**Sex, God, and Me Audio Show  
True Stories and Lessons From a College Health Teacher**

Episode One: Launched September 26, 2024

**The Story:**

A Tawdry Tale Of Naughty Mail

**The Point:**

Don’t Let TikTok Or Porn Or Anyone Else Teach Your Child About Healthy Sexuality Before You Do.

**The Bonus:**

Conservative, Liberal, And Middle-Of-The-Road Healthy Sexuality Resources That Can Help You Talk About Sex to Your Young Person and Your Beloved

**The Story:**  
A Tawdry Tale Of Naughty Mail

“Mom, Mom!,” I flung open the kitchen door and yelled, “MOM! Something BAD has happened!” I had to warn her, I had to show her this before my Dad got home, before he could see what was in our mailbox at the Celoron Post Office.

I raced through the kitchen, past the dining room, and into the living room, but she was not there. “Mom, please! You have to see this!”, I yelled again, galloping up the stairs, and running down the hall passed my brother’s bedroom.

Still nothing.

At the end of the hall was my Mom and Dad’s lavender bedroom. It was a *do-not-enter-EVER* zone, but this was way too urgent to obey that rule. The bedroom door was open a few inches, so I peeked in and saw that the bed was made. I pushed slowly on the door, stuck my head in, and called to her in a whisper-scream: “MOMMMM!” No one answered.

So I sucked in my gut and scooched around the half-open door and tippy-toed in, snuck in, scared. I tippy-toed past the Clorox-white chenille bedspread and furry purple shag pillows, heading toward the bedroom window. The lavender ruffled curtains were drawn back and the view of the dock and the shimmering water was wide and beautiful. I could see a cloudless and sunny day on Chautauqua Lake, riffling with shiny sparkles that looked just like the silver and violet glitter sprayed into the acoustical bedroom ceiling.

There, lying at the end of the dock, there she was, all spread out on a bright pink beach towel like she was making a snow angel. I saw splotches of her two-piece neon green and orange-striped bathing suit through the chestnut tree branches in our front yard. I turned and made a beeline, rumbling back down the stairs, running through the house, out the door and speed-walking down the dock.

“Mom, something really bad has happened and I know it’s not your fault.” I was breathy by this time. The magazine rolled up tight in my clenched fingers was damp with hand sweat as I shook it in the air. Mom sat up quick,

“What? What are you talking about? What’s wrong?” She sounded worried. “Are you OK? What happened?”

“This! Look at this!” With a grand sweeping gesture, I placed the sweaty newsprint magazine in her hand.

“It’s a dirty magazine Mom! Someone sent you a dirty magazine!” She looked down and began to unroll it.

“Look! They cut off the end part of that lady’s burrzeer and made big holes in the underpants and they’re not pajamas either!” I was so upset, truly upset. “Someone sent this to you by mistake Mom. But don’t worry, I won’t tell Dad,” I assured her.

She didn’t flinch as she glanced at the cover, then slowly unraveled the 1963 spring catalog of “Frederick’s of Hollywood”.

“Where did you get this?” she asked.

“It was in our mailbox at the Celoron Post Office. I just went and got the mail, remember? You told me to walk to the post office and get the mail before I could go to the playground and I hope that lady at the post office didn’t see it cuz she’ll tell everybody!”

“Oh my gosh, that would be terrible,” she said, still looking down at the spring sales catalog. “How do you know about the brassiere and underwear? Why did you look inside?” she asked, curt in her questioning.

“Well, umm, it was...cuz it had such pretty dresses on the front page so I just looked at it while I was walking to see the dresses and then I saw the dirty pictures so I stopped looking at it right away and ran home, really Mom, I didn’t look after that!”

“Hmmm…” she mumbled, examining the sweaty, sticky edges of the magazine.

I started to cry, for effect. And because I just told a big fat lie. I looked at every page, some of them twice! I even stopped in the woods at the corner of Duquesne and Dunham where no one could see me! Shameful. Just so shameful.

My Mom kept strolling through each page, adding an occasional “Oh my goodness!” or “Oh my!” I began to feel a twinge of suspect.

“I’ll put it right in the trash right now, I’ll move all the garbage and make sure it’s hid near the bottom so Dad won’t see it,” I told her excitedly.

“No, that’s OK sweetheart, I’ll take care of it,” she said. “Don’t worry about it, you didn’t do anything wrong. You can go to the playground now.”

“But what about Dad-“

“GO!” she commanded with a finger point. “I said I will take care of this!”

So I went.

I was eight years old in 1963 and this was my first intro to “smut”, as my Mom called it. And even though I had only been exposed to a Frederick’s of Hollywood cataglog filled with flirty undies and longerie, it didn’t take long for me to concoct all kinds of naughty scenes in my head, starring me and my dream husband: Wally Cleaver of “Leave It To Beaver” fame! oh, he was sooo cute!

A few years later when I was in 6th grade, my Mom tried hard to explain the facts of life to me using a hot dog and a doughnut. Yes, take a minute, and think about it. then one day during lunch, we had hot dogs and doughnuts for desert. I ran frantically to the teacher’s table, and screamed at Mr. Johnson as he bit into a doughnut, “DO NOT EAT THAT! or you will have a baby!!”

Sounds funny, I know. The roar of laughter from the teacher’s table plays in my head every now and then. But no one was laughing just a year later when I ran away from home for five days with a fifteen-year old boy. I was 12.

I’ll tell you about it. Later.

**The Point:**

Don’t Let TikTok Or Porn Or Anyone Else Teach Your Child About Healthy Sexuality Before You Do.

What do you remember about your firsts? Your first kiss? The first time you saw raw nudity or explicit sex scenes? Or your first sexual experience? Was it joy-filled, creating loving memories for you and your partner? Or…not?

What did your parents teach you about sex? What did other people teach you about sex? What do you wish you would have known before you…

“I gotta ask you something Karla." Me and Karla walked around town together sometimes. She was two years older than me and she knew just about everything there was to know about sex. "Ricky and I are going to.. uh...give ourselves to each other for Christmas”, I told her. "We thought since both of us are still virgins it would be nice to-" My voice drifted off in shame and disbelief of what I was trying to say.

One day when Karla and I were walking home from school, Karla took it upon herself to tell me everything about how babies are really made and after she was done, she grabbed my Raggedy Ann doll out of my hand and threw it hard over the Dunham Avenue bridge. Raggedy landed face-down on the railroad tracks, fifty feet below. “Now that you know the truth, you won’t be playing with dolls anymore,” she said harshly.

I was stunned, not just because Raggedy Ann was gone which was VERY upsetting to me, but because I could not fathom what a "weiner completely covered in hair and stuck on a man" would look like. And because I had no idea that I had "another whole down there".

“So what do you want to know about doing it?” she said. “Where are you going to do it?” God, she made it sound so nasty.   
 “We’re going to his house Christmas eve. His parents are going to a Christmas party. But, but, we need to find a... a rubber and I thought maybe you would…”  
 “Oh you won’t need that because you can’t get pregnant the first time you do it, everyone knows that” Karla chided me. I was so relieved and I believed her, but when I told Ricky what Karla said, he thought we should still get one anyway.

Ricky and I drove to the Rexall Drug Store near 6th Street and parked. Then we sat in the car and argued about who would go in and ask the pharmacist for the condom. We finally flipped on it. I lost.

“You are a ***very bad girl*** and you should not be asking for this,” the pharmacist scowled at me. “Only bad girls do what you want to do, ***very bad girls!***” he bellowed. He was perched high above the counter. He clenched his thick eyebrows until they formed a gorilla-sized unibrow that arched down over his dark eyes. His words pierced my gut like a prison shiv and I felt all the blood leave my body at once. I turned and ran out of the store, trying to block out his continued tirade.

I can still hear him.

I wish Karla would have had a spare rubber in her pocketbook that day. I wish someone would have told me or given me a book or something that said “Yes you CAN get pregnant the first time you have sex”. But in the fifties and sixties and seventies, no one talked about sex (or politics or religion), very little was taught in schools, and parents always thought that if you talked about sex with your kids, it would give them permission to go out and do it!

May I give you some good news here? Parents and caregivers and schools and teachers ARE doing a much better job talking with young people about sex, and here’s some data from the NIH to demonstrate that fact:

**From 2010 to 2019, teen pregnancies declined by 52%, ages 15-19**.   
<https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2023/20230412.htm>

That’s fantastic! And shows like Teen Mom and social media outlets that provide a trove of ever-ready sex information has definitely helped.

BUT... Here comes the but:

There are two problems with letting someone or something else teach your young person about sex:

* the information about sex and sexual health on social media is often incorrect or incomplete
* social media does *nothing* to instill a value system in the viewer based on your ethics. Alas! Do not despair!

Whether you:

“Lean to the left,

Lean to the right,

Or stand in the middle

And need some light!

Here are some awesome online resources, books, and teaching aids for you that could help you talk to your child or your beloved partner about healthy sexuality. You can also find links and information about each resource on my website, [cindilamb.com](http://cindilamb.com)

HOWEVER, I cannot emphasize this enough: START EARLY! Do not wait until you think your child is in puberty, which is between the ages of 8 and 14, to talk to them about sex! DO NOT WAIT!

It is **normal** for children to become very curious about all things sex by the time they are 8 years old and even before that. Consider this:

"70% of 11-year-olds report seeing pornography online, either purposely or inadvertently." From:

[How To Talk With Your Child About Online Porn](https://www.calpartnersproject.org/toolkit/how-to-talk-with-your-child-about-online-porn-)

*If you don't begin your child's healthy sexuality education early, social media or porn or Karla will do it for you.*

Here's a great place to begin:

“Talk With Your Kids”

[Talk With Your Kids.org](https://www.talkwithyourkids.org/)

Talk With Your Kids guides you on how and when to appropriately talk with your child from age two through 18 years old, but leaves the “what”, the values part, up to you. Whether your values are conservative, liberal, or middle of the road, this site also provides plentiful, valid research that clarifies:

1. Your child WANTS to talk with you about sex! AND:

2. Children who talk with their parents about sex:

1. Contract FEWER or NO STD’s
2. Have FEWER unwanted pregnancies
3. AND WAIT longer to have sex

Have you ever wished there was a site that provided age-based recommendations for movies, TV, Books, Games, Podcasts and Apps? There is one:

Common Sense Media.org

This site is loaded with media info, reviews, and explanations by age, by topic, by content limit, ie, sex, nudity, language, violence, etc, by character strenghts and by platform. Check it out!

<https://www.commonsensemedia.org/>

No matter what your position is about porn, I advise you to check out:  Fight the New Drug .org. This site exists to raise awareness on the effects of porn using only science, facts, and personal accounts.

<https://fightthenewdrug.org/>

I call this section:

BOOK IT!

GET A BOOK!

This might seem so old fashioned to some people, but purchasing a GOOD book about healthy sexuality has so many advantages over “looking it up” on the web:

* The book is always there; you don’t need a phone, a tablet or pad, or a computer to google and access information. Just open the book!
* Very often, if you google a term that refers to sex or sexual anatomy, there is a very good chance that reams of porn site links will appear.
* When you look in a book, there is no trace or history of what you saw, no “phone history” or “page history”; sometimes young people won’t look up something about sex on the web for fear their page history would be revealed.
* A good book about sex is WAY more likely to be more valid, relevant and reliable than what can be found by googling the web.

So here are just a few books parents might want to review with their children, or give to a young person that will help to answer some questions and maybe open the door of dialogue between you and your child, and all of these books are available on Audible too

Here’s a great book for children age two to seven or eight that’s a great trust builder and conversation starter:    
Body Boundaries Make Me Stronger: Personal Safety Book for Kids About Body Safety, Personal Space, Private Parts and Consent

Set the stage for building trust about having personal and private conversations with your child.

[**Body Boundaries Make Me Stronger: Personal Safety Book for Kids About Body Safety, Personal Space, Private Parts and Consent That Teaches Social Skills and Body Awareness**](https://www.amazon.com/Body-Boundaries-Make-Stronger-Awareness/dp/B0CKRWVL4D/ref=sr_1_4?crid=826DJW44OSW4&keywords=sex+education+for+kids&qid=1703771869&s=books&sprefix=sex+education+for+kids%2Cstripbooks%2C164&sr=1-4)

Celebrate Your Body (And Its Changes, Too): A Body-Positive Guide for Girls 8+   
83% of over seventeen-thousand reviews give this book five stars!

[Celebrate Your Body (And Its Changes, Too): A Body-Positive Guide for Girls 8+](https://www.amazon.com/Celebrate-Your-Body-Changes-Body-Positive/dp/B07V49VLKB/ref=sr_1_1?crid=826DJW44OSW4&keywords=sex+education+for+kids&qid=1703771869&s=books&sprefix=sex+education+for+kids%2Cstripbooks%2C164&sr=1-1)

***Guy Stuff: The Body Book for Boys***

Boys will find age-appropriate answers to questions about voice changes, acne, bad breath, shaving, and everything in between.

[Growing Up Great!: The Ultimate Puberty Book for Boys](https://www.amazon.com/Growing-Up-Great-Scott-Todnem-audiobook/dp/B07W8MMP81/ref=sr_1_5?crid=826DJW44OSW4&keywords=sex+education+for+kids&qid=1703771869&s=books&sprefix=sex+education+for+kids%2Cstripbooks%2C164&sr=1-5)

**Boys Will Be Human: A Get-Real Gut-Check Guide to Becoming the Strongest, Kindest, Bravest Person You Can Be**

[**https://shorturl.at/ybF1S**](https://shorturl.at/ybF1S)

This is a real-talk, self-esteem-building guidebook that helps boys ages 11 and up embrace their feelings and fears instead of repressing them. A great way to jump-start conversations about masculinity with the boys, age 11 and up

***The Care and Keeping of You: The Body Book for Girls - 8 and Up,*** with no mention of sexuality

***The Care and Keeping of You 2: The Body Book for Older Girls***. NEW release Jan. 2, 2024

<https://shorturl.at/F4aIu>

[**The Feelings Book: The Care & Keeping of Your Emotions (American Girl: Care & Keeping(TM))**](https://www.amazon.com/Feelings-Book-Keeping-Emotions-American/dp/B09XFJMXXP/ref=sr_1_1?crid=2DJZOVOUEPOYQ&dib=eyJ2IjoiMSJ9.V18NsGkrxjA6608gzCiBeTAEMZfbiJo54qFHz_BScZC2ff5b5AzKu9lpLB_-NmQEzUfc1K3y2SCWb5NYsEGv4yYsZIf_dhDyOew05VaW-pw_hi9TSHeSClFhLWimTdLFqCgtyPRav5Q7zrkFDvh1q42hfKVcN3tTdI1DGHzBtZs.rTIPqbOw3IarjjaVVviwalGB2q6AKc9qm7Bk9zPNCs0&dib_tag=se&keywords=the+feelings+book+the+care+and+keeping&qid=1722806906&s=audible&sprefix=the+feelings+book+the+care+and+keeping%2Caudible%2C105&sr=1-1)

**SUPERPOWER: 9 book series:**

**Kindness is my Superpower: A Children's Book About Empathy, Kindness and Compassion 3-6 years old**

[**https://shorturl.at/KDBts**](https://shorturl.at/KDBts)

**And here are more "Superpower" books:**

* breathing (meditation, calm) is my Superpower
* acceptance is my Superpower
* gratitude is my Superpower
* honesty is my Superpower
* patience is my Superpower
* love is my Superpower
* confidence is my Superpower

**It feels good to be yourself: A book about gender identity**

[**https://shorturl.at/GIC2s**](https://shorturl.at/GIC2s)

There are six books published from God's Design for Sex including:

[How and When to Tell Your Kids about Sex: A Lifelong Approach to Shaping Your Child’s Sexual Character (God's Design for Sex)](https://www.amazon.com/gp/product/1631469444?ref_=dbs_m_mng_rwt_calw_tpbk_1&storeType=ebooks)

[What's the Big Deal?: Why God Cares about Sex](https://www.amazon.com/gp/product/1631469525?ref_=dbs_m_mng_rwt_calw_tpbk_3&storeType=ebooks)

[The Story of Me: Babies, Bodies, and a Very Good God (God's Design for Sex)](https://www.amazon.com/gp/product/1641581336?ref_=dbs_m_mng_rwt_calw_tpbk_5&storeType=ebooks)

**OWL: Our Whole Lives, Lifespan Sexuality Education, secular and faith-based versions**

This curriculum provides an age-appropriate lifespan of honest, accurate, comprehensive sexuality education for use in both secular and faith-based communities. There are seven curriculum books from grade Kindergarten all the way through young adults, adults, and older adults:

* [grades K-1](https://www.uuabookstore.org/Our-Whole-Lives-Grades-K-1-Second-Edition-P19434.aspx)
* [grades 4-6](https://www.uuabookstore.org/Our-Whole-Lives-Grades-4-6-Second-Edition-P18181.aspx)
* [grades 7-9](https://www.uuabookstore.org/Our-Whole-Lives-Grades-7-9-Second-Edition-P17473.aspx)
* [grades 10-12](https://www.uuabookstore.org/Our-Whole-Lives-Grades-10-12-P16664.aspx)
* [young adults](https://www.uuabookstore.org/Our-Whole-Lives-P16999.aspx)
* [adults](https://www.uuabookstore.org/Our-Whole-Lives-Adults-P16665.aspx)
* [older adults](https://www.uuabookstore.org/Our-Whole-Lives-Older-Adult-P18525.aspx)

And finally, for older adults:

**Ultimate Guide to Sex After 50: How to Maintain – or Regain – a Spicy, Satisfying Sex Life**

There are maybe two or three decent books about sex in later life, but there is definitely a dearth of senior sexual knowledge, especially when considering this important current development:

**In older adults age 55 and up, rates of chlamydia, gonorrhea and syphilis have more than doubled from 2012 to 2022**,

According to the Center for Disease Control and Prevention (CDC), this surprising story made national headlines this past March. One reason for this jump: Older adults did not receive the comprehensive sex education available to today’s young people. Check out the NBC news link for more information, or just google “STD older adults” and a plethora of links will pop up. We will cover this issue in future SGM episodes.

<https://www.nbcnews.com/health/sexual-health/sexually-transmitted-infection-rates-rose-older-people-cdc-rcna145332>

Here are a few helpful suggestions when providing a healthy sexuality book for your young person:

If you are uncomfortable talking about sex with your child, then buy a book that YOU think will be helpful for both you and your child and don’t give it to them directly. Put the book in their room, in the closet, in a drawer, under the bed, some place that you know your child will see within a few days or a week.

DO NOT put the book in plain sight.

Do NOT sign it or make any notations; if it comes in a wrapper, leave it wrapped. Do not give any indication that you opened it and read it.

Let your child come to you and ask about the book, and they will. It will open a conversation. Think about that conversation before it happens.

OR:  Do just the opposite! Perhaps giving this special book to your child will be a moment to remember, and will signal to your child that you acknowledge and love and care very deeply about all aspects of their health and well-being.

Either way, here are a few helpful sentences to think about when an opportune time presents itself for a personal and loving conversation about sex:

* “I wish someone would have told me about this when I was your age (or “younger”)
* “This happened to me; This was a mistake for me.”
* “If you want to talk about this later, we can go for a drive (or take a walk through Oakwood Park, or visit Ocean City, or go to a coffee shop, etc.” sometime. It’s up to you.”
* “I hope you can trust me to tell you the truth.”
* “If you do not want to talk to me about this right now, that’s fine too.”

***And finally, here is a bonus for YOU!***

Do you want to rekindle your once passion-filled, hotter-than-hell love affair with your beloved?

Have you ever pondered:

*Where Did The Passion Go?*

*Why Is My Desire Low?*

*Why Can’t I Talk About Sex?*

*This Turned Out Just Like My Ex!*

*How can I make this thing new?*

*I just don’t know what to do.*

Then here’s a sex book for adults that I love:

“Sex Talks, The Five Conversations That Will Transform Your Love Life.” by Vanessa Marin, Licensed Marriage and Family Therapist, LMFT, and her husband, Xander Marin.

[Sex Talks, The Five Conversations That Will Transform Your Love Live](https://www.amazon.com/Sex-Talks-Conversations-That-Transform/dp/B0B521B4G5/ref=sr_1_1?crid=3BZGOMVVL9UY8&dib=eyJ2IjoiMSJ9.vljnduZJkY_hPkwbppCaOh7HXcsviTlsa7M9jhm23tU-vZzT5NcBD83LniCGAfOmS6V1Lm8eYwfm7cb4jK6hPen465cu0SAQqizBqHRGTYgnG9Z-FhOusCD9ogeL5xudPeuMY6D8OGq-9ggMAoS01bgv0nFcEMY_rRa9I-HxDqQYYJQblE2-mI1tHAKuoN3gL3y5WqF3CfGBHqHyckAxKA.L11RxGKmM_XYUQVrDoj-urPZ7mHeJ5iq186xJURhayE&dib_tag=se&keywords=%E2%80%9CSex+Talks%2C+The+Five+Conversations+That+Will+Transform+Your+Love+Life.%E2%80%9D&qid=1724556360&s=books&sprefix=sex+talks%2C+the+five+conversations+that+will+transform+your+love+life.+%2Cstripbooks%2C261&sr=1-1)

One of the many things I love about this book is that both Vanessa AND her husband wrote this book together, both of them had the same issues in their young marriage mentioned above, and both of them provide doable, pragmatic steps to kickstart all your fluid-producing passion rockets into overdrive! The paperback book is $16.00, and is also available on Audible too.

Here’s a Hint: if you purchase this book on Audible, cue it up to a topic you want to discuss with your beloved and play it “by accident” in the car. Talking about sex while driving, especially on a longer trip, provides enclosed privacy, you don’t have to look at each other, and there’s no immediate escape from the issue. But sometimes, after a while, you just might have to pull over in order to dissipate the steam on the windows….. HA!

Thank you so much for being here. I can’t wait to talk with you again soon!

Cindi