

"*It's Perfectly Normal* is informative, reassuring, and responsible. . . . I wish every child (and parent) could have a copy." —Penelope Leach, Ph.D., author of *Your Baby and Child* and *Children First*

It's Perfectly Normal

For age
10 and
up

CHANGING BODIES, GROWING UP,
SEX & SEXUAL HEALTH



From the author and illustrator of *It's So Amazing!* and *It's Not the Stork!*
ROBIE H. HARRIS illustrated by MICHAEL EMBERLEY

Making Love

Sexual Intercourse

The dictionary tells us one more thing about sex. It says, 4: *Sexual intercourse.*

Sex also means sexual intercourse. Some people call sexual intercourse “having sex.”



once their reproductive organs have grown up — to make a baby.



But most people don't have sexual intercourse only when they want to make a baby. Most often, they have sexual intercourse because it feels good.

People have sexual intercourse well into old age.

People also call sexual intercourse “making love” or “lovemaking” because it's a way of expressing love. But sexual intercourse is only one way of expressing love.

Hugging, cuddling, holding hands, kissing, and touching are other ways of expressing love. So is just being with someone you like a lot and telling that person, “I love you.”

Sexual intercourse happens when a female and a male feel very sexy and very attracted to each other. They want to be very close to each other in a sexual way, so close that the male's penis goes inside the female's vagina. And the vagina stretches open in a way that fits around the penis.

When this happens, it is possible for a female and a male —



Perfectly Normal Masturbation

During puberty, when the sex hormones cause boys' and girls' sex organs to become more active, many kids begin to have even more pleasurable and excited feelings about their own bodies — and they may also be more attracted to and interested in other people's bodies.

These feelings are often called sexual feelings or “feeling sexy.” Even though they are hard to describe, they are normal feelings. They happen at different times and in different ways for different kids.

Boys and girls, teenagers, and grown-ups too, experience sexy feelings when they masturbate. Masturbation is touching or rubbing any of your body's sex organs for pleasure — because it feels good. One everyday term for masturbating is “playing with yourself.”

Mas-tur-ba-ting.
I've heard
about that.

Just another
big word.
That's all it is.



Some people think that masturbation is wrong or harmful. And some religions call masturbation a sin. But masturbating cannot hurt you. And it does not result in pregnancy or in getting or passing on infections that are spread by sexual contact. Many people masturbate. Many don't.

Whether you masturbate or not is your choice. Masturbating is perfectly normal.

When people masturbate, they usually rub their sex organs with their hands or with something soft, like a pillow. A girl often rubs her clitoris; a boy often rubs his penis. Both the clitoris and the penis are sensitive to touch.





Have you noticed that human bodies come in all different sizes ... shapes ... and shades? People's bodies look so different.

Most human bodies look pretty much the same to me.

They do?

They do.





Oh, come on! You do know that male and female bodies look different from one another!

Do we have to talk about this — now — here — or anytime?

What's the big deal?

Let's just forget we ever had this conversation. Okay?

