



## Sex When You Move Back Home

Dear Paul,

*I just graduated from college and had to move back home with my parents. Everyone says I need to get on with the next phase of my life, but I have no clue what that should be. I'm so depressed I don't even want to have sex. But if I did, I still wouldn't feel comfortable bringing a woman home to have sex here. I feel like I'm eleven instead of twenty two. Do you have any advice?*

*Mike from Manitoba*

Dear Mike,

Like you, I moved back home with my parents after five years as an undergrad. I was depressed, dejected and had no clue what the future would bring. During my years at college, I had not been lacking in initiative. I had ducked tear gas canisters from antiwar riots on my way to class and I'd worked long shifts in a mental hospital at night. I'd coached a winning woman's football team and had been on the staff in the dorms.

Yet when I moved back home with my parents, I had no idea how to be an adult in their household. I quickly returned to being the same son that I was when I was in high school. It wasn't until years later, after my dad became old and started to get dementia, that I could be the same adult in his presence that I was in the rest of my life. And it wasn't until my mom could no longer manage on her own that I learned to be an adult in her presence.

I don't envy the task you have in changing your family dynamics. I totally sucked at it myself, and I understand how challenging it can be when the structure and safety net of college disappears. So I wrote this chapter for you, to help while you are ending one stage of your life and trying to begin another.

### **From Rusty Parent-Child Dynamics to Squeaky Bed Springs**

If you want to have a normal sex life when living in your parent's home, you'll need to act like an adult. That's how parents begin to accept

their children as sexual beings with sexual needs. Even if your parent-child dynamics get rearranged in all the right ways, you still might not feel comfortable having sex in your old room. And your parents might not feel comfortable when the child they used to read *Goodnight Moon* to is having sex with a lover whose name they hardly know.

### **Boomer-What?**

The media has invented the term “boomerang generation” to describe former college students who move back home. This is misleading, because when you toss a boomerang it comes back the same as when it left. That’s not true for someone who left home at eighteen and comes back after years of answering to no one. Worse yet, before you left, it was as much your house as your parents. And when you had friends over, it was usually just friends and not someone you were going to have sex with, or not someone your parents knew you were having sex with. Expectations are different and adjustments must be made.





### **You’re Not the Only One Who Likes to Walk Around Naked**

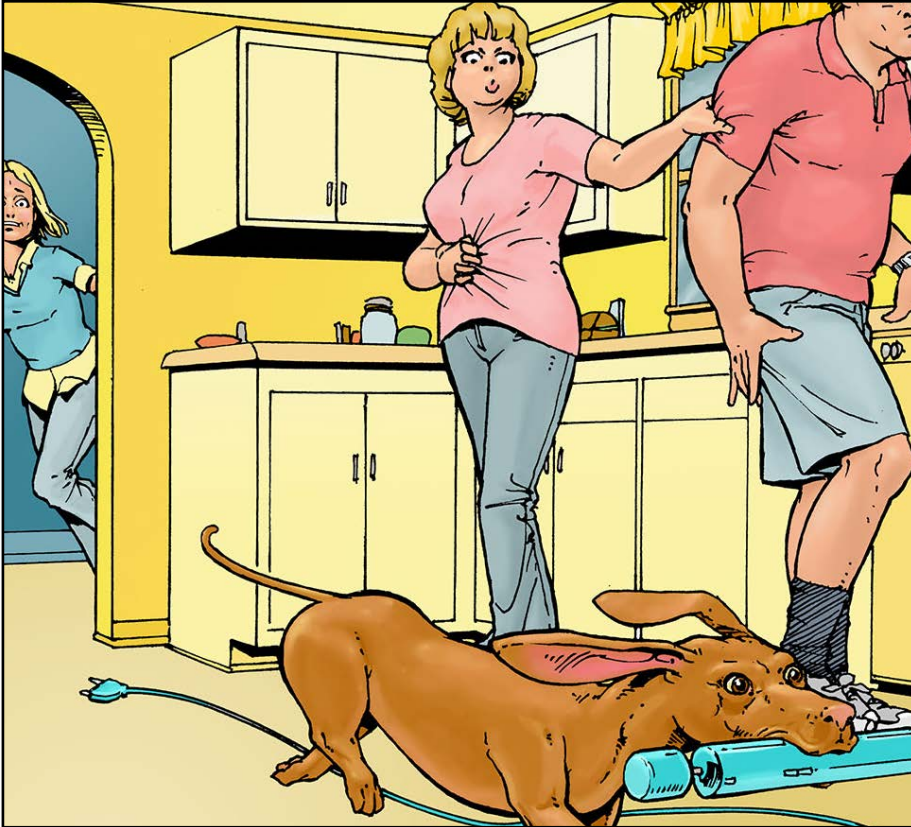
If you were an only child or the last of your siblings to leave home, your parents have now had a couple of years to walk around naked, get stoned or drunk, have sex in the kitchen and learn to cherish their privacy. (Where do you think your “walk-around-naked” and “I’m horny, let’s fuck now!” genes came from?)

Returning home might force your parents to give up some hard-earned freedom. Be sensitive to this and try to appreciate that they didn’t have to let you move back home.

### **Making Yourself a Grown-Up in Your Parents’ Eyes**

One way to be a responsible adult is to help pay your share of the expenses. But you probably wouldn’t be moving back home if you could do that. So the next best thing is to ask your parents what you can do around the house to help. It may be that your parents will never agree to you having sex with a partner in their home. But the way to give yourself the best chance is to be responsible and helpful:

-  Help do the shopping.
-  Cook and do the dishes or clean the house and do the wash.
-  Be a work-out partner for unmotivated parents.
-  Garden, paint, run errands, and chauffeur siblings.



- 🕶️ Do the bookkeeping for your parent's business, fix their website, or program their electronics and remotes.
- 🕶️ Detail the car or help tutor a younger sibling.
- 🕶️ Help with your grandparents.

### **Doing Yourself No Harm**

The moment your parents have to start nagging you, you suddenly return to middle-school in their eyes. Middle school—wasn't that when sex meant your hand in your pants?

Statements like "Oh crap, I forgot to take out the garbage" or "Sorry, mom, I forgot to pick up Davy from baseball practice" will not cut it if you are trying to earn grown-up privileges. Being reliable will probably increase your standing in the eyes of your sex partners as well.

Keep your parents updated about your plans and goals. Even if your chances of winning the lottery are better than landing a job, keep your family in the loop. It can be easy to lose hope. Just making the effort to fake it can be important in making progress or moving forward.

### **Hot Water and Bandwidth – Two Things You Should Never Hog**

Even if you've always taken a shower the first thing in the morning, you don't want your mom or dad taking a cold shower because you've moved back home. Nor does it matter if your younger brother drains every drop of hot water while jerking off in the shower. It's unlikely he gets to have a lover spend the night.

What's true for hot water is also true for Internet bandwidth. Don't be downloading porn when your mom wants to watch a show on Hulu or your sister is streaming a movie. And as much as it might annoy you to cede bandwidth to younger siblings, it will not help your cause if they go whining to your mom or dad about how you are hogging the DSL. (They will tell your parents you are watching porn, even if you aren't.)

### **Having Friends Over Now vs. Then**

It's one thing if your parents offer your friends beer or wine, but your friends offering your parents alcohol or drugs might not go over so well. If your friends walk into your parents' home flashing twelve-packs of beer, it's no different than a terrorist walking into an airport with a bomb. Double that if your friends bring acid, 'shrooms, hash, pills, anything leafy, white, powdery or cause for surveillance by the feds.

Even if it's totally fine with your parents that you are having friends over, it's wise to ask ahead of time. It's different now than when you were in high school and your friends would crash at your place.

### **Social Before Sexual**

When you were living on your own and you met someone new, you might have ended up at their place or yours for a night of sex. This doesn't work so well when you're living with your mom and dad. Meet a potential new lover for coffee, lunch, eat a movie, sporting event, or museum. You won't believe how much you'll find out about a person when you are both sober and your clothes are on.

If you decide sex is a good next move, try making your first time at their place or at a hotel. Some hotels have a special day rate for this exact thing. They are known as hot-sheet hotels. Then, if you decide it's

not going anywhere, you won't have to cash in one of your "here's-the-latest-person-I'm-sleeping-with" chips with your mom and dad. And if your new lover is a keeper but screams with wild abandon while having orgasms, you can discuss this before making love in your parents' home.

If your parents pester you mercilessly about meeting your new hookup, tell them you haven't decided if he or she is family worthy. Plus, if your family is a bit odd, delaying a bit avoids scaring away a perfectly good lover before he or she is more invested in you and is more likely to weather your family's unique habits.

### **Sharing Date Drama With Your Mama**

It's one thing to be living hundreds of miles away from your mom and phone her in tears about how terrible your partner has been to you. That's what moms are for. It's quite another thing to have these kinds of conversations when you are living at home. How's your mom going to handle it when you invite the loser over the next day for make-up sex?

This sort of thing makes parents insane, especially dads with a Second Amendment hard on. So if you are experiencing less than domestic tranquility with a lover, consider not discussing it with your mom unless you need moral support.

### **Explaining Friends with Benefits**

What if you have a relationship that consists of really good sex but nothing more? Unless you have the most sexually evolved parents on the planet, finding the right words to explain a casual-sex relationship to your mom and dad is beyond the scope of this book.

Or what if your lover isn't someone you would want to admit to your family that you are spending naked time with? This may not have been so bad when all you had to deal with was disgusted looks from your roommates. But now that you've moved home, maybe it will force you to set the bar higher when it comes to the people you sleep with.

### **Facebook, Texting, Email and Sexting**

It was one thing to be Facebook friends with your parents or have them as Twitter followers when you were twelve. But now? Even if you aren't FB friends with your family, the Internet is an open book. Once you move back home, don't put anything on it that you wouldn't want your mom or dad to see. Or be smart and use Snapchat, Periscope or something your parents aren't likely to use.

Also beware that nothing will piss off parents more than when your little brother hacks into your Twitter or email accounts and shows them your posts dissing them. If you don't want your family to know exactly what you are thinking, don't text it, email it or write it down.

It is unwise to keep a lover's sexts for posterity or masturbation on any device your parents' can access. Assume your mom, dad, or siblings will find them. An upskirt photo from a lover is unlikely to increase your mom's opinion of her. And imagine having to face a partner's father after he found your dick pic to his daughter along with an explanation of what you're going to do to her with it—while under his roof.

### **Younger Siblings**

If the stork made a tragically late visit and you have siblings in elementary school or younger, be sensitive to what an important figure you are in their eyes, either as a friend and mentor or as someone to torment. Also, when it comes to younger siblings, you are in the sometimes strange zone of being more of a parent than their brother or sister. And under no conditions should you ever give siblings drugs or alcohol. Not only is this dumb, but you risk being charged with the criminal act of furnishing a minor with whatever you furnished.

Siblings can form strong attachments to your boyfriend or girlfriend, especially if your BF or GF is being extra nice to them.

*"One of the first big influences I had was when I turned 14 and my older sister became involved with a man who treated me like a brother. He had a huge influence in my life." male age 26*

This is usually a good thing unless you decide to break up. It's also something to consider when it comes to bringing casual hookups home. Just like a single parent who is dating, you need to be sensitive about the impact that a revolving door of lovers will have on your siblings.

Kids tend to be curious, especially about anything having to do with sex. So it might be wise to put a lock on your door for when a lover is over. You don't want to risk having your third-grade sister asking your mom, "Why does Amy have Trevor's penis in her mouth?"

### **Arriving Home with Pets and/or Kids**

The difference between the family pets you grew up with and the one you are moving back home with is that you and your pets are now guests. In time, your family might grow to like your pet as much as they

like you. Maybe more. But if your pet is so obnoxious that your former roommates tried to donate it for medical experimentation, you'll need to become super responsible. Pick up the poop before it hits the ground, or make sure its litter box looks like the sand traps at the Pebble Beach Golf Course. If it's a dog, be sure it gets enough exercise and slap a no-bark collar on if it won't stop barking.

Good luck if you've got a large dog that likes to occupy your dad's favorite chair or bares its teeth at your mom's yappy Poodle.

### **Strategic Room Choice for Better Sex**

If sex in your parents' home is a possibility and you have a choice of rooms, place acoustic considerations at the top of your list. While you might love the room in the attic, think twice if it's directly above your parents' bed. A room at the opposite end of the hall from your mom and dad's bedroom might make for a better sex cave, even if it's smaller.

Another plus is having a separate entrance. This means you won't need to introduce hookups to your parents, which can save all kinds of embarrassment if you can't remember the hookup's name.

### **Loud Music Is Not the Answer**

*Your mom to your younger sister: "What's Kyle doing?"*

*Your younger sister to your mom: "He just turned up the volume on Pandora, so he's probably having sex with Amy."*

Do you think that cranking up the volume is going to fool anyone? Turning up the music announces your fuck fest to the world. Try pushing a towel against the bottom of the door if it leaks sound. It won't keep the smell of pot smoke from escaping, but it can shave a few decibels off cries of "Oh God, I'm coming!" and "Harder, Kyle, Harder!"

### **Vibrators**

If you use a vibrator, find a model that doesn't shake the house off its foundation. Try using a famous-brand pulsating toothbrush that's battery powered and sells for around \$8 for a twin pack. It vibrates at a perfect frequency and will get more off than the plaque on your teeth.

### **Barging In, "I'm an Adult Who Has Sex" and "How To Tell a Lover"**

If your parents and siblings are barging into your room at all hours of the day and night, you might try reminding your parents that you don't barge into their bedroom without knocking. Don't mention the

reason you knock is that you'd rather not see your parents doing something that could result in your needing years of therapy. Use a respectful tone when asking that they not enter your room without knocking unless the house is on fire or your dad is having a heart attack. Keep in mind that your parents are on solid ground to enter when necessary, especially if your housekeeping habits are causing the rodent population in the neighborhood to triple.

At some point, you may need to have the *I'm-not-a-child-anymore,-I-like-sex!* talk with your mom and dad, but it's usually best to save it for a few months down the line after you've demonstrated how helpful, responsible and adult-like you are. One possible approach is to say "You did your job and did it well. You raised a responsible, caring young adult who, like other responsible caring young adults, has friends he or she spends the night with. It's a normal, natural, biologically okay thing when you reach my age." Then see where it lands.


If you are embarrassed and are sheepish or apologetic when you tell a partner that you live at home, then that's what the take-home message will be. But if you confidently explain that your parents are good people and you moved back home for good reasons, then that's probably how it will be received.


### **Having Fights with Your Lover and Breaking Up**


Even the most perfect lover has habits that will get under your skin. That's why fights are necessary. But how do you have a good fight when your parents are in the next room? Finding a private place to have a fight can be as important as finding a private place to have sex.

When you break up with a partner who your family has gotten to know, they might react in one of two ways: with grief or sorrow, or with quiet cheers and high fives. If they genuinely liked your former partner, be sensitive to the impact that your break-up will have on your family.

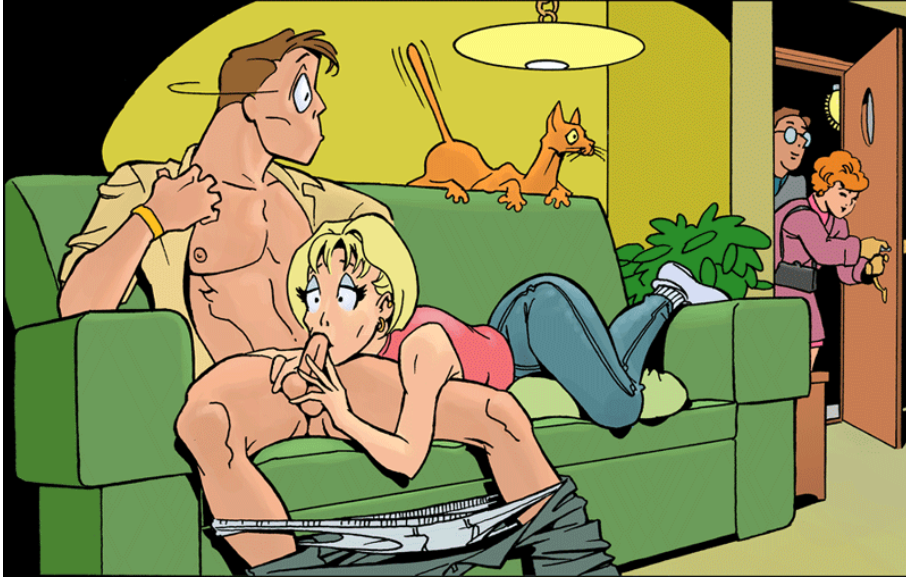
### **Common Sense Considerations**

 Don't ever flush spent condoms or period gear down the toilet. Condoms, tampons and sanitary napkins will cost your parents \$300 or more in plumbing bills. You don't want to be around when the plumber tells your mom or dad what caused the backup in the line

 Parents like to meet a partner who is respectful, helpful, and doesn't try to sneak off into the bedroom without saying hello.

 When possible, schedule sex during parental time away. Never





bring a last-minute hookup home for sex. Only bring home sexual partners who you know and can trust.

🕶 Unless you have a private bathroom, don't allow a partner to sneak out of your room naked or in underwear. Sweats, pajamas, a flannel nightgown or a longer robe is essential, especially if your partner is a woman and your dad tends to leer. This will make some moms insane.

🕶 Give your partners tips for having conversations with your family members, eg "My mom had an affair with the tennis pro, so tennis is a sore subject with my dad," or "When my little brother isn't beating off to porn, he plays soccer" or "He's had some epic kills in Call of Duty," or "The sewing stuff belongs to my dad, and the guns are my mom's."

🕶 If you use the family car for sex, pack out what you packed in. Never leave used condoms, wrappers, roaches, or underwear. Semen stains and wet spots on the upholstery are especially uncool.

🕶 Your family dog will ALWAYS find used condoms in the trash. This can cause an awkward family moment. Also, some parents and siblings will check your trash. So find a safe place to dump used condoms.

🕶 Never ever have sex in your parents' bed.

🕶 Parents tend to hate it if you text at the dinner table or while having conversations with them. Texting should be like masturbation, mostly done behind closed doors. This will make you seem more adult.

🕶️ If you are the athletic type when making love, try toning it down when your parents are home. Everyone in the house knows what's going on, but there's no point in making the picture frames shake on the walls.

🕶️ It's never good to leave wet spots on the mattress. Buy a mattress-pad cover and a big, soft, dark-colored beach towel to put down on the bed before having period sex. Be sure to wash the sheets yourself. Lubes that contain silicone can leave wicked stains on your sheets.

🕶️ Parents tend to worry about their children no matter how old they are. Let your parents know if you are coming home later than planned. Calling or texting are the usual standbys. Turning off a light that they can see from their bedroom will let them know you are home, although there's not much point if the family dog starts howling.

### **Noisy Beds—Sign of Studliness at College, Not So at Home**

Intercourse can turn a bed into a battering ram. The entire bed will sway toward the foot with each outward-thrust and toward the head with each inward-thrust. If it is hitting the wall, try moving the bed away from the wall. If that doesn't work, stabilize it by cramming pillows or gasket-like material between the headboard and the wall.

A frequent culprit is the bedframe. If it's an issue, visit [www.Guide2Getting.com](http://www.Guide2Getting.com) and put "bedframe" in the search box.

### **When You Have Your Own Kids & Living In a Multigenerational Home**

Living in your parents' home with your own children can be complex. Be sure to do research on the kind of issues that can come up. Talk to your parents about what they expect of you, and what you should or shouldn't expect of them. Unless there are good reasons why you should no longer parent your kids, don't dump them on your parents.

If you have casual sex, do it away from home. Otherwise it will just confuse your children. And if your child is living with the other parent, no one will be impressed if you aren't involved in his or her life. Moving home with your parents is not a free pass to be a deadbeat parent. One of the most important jobs in life is to be there for your children.

The chances are good it won't be long before your grandparents need extra care. In some situations, this means they, too, will be moving in with your parents. It's not difficult to see how this can be overwhelming for your parents. Find ways to help your parents.