

SEX:

A Topic for Conversation

with
DR. SOL GORDON

*3 Video Programs that make it
easier to talk to kids about sex*

Program #1 For Parents of Young Children

Program #2 For Parents of Teenagers

Program #3 For Teenagers

Produced & Distributed by:

Mondell Productions, Inc.
5215 Homer Street
Dallas, TX 75206
(214) 826-3863

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SEX: A Topic for Conversation

Obviously, no film answers every question. The questions and activities in this Discussion Guide will help the viewers use these programs more effectively.

PHILOSOPHY:

.....For Parents of Young Children

.....For Parents of Teenagers

With the high rate of teenage pregnancy and sexually transmitted diseases, and the fear of AIDS, we must educate our children about sex, relationships and responsibility. The main purpose of these three programs is to help parents and teachers feel more comfortable talking with children about sex. It's important that parents understand that they don't have to have all the answers all the time. What is also important is that they are "askable" parents, who know how to use "teachable moments."

.....For Teenagers

Teenagers have a lot of unanswered questions about their own sexuality and relationships. Answering these questions should help them understand the consequences of their actions.

HOW TO USE:

- ☞ The programs for parents are excellent tools for parent groups. They help parents feel more comfortable discussing their role as sex-educators. We encourage parents who aren't in a parent group to use these tapes as an opportunity to form one.
- ☞ The program with teenagers can be shown in classroom situations or to parents and teachers to give them an insight into the kinds of open and honest questions that teenagers are *really* asking.
- ☞ These tapes are an excellent tool for teachers and sex educators to use in training sessions and when working with parents and/or teenagers. They can be viewed as a three-part program with a discussion session following each viewing. Or they can be viewed individually depending upon the audience.

BEFORE THE VIDEO

SEX: A TOPIC FOR CONVERSATION will initiate a lively discussion from any group. A group leader should preview the programs before showing them to an audience.

If you decide to show two or more programs in one session, then consider completing your discussion of each program before starting the next one.

Here is a list of the questions asked in each program which will help prepare the leaders for discussion:

Program #1...FOR PARENTS OF YOUNG CHILDREN

1. Why are parents responsible for educating their children about sex?
2. Can you tell a child too much?
3. My 8-year-old wants to know what sex feels like. What should I tell him?
4. I have two daughters. Is it all right for me as the father to talk to both of them together about sex?
5. How can a single parent best talk to a child of the opposite sex?
6. How far is "too far" for children to play doctor?
7. My 5-year-old shows off his erection? How should I handle this?
8. Is parental nudity in the home harmful?
9. When should I begin discussing birth control with my children?
10. Should I allow my children to watch intimate scenes on cable television?
11. The "F..." word.

Program #2...FOR PARENTS OF TEENAGERS

1. How do parents answer increasingly embarrassing questions that their teenagers ask?
2. What reasons can you give teenagers for not having sex?
3. How do parents initiate conversations with reticent teenagers, especially the older ones who "know" everything?
4. Is it effective or okay to share your personal experiences with a teenager?
5. My 12-year-old daughter asked me, "What's so special about sex?" How should I have answered her?

6. How specific should parents be with their children in discussing birth control?
7. Will information on birth control be confused with consent?
8. How can I talk to my child about homosexuality?
9. What can I say to my child about AIDS and adolescence?
10. Are there any programs to make males aware of their responsibility in sexual relationships?

Program #3...FOR TEENAGERS

1. What age is the hardest to deal with peer pressure?
2. Does love make you do crazy things?
3. How long should two people date before having sex?
4. Should guys learn how to have sex early, so girls will like them?
5. If sex is so dangerous, why do so many people do it?
6. What is the best contraception?
7. What are Sexually Transmitted Diseases?
8. Why do so many guys have only sex on their minds?
9. Dr. Gordon and the teen audience discuss "lines" both boys and girls use on each other.
10. What is masturbation?
11. Dr. Gordon discusses homosexuality.
12. What is sodomy?
13. How long does an orgasm last?
14. What effects do drugs and alcohol have on a relationship?
15. How can you judge if a relationship is good for you?
16. Can a girl get pregnant without penetration?
17. Can a girl get pregnant if the boy pulls out before he comes?
18. Is abortion safe?
19. What should a girl do if she finds out she is pregnant?

AFTER THE VIDEO

Suggested Activities....Some may be more appropriate for one audience than another.

- * One parent can take the role of the child and another the role of a parent and work through some of the more difficult situations and questions. Then other parents can respond.
- * Teenagers should act out situations in which pressure is put on them to have sex. They should practice the lines learned in the video. They should make up lines with which they feel comfortable.
- * Teenagers can write down their questions anonymously as a way to initiate discussion.
- * Parents can write down what they wanted to know about sex when they were a teenager. They should discuss what they were told and how they were told about it. This will help them understand their children's questions and needs for answers.
- * In Parent/Teenager groups, read excerpts from "Dear Abby" or "Dear Ann Landers" columns and then use them as a basis for discussion.

ADDITIONAL TOPICS FOR DISCUSSION

PEER PRESSURE

What kinds of peer pressure do teenagers feel?

How can parents help teenagers overcome peer pressure?

How can teens handle a pressured situation?

What other questions do they have about relationships?

Ask teenagers to make up other answers to boys or girls who pressure them into sexual relations.

RESPONSIBILITY

Talk about the responsibilities teenagers will have if they get pregnant. Make sure boys as well as girls participate in this discussion.

DRUGS AND ALCOHOL

Discuss the use of stimulants in social activities.

SELF-ESTEEM

Parents should discuss the different ways they can help build their child's self-esteem.

When Talking about **AIDS...**

Parents are responsible for protecting themselves and those they love. The topic of AIDS should be discussed in the home in the larger context of sex, responsibility, and family values. Parents need to find out what their children know and don't know about AIDS.

Before parents and children can talk together about AIDS, they should know the following:

1. AIDS stands for ***Acquired Immune Deficiency Syndrome***. It is a disease caused by a virus that destroys the body's natural ability to fight off illness. When this happens, other diseases like pneumonia and cancer can infect the body. It is these diseases which progressively weaken the person with AIDS and finally are fatal.

So far, there is no known cure for the AIDS virus, and no vaccine that can prevent it. That's why knowledge and responsible behavior are the only ways to prevent AIDS.

2. The AIDS virus can be spread in three main ways:

- * Having sexual intercourse with an infected person. This includes oral, anal, and vaginal intercourse. Just having sexual intercourse once with an infected person can be enough to get AIDS. Having sex with multiple partners increases the risk of infection.

- * Sharing needles and syringes with other people for the purpose of using heroin, cocaine, and other illegal drugs.

- * Babies can be born with AIDS if their mother has been infected by the virus.

(Some people did get AIDS through receiving infected blood transfusions. That was before a test was developed to detect the antibodies that indicate the presence of the AIDS virus. Today, all donated blood and related blood products are tested for the AIDS virus.)

3. AIDS cannot be spread by casual contact. This includes shaking hands, hugging, social kissing, coughing, sneezing, sharing swimming pools, bed linens, eating utensils, cups, lunch trays, school equipment, chairs, and toilet seats.

There is no reason to shun the person with AIDS.

Remember...

The example that parents set in their own lives is the best teacher for their children.

If the parent doesn't have a ready answer to a child's specific question, use this moment as an opportunity to learn the answer *together*.

In discussing the subject of AIDS with their children, parents should offer their knowledge and concern as a positive expression of love and caring.

Teenagers need to know the following:

1. AIDS cannot be transmitted through casual contact. Only if you engage in high-risk sexual activity or drug use are you in danger.
2. AIDS does not discriminate. It can infect anyone regardless of their race, religion, or sex.
3. A person can have the AIDS virus and not know it. It can be in some one's body for as long as ten years before any illness occurs. In the meantime, that person is capable of infecting others without knowing it or wanting to.
4. If some one has AIDS, that does not make them a "bad" person. They are simply the victims of a disease.
5. You cannot get AIDS through casual, social kissing (on the cheek or on the mouth). But since the AIDS virus can be present in saliva, deep or "French" kissing could be risky.
6. When it comes to AIDS, there is no such thing as safe sex. The only way to make sure that you cannot get AIDS (or any of the other sexually transmitted diseases) is by abstinence—not having sex.
7. If any one does engage in sexual activity, it should be within a drug-free, mutually faithful and committed relationship of long-standing. Since the AIDS virus and other S.T.D.'s can be present in semen and vaginal secretions, the male should always use a condom during sexual intercourse to protect himself and his partner.
8. If your parents try to talk to you about sex and AIDS, you might feel embarrassed. That's okay. Try to be open with them and talk about how you feel.

OTHER FILMS AND VIDEOS:

- * **THE TEEN YEARS: WAR OR PEACE?**
Producers: Allen Mondell and Cynthia Salzman Mondell, Media Projects.
Distributor: NEW DAY FILMS; 5215 Homer Street; Dallas, Texas 75206;
(214) 826-3863.
- * **THE AIDS MOVIE**
Producer: Durrin Films
Distributor: NEW DAY FILMS, see above address.
- * **AM I NORMAL?**
DEAR DIARY
Producer: Debra Franco
Distributor: NEW DAY FILMS, see above address.

RECOMMENDED READING:

- * **RAISING A CHILD CONSERVATIVELY IN A SEXUALLY PERMISSIVE WORLD** by Sol and Judith Gordon; Fireside Paperback - Simon and Schuster.
- * **DID THE SUN SHINE BEFORE YOU WERE BORN?** by Sol and Judith Gordon; Ed-U Press; for children ages 3 - 7.
- * **GIRLS ARE GIRLS AND BOYS ARE BOYS, SO WHAT'S THE DIFFERENCE?** by Sol Gordon; Ed-U Press; for children ages 6 - 10.
- * **FACTS ABOUT SEX FOR TODAY'S YOUTH** by Sol Gordon; Ed-U Press; for children ages 10 - 15.
- * **THE TEENAGE SURVIVAL BOOK** by Sol Gordon; Times Books/Random House.
- * **SEDUCTION LINES HEARD 'ROUND THE WORLD AND ANSWERS YOU CAN GIVE** by Sol Gordon; Prometheus Books.

For a more detailed list of sex education books write to: Ed-U Press; 7174 Mott Road; Fayetteville, NY 13066; or call (315) 637-9524.

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with DR. SOL GORDON

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