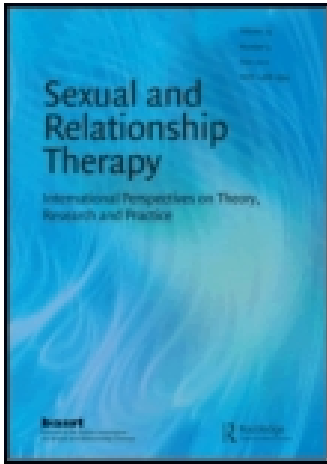


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Publisher: Routledge

Informa Ltd Registered in England and Wales Registered Number: 1072954 Registered office: Mortimer House, 37-41 Mortimer Street, London W1T 3JH, UK



Sexual and Relationship Therapy

Publication details, including instructions for authors and subscription information:

<http://www.tandfonline.com/loi/csmt20>

The Sex-Wise Parent: The Parent's Guide to Protecting Your Child, Strengthening Your Family, and Talking to Kids about Sex, Abuse, and Bullying

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Published online: 12 Feb 2014.

To cite this article: Laurie M. Wagner (2014) The Sex-Wise Parent: The Parent's Guide to Protecting Your Child, Strengthening Your Family, and Talking to Kids about Sex, Abuse, and Bullying, *Sexual and Relationship Therapy*, 29:3, 369-371, DOI: [10.1080/14681994.2014.885646](https://doi.org/10.1080/14681994.2014.885646)

To link to this article: <http://dx.doi.org/10.1080/14681994.2014.885646>

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The jealousy workbook: exercises and insights for managing open relationships, by Kathy Labriola, Gardena, Greenery Press, 2013, 200pp., US\$19.95 (paperback), ISBN 978-0-937609637

In her most recent work, *The Jealousy Workbook*, Kathy Labriola demonstrates her extensive knowledge of polyamory derived from both research and clinical practice. The book provides a road map for the reader to move from a place of jealousy to self-confidence. In clear, easy-to-follow steps, it offers an understanding of monogamy, open relationships, and polyamory. The author uncovers the roots of jealousy, what triggers it, and how to manage it.

Labriola breaks down how to handle a jealousy response in understandable terms and exercises. She supplies a wide array of vignettes and advice for managing common issues within open relationships. The author pulls from other qualified professionals in the field to give a well-rounded look at dealing with difficult emotional responses of all types that can come forward within these relationship structures. Finally, she provides a look into how to communicate within open relationships and even gives insight into the reality of what happens when someone makes a mistake in forging ahead too quickly.

Labriola's approach to the real and important elements of an open relationship is wonderfully helpful to anyone that is considering polyamory for the first time and to those that continue to struggle with multiple emotions within an open relationship. One of the crucial qualities of this book is that Labriola presents a vulnerable and honest look at jealousy scenarios. This workbook does not sugar coat the hard experiences that many go through when embarking on an open relationship.

The author offers help on the emotional, cognitive, and the behavioral fronts. The book includes realistic examples which help supports the material's authenticity. *The Jealousy Workbook* should be a primary source for anyone embarking on an open relationship or working with individuals in this arena. I highly recommend this book to both mental health professionals as well as clients.

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<http://dx.doi.org/10.1080/14681994.2014.880416>

The sex-wise parent: the parent's guide to protecting your child, strengthening your family, and talking to kids about sex, abuse, and bullying, by J. Rosenzweig, New York, Skyhorse Publishing, 2012, 300 pp., \$24.95, ISBN 978-1-61608-509-4

If ever there was a sex-positive, comprehensive, and easy-to-read guide for parents concerned about raising sexually healthy children, Dr Rosenzweig's *The Sex-Wise Parent* is certainly that volume. With over a decade of accomplishments in the field of child abuse prevention, further informed by her important work with parents, survivors, and even sex offenders, Rosenzweig has clearly and matter-of-factly elucidated the imperative for healthy, sex-positive sexuality (and life) education that begins in the home, embraces the values of the individual family, and respects the uniqueness and complexity of human sexuality.

Right from the start, Rosenzweig presents her *Rules for Parents to Raise Sexually Safe and Healthy Children*. If this author controlled the world, her list of 10 basic points would be taught to every individual and be required reading for anyone who has ever even thought about having a baby, raising a child, or even just being around a young person. Rule #3, for example, tells us to, “Remember that a parent’s job is to provide the tools necessary to alleviate fear and obliterate ignorance, not add to them: Everyone has fears and questions about his or her sexuality at some point” (p. ix).

Divided into four parts, this guide covers almost every sexual health issue parents may need to understand and pass along. In Part I, *Wake Up and Smell the Pheromones*, Rosenzweig lays the foundation for the importance of education about our sexuality, including the mounting evidence for the connections between the lack of this education and a myriad of issues from less-than-ideal memories about sexuality to becoming victims of sexual abuse to struggling with shameful sexual self-concepts in adulthood. Dr Rosenzweig combats 10 excuses *Why Parents Don’t Talk with Their Kids About Sex* (e.g. we are not sure we know what we are talking about, we think someone else does, we fear talking will be harmful) with *Ten Essential Reasons Why* they must in a way that is practical and respectful. In Part II, *Everything You Should’ve Learned in High School*, she provides succinct and expertly edited explanations of sexual anatomy and physiology, child and adolescent development, and even attachment theory. These essential topics aim to empower caretakers to take on the responsibility for sexuality education they themselves likely did not receive. Part III, *The Twenty-Four-Hour Information Channel for Kids*, tackles modern issues caretakers confront such as the Internet, media, and community influences that may not have even existed when current parents were children. Rosenzweig’s simple advice such as parental media behavioral ABCs (access, observe, communicate) and being a POS (parent over the shoulder) again brings a complicated and often overwhelming job down to non-threatening, doable tasks. With each topic, Dr Rosenzweig offers specific support for single parents, non-cohabitating parents, co-parents whose values may differ, and parents who may themselves be survivors of sexual abuse. Though these differences may be obvious to professionals, parents reading this book will likely feel recognized by Rosenzweig’s ability to see the forest as well as the trees.

Only in Part IV, *What to Do if Problems Arise*, are there any remote whispers of the more traditional, heteronormative and/or sex-negative versions of books of this type. Dr Rosenzweig includes in this section general safety and health issues caretakers may be confronted by such as a child experiencing genital pain or discomfort, sex play between children, or sexually explicit material. There is also an excellent chapter on how to handle suspicion or evidence of child abuse. Rosenzweig demonstrates respect for diversity and individual differences throughout her book and quite clearly is among the current champions of sexual health and sex-positivity. It is curious, then, that this section regarding “problems” includes a chapter entitled *Variations in Sexuality*. This section could have been entitled more sensitively, or this subject included elsewhere (perhaps in the sexual development section). Understandings of all of the political, personal, social, and spiritual elements of sexual diversity are clearly evident to Dr Rosenzweig throughout her guide; however, parents who are questioning their child’s gender presentation, sexual expression, or sexual orientation may not feel entirely supported by finding this information in this not-so-accepting location. As evidenced by her treatment of the topic of sexual diversity in this chapter, it is highly doubtful that Dr Rosenzweig herself would ever identify a gay child as having a “problem”. As the field of sexuality is ever-changing, one can hope that Dr Rosenzweig, when editing a new edition of this very important book, will not

only include current human papilloma virus (HPV) vaccine protocols (which have only recently changed) and other new issues, but also consider making this additional edit.

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<http://dx.doi.org/10.1080/14681994.2014.885646>