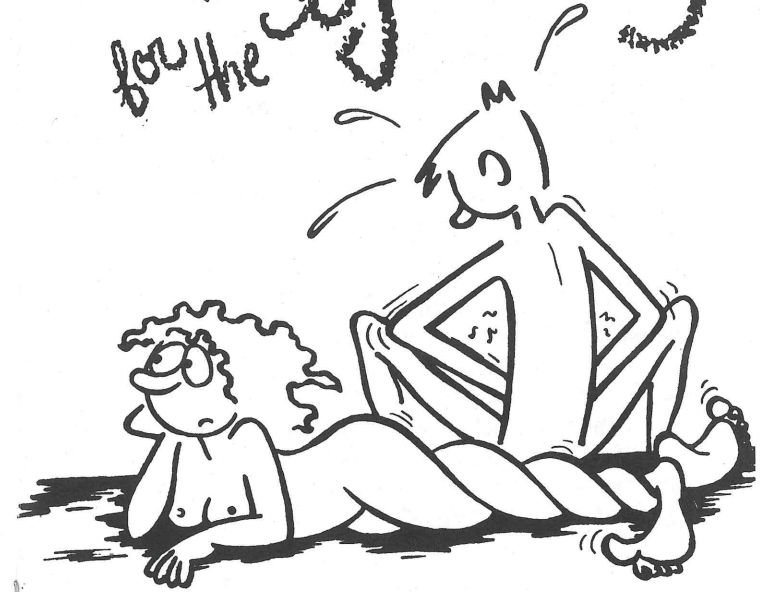




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Statens Filmcentral.

Get a guide for the Young



ANIMATED
20 minutes

FIRST PRIZE
12th INTERNATIONAL
ANIMATED FILM
FESTIVAL
Espinho - Portugal
1988

AWARD
of **EXCELLENCE**
in Education
22nd INTERNATIONAL
YOUTH FILM
CONTEST
Frankfurt, 1987

SEX - A Guide for the young

There are really no experts when it comes to sexuality. Sex is a learning process that lasts your whole lifetime. We come into this world with genital organs and sexuality; sexual experiences and fantasies are part of our everyday existence and play an important role in our lives.

This film is designed to give teenagers a better understanding of their own sexuality and other people's as well. It may help them avoid some of the problems teenagers commonly experience in their sexual relations.

The film shows them how to give pleasure and how to enjoy themselves, either alone or with a partner. Sexual relations involve feelings, actions, fantasies and reality, and the sex act can be a source of both joy and disappointment. In fact, sex is a lot like the other important activities in life: some things are meant to be experienced alone and others are better when shared with someone else.

2 This film is intended primarily for young people between the ages of 14 and 18. We'll follow the story of Kathy and John and take a look at the kind of problems they had during their first sexual encounter. We'll also see what kind of thoughts, feelings and experiences other young people are having. We recommend watching the film several times, since the information it contains is a good starting point for discussing sex with other teens and/or adults. This guide is meant to accompany the film and can help further understand it.



Kathy and John

Kathy and John are in love with each other. They would like to make love together, but it's the first time for both of them and they have a few problems because they're both nervous and impatient. They don't really know how to go about it or how to help each other. John doesn't caress Kathy in the right way; he's clumsy with his condom and takes a long time getting it on. Then, when he's inside Kathy, he's not quite sure he's "in the right spot". He moves around a lot and it's painful for Kathy. The wonderful experience they expected is a bit of a disappointment for both of them, and they're not so sure they want to try it again.

How could they make it better?



First of all, it's very important to take the time to relax and caress each other. John was right in bringing along a condom, but he should have tried putting one on at home, just to get the hang of it. In fact, Kathy could have helped him. It's best not to rush sex : taking it easy and moving slowly and gently is a lot more pleasurable for both partners.



Sensitive Spots

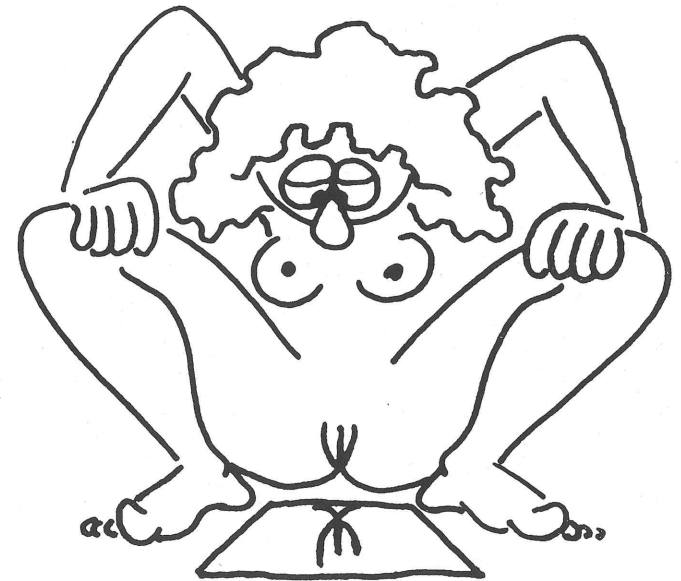
4 Human bodies have a number of sexually sensitive places, called "erogenous zones." These are primarily genital: for girls, they include the clitoris, the lips of the vulva and the vagina; for boys, there's the glans, the rim of the glans and the membrane joining the foreskin to the underside of the penis. But there are also many other sexually sensitive spots: the inner thighs, the area directly behind the genitals and around the anus, the testicles, the breasts (the breasts can be an erogenous zone for boys, too), the mouth, the ear lobes, etc. The best way to find out is to explore your own body and your partner's. You're all free to discover your own secret places.

There are all kinds of ways to caress someone: slowly or quickly, gently stroking or lightly brushing the skin. You can stroke hair the "right" way or against the direction it grows; you can trace circles or lines with your fingers, explore with your hands, your mouth, your tongue. You can caress someone with or without clothes on. Do whatever you like, but remember to be gentle. The breasts, the clitoris and the testicles, for example, are particularly sensitive. Whatever the case, it's always a good idea to ask your partner where and how he or she likes to be touched.

Kathy looks in the Mirror

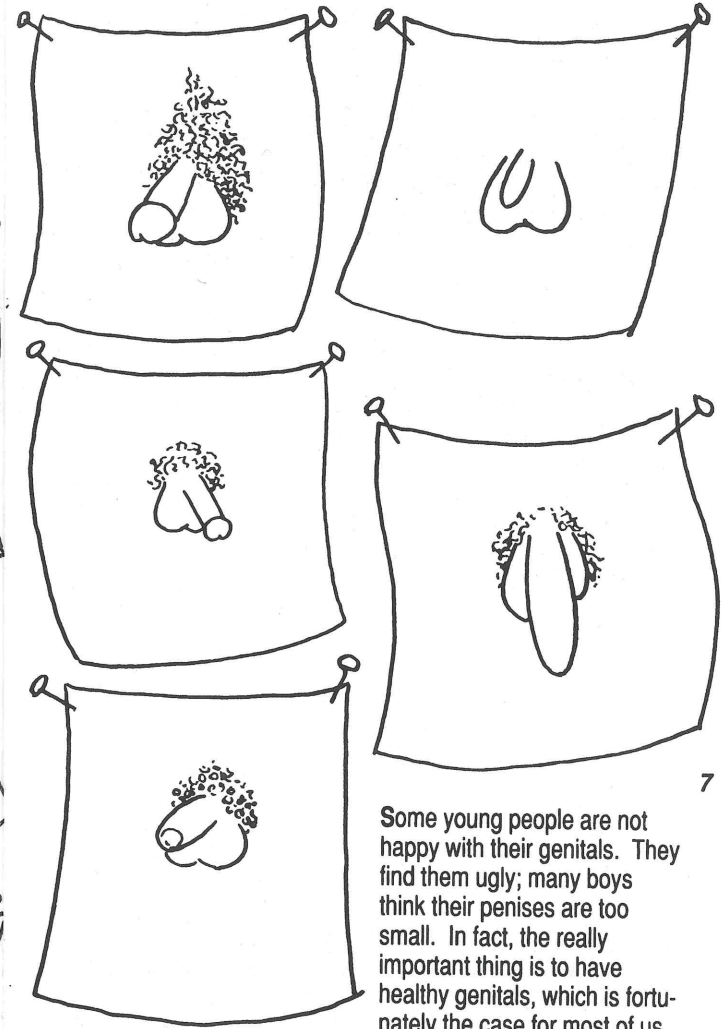
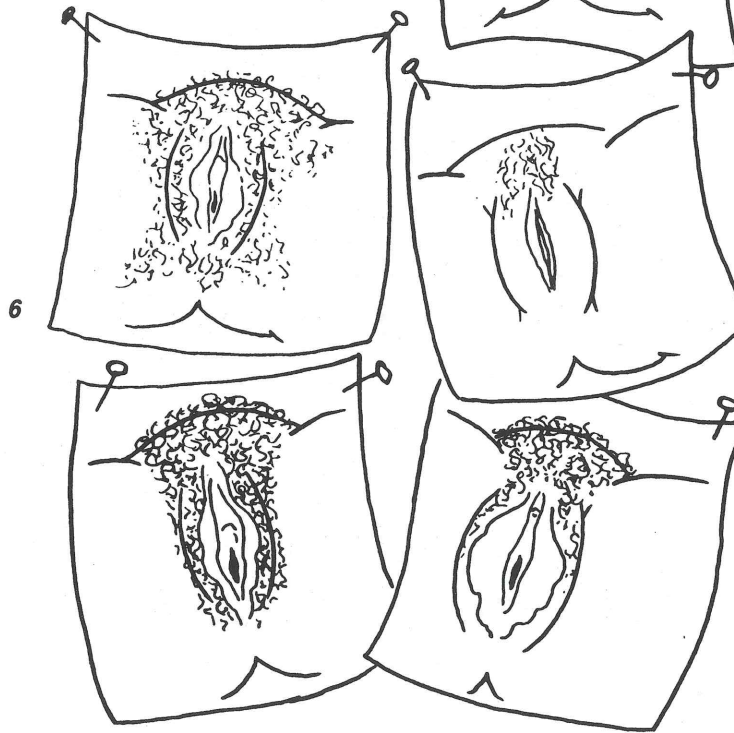
Since the female genitals are mostly hidden, girls need to examine themselves more intimately to find out exactly what they're like. Kathy, for example, decided to examine herself in a mirror.

First, she just looked. Then she used her finger to explore her clitoris, vulva, vagina and hymen, the little membrane at the front of the vagina. Don't for a moment think that Kathy is the first girl to have done this. It's perfectly natural to explore your own body to see what it's like.



The Genital Organs

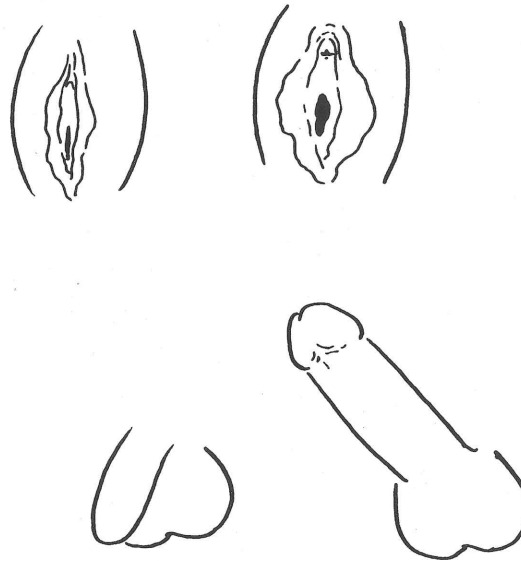
Just as no two faces in the world are identical, neither are two sets of genital organs. Both sides of your face are different, and so are the two sides of your genitals. One of the lips of your vulva may be bigger than the other; the small inner lips may not be completely covered by the larger outer ones; one testicle may be larger and hang lower than the other; one breast is sometimes smaller than the other, etc.



Some young people are not happy with their genitals. They find them ugly; many boys think their penises are too small. In fact, the really important thing is to have healthy genitals, which is fortunately the case for most of us. There is no need to feel inferior.

When you have the desire to make love, your genitals swell and fill with blood.

A girl's vagina and vulva will become wet; a few drops of liquid will escape from the boy's penis. If you pay attention to personal hygiene and keep your body clean, you'll prevent these secretions from spreading germs or infection.



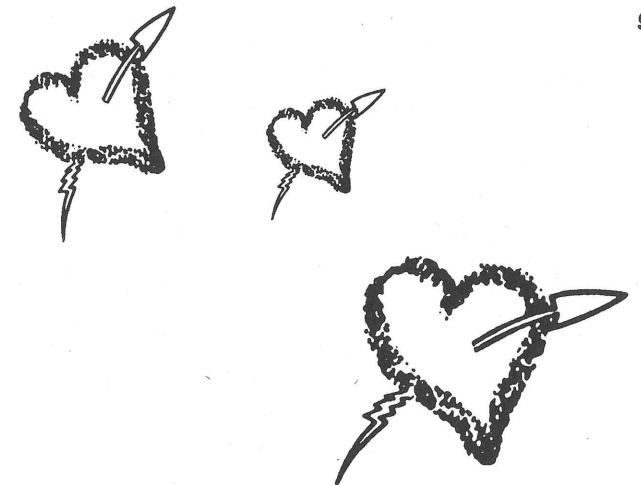
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Hygiene and cleanliness are absolutely essential. You should wash your genitals every day. Girls do not have to wash inside the vagina, since it cleans itself with its own secretions. They should wash only the outside parts, in between the lips, always from front to back. Boys should be sure to pull back the foreskin when they wash. Small glands around the edge of the glans secrete a fatty substance that keeps the mucus smooth. Failure to remove these fatty deposits could lead to infection.

The Foreskin and the Penis

Boys are born with a foreskin that covers the glans when the penis is not erect. Some boys are circumcised shortly after birth. This means that a small portion of the foreskin is removed. Circumcision is the custom among certain cultures and is fairly common in North America. The foreskin is not necessary for the proper functioning of the penis. However, it can make a slight difference during masturbation. It's easier for a boy with a foreskin to masturbate using up and down movements, while a boy without a foreskin may find it easier to stimulate himself around the glans. Whatever the case, everyone is free to discover his own preference. You may find it nice to use a little oil or body lotion, for example.

Sometimes the foreskin is stretched so taut that friction creates little sore spots. Usually they disappear by themselves, but if they don't, a little vaseline should relieve the discomfort. These are usually minor, common irritations and there's no reason to be embarrassed. If the problem persists, don't wait to see your doctor.



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Condoms and Other Contraceptive Methods

The condom is a simple and fairly effective method for preventing pregnancy and protecting yourself against AIDS and other sexually transmitted diseases. And remember: AIDS is not something to be taken lightly. Some people are reluctant to use a condom, but it's really so thin you can hardly feel it. It's important to practice at home so you know exactly how to put it on. Condoms without special reservoir tips are better, as they tend to be stronger. To put a condom on correctly, pull the foreskin back, unroll the condom on the glans, release the foreskin a bit, then carefully unroll the rest of the condom. Be careful not to pierce the condom with your nails or catch your pubic hair in it. Girls as well as boys should always carry condoms with them so that they're never caught unprepared.

There are many ways to prevent pregnancy, including the diaphragm, the IUD (intra-uterine device), the pill, contraceptive foam, and others. The ones just mentioned are discussed in the film.

It's a good idea to read brochures or books on the subject. You can also get information from your doctor or a family planning clinic. Don't worry about privacy: all physicians are bound by professional secrecy and you don't need anyone's permission to use a contraceptive.

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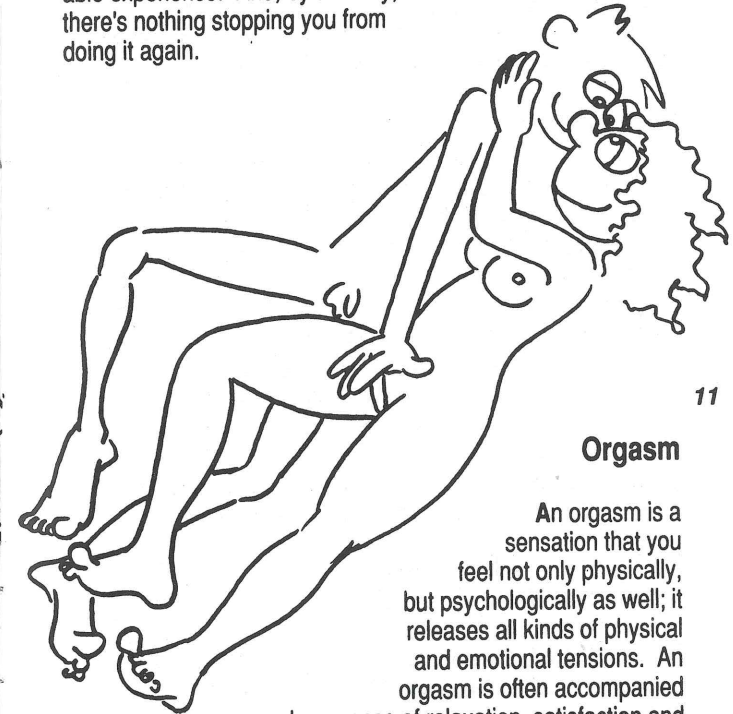
If you find yourself in a situation where you need a contraceptive, but don't have one, it's better to abstain from sex and/or settle for intimate caresses. You'll avoid all kinds of problems that way.



Sperm

During masturbation or sexual intercourse, the penis ejects about a spoonful of sperm. Sometimes it can happen before you even know it. Ejaculation can also occur while you're asleep; the sperm will dry on the sheets or other fabric and can be easily removed with cold water.

Often, during a first sexual encounter, the boy will ejaculate so quickly that the girl doesn't have time to enjoy the sex act. In such cases, the boy should caress her until she is satisfied. By taking your time and, above all, keeping your sense of humour, you'll have a more enjoyable experience. And, by the way, there's nothing stopping you from doing it again.



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Orgasm

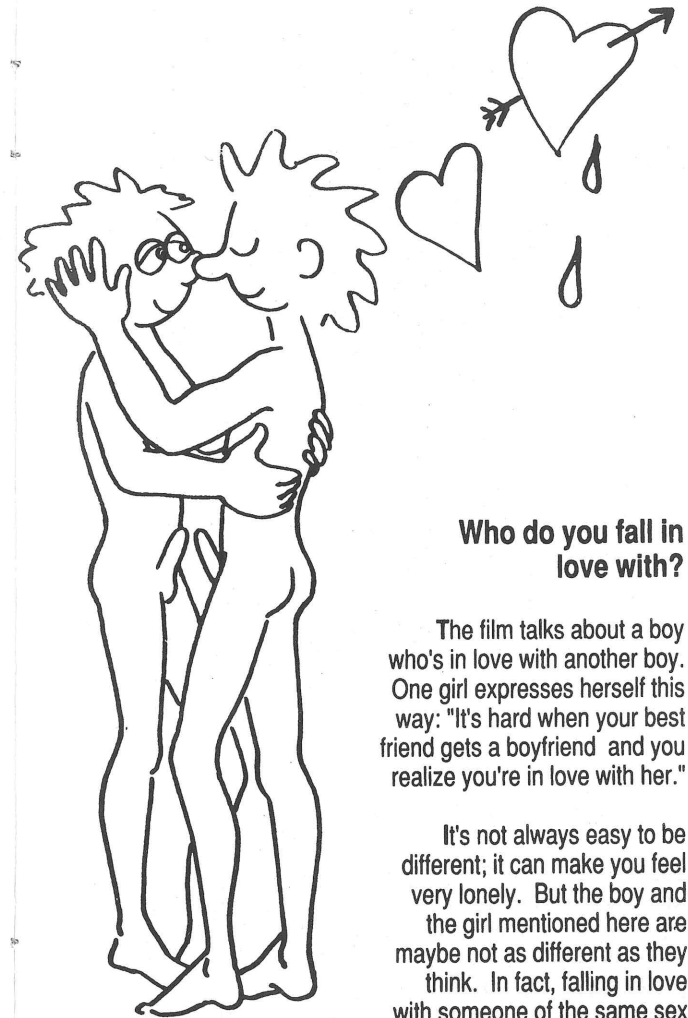
An orgasm is a sensation that you feel not only physically, but psychologically as well; it releases all kinds of physical and emotional tensions. An orgasm is often accompanied by a sense of relaxation, satisfaction and well-being.

It is sometimes more difficult for girls to reach orgasm during their first sexual encounters, but it often gets better with time. Others find they reach orgasm more easily if they are stroked and caressed during sex. Some girls even have orgasms more easily than their partners. Still others have an orgasm if they squeeze their legs together and move their pelvis rhythmically. Orgasm can also be brought on by directly touching the clitoris and the surrounding area. A light touch is usually best, but in any case, the genitals must be sufficiently lubricated, and it's better not to keep touching the same spot for too long. Stroking and caressing other parts of the body can also help bring someone to orgasm. You can also have an orgasm while you're sleeping. In boys, the ejaculation of sperm usually accompanies the orgasm, but this is not always the case. Whatever your response, there's no doubt boys and girls still have a lot to learn about their sexuality.

Masturbation

12 One girl in the film says she's never tried masturbation. "I think it's kind of sleazy lying there doing it to yourself," she admits. There is absolutely nothing sleazy about masturbation. It is not only sexually satisfying, it's also a way to discover more about your body and your sexuality; you can find out which are your most sensitive spots and what kind of stimulation you like best. What you learn through masturbating can help you a lot in your sexual relations. The girl who thought it was sleazy, for example, said the following about her partner: "He only thought about himself, so I did likewise." Perhaps the boy didn't know what to do or felt a bit clumsy. If she had known more about her own body, she could have told him what she liked.

Like all boys, John has no doubt masturbated often. There is no such thing as masturbating "too much." Our bodies know their own needs and let us know when they've had enough. Boys, too, can discover more about their bodies and their responses through masturbation; among other things, they can learn how to control ejaculation. Whether you're alone or with a partner, sex can always be a pleasant experience.



Who do you fall in love with?

The film talks about a boy who's in love with another boy. One girl expresses herself this way: "It's hard when your best friend gets a boyfriend and you realize you're in love with her."

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It's not always easy to be different; it can make you feel very lonely. But the boy and the girl mentioned here are maybe not as different as they think. In fact, falling in love with someone of the same sex happens fairly often. There's no reason for it not to be a pleasant experience and nobody should ever be ashamed of being different..



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Some people fall in love with someone of the same sex, some with people of both sexes, and others with persons of the opposite sex. It's "normal" to be different. After all, there is "difference" in everything around us. Naturally, it's a little sad to feel like an outcast because you're different. It's more pleasant to feel accepted by your peers, even if they don't share your feelings.

Should you be doing all this?

You probably have it up to here with people telling you what to do with your life in general, and with your sex life in particular. Actually, the best approach is to do what feels best for you. Being free means being able to say yes or no. Above all, don't rush into anything -- all things happen in good time. There are a lot of nice things to do; just relax and take your time. Most young people wait until the end of puberty before having sex with someone. You can gain a little more confidence by reading up on the subject and getting more information. Always remember that making love is a beautiful, joyful and pleasant experience.

What happened to Kathy and John?

They're still in love. They also still have lots to learn. We don't know if they'll stay together, but at least we're sure they're on the right track.

Let's just wish them good luck.



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