Why Didn't Somebody Tell Me the Truth?

Vicki Thorn

As the foundress of Project Rachel, I have listened for years to the pain shared by women that was caused by sexual decisions. As I speak with women about healthy sexual choices, they have repeatedly said to me "why didn't some one tell me?" This question has haunted me over the years and lead me to do research on how people make sexual decisions and the biochemistry of sex.

I am amazed at what I have discovered. I am appalled at how little women and men know about how sex really works in our bodies. As a woman I am angry that we have not been told the truth, and have in fact been lied to by the proposents of sexual freedom and free love.

As I have presented this information to high school and college students, as a talk called, "What They Didn't Tell You in Sex Ed" I find that these young people are fascinated with the information and conclude on their own that sex probably belongs in marriage because it is far more complicated than anyone has told them.

'I Didn't Know That'

When I present this material to older, more mature women, they mumble throughout the talk and keep repeating, "I didn't know that. I didn't know that!" Young adults listen carefully and sometimes respond as one young woman did, "where were you seven years ago when I needed you?"

IN BRIEF

- " I didn't know that
- Continuation of the species
- * Biochemical 'love'
- Complicated biological process
- Cohabitating risks
- * Cancer risks

Let me warn you that the article you are about to read is politically incorrect. Having said that, let me say that not only do I believe that this information has far-reaching potential to help couples make better partner choices for marriage, but it leads them naturally to Natural Family Planning. Additionally, this material is the biological component of the theology of the body.



The society we live in has promoted the lie that sex is without consequence; that it is a little like brashing your teeth. The message that is drummed into us is "if it feels good, do it." Teaching kids sex ed in mixed settings begins to break down their natural modesty very early.

Many programs boldly teach contraception and give the message that sex is something we simply can't control. Others present an abstinence curriculum and then subtly sneak in a condom message and even give demonstrations. They imply that condoms are safe and really do protect against HIV, other sexually transmitted diseases and pregramcy. Kids and teens are not really taught about how strong the drive to procreate is and how our bodies respond to that.

Let me start with a little biology refresher. A woman's cycle is composed of three phases. Immediately following her period is the follicular phase, when the body is preparing to ovulate. For pregnancy to occur, sex needs to occur one to five days before ovulation. As the woman gets close to ovulation, her body gives off signals about the impending event. There are pheremone changes. (Pheremones are scent molecules that are not perceived by the normal olfactory cells but by different cells at the base of the interior nose called a VNO. Some people are incapable of detecting these molecules and are said to have anosia. We are all familiar with the pheremones in moths and other creatures, but most of us don't realize that they are at work in human attraction as well. I'll say more about that later.)

> When a woman is getting close to ovulation she gives off pheremones that males detect. These pheremones cause testosterone surges in the male, making him more sexually interested and aggressive.

The female during this time also dresses a little more suggestively and behaves in a more flirtatious fashion. Her biology is exerting itself and trying to attract a male to achieve continuation of the species.

Sex is six times more likely to happen during this phase. Twenty percent of couples will get pregnant in the first mouth of having sex and 50 percent within the first six months. Pregnancies do happen the first time someone has sex because, quite likely, she is in her ovulatory phase. Nature wants to keep the species reproducing.

Also sexual arousal during this time will condition her body. Researchers showed women in this phase an erotic movie and found the women had an erotic response. They showed the same movie to women in other phases of their cycle and discovered that nothing happened.

As a follow up they showed the same movie to the women who had had the erotic response during another phase of their cycle and discovered that the erotic response had been conditioned by the one viewing of the movie.

Anthropologist Sarah Hody believes that this is why women become "booked" on bad partners. They shared sex while she was vulnerable to being sexually conditioned and now she stays with this partner. In talking to teens and young adults about this, I will them that mid-cycle

SJ Ball

Ladies' Home Companion ,1926 New-Church Messenger ,1927 **Congressional Record** United States. Congress, 1984 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 Magic: The Life of Earvin "Magic" Johnson Roland Lazenby, 2023-10-24 The definitive biography of the basketball legend Earvin Magic Johnson from the highly respected career sportswriter and author of Michael Jordan The Life Magic Johnson is one of the most beloved and at times controversial athletes in history His iconic smile lifted the dowdy sport of American professional basketball from a second tier sport with low ratings into the global spotlight a transformation driven by Magic's ability to eviscerate opponents with a playing style that featured his grand sense of fun He was a master entertainer who directed the Los Angeles Showtime Lakers to the heights of both glory and epic excess all of it driven by his mind blowing no look passes and personal charm Then in 1991 at the height of his charismatic power Johnson shocked the world with a startling cautionary tale about sexually transmitted disease that pushed public awareness of the HIV AIDS crisis Then out came his confession of unprotected sex with hundreds of women each year followed by his retirement an attempted return and a proper farewell on the iconic 1992 Olympic Dream Team Longtime biographer Roland Lazenby spent years tracking the unlikely ascension of Johnson an immensely popular public figure who was instantly scandalized but who then turned to his legendary will to rise again as a successful entrepreneur with another level of hard won success In Lazenby's portrayal Johnson's tale becomes bigger than that of one man It is a generational saga spanning parts of three centuries that reveals a great deal not just about his unique basketball journey but about America itself Through hundreds of interviews with Johnson's coaches representatives past and present teammates opponents friends and loved ones as well as key conversations with Johnson himself over the years Lazenby has produced the first truly definitive study both dark and light of Earvin Magic Johnson Jr the revolutionary player the icon the man **Light** .1917 Houston Rap Tapes Lance Scott Walker, 2018-10-15 The neighborhoods of Fifth Ward Fourth Ward Third Ward and the Southside of Houston Texas gave birth to Houston rap a vibrant music scene that has produced globally recognized artists such as Geto Boys DJ Screw Pimp C and Bun B of UGK Fat Pat Big Moe Z Ro Lil Troy and Paul Wall Lance Scott Walker and photographer Peter Beste spent a decade documenting Houston's scene interviewing and photographing the people rappers DJs producers promoters record label owners and places that give rap music from the Bayou City its distinctive character Their collaboration produced the books Houston Rap and Houston Rap Tapes This second edition of Houston Rap Tapes amplifies the city s hip hop history through new interviews with Scarface Slim Thug Lez Mon B L A C K I E Lil Keke and Sire Jukebox of the original Ghetto Boys Walker groups the interviews into sections that track the

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