

Sensuality, Sexuality and Growing Up!

Hormones and your rising sexual energy, fuel the changes at puberty. Through your sensual and then your sexual experiences you create ever-deepening connection to yourself, your girl or boyfriends and later your intimate partners. Your emerging sexual self is searching for its own expression and identity.

Both sensuality and sexuality have been considered wrong or bad over the last couple of centuries. These aspects of yourself and your increasing sexual energy are normal and a natural part of growing up. There is much to enjoy in discovering your sensuality, sexuality, emotional involvement, spirituality and love.

Parents may find it difficult to talk about their own sexuality or yours. Sometimes parents believe that if they talk about sexual contact it may make you do it. If they don't talk about it, it eventually happens anyway. If you are left to learn about your sexuality by trial and error, it can be confusing and challenging, especially during adolescence when you are already experiencing so much change.

Premature Sexuality

Teenagers are often pressured to become sexually active too soon without any real friendship or love. Everyone loses! Some teenagers are not interested in playing this game. Even though feeling pressured, they resist the temptation and respect themselves enough not to go against their true feelings. Some lose friendships because of this. **If you are not ready for sexual contact – don't.**

If in doubt, don't!

Maturing from child to adult is relatively slow. Your body matures much faster than your ability to deal with the choices you are faced with. The results of your actions and what happens to you emotionally as you become sexually involved are not always obvious to you.

Hormone levels increase, creating natural sexual responses to be awakened. This can cause a huge surge of sexual energy in the body. Pornography, sexual misuse and sexual suggestions in the media, increase the intensity of this natural process. We add our own fuel to the fire when we have expectations, passionate fantasies, lustful thoughts and images. This can generate more sexual **charge** and can cause sexual over-stimulation.

The media, TV and movies usually show the romantic or lustful side of sexuality. They rarely present what sexuality in real relationships is about. Watching movies, idolising rock stars or being exposed to pornography may stimulate your sexual responses but can deaden your heart. You can't love screen images but you can feel desire for them. These characters are not real – they are acting. To move into your sexuality in a natural and spontaneous way, avoid movies, TV shows and pornography that over-stimulate you.

Your sexual energy can be activated too early. If the brain, hormonal and reproductive systems are not fully developed, your system can become overloaded. In early teens your body, social skills and emotional experience may not be mature enough to deal with this amount of sexual charge. It can greatly multiply the mental and emotional confusion that is going on inside. It supercharges the emotions of anger, depression, fear or guilt.

Similarly if you are feeling love, joy and tenderness this also is magnified.

