

THE APPROPRIATE PSYCHOLOGICAL FOR PEOPLE TO HAVE SEX

Recently, I was contacted by KGO Radio Station to give a response to this interesting question. The audience and callers were specifically interested knowing if there is psychological data which supports an appropriate age for a young person to begin a sexual activity. It is my opinion that there is no such standard which currently applies.

If we look at anthropological and sociological history we find that our ancestors were in fact beginning the mating ritual at a much earlier age and primarily this was driven by the need to survive. Our ancestors did not survive as long we currently are able to, and as such began reproduction earlier in their lives. Still today there are parts of our world where young women are married at the age of fifteen and sixteen and begin to deliver children immediately due to non-use of birth control. Certainly, in a developed country such as the United States and most of Europe the knowledge and use of birth control is greater and young couples if they are choosing to be married are choosing not to have children until later in life. However, the trend seems to be in the United States that people are marrying or committing themselves at least to a relationship much later in life and therefore are postponing starting families.

This does not however indicate that young Americans are postponing sexual activities. It is not uncommon for seniors in high school to be sexually active. It is my belief that the current politically correct drive to postpone sex until marriage is just that, political in nature, that still the human sexual drive and human need exists as it always has. Young people are choosing to express this in their personal way. It is my opinion that it is important for an individual to know the consequences of a sexual relationship. The possibility that not only pregnancy may be possible but that there is also an inherent risk regards to contracting sexually transmitted diseases. When a young person is able to understand these factors and is able to discuss this openly with their partner, then it is my opinion that they may be mature enough and capable to enter a sexual relationship. If a young couple is not able to discuss these openly with each other or significant adults in their lives, they are not prepared to deal with the consequences that involve an intimate relationship. They may be considered too young to be sexually active. Sexual activities between two human beings should not be measured by guilt or negative feelings.

It is necessary that the individual's religious and personal beliefs are consistent with their behavior. In doing so, there will be no guilt or loss of self-esteem. If this indeed can be done then, their behavior should be considered as being responsible and appropriate. Certainly, those two standards need to apply not only to sexual activities but to all types of human behavior.