



HOW TO TALK TO YOUR SON ABOUT WOMEN AND SEX

MAIN PROGRAM

with Scot McKay

Hey, how's it going gentlemen. My name is Scot McKay and I want to welcome you to this audio program called *How To Talk To Your Son About Women And Sex* from X & Y Communications.

Listen gentlemen, there's no real rite of passage for boys in this postmodern culture is there? That is to say, there is no real line in the sand nowadays where a boy becomes a man. You go overseas to other cultures, like for example the Maasai in East Africa, and those boys know when they become a man because there is a ritual associated with it. Not so much in our culture.

Instead, nowadays the concepts of prolonged adolescence and keeping young people out of the workforce until a relatively advanced age are all a part of what conspires...well, to keep our sons from really thinking towards becoming a man at all, at least until they're about 20 or 25, of course.

But see, this audio is going to focus on the reality that really, that means there's no clear point where a boy learns about sex and how to interact with women as fellow sexual human beings. I mean, just because we go through puberty, just because we feel the changes and become sexual human beings; just because that biological change happened doesn't mean anything was imparted to us, as far as what to do with that, what not to do with that, and certainly how to relate to women and girls.

Notes

I mean, a lot of guys don't even really serve as much of an example to their children at all, let alone as husbands or in any way shape or form men who respect and honor women.

You as a member of the audience of X & Y Communications have already stepped up and drawn a line in the sand showing that yes, you do respect women, you do honor women, and you want your sons to have all the benefits of being raised with that knowledge.

And those skill sets to be empowered to succeed with women going forward. Therefore, you know what, gentlemen? This particular opportunity to talk to your sons about women and sex represents a very real opportunity indeed. And yet, you know, most men just shirk their responsibility. So again, kudos to you as a listener for taking up the mantle. By even taking that step, you've set yourself apart.

Now, I want to take you back to what it was like for most of us as young boys. Go ahead and think back to fifth or sixth grade and on into junior high school, and into high school and college. Of course, it might have been this way for you listening to this. There were only a few boys back in the school days who seemed to understand girls. Sure, there was a particularly good looking kid, or the middle school star athlete. But thinking back, the few others we saw who really seemed to relate well to the girls weren't particularly different than we were, except for one thing. They did not fear the girls.

Now, that can only mean if--well, you know, notwithstanding the fact that some kid somewhere it's just a natural at this, which would be extremely rare, by the way--this means someone like an older brother, or yes, especially their dad stepped up and taught them the ropes and did it right.

That's why this audio program is so necessary because you as a father are the best and most trustworthy chance your son has of getting this right early, and therefore gaining well a lifetime advantage with women, right?

So why do this talk with your son to begin with? Well, frankly, because your son is going to learn about this topic one way or another. I personally believe few men are actually naive to this. It's simply awkward enough to us as men, as fathers, that we stick our heads in the sand and look for an excuse because we're just scared of having this talk with our sons.

We don't feel prepared for it. We're kind of scared of how it's going to be received; if we're going to be laughed at, if we're going to somehow spoil our relationship with our sons.

But I'll tell you what, gentlemen, given the alternative of not talking to your son at all, those risks are more than mitigated by the potentially immense value your son is going to receive from having you taken the time, the effort and indeed caring about him enough to talk to him about women dating and sex.

And make no mistake, gentlemen, it's all important to the development of your son, that you control the narrative when it comes to this topic. Otherwise, it's left up to his peers, the entertainment media, his school administrators--which are becoming more and more scary around the United States of America, day by day, it seems.

You see this on the news about what our kids are being taught and It might even be left up to porn to teach our kids about women of sex. And if that isn't cringeworthy, I don't know how else to impress this point upon you guys. You really never have been able to trust the school system. But especially today, more so than ever. And

even if you could, mere sex education, aka the birds and the bees, just doesn't cut it, guys.

Your son needs an example of how to respect women. And he deserves the truth on how to attract them as well. That's never taught in school. Even simple social skills aren't really taught enough in school, are they now?

So yes guys, you got to stand in the gap, you got to have this conversation with your son, because the simple biology of it all, although that's certainly going to be part of this conversation you have with your son, is far from the big picture.

Additionally, you don't want to leave this to his mom. And you know what, go ahead and inform your son's mom of that even if you're not together anymore, and you live apart from your son most of the time. Prioritize this conversation with your son, and serve notice to his mom that yes, you as a father will be more than willing to pick up this mantle and have this talk with your son. No matter what your relationship is with his mom, whether you're happily married today and will be forever or the opposite is true. If there was a bitter divorce, chances are unless she's particularly prone to creating drama and strife for everybody involved and is just, frankly, an unfit parent, she'll be more than happy to let you take charge of this particular responsibility.

Unfortunately, some of the dads that do indeed valiantly attempt to have this talk with their sons--and indeed, the educational part, as you're soon going to find out can be done all at one time--they fumble it. Men of faith can mean well, for example, but install shame and guilt long before the kid even understands what shame and guilt is even for. I mean, imagine that right? What's up with installing shame and guilt in our kids, you know, if by proxy, even

before they even reach puberty, about women dating and sex, right? Sometimes our own shame and guilt is in the way, isn't it?

Remember, this isn't all about you, gentlemen. Can you challenge yourself to get out of any comfort familiarity zone? And while staying objective with your son? Can you do that for your boy?

And of course, some dudes have no idea themselves what works. Many of us still lack skills with women ourselves, right? So then, in case it's not obvious, all this means you have to be fully and accurately inform yourself about matters pertaining to women dating and relationships, right,? ...and even sex.

So if there are any aspects of the potential discussion I cover in this program that you aren't fully clear on yourself--and by the way, that's okay--be sure to shore up your own knowledge.

We'll talk about strategies for handling your son's questions later. But along the lines of the point I'm making here, it's perfectly okay for you to answer, "I don't know, but I'll find out", or better yet, get the answer right then and there from a Google search of a reputable outlet on your smartphone...right there in the moment when you're talking to your son.

In addition to your knowledge, check your own attitudes towards women and sex before proceeding. Do you really want your son to be negative and or jaded if you happen to be towards women, even in the moment? Or does he really deserve a clean slate to work with?

Your mental state, your mindsets, your attitudes, all those have got to be in check or else your conversation with your son is going to be tainted, isn't it?

Along those same lines, gentlemen, trust must be built with your boy as early as possible. If you go through life, from birth to age 10—which is by the way, is about when I would recommend having this talk with your son, and we'll talk about that more in a bit—if you have not been a man who sets boundaries, and abides by them, or keeps his promises, or does what he says he's going to do, you're going to have a hard time even getting your son to want to be a part of this conversation with you.

Now, as difficult as it may seem, perhaps to go back in time, check yourself here. Don't be too hard on yourself. If you've been a good decent Dad, your son probably already knows that. And if you have a reasonably good relationship with them, your conversation with him will probably go well. But if there is any cleanup operation you need to do, remember real men apologize when they have done wrong and they go about the work of setting it straight. It's okay to talk to your son about having messed up. Tell him you want to do better going forward. Tell him how you're going to do better going forward, and if you need a week or two weeks or a month or even a full year to start building that trust with your son before he's ready to hear from knew about these all important topics we're discussing today, then so be it. I just wanted to share all of that with you because I felt like it needed to be said.

So objectively, what age should you have this talk with your son? Well, the correct answer is when you have a gut feeling, you sense that he's kind of in the dark about dating women, girls, sex, and it's hurting him socially or causing him embarrassment already, then it's definitely time to have the talk with him. And I would also say, if you let it go longer than fifth grade, you've probably waited too long.

Now, don't be pollyannish about what kids know, early on. I mean, you've seen the show South Park, right? Those kids are supposed

to be in fourth grade. If you remember what it was like for you in fourth grade, you knew all the words, you knew basically what was going on about sex, even if you didn't know the gory details, right?

And yet, I think a lot of parents still like to have this naive viewpoint that our kids are little innocents, perhaps even to adulthood. But you know what? What happens is when your kids start going through puberty, which for girls can come earlier--and by the way for both boys and girls is coming even earlier than it ever has historically because of diet and exercise and other societal factors that go beyond the scope of this program--but what I would say is 10 years old, fifth grade, is the sweet spot to have this talk with your son.

Go ahead and tell your son ahead of time that the day will be coming soon when you need to have this talk with him, and be crystal clear that it's going to happen. So what I'm basically recommending here is that you not blindsides your son with the notion of hey, you know what? Let's talk about dating women and sex right now. Go ahead and put it on the calendar, plan it for like, say, a Saturday afternoon, or some time when you and your son will have several hours to yourself where you can have father son time.

Now see, the beauty of actually telling him about this--you know, I'm tempted to use the phrase warning him--but you know, again, you don't want to make this some big scary deal. And by the way, guys, you're gonna be wearing your emotions about this on your sleeve. If you're all wadded up and bent out of shape over this and really nervous about it, guess who else is going to be wadded up in nervous about it? Try to take a deep breath, be nonchalant and explain to your son, hey, you know what? In a couple of weeks, we're going to need to set a couple of hours aside for you and I and

I'm going to teach you all about women, girls and sex because it's time. And like I said, if you built that good, decent relationship--not a perfect relationship. There's no such thing, right--but if you've built a good decent father son relationship there, he'll probably look at you with a little bit of reticence. And you can tell him, it's okay. And he'll be like, alright, you know, I'm looking forward to it. If he gives you any pushback tell him you know, you'd rather he learned this from you than from some other source or sources who don't care about him so much personally. That's a great way to phrase it.

If you get any pushback from your son, when the time comes to actually talk to your son, the first thing you need to know is if you're ashamed and embarrassed about dating women as sex, if there are any vestiges of shame, embarrassment and or guilt within you, then he's very likely to feel embarrassed and shameful and perhaps even guilty as well.

Gentlemen, you can do this. Always remember that. You know, the mantra nowadays for men in the masculinity space is do hard things, right? Well, yes, gentlemen, you can do this, even though it is not easy. Again, consider how few men will man up and ever actually do this. You're about to be one of them. So yes, this is a hard thing. You owe it to your son to hold it together, be straightforward, yet open, and be very observant about how he is dealing with the new info.

I promise after you break the ice and get on a roll, it'll become a lot easier for both of you. Now, as awkward as it may sound, for me to make the comparison I'm about to make, it's not unlike a first date with a woman, right? If you're all inside your head and worried about how you look, you're going to forget to look across the table, you're going to be too busy inside your own head to consider how the other person is feeling right now what they're going through,

what their body language is like. But if you can somehow be the man who stands in the gap and takes charge of this particular interaction with your son like you did on the first date with his mom, that was so successful, right?... If you hold it together, if you're straightforward and open and observant, it's going to go much better for both of you and it'll be a lot easier for both of you.

Here's a particular direct, actionable strategy that you guys need to know that I think is mission critical. You've got to get your son out of the house. Make this an event between the two of you. If you want to go fishing together, if there's kind of a quiet secluded event that you guys like doing, even if it's hunting or something like that...I wouldn't say go go kart racing or something like that, because there's too much commotion, there's too much going on there too many people around. But if there's a rather quiet event where the two of you can have some one on one time, go for it. Otherwise, you know, just take him out. Even if you walk or you sit in the car, even as long as you're together, it'll be much better than if you somehow try to find a corner of the house and talk to him there. Obviously, if there's anybody home like Little Sis, or mom or anybody else who could be knocking on the door, and intruding, that's going to be a negative influence. But I'd go so far as to say even getting out of the house is important. Even if the two of you are the only ones living in the house or at home at the time because it indeed makes this into an event. It makes it a line in the sand, it makes it a rite of passage.

So right out of the gate, when you're out with your son make the decision to celebrate both men and women. Guys, again, check your attitude, check your mindset towards women. If you allow yourself to descend into bitching and complaining about women and assigning blame to women, that's what you're going to be teaching your son. And like I said, regardless of how you've been

hurt, he deserves a clean slate. You have a golden opportunity to make a long term impact on how he feels about women and sex. This builds a foundation for the rest of his life in terms of his attitude towards women, dating and sex. Think about that. There's a lot of gravitas there. It's a teachable moment that will imprint his character and psyche possibly forever.

So before you start, also make the conscious decision to invite questions along the way from your son, and take every one of them seriously. Remember, he's 10 years old. If you did this right, he'll know almost nothing about what you're talking to him about early on. So expect a lot of naive questions, maybe expect some questions out of left field.

Notably, a lot of times there's some sentiment that laughing or joking about women, dating and sex must be avoided, and that this conversation needs to be taken gunfighter seriously. I mean, how masculine of us right? But there's indeed a balance to be achieved. Show some forgiveness here, if your kid comes up with a little bit of bathroom humor, or indeed behaves like a South Park character here and there. After all, he's that age. Certainly some of the truth about men women is sex can indeed be humorous. And that has to be okay, especially given that he may very well be hearing this for the first time.

Bear in mind also that shock and or discomfort can manifest itself in laughing. You have to be matter of fact, but light when you sense your son needs you to be. Now, I'll tell you, when my son and I had this conversation, it was extremely clear by my son John's response to me telling him how a penis and a vagina interacted sexually that I was really the first guy who ever explained it to him. He did...he looked at me with wide eyed all and just kind of laughed, like, are you serious? Really? Right. So that's a wonderful

example of how I think we need to be ready for a light moment, even when we're dropping some of the heaviest info of the entire conversation on the table. Right? This is a huge takeaway guys, so run with it.

Next, importantly, start by asking your son how much he knows already about anatomy and about sexual behavior. Ask him if he knows how women get pregnant...you know, the basics. Notably, your son may not be willing to be as vulnerable at first, Hey, he may completely clam up out of embarrassment, and refuse to disclose some of the things he actually knows. But you're going to have to wade through that. That's not going to be your fault if that's the case. But at least you'll have respected him enough to prevent the eye rolling later because you're telling him stuff he already knows.

Guys, this is a crucial step to prevent him from feeling preached at too, right. So neither underestimate nor overestimate the importance of what I'm telling you here. Those few minutes you take towards the beginning of the conversation, to hear your son out on what he knows already shows you respect him, you respect his knowledge, and you're not going to presume anything.

And see what that does is it keeps him from tuning you out because you seem like the naive one to him. And all of that is replaced by the respect that both of you should be feeling towards each other during such an important conversation is this one right?

Ask your son how he feels about girls and listen more than you talk, let him express himself. If he gives you a very terse answer, it's okay to be a bit vulnerable yourself about your own thoughts, especially if you remember how you felt at his age. Or even ask him some questions, as long as they remain general and not personal as if you're probing. There's no need for the latter, by the way...now

or ever, really. I mean, you're just going to make your son feel kind of pinned to the wall as if he might get in trouble for what he's about to say. And I'll tell you what, as soon as your son feels that way, he'll probably clam up for the rest of his adolescence. So you don't want to set that precedent, especially now. Get this even remotely right gentleman and your son will grow up more open, and less likely to hide stuff from you as he goes through adolescence is much in general, right?

Next up, I recommend getting the mechanics of sex out of the way early. After all, it's the most delicate part of the discussion and revealing that mystery makes most of the rest of what's to follow much easier because it'll have more of a context of logical sense, at least insofar as that's possible. In other words, giving him the biology of the birds and the bees, so to speak, really is the foundation of all this. But you know, unlike what you were taught in sex ed back probably too late, probably ninth grade, right?

You need a whole lot more than the foundation, but nevertheless, that foundation is important. Talk to him in detail about his penis, why it works the way it does, and then talk to him about how girls' vaginas work. Tell them straight up what sex is, in the simplest terms possible. You know, I basically said to my son, and this may sound a little crass, "You know, son, some of us are born with sticks down there. And some of us are born with holes down there, you actually put the stick in the hole" Now, like I said, my son absolutely did not know about this when I told him, and he had yet to experience his first ejaculation. He was not one of those kids who was already holed up in the bathroom four hours a day masturbating. But I told him why his penis gets an erection and what that's for. And he seemed to really appreciate that I told him that and explained it to him upfront.

Now, here's an interesting angle on this. If there are instances where your son has seen things in mass media, or you know, if there's been kind of a slip in a movie somewhere he saw that was a little more advanced and perhaps he wasn't ready for... If God forbid, there was anything in real life before his very eyes that he didn't understand and/or you avoided talking about in the past until he was ready, revisit them and explain.

For example, since my son John has been very young, he's always been interested, perhaps weirdly so, in American politics. So when Donald Trump was elected, my son was only about eight years old. And I hadn't had this talk with him yet. And of course, during his campaign, the talk about Stormy Daniels and porn stars and hush money was all over the news. And my son started asking about this, and why is Donald Trump in trouble? Why are they trying to take him down with this, etc. So during this talk was when I explained to him...well, the finer details of what was going on there. So that's a great example of what I'm talking about

You know, if your son's still too young, to have this talk with him as you're listening to this program, first of all, kudos to you for being proactive and learning about all this stuff and getting your head in the right place before you ever need it. But a great reason for having listened to this now is that tip I've just given you about kind of storing up those awkward moments and the explanations he's not ready for, perhaps even journaling them and keeping them in a secret file for that big day when you have this talk with your son, right?

I'd also go ahead and level set any bad relationships with women he may have witnessed. I know that that may feel a little controversial to you. But why stick your head in the sand If there have been women you don't get along with, if there was a bitter

divorce with mom, if you had a girlfriend and she went ballistic before his very eyes or something like that?

Listen, guys, life isn't all a bed of roses and kids can get caught up in that. You know, be vulnerable about your own bad choices and your bad actions. Tell your son that if there had been a talk like this between you and your dad, maybe you would have been able to avoid some of those bad choices. You do not have to throw your own dad under the bus or anything like that. You may want to strategically word it. But I think it's okay to be honest with kids about the flow of life and how it's not all perfect. In the middle class American culture. We do like to come off as best as we can as having a perfect life, don't we? Well, guess what , your son knows better.

You also can't discount what your son may have seen when he's visited friends or relatives, etc. So you pretty much have to be ready for anything there. And honesty is going to be the best policy when it comes to that. Think about it this way, guys, here's the takeaway, either your son's ready for this talk or he's not. And like I said, if you let it go too long, after you suspect he's ready for this talk, you're probably just being either pollyannish or avoiding the inevitable. If you think he's ready for this talk, that probably means he is ready for this talk. And that means he's ready for all of this talk. Okay?

If you're indeed having this talk with your son when he's about 10 years old, he likely won't be feeling a biological sex drive just yet. Now see, that's good because you want to have this talk before that happens. That way you can prepare your son for what's going to happen with his body and also with girls' bodies. Explain to him how his thoughts and motivations will be affected to start thinking

about girls sexually very soon. Tell him it's okay to think all this is weird right now. But biology will kick in very soon.

I gotta be honest with you guys, and perhaps a little bit vulnerable here. It kind of caught me off guard when my son had no idea what I was talking about, in terms of sexual urge and you know, kind of wanting to have women sexually and feeling horny towards them. He didn't know what the concept of horniness was yet. That's okay, because I got to prepare him for it. That way, when he started feeling it, it doesn't come as a surprise. And when he has his first ejaculation, it won't literally come as a surprise for him as it did for me. No one had ever taught me about this. The first time I ever ejaculated, to be honest with you, I didn't know the first thing of what was going on. I'm not even sure how I got there. It would have been wonderful if somebody would have prepared me for that moment early on. Well, you're that guy. And this talk helps prepare your son for when biology kicks in.

Go ahead and explain to your son what it means to be horny and what it will be like for him. This is a great time indeed to bring up masturbation, how it's something most every guy does. And you have an excellent opportunity to help eliminate shame before it can even take hold, right? Now. If you want to explain your son the mechanics of masturbation, I don't think I would go so far as to give him the cool techniques that feel the best. I think that can be something he figures out on his own later. But if you explain to him simply how masturbation works, that it's perfectly normal, and that he's not shameful or weird for doing it, I think that'll be enough for now.

Okay, explain the basic progression of sexual activity. Go ahead and explain to your son why men and women hold hands and why they kiss and why men and women kiss differently than just a

friendly kiss. Right? Explain the bases--you know, first base second base, third base--because he's gonna hear about that at school. Explain what feeling women up, fingering them means. Explain manual and oral stimulation. And by the way, expect wonderment over that or even a wrinkled nose over it.

If you want to talk to him about anal sex. That's your call, okay? hat depends on you and your relationship with your son. If you leave it out for now, I'm certainly not going to be mad at you. But he may very well ask the question. "Hey Dad, you know what, if there's two holes down there, what about the other one? Is that one fair game?" And you can explain it to him then, okay?

Teach your son about all the bodily functions and their names, and why, and talk to him about both men's and women's bodily functions. Tell him about ejaculation. Tell him about semen. Tell him about menstruation for sure and why women menstruate. That's very important. Also, if you want to talk to him about female ejaculation, that's again your call. But that seems to be a little advanced for a 10 year old. But you know, if it feels right within the context of the conversation, and he seems like he's really absorbing all the information, very well. Why not tell him that exists, right?

Explain to your son very carefully and correctly, how pregnancy happens and how pregnancy works. Go ahead and tell your son what a miscarriage is, explain the terms used during pregnancy, etc. such as embryo, fetus, sperm, egg, ovaries, birth canal; all of those terms are wonderful terms to teach your kid.

Teach your son the social, physical and biological ramifications of sex. Teach them that emotions are indeed involved when you're sexual with a woman, why you can't "use" girls sexually. Teach him about various sexual attitudes people have, right? ...How to be

ready for them. You know, for example, some people are going to talk very callously about sex, like “getting some” and “scoring” and how certain girls “put out”, “did you get something off her?” might be something that he'll hear from other boys at school. Teach him what all that means so he's not shut out from those conversations because of either shame or the embarrassment of ignorance.

Teach him what birth control is and what it's for, including, especially what a condom is and how it works, and how to use it, which you can explain verbally. Of course, if you want to bring one and show it to him, I think that would be fine as well. And especially talk to your son about STDs. Now, on the latter, I wouldn't go completely overboard. Remember, you're not trying to shame your son, or scare your son. I mean, obviously, you don't want him to make girls pregnant, you don't want him to get an incurable STD. But if you focus really hardcore on STDs, all you're going to do is scare your son stiffless about sex, and perhaps your talk with him might end up having the opposite effect you wanted it to, which is just making him close off from girls sex and say, “Man, this just isn't worth it.” And certainly you don't want that. Like I said, you want to give him a clean slate.

Now, obviously, you want to teach him all the correct clinical and socially acceptable terms for all the parts and functions and behaviors we're talking about. But I'm gonna go on the record as saying you should teach him all the slang too, because if he's left out in the cold on all of that, he's going to come off to his peers as being less knowledgeable, and he will indeed be less knowledgeable.

If you think about it, almost every time people talk about sex in a casual social environment, in a real world environment, they're not using the clinical terms, unless they're really uptight, are they? So

your son needs to understand all of this. You need to be very clear about not only the behaviors and the attitudes themselves, but the words that may be used to describe them.

Go ahead and research this, as silly as that might sound before you talk to your son, if for no other reason than to make sure you don't avoid anything he may hear at school. Otherwise, his peers, the media, or even the porn he's going to start sneaking once he does start feeling sexual urges.--and by the way, that's going to happen. Just look forward to that day, alright?--all that's going to be what indeed teaches him.

Now, I would argue that although what I'm about to share with you should happen in very basic terms at a very early age--in other words, even when he's in, oh man, pre K--you should teach your son about how sexual predators work, especially psychologically, and how to keep from being taken advantage of, aka groomed. Tell him it's not everyone out there who's out to abuse him sexually, and avoid making him fear the boogey man for sure, but be frank and clear. Nonetheless, if you would like to, go ahead and tell them that most of those guys are inherently weak and not very masculine, not very tough, they're usually cowards, deep down. And if you run away, and you report on them, they'll usually back down. Tell him that the threats that groomers typically make when they would sexually abuse a child typically never come to pass, and that he should always make an outcry. If he feels like there's someone threatening him sexually and/or making any other inappropriate sexual motion towards him, tell him if he feels uncomfortable with any adults and their attitude towards sex towards him, it probably isn't appropriate and that he's free to tell you and that he certainly won't be punished or shamed for it.

And like I said guys, this is something you should share with your children when they're very, very young because I'll tell you what, sexual predators and groomers are counting on the fact that you haven't told your very young children to stay away from strangers who touch them inappropriately, and if they ever feel like they've been touched in a way that made them feel uncomfortable, to come and tell you right away, regardless of what the adult says. All of that is extremely important. And it needs to be part of this particular conversation with your son about dating women and sex in a way that's certainly deeper and a little more detailed than it was when he was much younger, right? Now, once you've taught him all the proper terms, and the curse words, and what they mean--and while you're at it, by the way, the relative severity and nuances of each of those curse words... And don't wimp out on the really bad ones, by the way, he may as well hear from you, right?

Next it's time to open the floor to him to ask about any terms he's heard before that you didn't mention, and prepare yourself for what you might hear. You should also inform your son of any aspect of sex he's likely to hear about from his peers or see in the media or even elsewhere, such as prostitution, threesomes, sadomasochism, abortion, rape, trafficking, etc. All of those are sticky, sticky social issues nowadays, indeed. But there is no better place your son is going to hear about those issues and have them explained to him then from you, right? You have a wonderful chance here to help him develop healthy mindsets early on. And by the way, guys, just a bit of a fair warning, expect a pro-life position from innocent children. That's where they tend to default. So if you're a pro-choice kind of guy, please don't go off on your son if he doesn't see your point of view. And of course, if your son is pro-life, and you're pro-life, I guess you're off to the races together. And you can go ahead and express your values to him on that subject too, right?

Next, have a frank and objective talk with him about sexual orientation and sexual preference. And guys, if you don't know the difference between those two, educate yourself. Sexual orientation is being gay or straight, for example. Sexual preference is you prefer blondes to brunettes, you prefer having this kind of sex rather than having that kind of sex, etc. You can talk to him about both of those concepts and the differences between them. Of course, you may balk at this guys, and you may want to leave it out because it isn't kind of your cup of tea. After all, I realize most of you guys listening to this are likely straight. But I can double-dog guarantee you gentlemen, that it's again far better for you to open up about this rather than letting his junior high school, his peers, and/or God forbid the media put their spin on it. Explain to your son the ways people can express their sexuality and don't leave anything out.

In my opinion, you'll also need to talk to him about what transgender means because it's all over the media nowadays, and you're not going to be able to escape it. The extent to which you want to describe to him how transgenderism works, and what people's attitudes are towards it, and what the terms mean is up to you. But I would not shut that subtopic out from this conversation by any means.

I'd also recommend talking about how homosexuality has been viewed historically, where society generally stands today on LGBTQIA issues, and ask your son what he thinks of that. As you can probably predict, I'd also recommend objectively teaching him what the letters LGBTQIA stand for, and what each respective one means. Remember, through all of this, that you are his father, and it's up to you to convey your values to your son because he simply can't count on anyone else in this life to do that the way you would.

My recommendation remains to tell him what you think about all aspects of sexuality, including the ones that are social hot potatoes, but without judgment towards his young thoughts or questions. And hopefully, obviously, without sparking a heated debate or preaching at the kid.

It's also worth mentioning here that it's prerequisite for you to be crystal clear on what you believe and what your values are before you can expect to have any meaningful, let alone influential conversation with your son about them. That's especially true for this topic, guys.

Now, shifting gears a little bit relative to this conversation you're going to have with your son, I firmly believe that in addition to talking to your son about sex, you have an excellent opportunity to teach him how to relate to girls, how not to fear them, and even how to attract them. I strongly suspect many of you listening to this audio will have other X & Y Communications programs in your library. And those are great places to start. If you want to make sure you're at your sharpest on all of this, virtually zero fathers do this. Remember, there were only like two or three kids back in junior high who weren't afraid of the girls and knew how to talk to them. That's because there are virtually zero fathers who have this talk with their sons, but you can make it so your son is one of the few boys who have girls figured out even in middle school.

You may have some trepidation about this. But always remember, you would have loved to have had this knowledge from your dad, wouldn't you? Your son will thank you for it also. So practically speaking, then, how can you indeed be one of the few and proud fathers to do this effectively for his son? Well, first of all, talk about masculinity and femininity in detail. Talk about how men are providers and protectors. And we lead and women respond by

bringing all the joy, the play, the comfort and fun to the world as a gift to us to recharge our batteries. Explain how that's a dance, how it's by design, and explain how physical sex is a metaphor for it.

Explain how the social and the physical are in perfect concert with each other for us as men and women. Talk about what it means to protect, to provide and to preside. Talk about making girls feel safe and comfortable, not only physically but emotionally, right? Explain how women like boys who are confident and are clear about their desire to ask them out, right?

Explain to your son some of the signs that a girl likes him. For example, laughing and giggling is not ridicule. If you were to go ask a girl out in the playground, right, or r ask her to the dance, and she looks at her friend covers her mouth and giggles, he shouldn't feel shamed by that. Those two girls are having fun. It's a good thing. Explain something like that to your son. Imagine how golden a nugget that is for him. Explain that when girls are giving you attention, asking you what you're doing...putting themselves in his way...even if they're teasing him, right, it probably means they're trying to get his attention because they like him. They think he's cute.

Remind him that girls are all “newbies” like he is. So they won't always act so perfectly either. And along similar lines, this is important. Your son doesn't have to be perfect, either. Tell him how girls are more forgiving than we think. Even if we ourselves sometimes have a hard time believing it, right? Remember, we've been kicked around the block. We've established patterns in our life that may have become self fulfilling prophecies. Give your son that gift of a clean slate, because it is true guys..women, girls--young girls in particular--are very forgiving of shy boys, boys who stammer if they like them. You know, it's all going to be okay. A lot of little

boys feel like they have to be perfect or the girl won't like him, or they're very scared, very reticent that a girl will make fun of them. The "too good to be true factor". In other words, if I think a girl is cute, man, it's gotta be too good to be true. It has to be impossible that she would like me back. Man, that sets in in elementary school. It'll probably be at least somewhat wired up by the time you have this talk with them. Unwire that noise guys, get these boys to understand that girls want to like boys as much as we like them.

Tell your son that it is very likely that the boy the girl ends up going out with will be the boy who asks her out rather than wimping out. Explain this to your son. Throw it on the table. But at the same time, like I said, remember to tell him girls are more forgiving, that they actually want to like us back. That way you'll ease the "high stakes" for him.

Talk to him about the concept of rejection and fear of bothering girls. Talk to him about those things that we talk about all the time in the newsletters, and in other X & Y Communications programs. Because man, he's an open book. He hasn't had the heartbreak, he hasn't had the rejections, he hasn't had the embarrassments yet. And if you do this, right, he'll have far fewer of them. If you think about it, guys, most of you have had far fewer embarrassments and rough times than you thought you would have. Because you've avoided it, there's a greater prevalence of you being scared of it happening than there is an actual prevalence of it being embarrassing, or it being scary.

So giving your kids these skills at this age...well, it helps mitigate that. It helps him be more confident, understand girls better...and with the attitude he takes him to school with him, following your talk with them, the girls are practically guaranteed to be more open to him and he to them, and then he'll have set the precedence at a

very early age that will carry him through a lifetime of success with women, right?

But yes, you also have to counter that confidence building with a firm and complete explanation of what harassment looks like, and why it's wrong. Teach him to be a protector of women, and especially a protector of women who are getting harassed or pressured or touched inappropriately by other boys, and watch your son's natural masculinity rise up to and love that idea of being a protector. Just consider the power of that little lesson you're giving your son right there all by itself. That will set him up for a lifetime of respect towards women and positive experiences with them, and it'll keep him just out of a world of trouble, right?

Go ahead and explain that "too good to be true factor" to your son in detail. Tell him that girls and boys are designed to be in partnership. They're designed to get along. They're not designed to reject each other, hurt each other and be adversaries, let alone enemies.

Tell your son he absolutely is good enough and how girls respond better to boys who confidently like them. Tell him how important that confidence is to his success with women and tell him--you know, you got my full permission, guys. I've told you guys this 100 times--why not tell your 10 year old son just like I told my 10 year old son that the number one differentiator between guys who women love and guys who aren't successful with women, is those guys who are successful with women believe they should be successful with women, and the women simply follow.

And yes, indeed, it's absolutely natural, biological, that a boy should be able to get girls to like him. If not your son, then who? This is a great confidence builder. Ask him that question. Introduce the idea

from my invincible program--that women can't hurt him, nor do they want to. And indeed, women may hurt us as guys. And some women may indeed be vengeful, but most indeed aren't. So if he has an attitude that he holds personal power, that he shouldn't be afraid of women...and if he holds that mantra dear, that women can't hurt him, nor do they want to, that's going to take him very far socially.

Give your son practical examples of how to show interest in girls, albeit in an appropriately innocent, yet direct way. Tell him it's perfectly okay just to go introduce himself to a girl and tell her his name, tell her he'd like to take her to the dance, tell her he'd like to sit down next to her at lunch. "I'd like to go to a movie with you some time." Tell him not to beg girls, not to come in with a defeatist attitude as if she's gonna say no to him. But tell him to suggest rather than beg. Teach him these skills early on. They're innocent skills, they're skills that work, they're skills that he can carry with him for a lifetime.

And now here's what really was the clincher. The very afternoon I did this with my son, I took him to lunch. Right after we had the man-to-man talk encompassing everything we've talked about in this audio program, we went out to lunch. And I intentionally chose a place where pretty women were the waitresses, young pretty women. It wasn't a breasaurant per se like Twin Peaks or Hooters, but you likely know exactly where to go in your city. There are casual, inexpensive restaurants everywhere that serve burgers and Caesar salads and the like, you know, your kid is going to love. A place like that, where the hiring manager clearly has good taste, right? And when you get there, don't be timid about asking to be seated in a particular waitresses section. Matter of fact, that's a tip you can use anytime you want to meet a woman for you single dads out there. If there's a particular waitress you want to meet at a

restaurant you think is hot, and you'd like her to be your server, just ask the hostess. Just watch for a minute or so to find out where her station is and sit there. If they tell you it's closed, or to move or something, tell whoever's telling you to move, "I want her to be my waitress." You're not needy, you're not clingy, you simply want her to be your waitress. You do that in this situation, okay? And although I'm sure you can see this coming, here's why. You're going to interact with the waitress in the most innocent of ways men speak to women, and explain why she's interacting with you in return the way she is. In other words, you're going to turn up the flirt dial maybe one or two in front of your son. Just talk to her like a woman. I teach all about this in *Invincible*. I teach all about this in *The Man's Approach*. And just treat her like a woman. Tease her a little bit. Have fun, help her laugh, help her enjoy her job a little more, and you'll be treating her like a woman. And note that she'll be nice to you, she'll be smiling, she'll be pretty, her eyes will light up. And of course, if you've chosen the right waitress with a friendly, sunny demeanor and a cute smile, you'll be good to go.

By the way, if you get to a restaurant and there's nobody there who fits the bill, go to another restaurant. And yeah, have a backup plan, have a second choice, have a third choice and just tell your son, you've got a plan and we need to stick to it. Because this is too big a deal to get fumbled on the spot. Okay, this has to happen. This has to go down.

So once you are indeed sitting at a table with the right waitress, and she's interacting with you, and you're interacting with her, it might in fact be appropriate to talk to the waitress on the side early on, excuse yourself from your son to go the men's room. And, you know, kind of catch the waitress' attention when she's at her station and explain that it's father son talk day, and pre-arrange to mention it at the table. This is ninja guys, asking the waitress to help you

assure your son that girls will like him, or at least validate him in some relatively innocuous way.

You're not going to ask the waitress to say anything inappropriate, or to touch your son, or to tell him he's sexy, or say anything sexual. And by the way, guys, it is so much more socially acceptable for a young woman to say something like, "Oh, girls are going to love him" to a young boy in this culture than it would be for you. So you got to stop thinking like a guy and realize that this young woman probably will think it's terrific that you're talking to your son. You may even get kind of an endearing response from her like, "Oh, that's so cool. You're such a great dad", you know, et cetera, et cetera. But she'll probably be more than happy to do this. And if she balks at something really simple, just leave it in her court and say, "Hey, could you at least do something to validate my son, that he's really cool? At least just say to him, 'Hey, you know what, you're really a cool little dude, you and your dad are really cool. I like you guys?'" And that's really all it would take. In fact, telling him that he's going to be really good with the girls, or girls are going to love him is kind of a bonus, right?

And guys, this is a powerful imprint. Imagine your 10 year old son being told by a 19, 20-year-old attractive woman how cool he is? I mean, it's going to be a slam dunk to go back to school expecting the 10 and 11 year old girls his age to agree, right? This is huge. This is a massive, massive psychological advantage for your son. And like I said, it's a perfectly innocent conversation. You'll be amazed at how most young women, especially the attractive women who know how to communicate, who've talked to a lot of guys, absolutely crush it on this. I mean, you will not be disappointed. Your waitress will take care of you. For this, tip a waitress at least 25% who helps you with this. By the way, possibly even in advance. Tell her you're going to do it or just slip her the

money before the moment happens at the table. It's not a bad idea.

Now after the talk, and after the lunch, here's what I recommend. I recommend doing something cool together like going to the skate park, a baseball game or another cool place where you can be guys together. It doesn't have to be the quiet place, doesn't have to be hunting and fishing. Now's the time where you can go interact with some other people and do something busier. This has been a rite of passage, remember, so celebrate with a good old fashioned session of male bonding. If he comes up with more questions then, or on into the future really, handle them exactly as you did earlier in the day. But for the most part guys, this is the time to intentionally relax from all that. Help take the stress off and just have some fun. You know, it's been a stressful event for you and your son to have this talk, to spend this afternoon together. I certainly trust it's been a good and valuable experience. But it has been a mentally and emotionally taxing one. Whether you want to admit it or not, it has probably been especially so for your son. So this step is incredibly important, that you intentionally relax and have some fun together. That's what you want to be the lasting impression from this day you spend with them.

And importantly, guys, don't regress after this rite of passage. Treat your son forevermore as if he has this knowledge and the skills. That may be kind of tricky when some younger siblings are around, for example, and you may need to use some code sometimes, or in fact help rein in your son's tact at other times, but offer him that respect.

And you know what? If your son indeed has younger sibs, absolutely hammer home the importance of not blurting out what he knows to them. This is a legitimate concern. And you can only do the best you can, right? Younger sibs tend to learn at least some of

the ropes earlier than later regardless, but you definitely want to form a pact with your son that he isn't to offer this privileged info to little sibs because they're not ready for it like he was. Treat it as part of the responsibility of being older and knowing about sex.

And again, if you have this respect relationship with your son, he's likely to rise up to that and indeed value that trust. Basically, getting your son on your team here is your best strategy, if not exactly a foolproof one. Older sibs are a part of life for younger sibs, and there are going to be breaches, okay?

But as is the case for most everything else we've talked about, any real home-based strategy between you and your son and his siblings, you as their dad--or even their stepdad, if you worked that out with their mother--is far, far better than leaving this to social happenstance.

Along those lines, tell your son frankly, that most of his peers won't be as well educated as he is. Ask him to respect that rather than making fun of it. Again, rise up to that occasion, and help them understand why he doesn't need to be and probably shouldn't be their teacher. That's what his dad should be doing. It's not up to your son to impart that information. Take that pressure off of him while giving him a little bit of agency there. He's got information that his friends don't have. If it's helpful to you, tell him, "Hey, you know what? You already have this advantage with girls that other boys your age don't have." He's going to be one of those few boys who the girls are talking about, and passing notes to in class from now on. And that's going to feel good to him, of course, because you will have succeeded at doing all of this correctly, effectively, and indeed, powerfully.

And finally, and importantly, tell him he can ask questions whenever, long into adulthood, anytime a real issue with a real girl comes up, and you'll never judge him and you'll always be honest with him. What a perfect ending to this conversation with your son. on such a big day with such a big topic.

Here are a few notes in closing on what to avoid mentioning or talking about, or even to evade if your son brings it up. I wouldn't mention any details of your personal sex life, especially with his mom and/or the woman you're currently seeing. Tell your son porn exists. But I really wouldn't go so far as to show him any real actual porn. You know, there are even legal ramifications there. Of course, it's indecency with a minor when you get right down to it. I don't think I would mention kink or BDSM, really, although I did mention it in passing before, if he brought it up, and the kids are talking about it in school. I know kids like to joke about s&m even when they're like in fourth and fifth grade. That's the level I'm talking about describing it to him when I mentioned that before. But you don't have to go into any details about BDSM or the kink community.

You don't have to talk about polyamory, especially the nuances there of all of that is too much too soon. It would feel like drinking from the firehose, and those really are adult conversations that transcend Junior High anyway, right? It's more than okay to let people discover those corners of human sexuality on their own much later.

You also don't have to reveal sexual hardships of your own or rape, abuse history within the family if that's going to be traumatic to him. You also don't have to reveal any sexual dysfunction you're going through, or anything you're seeing a doctor for. That's not anything you have to bring up with your son.

Gentlemen, I sincerely trust this audio has empowered you to talk to your son about women and sex. Given how few resources there are on this subject out there, my intent has been in many ways to reinforce what you may have already guessed were the right ways to proceed, while also giving you some practical ideas and actionable steps you may not have considered yet.

Now that you have the corroboration and the action plan you needed, I wish you and your son the very best. Rest assured 100% that your talk with your son will matter immensely, and give him a crucial advantage and headstart on his young life as a man.

Should you have any questions or comments, I welcome those at "scot@deservewhatyouwant.com". Inside the download portal for this particular program, you'll see a link not only to be able to email me your questions for free for the first 30 days after you've purchased this program, but you can also schedule a free 30 minute call with me to talk about the details and the nuances of your particular situation and talking to your son about women dating and sex beforehand. Just you have all those bases covered. And I'm happy to schedule that call, and looking forward to talking to you.

I also encourage you to join The Mountain Top Summit Facebook group, where you'll find the camaraderie and support of like minded men of character who also seek their best life with women and seek to be the best fathers for their sons.

And until I talk to you again real soon this has been Scot McKay from X & Y Communications in San Antonio, Texas. You've been listening to the audio called, *How To Talk To Your Son About Women And Sex*. Be good out there.