

**CHUSITA**  
FASHION FEVER

**READY**

**FOR**

**IT**





A part of Macmillan Publishing Group, LLC  
175 Fifth Avenue, New York, NY 10010

READY FOR IT. Text copyright © 2016 by Chusita Fashion Fever.

Illustrations copyright © 2016 by Maria Llovet.

Published by arrangement with RBA Libros, S.A. All rights reserved. Printed in the United States of America.

Library of Congress Control Number: 2018936701

ISBN 978-1-250-13388-5 (hardcover)

Our books may be purchased in bulk for promotional, educational, or business use. Please contact your local bookseller or the Macmillan Corporate and Premium Sales Department at (800) 221-7945 ext. 5442 or by e-mail at [MacmillanSpecialMarkets@macmillan.com](mailto:MacmillanSpecialMarkets@macmillan.com).

Illustrations by Maria Llovet

Imprint logo designed by Amanda Spielman

Originally published in Spain by RBA in 2016

First U.S. edition, 2018

1 3 5 7 9 10 8 6 4 2

Thieves of this book are not wired  
to find a love strong and true,  
for honesty is the first thing required  
for turning one into two.

[fiercereads.com](http://fiercereads.com)

## INTRODUCTION

# LET'S TALK ABOUT SEX



BY  
**CHUSITA**

Right, can somebody please explain this to me: Why don't people talk more openly about sex? About sex, yes, SEX, SEX, SEX . . . that thing! We've had enough of avoiding calling things by their proper names, skirting around the issue, feeling ashamed, and only talking about sex in hushed voices. It's the 21st century, for goodness' sake! The time has come to stop beating around the bush . . . and you know it!

Has desire begun to awaken in your body? Are you just starting to experience sexuality and aren't quite sure what it's all about yet? You've just got going but you want to learn more? Well, this is **THE BOOK FOR YOU!** I can provide you with extensive answers, ideas, and food for thought, while making you laugh at the same time! All of this is accompanied by suggestive drawings and comics that will leave you with your mouth wide-open. Are you in? If I were you . . . **I'D TRUST ME!**

You might be wondering why I decided to write a book like this. The answer is simple: after reading the comments on my videos and all the messages viewers have sent me, I've found that you're all **PRETTY LOST** when it comes to sex. I started my YouTube channel a while back, not knowing that what you really needed was . . . personal advice! So one of my sections became "From Me to You," where I

addressed these worries. Worry upon worry about relationships, feelings, and sexual encounters. And I've realized that everyone needs even more ways of finding this information.

To be honest, **I'M NOT SURPRISED.** With so many taboos surrounding it, sex lies somewhere between the mythical and the unknown. It was the same for me: when I first encountered sex, I had never spoken about it with my parents, and in my school, which was Catholic, I hadn't been taught much more than the basic concepts of sexual reproduction.

With the small amount I had learned from talking to my friends and what I could glean from the teen magazines of my time, I started to get some idea of what it was all about. Although, when **THE MOMENT CAME**, I realized that I hardly knew anything at all.



© Errebeene

**P.S.** As a vlogger, I've gained so much from my followers and their comments, and I couldn't have written this book without them.

Thank you for believing in me!



## CHUSITA FASHION FEVER

### Warning!

If you've ever sent me a question, it could be featured in this book. I hope you find the answer useful! But don't worry, because I won't expose you. No real names are mentioned in here.



## Confidential

Thinking about it now, I realize just how lost I really was. And I know that, if I'd known then what I know now, I would have enjoyed my sexuality so much more, right from the start. That's why I decided to write a book like this. **I'M NOT A SEXOLOGIST**, not even close, but I've gone through the same kinds of things that most teenagers do, and now that I'm a little older, I know what it's all about. It seems as though we really need a book for young people that explains sexuality, from the first experiences to the act itself, without any censorship. If I'd had this book when I was younger, it would've helped me a lot!

I went through **A NUMBER OF PHASES**, which made me feel very insecure. I felt uncomfortable getting naked; I didn't really know if what I was feeling was normal or not; if the changes to my body were supposed to happen; if what I was doing was okay. Was I going too fast, or not fast enough? Now, after a few steady relationships and with adolescence behind me, I think I know a lot more. And I can share that with you in the following pages, all delivered with a sense of humor. I hope it helps you have a **GOOD TIME**. And that you enjoy enjoying sex!



# LET'S GET STARTED

To really get into this book, all you need is a willingness to talk about sex. Yes, talk about it, because, although it's written down, I hope these lessons will be a kind of chat BETWEEN ME AND YOU. A conversation where we talk long and hard about sex, and we won't mince our words.

## What's this book about?

Everything to do with sex. **FROM THE INITIAL** sexual awakening to the act of sex, and all the stages in between. We'll also talk about the intimate relationship that every person has with their own body, about your first steps as part of a couple... and what comes next! **IT'S A WHISTLE-STOP TOUR** with information that will make you familiar with sex.

It's important for you to understand that I'm **NOT** going to tell you whether you should be practicing sex or not. This is up to you. What I will tell you is what you need to know if you do end up having sex, and how to be prepared for it.

The table of contents gives you each chapter title and it will help you get an idea of what each section's about. At the end of the book you'll find a glossary with useful definitions!

## Who is this book for?

For curious, mature people who want to be **WELL INFORMED**. You can start to learn about sex and explore your sexuality without having sexual intercourse, and it's important to be totally clued in when it is the right time. When that time comes, the most important thing is to do it safely and consensually.

## GO FOR IT!





## DON'T READ THIS BOOK IF ...

You don't like talking  
about sex.

You have prejudices.

You don't like calling things  
by their name.

Thinking about sex makes  
you feel sick.



## READ THIS BOOK IF ...

You want to know  
everything about sex.

You don't have prejudices.

You like calling things  
by their name.

The more you learn, the  
more excited you feel.



## Did you know ...?

We all have that one obsessive crush. I'll tell you a **LITTLE SECRET**: when I was a teenager I was head over heels in love with Nick Carter, one of the Backstreet Boys. I had a life-size poster of him in my bedroom, and I kissed it so much that the face wore away!

## What will you find here?

Explanations, descriptions, ideas, stories, urban myths, interesting facts, and **ADVICE**. I've also included some of the questions you've sent to me and said what I would do in your situation. There are a few quizzes that you can take to discover where you are and how hot you're feeling. There are also **MANY EXAMPLES OF SITUATIONS** you could easily find yourself in after you become sexually active.

## Instructions for use

You can try to read this book like you would any other, starting at the beginning and working your way through to the end. You can have a quick glance at the different sections and **ALLOW YOURSELF TO BE SEDUCED**, first by the fun quizzes, the alluring images, or the shameless comic strips, and then later go into the text itself, beginning with the simpler parts, and then delving deeper. You can also use it as a guide or manual, to get answers to specific questions, or to plan your sexual future using this information. Use it however you want to. But whatever you do,

**ENJOY IT!**

*If I'd had this book,  
I wouldn't have had  
to deal with certain  
problems...like not  
knowing how to put on  
a condom!*

BY  
**CHUSITA**



# HOW MUCH DO YOU KNOW ABOUT SEX?

**Sometimes you feel like you know everything, and other times you feel like you have absolutely no idea. What level are you at? Do this quiz, add up the results, and give yourself a grade!**

## You know that the clitoris . . .

- \* The clito . . . what? Don't ask me!
- \*\* Exists, but it sounds made up!
- \*\* You know where to find it, and what to do with it!

## You know that the foreskin . . .

- \* The fore . . . what? Don't ask me!
- \*\* Exists, moves around, and more!
- \*\* You know where to find it, and what to do with it!

## You think masturbation is . . .

- \* For sex addicts.
- \*\* A good way to let off some steam.
- \*\* Healthy, enjoyable, and highly recommended.

## Making out with someone is . . .

- \* Kissing a bit.
- \*\* The start of something more intense.
- \*\* A really nice experience!

## A condom is used to . . .

- \* Joke and mess around with your friends.
- \*\* Stop pregnancy.
- \*\* Enjoy your sexuality in a healthy way.

## Oral sex is . . .

- \* Where you talk instead of doing other things.
- \*\* An activity that makes you see stars.
- \*\* When you use your mouth to give and receive pleasure.

## Sex in a relationship should be . . .

- \* Unforgettably amazing.
- \*\* Thought about seriously.
- \*\* Consensual and enjoyable for both partners.



## RESULTS

**(Between 7 and 10 \*)**

### **You're clueless!**

You're either completely uninterested, or you're very confused. Now you should really get into this book, and don't skip a single page!

**(Between 11 and 14 \*)**

### **Bits here and there**

This stuff is ringing a bell—maybe you heard it in biology class? However, you're still unsure about a few things. What are you waiting for? If you want to tackle your uncertainty, this is your book!

**(Between 15 and 18 \*)**

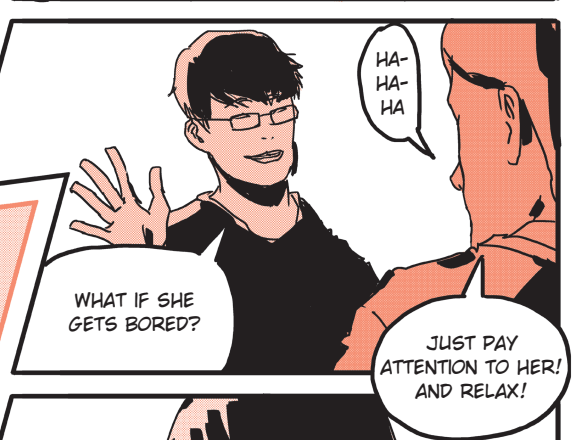
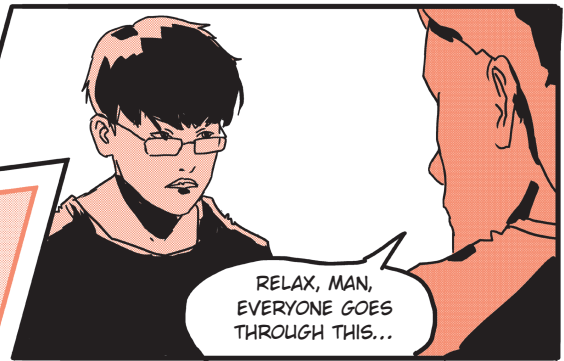
### **You've hit the ground running**

It seems like you have a good idea what you're talking about. Although to get better in practice . . . you could do with some more theory! The lessons in this book will help solidify your ideas.

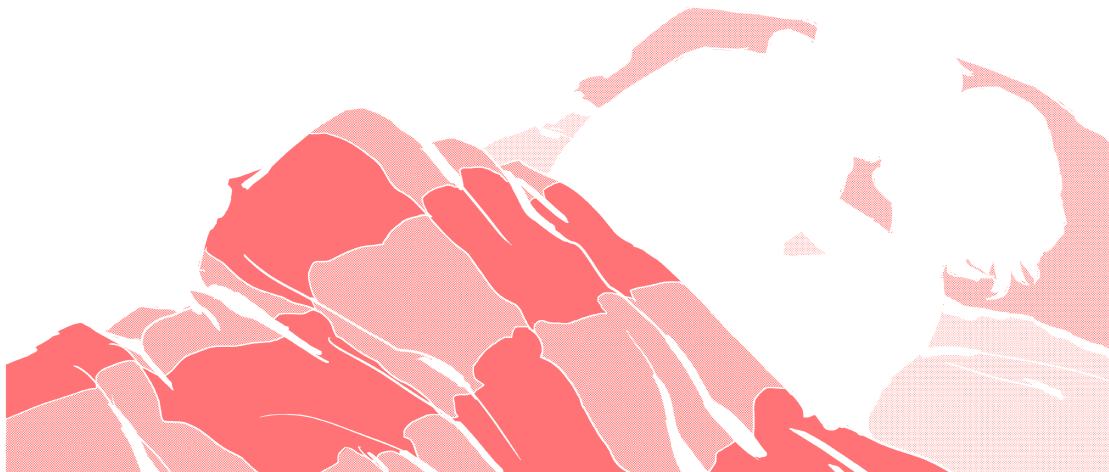
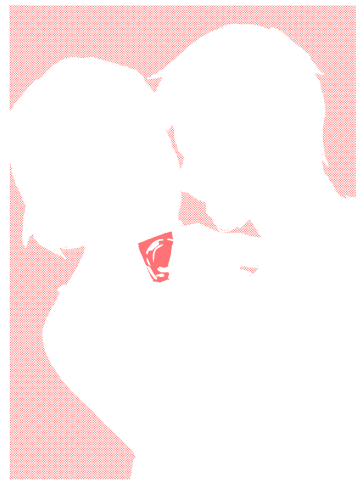
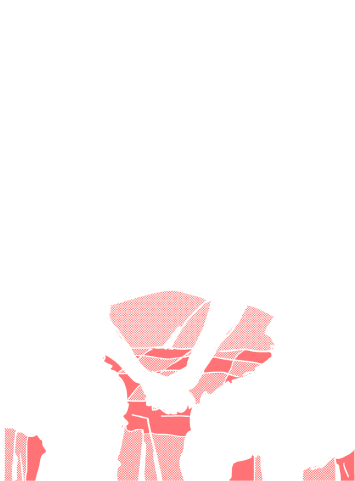
**(Between 19 and 21 \*)**

### **You know your stuff!**

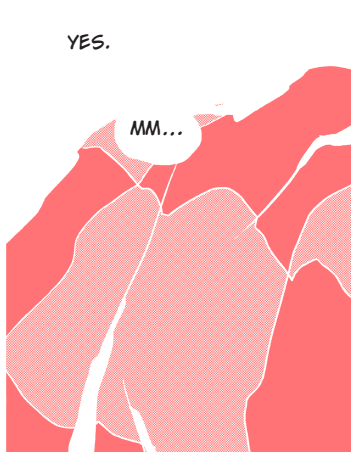
You're well versed, but even so . . . are you sure you know it all? In this book you'll find ideas and techniques that you never even knew existed!





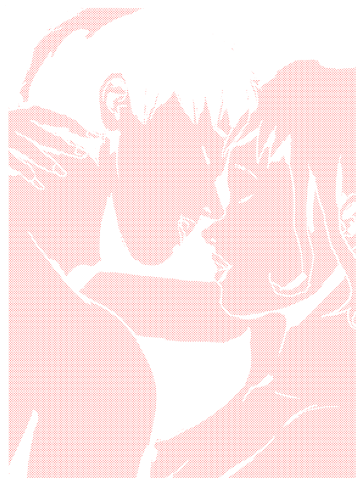


ARE YOU  
OKAY?



YES.

MM...



## THE BODY AND PLEASURE

# DISCOVER YOURSELF

There's a time in life when everything about your body changes—all thanks to adolescence. Parts that you'd hardly noticed before start to develop; acne and hair start sprouting all over; your hormones go wild . . . **DON'T BE SCARED!** This is normal and it happens to everyone.

### **Delicate as a flower and shaking like a leaf**

The physical changes your body undergoes also come with changes in your reactions and emotions. Sometimes you'll feel extremely sensitive and want to cry at the drop of a hat; sometimes you'll feel irritable, or start laughing for no apparent reason. You'll constantly feel like a **WHIRLING TORNADO**.

Physically, you'll experience **SENSATIONS** you'd barely ever felt before. When you talk to someone you like, you might get short of breath, look down at the ground, and often you'll be barely able to speak. The gentlest touch can send shivers down your body and set your imagination running wild.

### **You and your reflection**

If you've never been curious about yourself before, **NOW'S THE TIME**. Look at yourself in the mirror and inspect the shape of your naked body by looking and touching. Explore all its hidden nooks and crannies. Knowing your body is where sex begins.

At first, you might be embarrassed or feel like the image in the mirror isn't what you'd like it to be. **STOP JUDGING YOURSELF**. Don't trust in images of ideal beauty; they change all the time. Feeling good in your own skin increases attractiveness, and those around you will pick up on this.

The more you enjoy your own body, the more beautiful and attractive you'll find it. **SIZE MEANS NOTHING**: not for penises, not for boobs, not for anything. The important thing is to know your body and know how to use it; this will help you to **SATISFY YOURSELF** in a relationship.

Love your own body and let it be your guide to **A WORLD OF NEW SENSATIONS**.



# MYTHS AND MISCONCEPTIONS



**CHUSITA** tells the truth

**“The bigger a guy’s penis is, the more pleasure his partner will experience.”**

NOT AT ALL! A big penis does not mean more pleasure. The most important thing is to know how to use what you’ve got.

**“Girls don’t care about the physical.”**

UM, NOOOO. Of course they do, just like everyone else! But this doesn’t mean that they only care about what they see, because the feelings that develop through your other senses are more important.

**“If a guy has big feet (or long fingers or arms), it means he has a big penis.”**

FALSE. No one body part can determine the size of another.

**“Boys are constantly thinking about sex.”**

THINK SO? If they did, they would never get anything done. And girls do think about it, too. No one spends *all* their time thinking about sex.

**“You have to shave to be beautiful.”**

DON’T EVEN START! Where there is hair, there is pleasure! Pubic hair is there for a reason. Wear it the way you feel most comfortable.

**“Boys who can’t grow beards are underdeveloped.”**

COME ON! There’s no set age for when you should get a beard or mustache, and they don’t have anything to do with someone’s emotional or sexual development.

**“People only like girls with big boobs.”**

YOU SURE ABOUT THAT? Big boobs might catch attention, of course . . . But someone can like a girl for lots of reasons, not just because of her chest size. And many people like all different sizes of boobs.

*Size and girth don't matter—the important thing is what you do with it.*

BY  
**CHUSITA**



# FEMALE BODIES



Your figure has grown bigger and filled out, and your hips have widened (along with your butt), your waist is changing, your breasts have grown, your nipples are more noticeable, and you've probably started your period . . . All of these things mean that your body is now developed. Be careful! You're now able to reproduce. **GULP.** Be sure to take precautions.

## New sensations

With so many new changes, it's not surprising that you feel confused. You get emotional much more easily and you start to feel attracted to others. It's an attraction that is deeper than a crush on your favorite singer or actor. It's your **SEXUAL AWAKENING**, and there's no reason to be scared or embarrassed by it.

Your body has started producing the hormones responsible for your physical and emotional changes, as well as an increased **LIBIDO**, otherwise known as sex drive.

You'll experience a mixture of feelings and sexual thoughts, including erotic fantasies...

Your **FIRST EXPERIENCES** will probably be with yourself, so it's important to get to know your body, because your genitals have changed both in their size and in the way they function.

**SEX GUIDES** suggest that you use a mirror to get a good look at your vagina. Do it! You'll find that what you see is nothing like the pictures in textbooks, which are oversimplified. Human nature is quite a bit... **REALER** than that!



### **Bodies and identities don't always match**

Everyone has a gender identity, and sometimes a person's body doesn't align with their gender identity. Thinking about and questioning gender identity are part of understanding who you are. No matter what, you might benefit from reading about female bodies and male bodies, and for more information about transgender identity, see page 44.

## **Explore your body**

**MONS VENERIS OR PUBIS:** The triangle-shaped area of flesh between the legs, which is normally covered in a thick layer of hair. Stroking it helps you become aroused.

**LABIA MAJORA:** The folds that surround the outside of the vulva. When you become aroused, these separate.

**LABIA MINORA:** The interior folds of the vagina, which are full of nerve endings; this makes them very sensitive. They join at the top, covering the clitoris. During arousal, they increase in size.

**CLITORIS:** A small organ above the vaginal opening, which is extremely sensitive. When it's stimulated, it becomes erect.

**VAGINAL OPENING:** It's the larger opening situated below the urethra. When you are aroused, it will become moist and widen to allow penetration.

**VULVA:** This is all the external genitals of the female body, including the labia and the clitoris.

## Beauty issues

Don't even think about googling a "normal-looking" vagina because **EVERYONE IS DIFFERENT**. Some have a more or less pronounced pubis, others have larger labia . . . and if there's hair, it's there for a reason! Hair protects your most sensitive areas from bacteria and even increases sensitivity during sex.

There's no point in trying to have a perfect body. What's most important is to **FEEL COMFORTABLE** in your own skin. If you do want to change your body, do it in a controlled way, with healthy eating and exercise, or with the help of a professional. It's totally okay to **DECORATE YOUR BODY** with a few embellishments here and there, but it's not a bad idea to stick to things that you can remove later. You have your whole life to decide if you want something that will stay forever.

## Breasts and nipples

There is a common **FEMALE OBSESSION** surrounding breasts and their size, because we tend to think that big boobs will make us attractive. Forget about comparing sizes and firmness. Who cares about the color of your areola? Dark brown or

Sexual awakening  
is normal. Don't be  
scared or embarrassed  
by it.

BY  
**CHUSITA**

light pink or anywhere in between is great. And don't worry about the size of the areola either; it's not too big or too small, and it changes depending on if you're hot or cold anyway! Your boobs, whatever they look like, are incredible. Get to know and enjoy them. Breasts, and especially nipples, **ARE HIGHLY SENSITIVE** and you can have a great time touching them.

The nipple is an important **PLEASURE POINT**, and when stimulated it stands up and hardens. However, some nipples do not respond to arousal, and there are times when stimulation just causes irritation. Every person has a different level of sensitivity, and this also varies depending on where you are in your cycle. Nipples normally become inflamed and irritable a few days before your period. As you come to know yourself better, you'll know what's normal for you.

### FROM ME TO YOU ...

One of my boobs is bigger than the other and I'm so embarrassed by it! What if my boyfriend notices?  
**I. P., 14**

Don't be surprised or worried—what you're experiencing **IS NORMAL**! Lots of girls find that one breast grows more quickly than the other at first, and it often equals out. In any case, remember that very few bodies are actually symmetrical. It's very common for boys, for example, to have one testicle that's bigger than the other. **CHUSITA**

## Your own pace

You're the one who gets to decide how much importance to place on your first experiences, in line with your own values. In the past, "virginity" was like a prized possession, and now it can sometimes seem like it's a race to see who can be the first to lose it. But come on! Neither one belief nor the other is completely true.

Sex as part of a relationship is not the only way to **EXPERIENCE SEXUALITY**. You can experience it in whichever way you like; there's no need to be in a relationship if you don't feel ready or you don't want to be. You can just kiss and cuddle the person you like, you can just masturbate... Don't try to rush a sexual connection, because **FEELINGS COME AT THEIR OWN PACE**; it might be sooner or it might be later. You have a long time ahead of you to start having sexual experiences at your own pace.

## The hymen

If there is a part of your body linked to your virginity, it's the hymen. But you don't have to think of it as a flower that you give to somebody; your hymen **IS JUST ANOTHER PART OF YOUR BODY**.

The hymen is a thin membrane of tissue that is located \*around\* the vaginal opening—not \*over\* it, as some people believe. It also doesn't "break," though it may tear when you first experience penetrative sex, which can produce minimal blood. But it won't always happen like that! Many girls don't even notice that their hymen has torn, either because there wasn't much

tissue there to begin with—or because it bleeds days later.

It doesn't normally break during masturbation either, or when using a tampon, or during exercise—although sometimes it can tear. It could be that the hymen doesn't completely break during your first time.

**DON'T WORRY.** If or when it breaks, it's not dangerous.



# MALE BODIES

One day you will find, unexpectedly, that your penis **HAS SUDDENLY GROWN**. It's no longer just the organ you pee with . . . and it starts to have a life of its own! Your hormones go wild, you experience sudden **SEXUAL IMPULSES** when you see a suggestive image, and unexpected feelings rush through the most intimate parts of your body.

If you wake up to find your sheets and pajamas messy, don't worry. It's natural to start having **WET DREAMS** when puberty begins, as you're constantly producing sperm and it needs somewhere to go. Your body is developing—but be careful! You're now able to reproduce. **GULP!** Be sure to take precautions.

## FROM ME TO YOU ...

My penis is not very big, even when it's erect. I heard that using it a lot helps it to grow. Is that true?

J. J., 15

No! You can't build it up with exercise, because it's not a muscle. However, it may continue to grow by itself for a few more years, until it reaches its full adult size. **CHUSITA**

**THIS IS NOT THE ONLY CHANGE:** your testicles have also grown and they will continue to grow, just like your penis, until you are about eighteen years old. You might also start to grow a beard and mustache, your voice will change, and your muscles will feel stronger.

This is the time to inspect yourself and get to know your genitals without judging them. It could be that one testicle is bigger than the other, or it might hang lower, giving the appearance that it's sagging. **THIS IS NORMAL.** As you grow, everything will often start to equal out and move into its correct place.

The penis will no longer stay flaccid, and **YOU WILL GET ERECTIONS** several times a day. They can happen on their own, especially when you wake up, or you can make them happen by stimulating yourself. You may also notice a whitish secretion when you separate the foreskin from the glans. This is called smegma and you should remove it by carefully cleaning yourself with water.

Sometimes you just can't help comparing your genitals with others', whether it's in the changing room, at the gym showers, or in public restrooms. **DON'T BECOME OBSESSED BY IT!** The most important thing is to know your own body well and get comfortable with it.

Arousal, which can happen when you least expect it, has probably already led you to touch your own genitals. And if you still haven't tried touching yourself, get ready to. Masturbation is **HEALTHY AND NATURAL**. I even have an entire chapter dedicated to it.

## Explore your body

**SHAFT:** The longest part of the penis, which hardens and grows during an erection.

**FORESKIN:** The skin that covers the glans, which may be removed via circumcision. It is connected to the glans by the frenum, a ligament that usually slides backward during an erection.

**GLANS:** This is the upper and most sensitive part of your penis. During arousal, it is exposed and becomes even more sensitive.

**URETHRA:** This is the hole where urine and semen come out. During an erection, it widens.

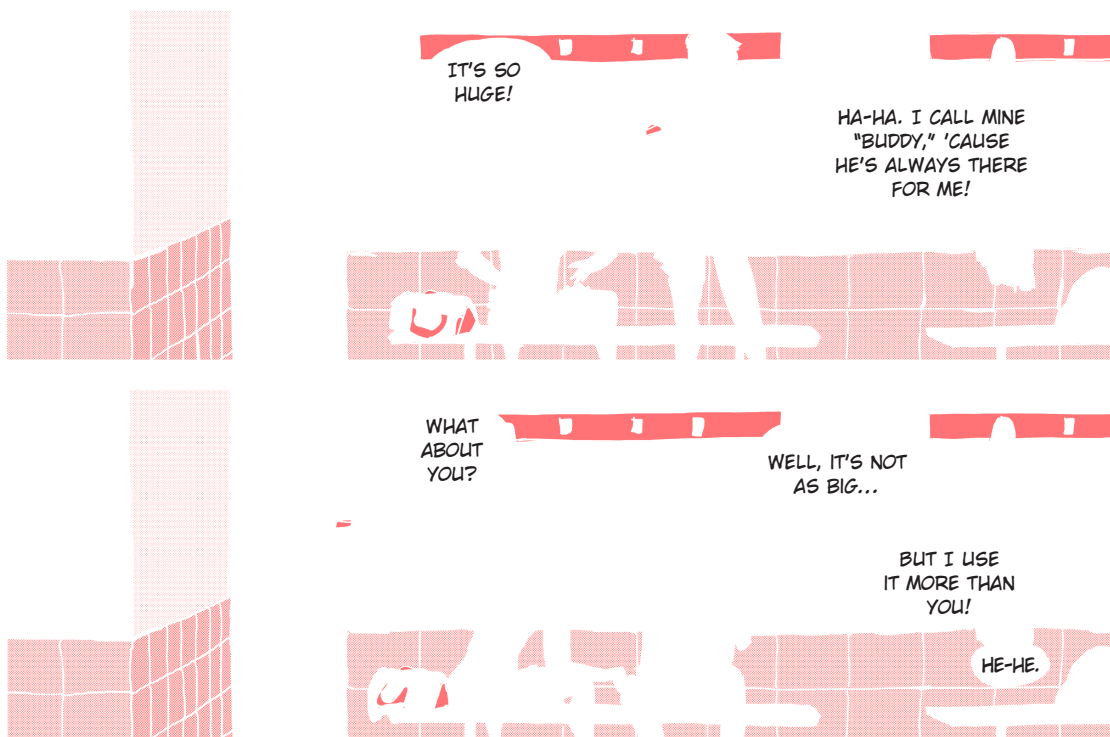
**TESTICLES AND SCROTUM:** Testicles are the glands that produce sperm.

When stimulated, they rise and enlarge. The outer sac that covers them is the scrotum, tissue that is very sensitive to touch.

**PERINEUM:** An area located between the testicles and the anus, it's highly sensitive and comfortable to stroke. Some people say this area covers the male G-spot, or prostate.

**ANUS:** It is very sensitive and will sometimes contract when you are aroused. Contractions can be intensified with stimulation.

**SEMEN OR SPERM:** The viscous liquid produced by the testicles and released through the urethra during orgasm, when you ejaculate.



## Types of erection

When a guy becomes aroused, blood is redirected to the penis, which increases in size and girth and hardens, producing an erection. This is a natural response to **REAL OR IMAGINARY STIMULATION**, and as you get to know your body you'll be able to control it more. It may only last a few seconds, softening or even disappearing suddenly. Or it can last for up to half an hour with stimulation.

Every man experiences erections differently and there is no typical erection. Your penis may point upward, downward, or directly in front of you, or **CHANGE ITS DIRECTION** depending on how turned on you are.

Sometimes, especially during adolescence, boys experience **SPONTANEOUS AND INVOLUNTARY** erections. If this happens at an intimate moment it doesn't matter too much, and at home alone you can let yourself get carried away with those feelings of arousal.

Problems tend to happen when you get an erection in public, or at an inconvenient time. It's normal to want to suppress or conceal it, but there's no reason to be embarrassed. In any case, **DON'T BE UPSET BY IT**; it happens to every guy at some point or another. Breathe deeply, and think about something nonsexual that will cool you down. This is all part of discovering your own body.

As you get to know yourself, you will learn how to heighten your arousal, and how to stop it when the moment's not right.

If at any point you want an erection but can't get one, respond calmly, and try to keep a sense of humor. If it doesn't happen now, it will happen later. It's probably only a **MENTAL BLOCK**, brought on by the pressure to perform. When you relax, you'll often have absolutely no problem getting an erection. If you are still concerned, don't hesitate to consult a doctor or counselor.

## Size issues

If there's one thing that every guy worries about, it's his **PENIS SIZE**. You can all calm down! Every penis is different and there's no guide that tells us which is best. Any penis is great if you know how to use it. When pleasing someone else sexually, size means nothing. What's more, a penis that's too large can actually be uncomfortable for your partner. And anyway, there are other ways to please your partner—using your hands, your mouth, your words...

A normal penis size ranges from about 3 to 4 inches when it is flaccid, with an average of about 3.5, and when erect it grows to between 5 and 7 inches, with an average of about 5.5. If you've ever heard that old rumor about the 12-inch-long schlong...

NOT TRUE!



## Beyond your penis

Male genitals are made up of more than just your penis and testicles. Don't forget your **PERINEUM**, the area between the scrotum and anus. Don't be embarrassed to touch it, or stimulate it in different ways—there's intense pleasure to be had there.



### Slang



#### Glans

tip

helmet

mushroom cap

tippuh head

#### Penis

wang

cock

wiener

willy

dick

schlong

prick

pecker

member

#### Testicles

acorns

balls

nuts

gonads

cojones

family jewels

#### Erection

hard-on

boner

chub

getting it up

stiffy

#### Sperm

spunk

cum

baby batter

jizz

man seed

snake spray



# PLEASURE

When your body becomes sexually excited and is stimulated, you feel sexual pleasure. When you first discover this feeling, it's a very intense bodily experience. Pleasure lifts your mood and makes you feel satisfied and happier with yourself. Giving and receiving it is **TRULY AN ART!**

Every person has different sexual feelings, and pleasure can change with each moment and with every opportunity. Don't confuse pleasure with having an orgasm, because they're not the same thing and they don't always happen together. There are different levels of pleasure and stages you pass through to achieve more intense sexual feelings, until, finally, beginning to climax and perhaps having an orgasm. You should also know that pleasure **GETS BETTER WITH EXPERIENCE.**

You can become aroused in different ways, even just from thoughts or dreams. It's dependent on a number of factors, such as where you are, who you're with, or even your mood or your state of health. Pleasure **IS NOT AN EXACT SCIENCE**, and what had you hanging from the rafters before might not do anything for you next time. But it's worth mentioning: there's **NO PRESSURE** to spare your partner's feelings. Don't pretend you're enjoying something for their sake, and don't stress yourself out if it's not working for you—sometimes it's just not the right time, and

you're not in the right mood. That's okay! The key is to be kind, gentle, and honest with your partner.

## Erotic fantasies

When you're alone, one of the most interesting sexual experiences is to use your imagination. This means relaxing and allowing yourself to be carried away by sexual thoughts. You can create **YOUR OWN EROTIC EXPERIENCES**, choosing whoever you feel drawn to. Try sexual games that turn you on! (You'll hear about those a bit later, in the chapter titled "Masturbation.")

## Two-player games

When you're with somebody you like and trust, you'll discover new **STAGES AND INTENSITIES** of pleasure with them. From holding hands to the very first kiss, right up to touching each other and making love, there's a whole symphony of moments for you to enjoy and take immense pleasure in.

In a couple, the only rule is that **BOTH OF YOU SHOULD ENJOY** whatever it is you do. It's best never to force things and to allow pleasure to come naturally.



## Take your time

In order to know what you find most pleasurable, you need to experiment with yourself. Discovering your own body isn't just about knowing what it's like, it's also about recognizing sensation, where you feel more intensely, what you like best, and what you don't like . . . and all of this **TAKES TIME**.

Movies, TV, many novels, and what we see in everyday life make it look like sex is always incredible. Sex is healthy and definitely pleasurable . . . **BUT DON'T ROMANTICIZE IT!** Not all relationships are wonderful, and people are not always comfortable with or up for everything.

Pleasure is found along a path taken slowly, with patience and appreciation for the journey itself. Don't force yourself to do something you don't want to, and **RESPECT THE LIMITATIONS** of your body and, of course, your partner's body. If now's not the time . . . it's okay to wait!

## INTERESTING FACTS

**In the animal kingdom:** Humans are not the only living creatures who have sex for reasons other than reproduction: bonobos and dolphins are two types of animals that have sex for pleasure.

**In the Guinness World Records book:** The man with the world's largest penis (over 19 inches!) is from Mexico. His size doesn't make him happy, and he actually considers it a handicap.

**In movies:** In the rom-com *When Harry Met Sally* . . . , Sally explains to Harry that women are experts in faking pleasure, and proceeds to fake an orgasm—in the middle of a restaurant!

**In philosophy:** Hedonism is an ancient Greek doctrine that considers pleasure to be the essence, and the only true purpose, of living. So hedonists are people who seek only joy in life, shunning all else.

**In history:** Sodom and Gomorrah were two ancient cities whose inhabitants gave themselves completely over to carnal pleasures. For this reason, they were struck with divine wrath from above.

### FROM ME TO YOU . . .

When I masturbate, I never get to orgasm, because I always ejaculate before climaxing. Am I a freak?  
**A. G., 14**

Not at all. Don't worry about it, just relax. Especially at first, it's common for boys to ejaculate without experiencing pleasure, and it's something you'll be able to control with time. **CHUSITA**

## Using all five senses

Pleasure can be sought in all kinds of ways by using all the senses. Do you dare to try?

**SIGHT:** Contemplating the person you desire, exploring what you can already see, and discovering the parts that are usually hidden is an erotic game that can be very gratifying. From those first seductive gazes, it's a world of possibilities!

**SOUND:** Flirting, whispering dirty words in someone's ear, or even just sitting in silence with the person you like and listening to their breathing feels pretty hot! And if there's a song playing in the background, what more could you ask?

**SMELL:** You were probably attracted to the smell of your partner before you even realized it. Those are pheromones for you! Pheromones give off a natural odor, almost imperceptible, that sends out sex

signals to attract others. For this reason, while keeping clean, you should try not to overuse perfumes or deodorant, as they can block your natural scent.

**TOUCH:** The art of touching and letting yourself be touched is about more than putting this hand here and that hand there. First, use one fingertip, then two or three, your whole hand, and then both hands, alternately stroking and massaging, noticing hairs bristle as you do. Playing this game is highly erotic and full of pleasure!

**TASTE:** Mouths are for more than smiling and seduction. Tasting your partner by kissing them is highly pleasurable and something you just have to try! However, the mouth is not the only body part you can taste. You can also try the neck, shoulders, and, what the heck, every corner of the body!



## Everything has its time

Sex should be **PLEASURABLE**. If it's not, because of discomfort or pain (physical or mental), it's probably best to wait and leave it for another day.

# THE FEMALE ORGASM

An orgasm is thought of as the pinnacle of sexual pleasure, a moment of ecstasy. However, **GETTING TO A CLIMAX** isn't always easy. The best ones don't come right away; they build up through a process of stimulation that involves the mind just as much as the body.

You probably won't reach an orgasm the first time you have sex or even when you begin to masturbate. The best way to achieve an orgasm is to know yourself, know which parts of your body are most sensitive and responsive, and know **HOW TO ACTIVATE THEM**.

## Pleasure points

There are **MANY POINTS** in the female genitals capable of giving pleasure! One of these is the clitoris, and many girls reach orgasm purely by stimulating it. The vagina, when stimulated by rubbing or close contact, is another place that is most able to produce an orgasm. Some people also refer to the G-spot, an area sexologists place at about 2 to 3 inches deep, in the frontal wall of the vagina, although not all girls need to find it. An orgasm can be produced by stimulating the clitoris, the vagina, or both at the same time.

Sexual intercourse isn't the only way to have an orgasm; it can also be achieved by masturbating and with foreplay. Sometimes, you can only orgasm if you fantasize or when other parts of your body



### How to recognize an orgasm

- You experience an intense feeling of pleasure in and around your genitals, which feels like palpitations or contractions.
- Your heartbeat and breathing become accelerated.
- It usually lasts between six and thirty seconds, although it can be prolonged for up to a whole minute.

are stimulated during sex. Every woman has **DIFFERENT ORGASMS** and one woman might experience different types of orgasms depending on the partner and the situation she's in.

It's not that easy, and doesn't tend to happen the first few times you try, but it is possible to have a second orgasm . . . and perhaps even more! Women who experience this are called "multi-orgasmic."

## Do girls ejaculate?

Many people believe that girls only experience dry orgasms. However, that is not always the case. I'll start by saying that **EVERYBODY** produces a certain amount of sexual fluid. In addition to this, some girls produce a clear liquid, different from urine, when they orgasm. If this happens to you, **STAY CALM!** This is called female ejaculation, and it is a part of your pleasure.

If you ejaculate while masturbating, it will probably happen when you reach orgasm with somebody else, too. **DON'T BE EMBARRASSED BY IT**, because you should really feel quite the opposite. Just think, there are lots of girls who try to ejaculate and can never manage it. It could also never happen to you in your life, until it does one day—no two orgasms are the same!

## Fact . . . or fiction?!

The preconception that every sexual experience between partners has to end in a shared orgasm means that some girls end up faking something they don't really feel. Sometimes they only do it to please their partner. Some girls say they fake it to try to trick themselves into climaxing, stimulating themselves so they can orgasm that way. Know that there is no need to fake an orgasm. Just **TRY TO BE YOURSELF** and act the way you feel. If you're with a partner who climaxes before you do, there's no need to end it there; ask them to come along for the ride until you orgasm, too.



# THE MALE ORGASM

It might seem like the male orgasm holds no secrets, but are we really sure about that? Not all guys are the same, and not all orgasms are as straightforward as they appear. It's best to know yourself, take your time, and enjoy the journey. This way you will have even **MORE PLEASURABLE** orgasms.

The male orgasm is generally associated with ejaculation, although these two things do not always happen at the same time. Most men ejaculate when they experience an orgasm, but **IT VARIES**.

Sometimes you can climax without being able to ejaculate. The body feels that explosive sensation of pleasure and, when the moment passes, you lose the erection. Although it sounds like a myth, **ORGASMS WITHOUT SEMEN** are more common than you would think. Or you may be able to maintain an erection and go on to have **SEVERAL ORGASMS**, although this is less common.

## Did you know . . . ?

Around 10 to 15 million sperm are released during ejaculation. They can travel 6 to 8 inches at around 30 mph!

If you are anxious or stressed, you may find that you ejaculate without experiencing the amount of pleasure you were hoping to as you begin to climax or just before reaching orgasm. When this happens, try to relax and **DON'T GET FRUSTRATED!** Practice and experience are the best cures for this particular problem. And if you still want to continue after ejaculation, you can experience arousal by stimulating different parts of your body, which will help you climax again.

## Other pleasure points

The penis is not the only part of your body that can experience pleasure. Your orgasm is usually much more intense when your testicles are stroked at the same time . . . and when you explore even **FARTHER BEHIND!**

One of the most sensitive male pleasure points, and also one of the least well known, is the male G-spot, otherwise known as the prostate. It's the gland that produces seminal fluid, located in front of the rectum, and it is **EXTREMELY SENSITIVE!** It can be stimulated externally by massaging between the scrotum and the anus, as well as internally, with your fingers. . . . This is most definitely not taboo!

## Delaying ejaculation

With practice, you can learn to hold off ejaculation, which will help you experience a more pleasurable orgasm later. To do this, you need to **RECOGNIZE WHEN YOU BEGIN TO CLIMAX**. The sensations that precede an orgasm are muscle contractions and accelerated heartbeat and breathing.

Slowing down the rhythm, changing position, breathing deeply, and calming your thoughts will help you **LAST LONGER** without losing the erection.

When semen is finally released, the penis loses its stiffness. The time between losing and gaining an erection can be anything between 5 minutes and several hours, depending on the guy, but this “recovery” period can be shortened with practice.





## SEXUAL IDENTITY

# ATTRACTION AND GENDER

Before reading this chapter, I recommend that you **RID YOURSELF OF ANY PRE-CONCEPTIONS** about masculinity and femininity.

**GENDER IDENTITY** is a private thing, and it doesn't help to understand it as conditioned by external factors. Sometimes, your gender identity aligns with your genitals, although it doesn't always happen this way. Some people assigned male at birth identify as women, and some people assigned female at birth identify as men.

## Sexual orientation

We also have an individual **SEXUAL ORIENTATION**, which is revealed through physical attraction to others, either of the same sex or not. This is not something you can choose; it is innate. Going against what you feel is very difficult, as well as being completely unnecessary. You can perceive your sexual inclinations by listening to your thoughts and fantasies, and these will arise naturally.

People who are attracted to a different gender are called **HETEROSEXUAL**, or straight; those who are attracted to the same sex are called **HOMOSEXUAL**, or gay (men and women), or lesbians (just women); those who are attracted to both men and women are called **BISEXUAL**, and those who are attracted to all types of genders are called **PANSEXUAL**.

And, as you will see on pages 44–45, there are **EVEN MORE LABELS** than this, so don't get too bogged down in them. **TAKE YOUR TIME**. Don't let yourself be forced into certain roles, or change how you act to fit in with others' expectations, because you are the best qualified to define yourself.

### Take note!

**LGBTQAI** stands for “lesbian, gay, bisexual, trans, queer or questioning, asexual, and intersex.” It is often used in its shortened form **LGBT** or written in other variants.



# MYTHS AND MISCONCEPTIONS

**CHUSITA** tells the truth

## **“Being gay is a disease.”**

NOT TRUE! The only people who are sick are the ones still spouting this kind of bullshit in the 21st century. Homosexuality is a sexual orientation and has nothing to do with your health.

## **“Feminine boys are gay, and masculine girls are lesbians.”**

UH, REALLY? Neither of those things is true. Physical appearance, likes/dislikes, or hobbies have nothing to do with someone's sexuality. The only thing that defines your orientation is who you're attracted to, and it doesn't matter what gender they are.

## **“You're gay if you kissed kids of the same sex for fun when you were younger.”**

FALSE. All children like kissing their friends. They don't care about the gender; they're just experimenting. This is not related to sexual orientation!

## **“Only feminine boys cry.”**

WHAAAT??? Right, let's see . . . so only women are allowed to cry?! Every person needs to cry, some more than others. Gender has nothing to do with it!

## **“Lesbians are weird and hate men.”**

ABSOLUTELY NOT! This is just another stupid prejudice. A gay girl is no more or less strange than a straight girl, and sexual orientation has nothing to do with liking or disliking people based on their gender.

## **“You have to be really good-looking for people to be interested in you.”**

YOU'RE KIDDING ME! Not likely! If people were only attracted to supermodels, what would the rest of us be doing right now?

*During adolescence, it's normal to experiment with different types of relationships. Learn from them!*

BY  
**CHUSITA**

## Attraction and emotions

Not everybody is attracted to the same kind of person...thankfully! All of our senses are involved in feelings of attraction. **YOU HAVE TO PAY ATTENTION TO THEM!**

When you're attracted to someone, **IT TURNS YOUR WHOLE WORLD UPSIDE DOWN!** You want to be close to them, touch them, and be touched by them. It's a kind of magnetism, which affects your body and your mind, but it doesn't always develop into love! Attraction can hit you when you least expect it. The important thing is that you can **FIND WHAT YOU LIKE AND ACCEPT IT.**

## Open your mind!

Romantic and physical attraction toward another person will help you know your sexual orientation, although this can change with time. . . . Accept yourself as you are, and respect others' choices, too.

## INTERESTING FACTS 🤖

**In music:** The Austrian singer Conchita Wurst was the first bearded woman to be entered into, and go on to win, the Eurovision Song Contest, smashing pre-conceptions about gender along the way.

**In the press:** Cara Delevingne and Lily-Rose Depp are just two of many celebrities who have stated that they are bisexual.

**In the theater:** The cult comedy *Priscilla, Queen of the Desert* brought drag to mainstream audiences in the nineties. The story has now become a successful musical which sells out in theaters around the world.

**In movies:** *Blue Is the Warmest Color* follows the sexual awakening of a teenager who falls for another girl. It is now a cult film.

**In the animal kingdom:** Homosexuality is not exclusive to humans. Homosexual behavior has been identified in over 1,500 species, from insects to mammals.

## 👉 Take note!

If your sexual preferences mean you are not accepted, look for support. There are relatives and friends, as well as LGBTQAI groups, waiting for you with open arms. And if you do come across homophobic attitudes or experience abuse because of your sexuality, **REPORT IT.**



# STRAIGHT



You're attracted to people of **ANOTHER GENDER**. This is a commonly accepted sexuality in most societies. Even though many people doubt their heterosexuality, it is often taken for granted that someone is straight. Listen to yourself and don't be scared. Everyone has doubts sometimes, whatever their sexual orientation.

When you start to mature sexually, **YOU MIGHT BE TURNED ON** for many reasons by a man or a woman, but this doesn't mean anything. The real relationships that you establish with others are what determine your orientation.

In boy-girl relationships, there is no need to fall into **OUTDATED GENDER ROLES**.

Neither gender is stronger or weaker than the other. You are just two people who have different strengths and weaknesses that change all the time.



## Remember . . .

The prefix *hetero-* means “different” and refers to male and female genders. However, it **DOESN'T** mean “normal.” Heterosexuality is just another sexual orientation.

## Different bodies

You're attracted to a different gender, a body that is **DIFFERENT FROM YOURS**, a body that you're not familiar with. Yes, yes, we've all studied human anatomy at school, but this definitely doesn't make us experts! When you like someone, you'll notice how your feelings change, how you become aroused . . . But how does someone from another gender react and become aroused? The best way to find out is to look at things from their point of view!



## We're all people!

Some people are more romantic and like to take their time, and others are more passionate and pretty much up for anything. In any case, every relationship has a different **RHYTHM AND PACE**, and when different types of bodies are involved, these aren't the only differences! All that matters is that you communicate your needs and desires with each other, and approach each other with **MUTUAL RESPECT**.



I've always thought I was straight, because I like boys and I have a boyfriend. But the other day I had a dream where I was having sex with a girl . . . and I liked it! Does this make me a lesbian?

**E. G., 15**

Not at all! Dreams don't say anything about a person's sexuality, they're just fantasies. This kind of thing happens to everybody at some point: straight people dream about having sex with someone of the same gender, and gay people have dreams about a different gender. It doesn't mean anything.

**CHUSITA**

## Common beliefs and clichés

**GIRLS** don't have to be super sexualized and act very feminine, and **BOYS** don't have to be muscular and act macho, either. Each person can be whatever they feel like and act however they feel most comfortable, because attractions develop naturally this way.

They say that girls are more sensitive and want long-term, stable relationships. Boys, in contrast, are very superficial, only interested in as much sex as they can get. But like everything, this is not always the case. When you mature sexually, boys and girls look for both **SEX AND AFFECTION**, sometimes leaning toward the one and sometimes toward the other, depending on how intimate you are feeling.

That old belief that girls should wait for boys to **MAKE THE FIRST MOVE** is extremely old-fashioned! Of course girls can take the initiative, whether it's to ask someone on a date or for something more

sexual. In any case, you should always **RESPECT THE OTHER PERSON**.

That means not approaching someone aggressively or invading their personal space. The best approach, whatever your gender, is to test the water and even ask if that person is interested before suggesting something physical.



# GAY



If you're attracted to people of the **SAME SEX**, at first you might be frightened by your own feelings. There's no need to feel anxious. Being lesbian or gay is just another sexual orientation, as natural as being straight. Sometimes, depending on the company you keep, you might hear people tell jokes about being gay: don't let them embarrass you. **BE YOURSELF**. Gay people exist in every kind of society, because it is absolutely normal.

In the past, teenagers who discovered they were gay encountered many difficulties and faced discrimination, and while some still do there are now many places people are much more tolerant. **DON'T TAKE ANY NOTICE OF WHAT PEOPLE SAY**; the important thing is that you are happy. Don't try to hide your feelings, because lying to yourself will only make you unhappy.

## You're not alone!

You don't need to pretend to be something you're not, or deny your sexual orientation to anyone. It's better to share, especially with the people closest to you, because it's likely that your friends, relatives, and teachers **WILL SUPPORT YOU** and give you the help you need.

## Break the mold

There are no set criteria for how a gay man or woman should look or act. Guys don't need to act effeminately, and girls don't have to put on a masculine front. **GAY PEOPLE COME IN ALL EXPRESSIONS**, and there is no way to tell if someone is gay just by appearances.

And you shouldn't feel the need to reproduce heterosexual roles in a gay relationship. You know the ones we are bombarded with daily in the media, and in general life? You shouldn't feel like one of you has to take on a masculine role and the other a feminine role.



### Coming out

Pretty much everyone who's come out is happy they did. That said, the people they tell don't always react well. Being true to yourself is important, and so is being safe. It's a good idea to come out to the people in your life in stages, and have a plan in case the person you're telling doesn't react the way you're hoping they will. Stay safe! Coming out to friends and trusted family members your own age first and then leaning on them for help with others is a time-tested technique.

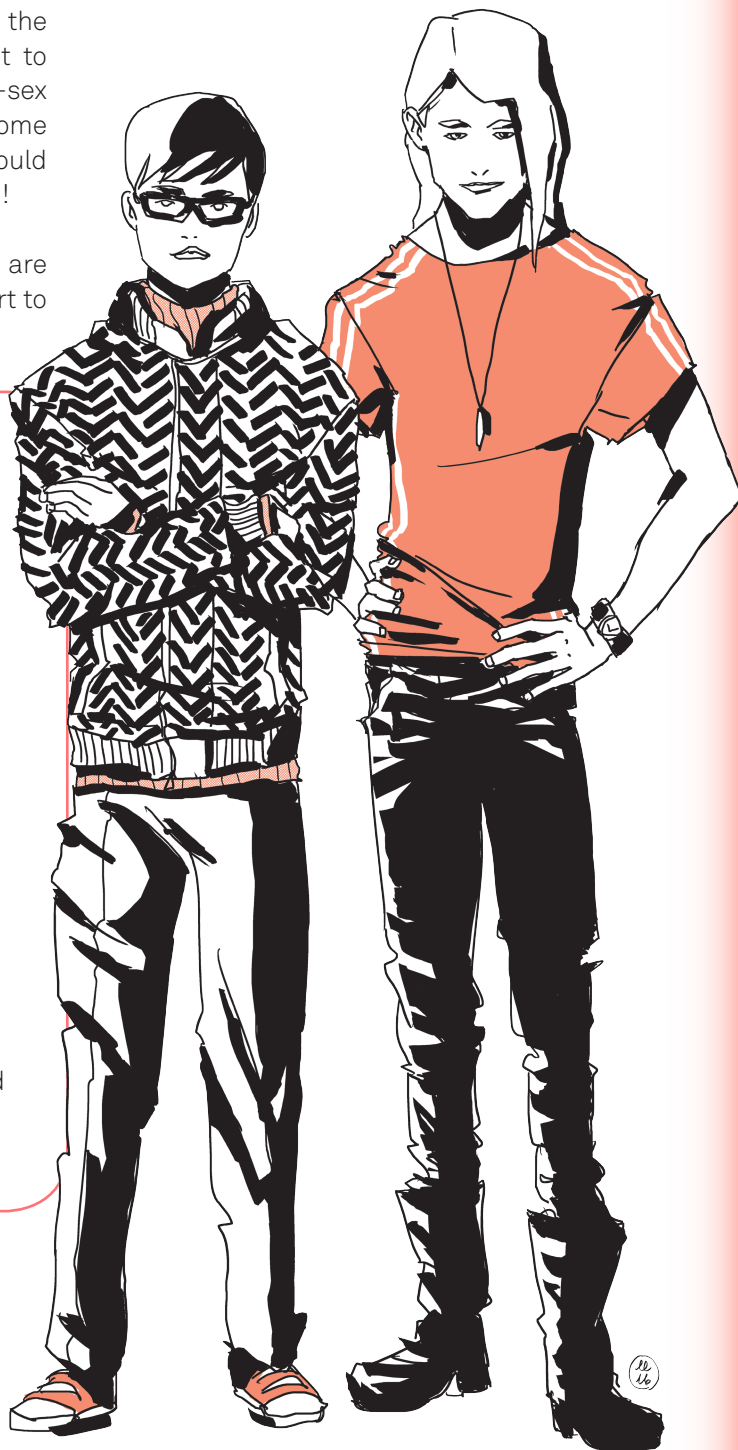
## In sync!

When you're attracted to people of the same gender, it can be hard at first to find out if someone is open to a same-sex relationship. You'll probably be overcome with doubt, not knowing if you should tiptoe around it or just dive straight in!

When you feel uncertain, there are a few recommendations it doesn't hurt to follow:

### Before taking the next step . . .

- Find out if they are comfortable with LGBTQAI culture.
- See if they seem happy to have you physically close.
- Try to make them feel comfortable around you and check by asking.
- Don't become impatient or put pressure on them.
- Let them know your orientation and the fact that you are attracted to them.
- If they don't reciprocate, don't insist, because you could offend them, and the only person who will get hurt is you.





# BEYOND LABELS

There are ways of experiencing sexuality that go beyond straight and gay. If you feel uncertain about your sexuality, don't worry, there's no rush to label yourself. It's best not to follow rules imposed by others. Break free of their stereotypes and prejudices and, most important, **BE TRUE TO YOURSELF**. Listen to your feelings and your desires, know yourself, accept yourself, and be happy following your own sexuality.

Whatever you identify as, knowing about the different identities and sexual orientations out there can help you be comfortable with who you are.

## Bisexual or pansexual

People who are attracted to both **MEN** and **WOMEN** are called “bisexual.”

Sometimes people discover this about themselves gradually, through different phases. For example, someone might define themselves as straight or gay at first, and then, with time, begin to realize their attraction to more than one sex.

There are also people who identify as “pansexual,” which is a broader label meaning you are not attracted to a certain

gender but to individual people. Pansexuals recognize there are more than two gender identities.

## Transsexual and transgender

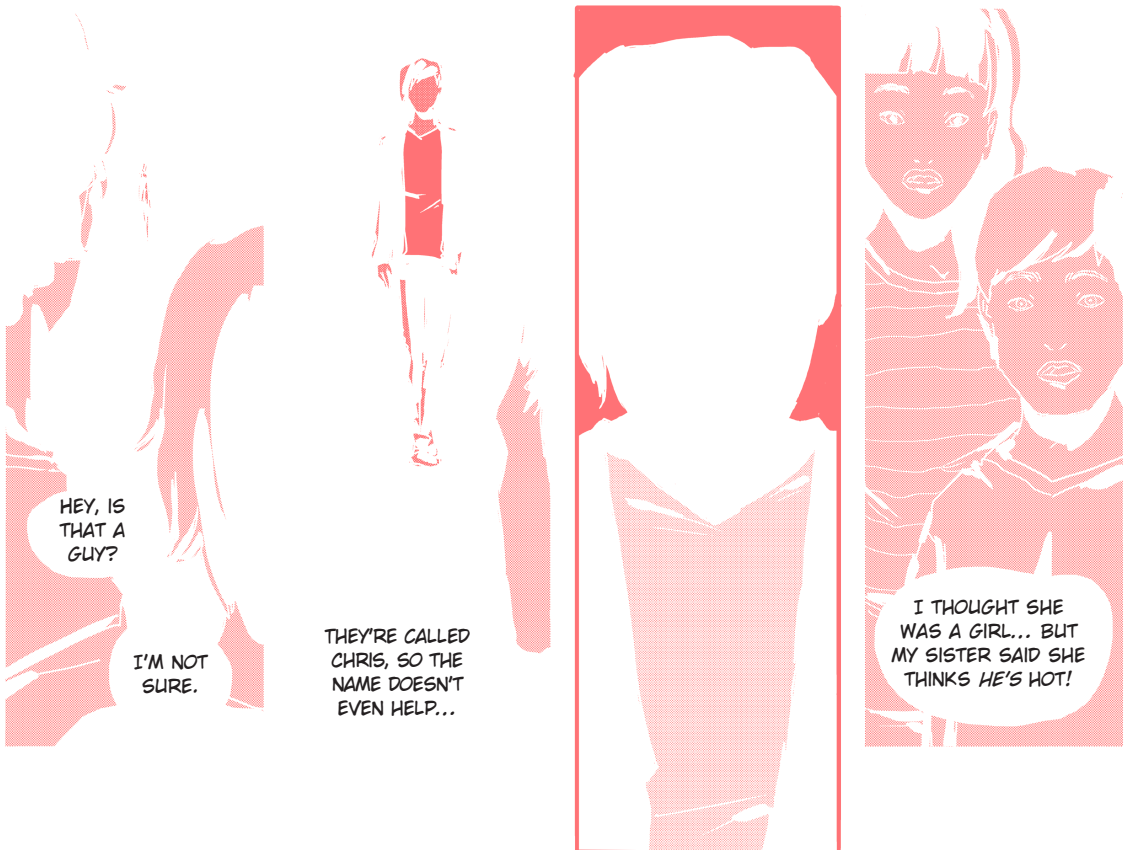
Transgender people don't always feel like they fit the body they were born with, and transsexual people actively transition from one sex to another. Some may opt for gender affirmation surgery, while others choose not to undergo genital surgery for personal or medical reasons—though they may use a combination of other surgery or hormone treatments if they want to affirm their gender with physical changes. For transsexual and transgender people, sexual orientation can vary—just like it can with anyone.

People can be transgender in different ways, from dressing or expressing themselves differently or using different pronouns (most often “they/them” instead of “he/him” or “she/her”) to taking hormones or having surgery. The term “transvestite” is old and shouldn't be used, and some people don't identify as male or female. They are often called “non-binary.” Remember, it's not required to define

yourself. But transgender and non-binary people should feel empowered to talk to their partners, friends, and doctors about how they feel, just as everyone should be supportive allies when people come out as transgender or non-binary.

## Asexual or demisexual

Some people **HAVE A LACK OF INTEREST** in sex. This doesn't mean they'll never go on dates, because they do feel emotional and intellectual attraction. The label *demisexual* refers to people who don't feel sexually attracted toward anyone until they have formed a **STRONG BOND** with them.



**BEFORE . . .**

# A COMMITTED RELATIONSHIP

When you find yourself attracted to somebody, it's natural to hope it develops into a **COMMITTED RELATIONSHIP**. You like each other, hang out with each other, kiss each other, fool around . . . but there are lots of other stages to go through between that initial attraction and a relationship. And not all relationships end up becoming long-term.

When a relationship is just starting out **YOU DON'T NEED TO GIVE IT A NAME**. You'll find it's not often an easy thing to do, because sometimes it's hard to know if you are just having fun together or if it's something more. Only time will tell.

## Expectations?

You shouldn't set your expectations too high for a relationship. Many of us have been told that the best way is love then marriage . . . but **WE'RE STILL YOUNG** and we don't have to decide right now. We should also remember not to confuse sex with committed relationships. Two people who have been in a relationship for a while aren't obligated to have sex, and two people who have just met shouldn't feel the need to refrain from sex.

## Types of love

**Unrequited love:** One person is completely in love with the other, and the other? Completely oblivious! This is the classic tale of unrequited love.

**Platonic love:** Two people get along extremely well, but is there anything more? If there isn't that spark of physical attraction, maybe "just friends" is the right call.

**Passionate love:** The attraction is obvious, and the two bodies desire each other. This does not mean these people are mentally in sync.

**Romantic love:** It's clear that both will go to great lengths to be around each other. Be careful not to fantasize too much at this point!

**Committed love:** Attraction, companionship, and passion have resulted in moments of true intimacy. Maybe it will be a long-term thing!



# MYTHS AND MISCONCEPTIONS



## CHUSITA tells the truth

**“Girls have to sit around and wait for their Prince Charming to appear.”**

I'll tell you now: HE DOESN'T EXIST. It's true that some girls choose to wait rather than go out and find him, expecting things to happen like they do in fairy tales . . . But the truth is that he'll probably never come!

**“Girls like boys and boys like girls.”**

NOT ALWAYS! Sexual orientation isn't set in stone. Better to let people decide for themselves!

**“You have to wait at least six months before doing it with your partner.”**

THERE ARE NO RULES! There are couples who wait longer, maybe two years or even more. In contrast, others have sex when they barely know each other.

**“When you break up with your partner, you can be best friends.”**

CAREFULLLLLL! First things first, let's be realistic here: if two people have been in a relationship and one decides to break up, the other person might still hope they'll get back together. It's better to give it a little time and then decide whether to be friends or to move on from each other completely.

**“When a guy says he's had a lot of relationships he's a player, and when a girls says it she's a slut.”**

ABSOLUTELY NOT. Girls and guys both have the right to choose who to go out with and what kind of relationships to pursue. You shouldn't admire someone for that or criticize them either!

**“When you find your other half you will feel complete.”**

YOU SURE ABOUT THAT? The idea that you can find your other half is another one of those stereotypes that can really damage a relationship! Everyone should feel as complete as they can in themselves, so that we can share love and new experiences with whoever we like. Only you can complete yourself.

Relationships and  
sex don't always  
go hand in hand.





# WHAT TYPE OF RELATIONSHIP IS IT?

You like somebody a lot, and it seems like they might like you too . . . Where are you at? Take this quiz, and count the hearts to find out!

## When you see each other on the street . . .

- ♥ They seem shy, awkward, and look the other way.
- ♥♥ Their face lights up and they smile.
- ♥♥♥ They wink and come running right up to you.

## On the phone . . .

- ♥ They don't have your number, or if they do they never call.
- ♥♥ They text occasionally, about practical things.
- ♥♥♥ They message you and call you all the time, showing how crazy they are about you.

## When you meet up . . .

- ♥ You're always with friends.
- ♥♥ You're with friends, but you two spend the whole time with each other.
- ♥♥♥ You're practically joined at the hip, just the two of you.

## Their friends . . .

- ♥ Don't know you.
- ♥♥ Don't mind you.
- ♥♥♥ Get along great with you.

## When you change your style . . .

- ♥ They keep looking at you but say nothing.
- ♥♥ They clearly notice.
- ♥♥♥ They ask when you did it and compliment your taste.

## When another person is flirting with you . . .

- ♥ They're not bothered by it.
- ♥♥ They come straight over to deal with this nuisance.
- ♥♥♥ They grab your waist and kiss you.

## When you feel down and you need to talk to someone . . .

- ♥ You'd like to talk to them but you call your best friend instead.
- ♥♥ You call but they don't answer, or if they do they don't offer the help you need.
- ♥♥♥ They answer the phone right away and comfort you.



## RESULTS

### (Between 7 and 10 ♥)

#### Just getting started

Some people are more reserved—so don't get discouraged. But it sounds like you need to be the daring one!

### (Between 11 and 14 ♥)

#### Not together, not apart

Your relationship is like waiting at the start of a roller coaster. You may like each other and maybe you've had a few good times, but nothing's happening yet!

### (Between 15 and 18 ♥)

#### It's on

There's a great connection between you and you like each other. You both want things to go farther. Let's see who makes the first move!

### (Between 19 and 21 ♥)

#### Make it official!

You're totally hooked on each other. What are you waiting for? Arrange to go out together!

## INTERESTING FACTS



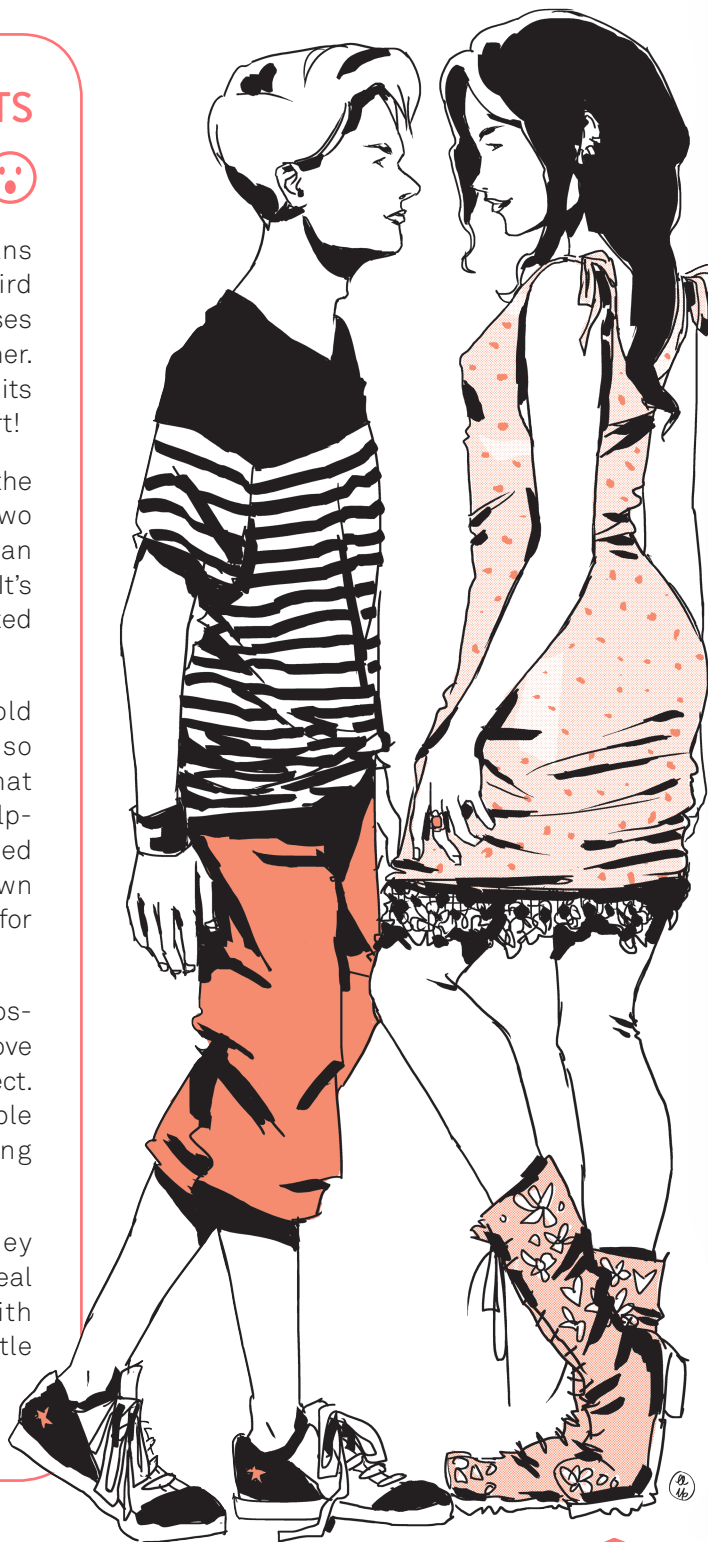
**In the animal kingdom:** Swans are one of many species of bird that mate for life. And seahorses are always faithful to each other. It's said that if a seahorse loses its partner, it dies of a broken heart!

**In theater:** Shakespeare told the story of Romeo and Juliet, two lovers in Verona who shared an impossible love and died for it. It's a classic, and has been adapted time and again for movies.

**In mythology:** The Greeks told tales of Narcissus, who was so handsome and irresistible that everyone who met him fell helplessly in love. A goddess cursed him to fall in love with his own reflection, and he died waiting for it to love him back!

**In philosophy:** The Greek philosopher Plato defined the ideal love as eternal, intelligent, and perfect. What was beautiful in principle has now become something completely unobtainable.

**In music:** The singer Britney Spears dedicated her song "Seal It with a Kiss" to "friends with benefits," those who are a little more than friends.



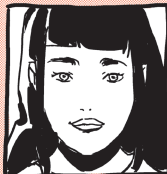


EVERYONE GET INTO  
GROUPS FOR THE NEXT  
TASK! MAX, LARA, AND  
PAUL... HURRY UP!

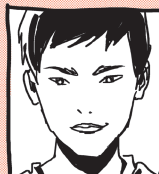
## GROUP 1: MAX, LARA, PAUL



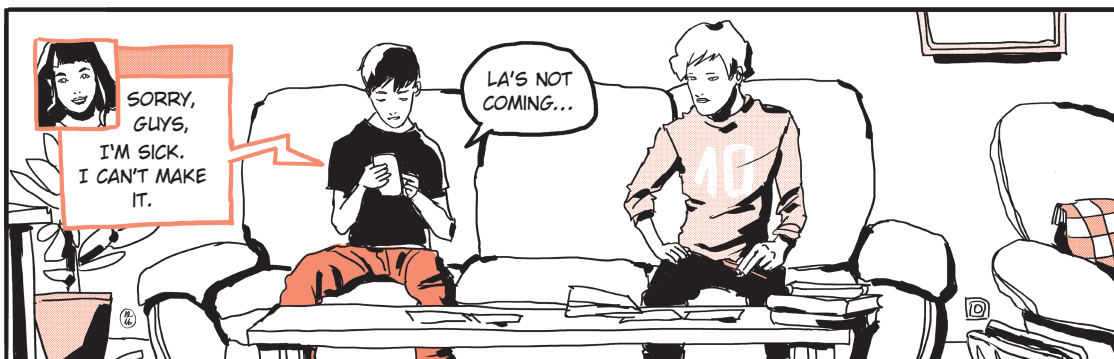
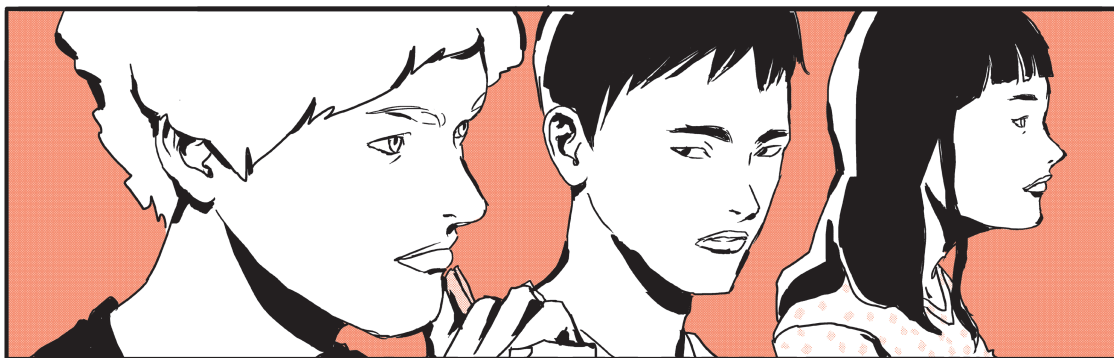
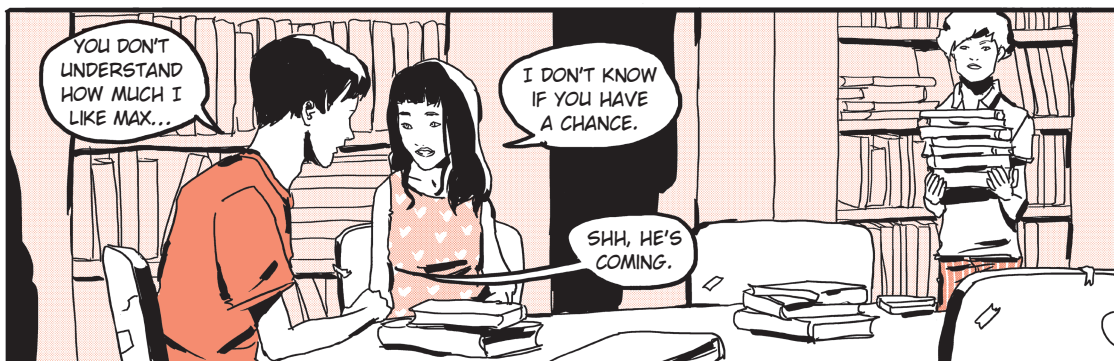
**MAX**  
14 YEARS  
NICKNAME:  
"THE NEW  
KID"



**LARA**  
14 YEARS  
NICKNAME:  
"LA"



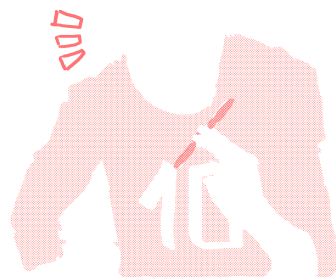
**PAUL**  
15 YEARS  
NICKNAME:  
"PEEWEE"





...

MAX...I  
CAN'T TAKE IT  
ANYMORE!



DOO

...WHEN  
TO STOP...



...

TELL ME...