

About Sex: Suggestions & Ideas for Young Men

By **Eric F. Coppolino**

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THE SEXUAL JOURNEY is a long, necessary and potentially restless one, and has many ups and downs. But it is core to your experience of being human: of the beauty and mystery of life, and central to your experience of being a man. For this reason, I am suggesting that you orient your attention and loyalty on people you trust, and identify those who genuinely respect and admire the men in their lives rather than those who merely want their attention.

This is not just about you. For any woman you know, you're the personal representative of her feelings for all men. Her choices and actions toward you will reflect her values. In our times, women are under a lot of pressure to claim to dislike, distrust and even despise men, and to blame all the problems of the world on them. Thankfully, not all women comply with this program.

Your Relationship To Yourself

That said, you may decide at some point that rather than learning about other people along your sexual and relational journey, most of what you're learning is about yourself. If that is even potentially true, then it helps to start there. Learn as much about yourself as you can, all the time, with everything you do.

Central to the self-knowledge principle is the truth that you are your own lover, and that your primary relationship is with yourself. Every other encounter with every other person in the world is an extension of your relationship to yourself. There are many external factors running loose that are attempting to get in between you and yourself, and you will be happier and stronger for knowing what they are.

These are forces that attempt to define who you are, condition you to follow orders, and interfere with your right to make your own decisions. They are attempting to judge you as guilty until proven innocent. This is all intended to set limits on what a man is, with a relentless propaganda campaign that extends through all media and directly into all facets of the economy and legal system. This is a challenging situation, making it difficult to trust anyone or anything.

Who can you trust in this world? Ultimately, the only right answer is: you.

How This Article Started

For the past decade or longer, I've been watching the world become more hostile to men and boys. I have seen them get caught up in complications they do not deserve, sometimes with lifelong consequences. So my intent in writing this at all is about offering ideas to help young men stay out of needless trouble.

I'm not offering a comprehensive sex or relationship education here; and I admit to coming from a negative polarity because my intent is primarily about caution. And a long list of "what not to do" does not usually work; however, any positive affirmation can be negated because, for example, those claiming to be victims can get away with accusing people they've never met of things they never did.

Nadine, one of the women who helped me write this essay (and whose verbatim statement is below) just wrote to me and said: "Suggestion: Is it possible to talk about what healthy, consensual and sexual relationships might look like?"

This will be different for everyone, and we have so few positive models. We know so little about the actual eroticism of others. I have my own ideas about what is healthy, but in a word, there is an easy quality. Communication flows and honest conversations are possible. Where challenges arise, patience is the agreed-upon response.

There are minimal expectations. The future is unwritten. There is a sense of play, adventure, exploration and reverence for The Other. Sharing a sense of humor is essential, as is having similar taste in food.

Those in such a partnership accept that they are each a facet of their friend's or lover's story rather than the whole thing. This is very important — giving those you love the space to make their own choices, some of which will not involve you.

Actual partners support one another's self-respect and recognize how fragile it is.

Yet to get to such recognitions and ability to respond can take a tremendous amount of experience and willingness to learn. Such gifts come from deep self-understanding, and that is earned. So I think a healthy relationship is one where people are committed to gaining self-knowledge, and to gently helping the people around them gain that knowledge.

And I am truly sorry that the state of the world has come to a point where I feel a need to write something like this. Please, take it only for what it's worth. And speaking of, it's worth being patient with yourself and others to get through the static and to the part where there is true acceptance and I dare say true love. Perhaps this roadmap can some day be traded in for a treasure map.

Till then, may you be a Buddha.

A Few Ideas About (Staying out of Trouble With) Sex

Now, as for a few ideas about sex as it may involve other people, here is what most people will never tell you, because they don't know, don't care or have an agenda. These ideas are based on my own personal experiences as a man living as boldly as I can (aspiring to experience all the good sex that I can), and include what I've learned in many years as a relationship counselor and sex educator. They are ideas to consider, rather than statements of "truth."

— Educate yourself about sex. You will find out little to nothing useful from your friends or the internet, and you likely have much misinfo and disinfo to sort out and unlearn. Sex is the topic about which everyone is an expert and nobody knows anything. These days the best sources are books, followed by experimentation. Start with a copy of *The Joy of Sex* by Alex Comfort. It is basic, illustrated in pencil, and very friendly. Read any book about Tantra. Whatever the quality, you will get interesting ideas — evaluate them carefully.

— If you have sex with another man, that does not make you gay. Wanting to have longterm intimate and sexual partnerships with men might mean you're gay; falling in love with men might mean you're gay; or it might hint that you're bi; or you might be experimenting. Sexual orientation is always a work in progress. Everyone has their own. It's not the big deal that people make it out to be.

— Seek women who are shameless about their masturbation, and aspire to be so yourself. Sharing masturbation (not touching, but doing it together) is an excellent form of sex and a great way to test the sexual waters when the time is right. Ask a person how they feel about masturbation and the answer they give will tell you how they feel about sex.

— Every sperm is sacred, and fertile, you are responsible for each one. The only way to not get a woman pregnant is not to fuck her. There are at least 100 other fun ways to have what some call "outercourse" that do not risk pregnancy. They are reduced to the category "foreplay" by poorly informed sex educators, when in truth they comprise most of what people call sex. Please see my note about condoms at the bottom of page eight.*

— In our time, sex is politicized. Every sexual experience happens in a kind of political and potentially public forum; there is no real privacy, but you have to create a safe private space to experience your feelings and intimate exchanges. By space, I mean a mental and emotional but also physical spaces count.

— We are in a time when civility has been suspended and almost anything can be turned into a power game. Learn how to recognize and avoid them; they are sly.

— I'm informed by high-level domestic violence investigators that the social and legal environment is safe for accusers, who then are classified as "victims" no matter what did or did not occur; and it's very dangerous for those who are accused, whether they committed any violent acts or not. Something as basic as breaking a TV remote can be considered violent and prosecutable even if it was your property. Learn to manage your anger. Go to therapy if you need to.

— Sex is pleasant, exciting and a little daring; rape is like punching someone in the face repeatedly, which you would never do. It's a violent act, not a loving one. Rape is not motivated by sexual desire but rather by aggression. But in our time, even fully consensual sex can be CALLED rape. There are opinions and technicalities involved. This is why you have to get to know any woman you want to have a sexual experience with. Try to meet her friends and her parents first and get a sense of who they are and whether they are sincere and truthful people.

- You want sexual experiences with those who are sincere friends and who you know have genuine affection for you. This takes time to establish, and to figure out.
- Allow experiences to happen rather than making them happen.
- Sex of any kind requires cultivating emotional skills, which are difficult to learn in the digital age; there are not many good examples. You may have to figure out what an emotional skill is.
- Ask questions of people you're interested in and LISTEN and take on board what they say. Allow your assumptions to be challenged.
- Jealousy is considered normal, but is a violent and controlling emotion and a sign that a person is in deep conflict. You are responsible for your own jealousy and must take heed when others treat you possessively or aggressively.
- Do not expect women to behave like those in pornos. They are in truth much more ambivalent and uncertain, no matter what image they may project. The main deception of pornos is that the women just go for it (the participants are actors, they have a lot of experience, and they are all being paid, no matter how "amateur" a video is claimed to be. This is not how most women act in unscripted reality, though some think they're supposed to. Expect real-life women to be a little (or a lot) shy and uncertain about sex.
- **Choking is not a normal part of sex.** I don't care who is doing it, whether they want it, or think they will like it. I understand it's popular now, and considered normal by people in their 20s and maybe others. It is not normal, it is dangerous, and it could land you in prison.
- It's a good idea to start your sexual career with someone older and more experienced than you are. By that I mean older by at least a year or two (or more), who is willing to admit she is more experienced, and who is capable of taking the lead in the experience. It's better to enter your sexual adventures wanting to learn something from an experienced person than it is thinking you're going to show the girl something she doesn't know, and that you probably don't either.
- You want to be near a woman who likes how your body smells (and vice versa). If you get that close, the scent of her pussy should strongly attract rather than repel you.
- Never, ever believe a woman when she says she is on birth control and therefore you don't need to use a condom. You must take total responsibility for your fertility. Practice a "carry in, carry out" policy. Use condoms and take them with you when you leave. I.e., do not leave used condoms behind anywhere, ever.
- "Sexting" is disconnected from people and reality, it is dangerous, and it can have serious legal implications. Generally, keep your sexual interests and activities off of the internet. Imagine you're a famous person: that is what your publicist would advise. Anything that you put online can be used against you.

— Verify the age of any woman you have sex with, by looking at her driver's license and making sure the license looks just like yours (and has the right year of birth). If you want to check her license and she is offended, assume that she is underage, and walk away thanking yourself for your chutzpah and wise caution.

— If you know her grade in school, that's a start, but there could be a one-year or more variable based on skipping grades. It's not good enough. If you met her in a bar, that is no guarantee at all that she is 21 or older.

— The age of consent most places is 18-years-old. Honor that, *even if you are under 18*, otherwise you can end up in jail or on probation for "statutory rape." Legal protections for "Romeo and Juliet" (two young people) no longer exist, and the male partner is likely to be blamed no matter what actually happened.

— It's a bad idea to have sex with anyone you just met, no matter how tempting it is or how much they say they want to go home with you. Make them wait, and be willing to wait. You have no idea who they are, or what their agenda is.

— Wait for what, and for how long? Long enough to trust that she wants you, that she is ready, that she's not crazy, and that she's your friend. That can take a while. Meeting and speaking with at least one of her parents will be helpful. You will learn a lot, and they are likely to trust you more and hold you in higher regard because you want to know them. Old-fashioned can be helpful in these digital days.

— Ask her sexual history, which must include disclosure of what she's done and under what circumstances. Ask her how old she was the first time she experienced sex and how it was for her. Ask if she's ever been raped. Ask about the first time she got her period. Listen to what she says thoughtfully, without judging, and take the information under advisement. Be willing to share your actual truth.

— Never have sex with a woman when she is drunk or high on any drug. This artificially lowers inhibitions and there can be very serious legal consequences. The same goes for you. Straight-edge is it — especially at first.

— A woman may give the idea she wants you to come on strong. That's your signal to slow down and find out if she really means it. This can take a while.

— Women know that their claim of the meekest reluctance after a sexual experience can be used to claim that it was "date rape." This is harrowing territory and it was not a factor when most of the adults you know were sexually active as young people. It is a NEW factor and it must be addressed consciously. We should all be skeptical about this development; it turns something natural into a potential crime — every time it happens.

— Sex for the sake of its own experience can be amazing and I am all for it — but not under current social and political circumstances. Extra care must be taken.

— Do not discuss your sexual experiences with your friends, even though that is your privilege. Women can feel shamed by this and then claim that they really did not want the experience, which can translate to criminal charges. If you want to

discuss a sexual experience, find an intelligent older person who has no contact with your circle of friends. What they say is not automatically right. Their feedback may or may not be useful, so consider it carefully. But at least you will not be spreading gossip.

— Make a pregnancy plan. Ask her what she would do if she got pregnant. Find out the circumstances of how she was conceived. Know how you were conceived. History tends to repeat.

— When a sexual experience seems like it's going to happen, ask directly, **"Do you want to be doing this? Is this right for you?"** This discussion will ideally happen over quite a long time, but it counts whenever you have it. Those are powerful words and ideas, and they will have an effect. This question also applies to experiences you have with sexworkers. Always ask, never assume. The key is DESIRE and not consent, a notion which is too vague.

— The only answer to go forward is YES — and your yes and your no matter. If there is any other response than the word yes, stop. If your body says no, stop. And even if yes, you may want to pause for a day, a week, or longer.

— One last thought. It's time to stop the panic over AIDS. I've been watching this issue develop since its first days in the early 1980s, I have done many deep dives over the years, and have recently invested three years of my life working with some of the most knowledgeable people in the world on this issue. There is no "human immunodeficiency virus." It's a made up thing; it is the product of politics and not of science. You do not need "Prep" drugs to "prevent" it — and they are being pushed hard on young people. Still, you must take care of the people with whom you have sexual relationships and choose as lovers those who take care of you.

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By vocation, I'm a writer, photographer and broadcaster. Throughout my life, I have taken an interest in sex and sex education. I've written many articles about sexuality, conducted workshops throughout the United States, and have created photo sessions Europe and North America as both model and artist. My main sexuality teacher was Dr. Betty Dodson, author of the landmark book [Sex For One](#). Though the book is woman-centered, there's good information for men. If you're interested in learning more about what I do, reach me by email at efc@planetwaves.net or by phone at (845) 481-4516.

A Few Words from Mom: Nadine Says...

Good morning Eric,

Thank you for asking this question. I have 2 sons (now 30 & 32). I told them a few things. Sometimes, I even had The Talk with nephews, and nieces. That's what Aunties are for! Especially Stellium Scorpio Aunties, LOL. In addition to what you've said.

- Loving a girl is not like loving tacos. If you don't want to jump in front of a train for her, or take a bullet for her, it's not love. My eldest responded "I'm only 16, I'm not doing that!". Ok, it's an extreme example, and sometimes young reckless boys need extreme examples to hear the basic common sense.

- There's only one way to NOT get a girl pregnant, it's to NOT have sex with her. Practice your outercourse skills. It's fun and you will gain in the long run. The girl will love you for it - good cunnilingus that is...

- If you do get a girl pregnant, I will have to go to jail because you've just ruined your life, her life, the babies life, and everyone who has to pick up the pieces around that bad 2 second orgasm decision FOR LIFE. So, I will have to kill you and her, and bury you in the back yard, hence my going to jail. In my stories, I always bury them in the back yard when threatening such retribution - probably scarred them for life - this analogy used for smoking as well, if I catch them, I'll kill them to save them a long slow death from lung, mouth, tongue, throat cancer - they never smoked, nor got a girl pregnant.

- Your NO is important too. Observe a girl to ascertain whether she is worthy of you (by extension of your seed). Does she have complementary interests, equal intelligence, similar values? If so, observe for a while to make sure, like 1/2 the school year to make sure she is consistent, is who she says she is, actions match words (same goes for anyone - many people are posing - I call it the penguin in the lion suit - eventually the black feathers show through - you fell in love with a lioness who turns out to be a penguin, and your heart is stuck/betrayed and you are invested in an illusion (with a 7 year fiber tie and the same chemical/auric field soup that is contaminated with a lie).

- Teen boys want to get their hands on tits. They invest a lot of time and energy in that (simplistic perhaps but you get the gist). Teen girls are looking for status. My boys were smart and capable, good looking, and my youngest was a jock on top of that. Good catches. Just because She says YES, doesn't mean you invest your YES just so you can squeeze the boobs, boys!

- If she says YES, assume NO. In my personal experience, teen girls (me when young) think they are in love, have crushes all the time on any or every guy, are hormonal, volatile, full of gushing love. Good stuff for boys' testosterone. KEEP your head on straight, and go for NO until you get a series of YESSSES, consistently, over and over again. You are bigger and stronger than her.

Sometimes girls' yesses are compromises because SHE thinks you want it (too compliant, too nice, too wanting to please, meet your needs), not because SHE ACTUALLY wants it too (she may not even know what she is saying yes to - making out, masturbation, hand job, blow job - is it two ways or one way - to please the boy?).

- On compromises - if she offers a blow job, beware. This can be her way of compromising. She could be offering a 'lesser' sexual option than intercourse to not give up that part of herself. She may not be that into you. Do you want that? A girl who not is into you yet willing to provide sexual favours? Tempting... Hormones... ugh. KEEP your head on straight. No is the way to go.

- When her YES is truly a Yes, you will KNOW - intuition vs hormones. Getting to know her, and yourself, taking your time, you will KNOW if it's right. I don't know how to teach THAT.

My guys did well with their women. My youngest didn't date after 9th grade (when we had the talk about being discerning about who HE chose). A senior asked him out to the prom in 11th grade. They are married with one child now. My eldest is a rough guy, mechanic. It takes a special woman to get beyond his crusty exterior to find his tender heart. He helped a troubled girl from a difficult background and got burned (the convo about the tacos was for him). He is now with a woman who can fix her own truck and brought home 2 bears, 1 buck, 3 does this hunting season.

I hope this helps.
Love,
Nadine

***PS: A few things you need to know about using condoms, by Eric**

Fucking happens; and if your partner is not on hormone birth control, you pretty much have one option, which is condoms, which I suggest you use in any event as you are responsible for the destiny of your every sperm. Condoms are a barrier method of pregnancy prevention: they are supposed to block semen from entering a woman's body. **They require skill and practice to use well. If your partner is allergic to latex, there are other options. Check with a pharmacist.** You must use them ALL the time, no matter what she says about being fertile or not. You must use condoms that fit properly; very few men are "magnum" size. When using a condom, check frequently to ensure that the open end of the condom is at the base of your penis and not riding higher. Your partner can pop the condom by squeezing on the in-stroke, and pull it off by squeezing on the out-stroke. Therefore, she must be VERY relaxed during sex with a condom. After you ejaculate, it's nice to stay in there for a while, but you will want to remove your penis while it's still pretty hard, holding onto the base of the condom to make sure there is not a spill. I imagine most pregnancies with condoms are the result of such spills. And as I said earlier, take your used condom with you, especially if you don't know your partner **very** well. In our time this is crucial: you don't want to leave your DNA places where it is totally out of your control and can be used later as evidence of rape. So that's why I suggest a carry-in, carry out policy.