



# For Goodness Sex: Changing the Way We Talk to Teens About Sexuality, Values, and Health

*Al Vernacchio*

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A progressive, effective, and responsible approach to sex education for parents and teens that challenges traditional teaching models and instead embraces 21st century realities by promoting healthy sexuality, values, and body image in young people.

Sex education today generally falls into one of two categories: abstinence-only or abstinence-based education—both of which tend to withhold important, factual information and leave young adults ill-equipped to make safe decisions. Al Vernacchio, a high school sexuality educator who holds a Master’s degree in Human Sexuality from the University of Pennsylvania, has created a new category: sex-positive education. In *For Goodness Sex*, he refutes the “disaster prevention” model of sex ed, offering a progressive and realistic approach: Sexuality is a natural part of life, and healthy sexuality can only develop from a sex-positive, affirming appreciation.

Curious yet fearful of being judged, young people turn to peers, the Internet, and the media, where they receive problematic messages about sex: boys are studs, girls are sluts; real sex should be like porn; hookups are better than relationships. Without a broader understanding to offset these damaging perceptions, teenagers are dangerously unprepared intellectually and emotionally to grow and develop as sexual beings. *For Goodness Sex* offers the tools and insights adults need to talk young people and help them develop healthy values and safe habits. With real-life examples from the classroom, exercises and quizzes, and a wealth of sample discussions and crucial information, Vernacchio offers a guide to sex education for the twenty-first century.

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