
**About the authors:** Amy and Charles Miron are sexuality and relationship educators, as well as certified sex therapists. Charles Miron obtained his Ph.D. from the University of Maryland. He is a licensed clinical psychologist and coordinator of the psychology discipline at the Catonsville Campus of The Community College of Baltimore County. Amy Miron holds a master’s degree in counseling from John Hopkins University and is a member of The Community College of Baltimore County and Towson University adjunct faculties. For the past decade, they have developed and run sexuality education retreats and workshops for both parents and teens [from the book jacket].

**Summary:** This is a guide for parents regarding sex education for their adolescent children. The authors contend that it is never too late to educate teens about sex and relationships. They encourage two-way conversations between parents and teens. Parents must develop the skills necessary to communicate effectively with their teen. Tackling tough issues, such as sexual orientation, sexual expression, safe sex and sexual pleasure are certainly not easy topics to discuss with one’s children. Yet, such discussions are critical and the authors provide some useful ideas to parents to get these discussions started.

The authors describe three models of sexual education: (1) abstinence; (2) delayed sexual expression; and (3) responsible sexual involvement. The delayed sexual expression model refers waiting until certain conditions other than marriage have been met. One example is to encourage a degree of commitment in a relationship before a teen engages in sexual intercourse. The responsible sexual involvement model emphasizes how a teen will engage in sex rather than when he or she will do so. The Mirons encourage parents choosing the abstinence model to present the basic facts about sex so that their teen is informed, noting that sex education does not encourage teens to have sex.

**Reviewer** Teresa Kruger has a B.S. in social sciences, secondary education, and an M.A.T. degree in instructional strategies. She is a high school social studies teacher in Illinois.