Chapter 1

**FEMALE CITY & THE BIGGER PICTURE**

*Nothing is as it seems. There is always a bigger picture, a greater Truth*.

You deserve valuable information about real communication, relationships, romance, love, sexuality, and guys. Unfortunately, important facts and **CSG**s (common sense generalizations) have gone into hiding. What has taken its place in our modern world is almost beyond words. What you are exposed to on a daily basis is doing its best to damage one of the most beautiful and natural parts of life; love and the ability to have a real relationship. Armed with some facts, insight, and tools, you can learn to do what is best for you, as a growing tween and teen girl. Please keep a journal and write down many of your answers to questions that will be asked of you. You may want to discuss some of the questions with a trusted adult.

**WHAT IS WHAT THESE DAYS?**

Sex is Sex. Love is Love… And then there’s the in-between. But let’s start with the basics. A relationship, romance, love and s-e-x are supposed to go together. OMG! What a concept! Getting to know someone and beginning to fall for someone is a special kind of dance. It’s a process. Love and intimacy are natural gifts to be experienced in their right and perfect time. So how did something so important become twisted to make money, and use people?

Becoming knowledgeable about this recent cultural shift will save you from unnecessary regrets and heartbreak, grow your self-confidence, and increase real love; first for yourself and then for people who deserve your love. Once you receive the information in this book you will have the basics down.

1. You will gain a wider perspective which will help
2. You will be able to identify what you value and your boundaries.
3. You will know how to act in ways that help you love yourself first, no matter what.

These actions help you build an inner confidence and guide a young man (or 3) on how to respect, communicate, and one day love you. But it starts with you.

**WHO AM I?**

Before we go any farther please think of me as your very cool aunt. You know, the one who is kind of out there and may share with you a little more than your parents might like. Allow me to be your practical and enlightened source of wisdom on the truth about relationships, love, sexual intimacy, and guys. I was a sex educator and the co-founder of a teen pregnancy coalition in a state that did not allow sex education. I helped create sex education classes held in a protestant church. I also raised two boys and I know how they think. But the basics I was taught as a tween, teen were priceless. This *Story tale* should give you some insight.

**STORY TALE**

**Mom & Me & Boys**

***Once upon a time****, there was a young teen raised by a mother with a keen sense of logic. The girl’s mother was also the repeater from Repeats Ville. From age eleven on, the mother shared with her daughter great lessons about guys, romance, sex, and love. Having been a cheerleader in nineteen hundred and froze to death (that’s a joke), the mother shared fun and real-life stories about her own past while giving her young daughter important information about the ‘facts of life’ and guys. Her Mom’s wisdom and practical advice proved priceless in guiding her social life and future love life.*

***As a tween****, the girl loved Junior High (now called Middle School) located in crazy, but cool Northern California. She loved each day she went to school. At the end of seventh grade, she and her best friend were voted to be cheerleaders by their classmates. They looked forward to the eighth-grade school dances the following year. It was THE time to dress up, cut up, and observe boys. You know the ones you just might want as a boyfriend.*

***In the spring of eighth grade****, the girls went kind of ‘boy crazy’. Several of them could be seen holding hands between classes with boys they had crushes on. Then in late spring came*

*the infamous eighth grade make out parties. It was kissing and hugging in the dark, if there was someone you really liked. If not, it was yucko to even think about. I mean kissing a guy you didn’t really like? I don’t think so! And why? Because it didn’t FEEL ok. This ability to know (and respect) what she felt kept her from kissing a lot of frogs. I mean guys, unless she really liked one, (a guy that is). She knew if she liked him by talking to him; in the hall at school, long phone calls at night sharing about whatever they liked. The process of knowing a guy often happened through talking on the phone at night. She could hear a boy’s attitude and how he felt by the inflection in his voice. It was a great practice in true communication. It also gave her total freedom at school and at dances to just hang with her friends, dance, practice flirting, and enjoy being herself.*

***The following year*** *came the excitement of high school. She and her gang of friends spent the fall and winter getting comfortable. It was a new and cool and so much bigger. She loved observing all the upper classmen, who just seemed much older. She and her buddies from junior high looked forward to the first fall high school dance. It happened to be a ‘Twerp dance’. This is where the girl askes the guy to be her date. It was so not cool to chase guys. Girls knew that to chase the guy was to ‘lose the guy’. If you were popular you just kind of knew this stuff. Her mom’s voice always lingered in her mind. “They’ll drop you like a hot potato, or “Why buy the cow when the milk is free.”, and last but not least, ‘Easy is sleazy.”. “OK, Ok, I got it!” she’d often say to herself, reluctantly grateful for the information.*

***The Twerp dance*** *was the big exception; the unwritten rule of ‘not letting a guy know you liked him’. So, the fall of her freshman year, she asked a tall, blue-eyed blonde sophomore guy on the swim team to the Twerp dance. He accepted! Heaven lasted for about a week. In less than ten days she learned that her first high school crush was just not interested in having a girlfriend. ☹*

*THE END*

I share this true story to give you a quick insight on some basics on how crushes and boys are meant to come and go while you are in school. It’s supposed to work this way so you have the time needed to grow, learn to socialize, accept a seeming rejection, and go on to your next lesson. Many girls today don’t seem to know how to simply communicate with guys and how to play at romance. It is as important today as it ever was. Because you are being raised in a hyper-sexualized culture and communication by way of technical gadgets, the fun and much needed practice of one on one communication is not happening.

**WORDS MATTER**

Before we get into one of the most complicated issues on the planet, I must warn you, I have developed a major hang up on a certain phrase we hear all time. You can hear it on talk shows, sit coms, at school, and even parents today are using it. Things have changed so much and so quickly concerning the disrespect for sexuality, even adults are unaware of what we help create when we blurt out the phrases ‘*had sex’ and ‘having sex’*. Our culture has been re-molding us too! I totally stopped when I realized that even me, Ms. Sex Ed used it. It took a while for me to see that I was degrading all relationships and sexual intimacy by blurting out, ‘had sex’ or ‘having sex’. What we say *matters*. Hey, what if we re trained those we love to say, “They were physically intimate” or “*I think they made love*” or “*They are sexually intimate*.” ‘**Sexual intimacy’ is seven syllables and deserves human respect**. It’s how babies are created!! If you are in a hurry, I guess you can say “*slept with*”. Get the picture?

Sexual activity is what creates human life and the way to begin to truly value intimacy and up the chances of experiencing romance often (with or without sexual intimacy) is by speaking a worthy relationship. It all begins with how we speak. Honest communication, respect, and love will prove to be a rare if we don’t first begin to watch how we talk.

Today’s media has trained and tricked us. People didn’t used to blurt out intimate connections like it was turning on a faucet. But media these days does not want you to think bigger, know a greater truth, or see the bigger picture. This way they can keep us all watching crap and then imitate it. Meanwhile they rake in big money and lower our standards.

**THE SIX BIGGIES**

Please remember when you read (or hear) my smart mouth coming through on a page, I BELIEVE IN YOU - BIG TIME. You need not doubt, even when I sound like a mean girl- that you are learning hidden and higher truths about the Seven Biggees

Communication Relationship Respect

Romance Love Sexuality.

Loving and respecting yourself and knowing how to begins to happen when you get – *really get* that your heart and your Spirit are connected to love and Sexuality. It is the number one goal of this book. Having deeper insight into what’s going on in today’s world is crucial. Becoming conscious can’t help but guide you into doing the right thing *now* and later. Hang with me and I will give you the tools to help you become a beautiful soul walking this planet. And you will be able to own it!

**Low Energy Vibes**

It doesn’t take a rocket scientist to see that people are using each other today. I bet you can see, even feel it at school, watching TV, movies, and on the Internet. Many young girls want to be noticed. Today’s mainstream media sells us all out by using sex to sell almost everything. Willing, clueless females are using themselves just to get recognition. The most special and private part of

a person’s life is now often displayed openly for *all to see*. Are you aware that this did not happen *ever* in the history of mankind until twenty years ago? And it has changed everything! Human dignity seems to have gone into the abyss. Characteristics like self -respect and honor, the basis of real love are screaming to return. These two values can be hard to find these days. Intimate photos and visuals that once only existed in the pornography industry are out in the world and we are sadly affected by it. For twenty years, pornographic media has slowly been accepted; and it is affecting most of us in ways we have yet to realize.

**GENERATION to DEGENERATION**

So how did we in America go from waiting till marriage to ‘just have sex to have sex?’ As a young teen, I asked myself this a lot. I used to love observing societal behavior. I remember in my high school Sociology class hearing about the Roman Empire; how it all fell –partly because the rich and powerful were sexually out of control. So, had Rome lost its values, morals, and standards? Today, in the 21st Century we are seeing something similar.

The last two generations (this is you) have only seen and experienced what surrounds them. Many young people today think it is “normal” to just go ahead and “have sex”. Deep down your heart knows better. And while we are on the subject, ‘having s-e-x’ is … NEWS FLASH! It is anything below the belt. Got that? Girls are fooling themselves to think it is not.

In chapter Two you will discover how the first *sexual revolution* in the late sixties came to be. Why the youth generation of Hippies began to have ‘Love Fests and why the summer of 1967 was labeled “The Summer of Love”. I was super aware of it because I was a freshman in

high school and living close to the city known as the city of ‘Free Love’, San Francisco. I share this because the operable word in that revolution was…L O V E. The redeeming quality for most teen girls until the late 90s was that *most* girls understood and honored the important connection and order of the 6 Biggies.

Today’s full blown disconnect anddisrespect of human physical contact, and the intimate act that creates human life, not to mention your heart and Spirit, is still new in our culture. The consequences have yet to be fully acknowledged openly by society. We are getting closer as the world watches certain American politicians, (local, state, and Country) acting despicably and hear about the drastic increase of *college campus* rapes. Both are clear examples of collective disrespect for females.

WE ARE DIFFERENT

I believe your generation of females will be the difference in bringing humankind back to center. Why? Girls, by nature have been given something guys have not. We are equal but different. For starters, a female’s sex drive is not that of a male’s. We are not run by our sexual urges to the degree of intensity that males are. Females are different. We have the ability to apply logic and right action, before or during an intimate encounter. Yes! You have the ability to see and feel what is not ok and act upon it. You can also *plan* on what to do and not do concerning any loving or non-loving situation. It’s how Mother Nature, God, a Loving Force for Good, the Universe (your loving God of all) planned it! I know this because I have done it *a lot*; And not just in adolescence. But it does take knowledge, being conscious, self -respect, and loving yourself. Sometimes mistakes are made. When I was in college, magazines that promoted sexual activity for men were called “nudie” magazines. But then something else happened.

In the late 1960’s, *Cosmopolitan* magazine changed its image and content to focus on female sexuality in a way that portrayed us acting like a male. This magazine headed by a woman in her 70’s had missed the sexual revolution. Like completely. What did she know? And what did she care about the hypersexuality that her publication promoted.

Certain magazines, movies, music, and the internet are now selling your generation of girls (and guys) a lie. *Most adults know this*. It is why parents today are freaking out. Before I go any further, please keep in mind that the media targets *males* 13 to 48 years when creating movies, television sit coms, and television ads. But even the guy loses in the long run. The marketing world would rather you not know this.

**You Deserve the Big Picture**

Let’s connect the dots. Two in five girls are sexually assaulted before they get out of college in the U.S. One third of teen girls’ experience physical or emotional abuse by a male. And today many males use ‘hook ups’ to become physical with a girl. By ‘hook up’ I am referring to boy or young man going on line and meeting someone with the specific intention of being sexually active. This is done instead of taking the time to communicate one on one in person and experience a real relationship. A true relationship requires genuine communication; like an asking a girl out and sharing with her.

Most girls and young women today have not been given a healthy perspective (i.e. The bigger picture) on the psychological, and spiritual importance of real relationships, sexual intimacy, and love. *This is not your fault*. Most media today has a complete disrespect for all three. Not buying into media’s falsehoods will help save you in all your social interactions, and with guys. person who is watching TV, movies, or on the internet is within eye sight of seeing an onslaught of illicit and crude visuals that… many young guys crave or find humorous, but has distorted what relationships, romance, love, and healthy sexual intimacy is.

And here’s an FYI. What you are seeing (when a creepy visual gets thrown in your face) *is* pornography- not real love making! *Sorry Mom and Dad. We have to get into this now or we all lose.*

**LOVE- THE OPRERABLE WORD**

So why are so many girls often acting like guys, being aggressive sexually? Do they not understand that they will be tossed aside? An intelligent 30 something female shared with me. “Mimmy, they don’t know what’s happening until the 5th or 6th guy blows them off.” Not connecting sexual activity to love is directly connected to why many American young men are disrespecting females and getting away with it.

I heard this great rock song recently entitled ‘Glory of Love’. “I am a man who will fight for your honor…all in the name of the glory of love.” It’s a friggin rock band singing it! It is so powerful that the music and words create feelingsof love just by listening to it! It’s by Peter Cetera. \*

I often ask girls “So where is the l-o-v-e in songs today?” A great nineteen-year-old shared with me, “Oh, we have to find one of the old songs for that.” Listening to songs of love and human connection (Rock or slow) was at the core of teen and young adult s life for decades! Cool life time memories and *great feelings* bubble up when we hear certain songs. These songs will always trigger feelings of love. These are the songs you want to remember. And ‘Take off all your clothes- isn’t one of them!

Today most teen boys are uncomfortable with all the overt sex talk and girls chasing them? Are you aware of this? A boy’s discomfort is directly connected to the absence of one on one communication and a real relationship. They have zero help from today’s media. I know you are young, but you can get this. And it is crucial you do for the sake of your body, mind, heart, unique Spirit…and your future! Think about the following:

1. “How do I feel about the subject of love and sex?
2. How do I feel about sexual activity and no love?
3. “Am I being fooled and tricked into believing what the media projects?”
4. “How can I learn to make informed decisions about my life and be true to my values?”
5. “What are my values?”
6. “Am I really supposed to like and want what guys like?” (Absolutely not)

These are questions you will have the answers to by the end of Part three.

**WAYS TO USE THIS BOOK**

The truth is, love and sexuality are not easy to discuss. Parents often don’t know where to start, especially in today’s world. If you have a mom, aunt, or willing grandmother, ask her to read the first chapter of the book. You read the same chapter. Now share with each other. Do this only if you trust that this relative has your best interest at heart, and that you respect them.. You might feel better reading YBG by yourself. Hey, your mom just might be young enough that you both learn something new together! Identifying your *values, boundaries and standards* and doing the Life Skills writing exercises are something you both should do. However, do them on your own and then you can share together. If you are uncomfortable this is normal. it’s ok.

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My greatest wish for you is not that you not *just read* this book, but that you do the VBS work (values, boundaries, and standards) and the Life Skill writings. You will discover that many of the answers are inside you waiting to be asked and grow authentic confidence.

**Please don’t think,** “Why don’t I know this stuff?” It is normal not to know. What blows me away is having girls in their mid and late twenties asking to read *this* book. When I ask *why*, almost every girl said she had been given no little or information, and she did not have any guidelines! Still, at twenty-five? What’s that about? It breaks my heart because *feeling assured of some basics in life* is such a comfort when going through middle school, high school, and college. Here are some basics you will learn:

1. You will be able to identify your values and standards.
2. You will establish simple boundaries (physical and emotional) with friends, guys and yourself.
3. You will feel your authentic personal power when practicing discernment and delayed gratification. (not as bad as it sounds)-as they are social enhancers and health savers
4. Having identified your V B S, you will begin to honor your feelings and do what is best for you.

The above is important because you will have created base guide lines that will keep you safe, emotionally and physically. Knowing your V B S frees up your time to have fun and not worry as much. There is real freedom when you begin to exersize the power of choice on what you need and don’t need to do while in your teens.

**Your Responsibility**

The biggest job you have as a teen is to stay *conscious.* Many girls today are not thinking things through, ignoring red flags because media has tricked them. I will share something and risk being called a boy basher! No way! I love guys. But you becoming wise and knowledgeable on a few things mom and dad are afraid to come out and say, in fear of being *politically incorrect* or unfair to males. Ha! And just what is correct about pornography going main stream and becoming today’s skewed form of sex education?

**C S G s – Simple *must* remembers**

You having simple **C S G** s (common sense generalizations) about how guys actually think about sex cannot be emphasized often enough. Jus remembering one of these in a time of unknowing can save you major heart ache. So, what is a **CSG**? Well, common sense speaks for its self. Would you light a match and throw it randomly into dry brush? Generalizations get a bad rap. They save a lot of teens and adults from doing stupid things. And we are all guilty of sometimes of not thinking before we act.

**Here are just a few *simple C S G s* to remember. They will help you in all social and romantic situations.**

* Females are meant to be in charge of their bodies; what will or will not take place is your call, concerning love and physical intimacy. To be clear- YOU call the shots.
* Guys do not like sleazy girls.
* Guys do not like easy girls.
* Guys like the chase; flirting, kissing, and one on one real communication. They also love love… at the ‘right’ time.
* Respecting yourself and knowing your values and boundaries is a turn on for a guy

**An Apology, Style, Values, & Flirting.**

I am sorry. I am sorry. I am sorry. ☹☹☹ I was told not to apologize. But the truth is, I think most parents today feel bad about what is going on. I have seen many of them completely freak out over the simplest stuff, like seeing their daughter wearing cut offs (cut offs that aren’t even crazy sleazy short) Hey, I wore great wine-colored suede ones. They were called ‘Hot Pants’. Visualize this! They were hip huggers; wine suede with snaps on one side and a cut out turquoise suede butterfly on the hip! But here’s the difference. I knew not to wear them to school! Do you? Knowing better is a boundary and a standard. I valued myself enough not to show ‘it’ off at school. I will admit it was hard not to sneak into class just once wearing them (wine tights😊 knee high wine suede boots, and a body suit). 😊 😊

**What do you value?** You are never too young to learn about *how and what* to value. You will be doing this exersize so listen up. I happen to *value* (besides myself) my freedom! Freedom to be fully me, to dress as I like, and share what is important in my heart.

I value one on one communication, flirting, affection, romance, and love.

I love showing affection, as it is a subtle, beautiful way of showing someone you like him, without the complications that come along with sexual intimacy. Flirting doesn’t mean being overtly sexual. There are plenty of cool aspects of flirting, at which you can become quite good at. Flirting is romantic when you know your personal boundaries. Believe me, “having sex”, is *so not* the only game in town. In fact, it is not a game at all. Yet people talk and act as if it were. In the Making Out chapter, we’ll go into specifics, totally ignoring your parent’s greatest fears, by sharing about affection and more.

**Because You Are Female**

The consequences of early sexual activity are far greater than we knew back in the ‘70s, ‘80s and ’90s. The medical community kept most of it under cover until 2005! Moms and dads often make the mistake of believing that if they talk about sex, in a really honest way, you might make some of their mistakes *or* become sexual too early. *Actually, just the opposite happens.*

The more you know about sexuality, the less likely you will feel the need to go out and experiment. My own boys were clued in about sexual activity and the technical side by the end of 6th grade. It was cool to see them know the facts. And when I shared (eighteen times☺) that sex and love go together, it gave these two boys a higher perspective than what they were beginning to see on television.

**OWNING AND FORGIVNG**

You owning and being in charge of your feelings and body is crucial, as you could be faced with decisions and responsibilities no girl is ready for.A broken heart and feelings of having been used and even abused do not just ‘go away’

Remember these forever

* A guy is rarely left with life-altering consequences; girls are.
* Guys can’t get pregnant. You can
* Guys can go on with their life (like college and another girlfriend)
* Guys can (and often do) leave you to deal with big decisions; decisions that affect the rest of your life.
* You are responsible for a human life for decades. He may not be

This is the painful reality and responsibility of being a female.

You knowing your Values, Boundaries & Standards will help you stay in charge. Say out loud-

I AM IN CHARGE. I AM IN CHARGE. I AM IN CHARGE.

***Burn it like a big fat tattoo in your deep inner knowing place.***

Perhaps you or someone you know has engaged in sexual acts in the past. Deep down the mistake is felt. Find comfort in the definition of mistake. It is simply a “miss take” on something that has happened. Even the word “sin” means something very different from what is portrayed in many religious communities. A sin is a miss-take. See yourself doing a *re-take.* If you find yourself unable to shake your feelings, there are great writing tools in Chapter 13 to help you. But for right now, try this:

**Raise your hands. Spread your fingers open, facing outward. Now, form tight fists.**

**Open up your hands quickly**.

*Say out loud with meaning:*

“POOF! The past is gone! I am forgiven. Every day is a brand new one.”

Then look toward your left shoulder and up ... and smile BIG!

Here are two affirmations you can say:

*Look in the mirror and say out loud*: *twice every day for twenty-one days*.

“I AM A GIFT. MY BODY IS A GIFT.

I AM A GIFT. MY BODY IS A GIFT.

I AM A GIFT. MY BODY IS A GIFT.”

At night before you go to sleep- this is a powerful one-

I AM IN CHARGE OF MY BODY AND MY THOUGHTS and I LOVE ME!

NO MATTER WHAT, NO MATTER WHAT!

I AM IN CHARGE OF MY BODY AND MY THOUGHTS and I LOVE ME

NO MATTER WHAT, NO MATTER WHAT!

I AM IN CHARGE OF MY BODY AND MY THOUGHTS and I LOVE ME

NO MATTER WHAT, NO MATTER WHAT!

I hope you are kind of excited about going on this journey to become wise about what love, relationships, sex really are, how guys think, and most important how you are fully capable of creating lasting self-love. You are never too young or old to learn about, love, sexual intimacy and your own self-worth. It is never too late to learn what’s right for you.

My favorite quote for just about everything in life -

“*We do better when we know better*.”

Let’s get started

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