

WEEK  
END  
A GUIDE TO  
THE GOOD LIFE  
SECTION B

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LATEST  
NEWS  
SPORTS

## The Problems and Perils of Teenage Sexuality



BY CAROL SOUCEK KING  
Natalie Kaminer Lifetime Editor

Studies report that one of every four 15-year-old girls and one of every 10 13-year-old girls has had sexual relations, and out-of-wedlock births for girls 14 to 19 is climbing as if there's no tomorrow.

To discuss the concerns raised by such widespread sexual activity among teenagers, a panel discussion was held with three family relations specialists in San Diego this week where over one thousand are attending the annual meeting of the National Council on Family Relations.

They are: Dr. William C. Nichols, consulting psychologist from Birmingham, Mich., and outgoing NCFR president; Dr. Marylou Purcell, professor at Stephens College, Columbia, Mo., and conference chairman; and Dr. James Waller, professor of child and family development at the University of Georgia and editor of *The Family Coordinator*. Each is a parent of grown children.

Following are the main points of that discussion.



**WALTERS:** Evidence indicates that the vast majority of young people having sex out of wedlock are not very successful in preventing conception. Even married adults, while they have been able to control the number of children they want, are still not very good at controlling the timing of these children. So for us to open up our homes and tell our teenagers that our homes are their homes in which they are free to do anything they want is giving them additional permission to do something they really aren't ready for.

Besides, I think that if we have intercourse very early, chances of our having intercourse with a variety of persons are greater. This may actually develop a pattern of response that may do an injustice to our happiness in the long run. Because the vast majority of young people who get married today are still in favor of having their spouses

remain faithful to them sexually.

**NICHOLS:** When people start talking about supporting the sexuality of their children, their bringing it out under parental eyesight and control, I have to raise the question as to what kind of parental needs may be served. I have a fair amount of clinical evidence that adults push their children into behavior that adolescents are not prepared to go into because of the adults' own incompetencies.

**PURCELL:** I agree. Stephens is a women's college, and I would say a majority of the girls have had at least one premarital sexual experience and a few have had more. But there are great guilt feelings attached with these. Probably sexual's even more damaging is what it does to their self-esteem, their feeling that they may have lowered themselves in the eyes of someone they care about.

I think younger girls are pretty much unable to handle these feelings. And I also think as a parent as well as a professional that young people look to us for some clear guidance rather than just a laissez-faire attitude. Not necessarily pronouncements about values, but guidance in which a parent sits down and talks.

**NICHOLS:** As a clinician, I could not agree more that early sexual relationships can be damaging. The idea that because one is biologically mature he should exercise adult sexuality is ridiculous. Children in a complex society such as ours can in no way be ready for it. And I don't mean children aged 11, 14 and 15, but in many cases several years older than that.

**WALTERS:** One of my favorite cartoons shows a young college graduate in a cap and gown taking the hand of

an obviously pregnant young lady surrounded by three children and saying, "Goodby, Mary, it sure has been nice knowing you these last four years."

One of the things we find from studies of cohabitation is that many of these youngsters involved sexually on college campuses do not think of the relationships as being permanent. Not in any sense of the word. But they give themselves permission because they think it's perfectly all right to have intimate friendships.

**NICHOLS:** It's a question of the development of the human personality. Youngsters getting into emotionally laden relationships such as sexual intercourse brings on are getting far ahead of what they are able to handle.

A youngster's development should be gradual — from

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# Panel of Experts Discuss Perils of Teen Sexuality

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moving gradually out of childhood through sexual maturity through detachment from parents and then finally into attachments of depth and intimacy with members of the opposite sex. And this latter step happens more often at age 21, 22, or even 23 than it does during the teens.

It's a very difficult thing in a society such as ours, in which you expect to live maybe 75 years, in which society is so complex that a great many skills are required, to become a truly mature adult member.

**Q: Does this mean that you are urging young people to not have intercourse until they are mature, married and financially independent?**

**PURCELL:** I think we really are saying that. We know this is not necessarily the way it is going to be, but we are saying this is a better arrangement.

**Q: But isn't this almost impossible when you consider the tenor of the times?**

**NICHOLS:** This is really an extremely conservative country. Our behavior does not reflect what the media says we do.

**WALTERS:** Of course there is no doubt that we reflect a certain permissiveness that wasn't present even 20 years ago. But we aren't sure of where some of these new lifestyles are leading us and it does seem, in light of current data, that we should rethink some of them instead of leaping before we look.

The three of us represent a considerable amount of experience in the field, and we just feel young people should be assisted in being able to have the very best kind of sexual life possible. Although you may feel you have got hold of three super conservatives, it's not that we're anti-sex.

## L.A. Doctor Has a Differing Viewpoint

For a different point of view, we are also publishing some remarks made recently by Dr. Helen Colton at an American Humanist conference. Dr. Colton, a Los Angeles family relations specialist and author of the marriage and sex manual "Sex After the Sexual Revolution," is also the mother of two grown children.

**DR. COLTON:** "I think the main thing parents will have to face in the very near future is that our children are sexual beings. The sex drive is a very powerful thing and people do exercise it."

"As far as commitment with sex, that's great. But what is our generation showing them? With all of our divorces and extramarital relationships, how can we say hold off on sex until you have a committed relationship?"

Besides, young people are maturing faster today. Two hundred years ago our young people matured physically at ages of 17 and 18. Today the average age of menstruation is 12½. Parents, not they, are the ones who are going to have to make the societal adjustment.

"I say we have to accept the sexual behavior of young people — and I mean age 11 on up. What we should be doing instead of closing our eyes to it, is preparing for it. Let our kids know about contraception. Let us provide better models of behavior so they are not exploited by their sexuality, so they are not victimized."

Above all, instead of turning our backs on their sexuality, let's for once say the one thing we never say to young people — that sex is an exquisite pleasure. Especially if you have it under optimum conditions — including the security that can go along with love, the safety of not taking a chance that you'll be turning out unwanted babies.

Maybe then, when young people do experiment with sex, they'll do it more wisely.

**NICHOLS:** No way.

**WALTERS:** I am convinced there are some young people who can come together before marriage and handle it, but I think we must be mindful of the fact that others aren't able to in terms of skill.

There's another factor: the vast majority of young people really do not understand the relation of early pregnancy and birth defects in children. Such defects are absolutely skyrocketing among these young people.

It's because, regardless of what some say, and regardless of their emotional maturity or immaturity, they often aren't biologically mature enough to have healthy babies until they are 18.

**PURCELL:** And though they are aware of birth control, many of them refuse to think in terms of condoms or the pill. They don't want the responsibility of feeling that they've planned for sex. They'd prefer to think of it as some ecstatic experience that just happens. It's pretty appalling.

**Q: If a parent were to convey all this advice to his child and the child decides to live by a different set of values, what course should he follow?**

**PURCELL:** I think it's terribly important for us as parents to let that child know we still care, that while we may not approve of his behavior, he'll still have our support.

**WALTERS:** Parents who make their love contingent on their children accepting their own particular value system are doomed from the start.

**NICHOLS:** However, if my children's values are different from mine, they don't have to be able to act them out in front of me. It should be possible to keep communication lines open without having to encourage behavior you don't believe in yourself.



Special Examiner photo by Larry Downing

Dr. Helen Colton disagrees that sexuality among young people is necessarily a bad thing.

# Paul Pioneer

October 24, 1977 C

Minnesota's First Newspaper



Gerhard Neubeck, professor of family social science at the University of Minnesota, assumed the office of president of the National Council on Family Relations at the organization's annual meeting in San Diego, Calif. The council, established in 1938, is an interprofessional forum for those involved with family education, counseling and research.



# Families Vital To Government, Federal Aide Says

By NOEL USMENT

Staff Writer, The San Diego Union

"Next to human rights, families probably have top priority in the present administration," said A. Sidney Johnson III, director of the Family Impact Seminar in Washington, D.C.

Johnson was the speaker yesterday for the second plenary session of a meeting of the National Council on Family Relations at the Sheraton Harbort Island Hotel through tomorrow.

And one of the ways this priority is taking shape, he said, is by a lot of self-questioning within government, as well as by privately financed programs such as the Family Impact Seminar, about the relationship between government and the family.

What is becoming more and more apparent, he said, is that, while the Constitution doesn't mention the word "family," the fact is that the government is not neutral on families.

"The fact is, a lot of our public policies affect families intimately."

Policies instituted for good reasons may turn out to be detrimental

to family unity in some cases.

An example of this, he said, is welfare policies which deny dependent-children aid to families with a father in residence.

"Another example," he said, "was putting what has become known as the 'antigrandmother' proviso in the (federal income) tax code. A child care deduction was allowed providing no relative closer than a cousin was providing the care."

That proviso, he said, cuts out a lot of options and discourages family participation.

(This proviso does not apply if the mother of the child is divorced or widowed, or if her spouse is incapable, through some kind of disablement, of caring for the child, according to the tax code.)

Since it is a basic premise of our government that families are here to stay, and it will be families that raise children, Johnson said policymakers must assess possible impact on families of these policies.

Johnson has had a close involvement with the relationship between government and families.

After finishing his academic ca-

reer (Williams College, a year studying ethics and philosophy at Yale Divinity School and a master's in social work from the University of Michigan) he worked with the Department of Health, Education and Welfare. In 1969 he went to work for then-Sen. Walter Mondale who was chairman of the Senate subcommittee on children and youth.

Public apprehension over the effect of government action on family life became very clear to Johnson when the Child Family Services Act was introduced in 1975. The legislation subsequently died.

Part of the misapprehension was heightened, he said, by an unsigned flyer, sent out nationwide, suggesting such dire consequences of the act as the right of children to sue their parents if they were made to go to church, or to take out the garbage.

"But we also saw an equal potential for misunderstanding of a family impact program," he said.

A family impact program, he said, would operate in a similar manner to the federal environmental impact program, although it would not need to penetrate every government

agency as does the environmental program.

The Family Impact Seminar, he said, was set up as a program of George Washington University's Institute for Educational Leadership, to explore the feasibility of finding a way to assess the public impact of policies on families.

In the meantime, he said, there is a great deal of exploration on the subject of families being conducted in Washington.

"It is being done in two tracks. The first track is an effort to form policies with obvious effects, and this includes welfare reform, changes in foster care (finding ways to keep families together by providing help in the home, etc. rather than putting children in other homes when possible), a review of civil service commission policies, such as part-time and flex-time alternatives, general unemployment, and transfer policies by the department of Department of Defense."

The second track, he said, concerns broader interests and is more long-term in scope. Part of it, he

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# San Diego Union

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a Copley Newspaper



## ACCORDING TO FEDERAL AIDE

# Families Vital To Uncle Sam

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said, is a projected White House Conference on Families in 1979.

Johnson said that in spite of talk of the collapse of the family, there are many signs in our society indicating the strength of family and marriage.

"It is true that the divorce rate is at an all-time high, but so is the remarriage rate," he said.

There are an increasing number of single parents, it is also the highest point in history of children living with at least one relative — orphanages are closing up."

The ultimate result of the seminar, which is funded until February, 1979, will be pilot legislation to provide a way to study governmental

## Opposites may attract but likes marry, 3 find

By DARLA WELLES

Opposites may attract. But likes marry.

Beginning with that premise, three university instructors set out to make an instructional slide show for their courses in marriage and family living.

And basically, they say, their theory held true in researching their production.

Two of the instructors, Jean Kleber and Janne Zeitschel, both from the University of Wisconsin's Stout Campus, discussed their findings in an interview here yesterday.

The two, along with Brent Barlow of Brigham Young University who worked with them, are among over 200 speakers at the annual meeting of the National Council on Family Relations, which opened yesterday and will run through Saturday at the Sheraton Harbor Island Hotel.

The basic research for their project was carried out at the Stout campus at Menomonie, in a rather conservative and religiously oriented culture.

Whereas Kleber and Zeitschel consider that cultural background influential on the attitudes of the students surveyed for their project, they theorize that certain of the

trends they identified are characteristic of many young adults in the second half of the '70s.

They found:

— The college campus is still a major hunting ground for young people seeking marital partners. But the search is not so desperate as it may have been a generation ago. Students are more willing to finish their educations and launch careers before settling into marriage.

— Students are more willing to date across religious, racial, ethnic and socioeconomic barriers than they may have been in the past. But when it comes to thinking in terms of marriage, they still tend to turn to persons of more similar background and to be more concerned whether their choices will meet their parents' approval.

— Dating in groups rather than one-to-one couples is growing in popularity and seems to provide the students with both a less threatening environment in which to make preliminary assessments of prospective mates and a broader circle of peers against which to evaluate themselves and make judgments about their own values and identities.

— Similarly, group living situations are more commonplace than before. But these groups, the educators say, are not like the communal living arrangements of the '60s and early '70s, in that they tend to be more asexual and more like a basic family unit. These group living situations are more designed for financial security and a feeling of belonging.

— The students are still romantic and idealistic about the choice of a marriage partner, despite their desire for more equality and less conformity to conventional stereotypes in their relationships.

In today's Sports Section:  
The fun-loving New York fan(atic)s or: How do you play baseball in the Bronx Zoo? (Page C-1)

THE TRIBUNE  
EVENING  
WHEN YOU REALLY WANT TO KNOW  
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# See Bill And Jane. See Them Work. They Set Their Time.

By NOEL OSMENT

Staff Writer, The San Diego Union

Bill and Jane are both middle-management executives in different companies.

Bill goes to work at 7:30 a.m. and is home by 4, except during Little League season. Then he comes home an hour earlier once a week to coach his team.

Jane leaves for work at 8:30 after the children have left for school and gets home at 6, except on Fridays when she leaves work at noon and spends the afternoon shopping for the weekend. She usually goes to the office on Saturday mornings, too.

During the summer, the couple often spends a midweek afternoon at the beach with the children, and then works on Saturday morning.

This schedule suits them and both work for companies that allow employees flexible hours.

A situation too good to be true?

Bill and Jane are a hypothetical couple but flexible hours are very real.

Flexible hours, or "flex-time," as it has been come to be known, is Dr. Rosabeth Moss Kanter's "all-purpose solution" to family problems resulting from the demands of work.

Kanter spoke yesterday at the National Council on Family Relations meeting which continues through today at the Sheraton-Harbor Island Hotel.

Kanter stated her basic premise as, "the way we work in America is the major source of strain on family life."

Some of this strain is relieved for the hypothetical Jane and Bill, because their flexible hours allow them to function as a family.

Kanter, who is an associate professor of sociology at Yale University, has delved into the sociology of corporations. She also has acted as a consultant to a large, multinational company, is a business consultant with her husband, Barry A. Stein, and recently has written "Men and Women of the Corporation" (Basic Books, Inc.).

Kanter said flex-time also is economically viable, but not more widespread because it has been opposed by middle-level management. She said the U.S. Department of Commerce is planning to adopt it, however.

She has other suggestions which could lead to a reduction in family strain from jobs, such as shared jobs, decentralizing so that more workers can be nearer their homes, and even permitting or encouraging work at home when possible.

"Some enlightened managers in big New York companies are seeing the advantages of some of their executives doing some of their work at home. Communications technology is making this even easier," she said.

Kanter derives her suggestions from what she sees as the five main issues at the interface of family and work.

First, she said, is the degree of absorption of the occupation.

"For example, in the military, the clergy, the corporation, the work life

*'The way we work in America is the major source of strain on family life.'*

is not only demanding, but spills over and involves others, such as the 'corporate wife'."

She said that the corporate wife is not a dying breed.

"Her life is divided into three phases," she said. "There is the inclusion-exclusion phase when he is scrambling up the ladder, still in an entry job, so he is very absorbed at his place of work, while she is at home with children."

So the result for two people who began their life together as companions, is that he is taken away — and the family is excluded, she said.

The next phase is when he is on the managerial ladder, called the "sentimentality-instrumentality" phase.

"Choices on friends, for example, can no longer be made on grounds of sentiment, but must be made on instrumental grounds — will the friends be instrumental in business? This was true in the 1950s and is true still, and not only in major corporations."

The third phase comes when the executive has reached the top, at

which point familism is again important.

"There are a striking number of American businesses which are still family-dominated," she said. "Also, when the executive is at the top, his family is considered to be the key to his personality, important when it comes to issues of trust. At that stage, therefore, family life is not really private, although it is often manipulated to appear so."

This strain, she said, often tells on the spouse.

The second issue to be considered, Kanter said, is of time, or hours of work.

"A 1973 survey of comments on working conditions showed that the greatest numbers of complaints involved scheduling of work because it interfered with family life," she said.

This is why the concept of flexible hours is so important, she said.

The third issue involves income, which, she said, is a strong determinant of the quality of family life.

The fourth issue, which she describes as a "fuzzy" one, because it does not have clear-cut causes and effects, is the fact that occupations have a culture.

"The worker participates in a culture that shapes his values at home, such as his attitudes towards child rearing. It can also shape tastes and expressions of leisure, and often offers direct learning experiences."

The last issue, she said, is even fuzziest, but possibly the most important.

"This is the emotional climate — people's experiences as human beings at work. For instance, a man with a sense of powerlessness or lack of autonomy at work will take this home in the form of being punitive or hostile."

Does a family compensate for a feeling of powerlessness or catch the spillover?

"I suspect they catch the spillover," she said.

Kanter would like to see the practice of sabbatical leaves, common in academia, be extended to the work world.

"A sabbatical provides the chance for a family to become closer — particularly if they leave their immediate surroundings together," she said.



# Family Counselors To Confer

The National Council on Family Relations will hold its annual meeting tomorrow through Saturday at the Sheraton Harbor Island Hotel.

Theme of the conference will be "Values, Morals, Ethics and the American Family." This theme will be used for the first plenary session speech to be delivered at 7:30 tomorrow by Landrum Bolling of the Lilly Endowment, Inc., Indianapolis.

Other plenary session speakers will be A. Sidney Johnson III, Family Impact Seminar, George Washington University, "Government Policies and Families: The Need to Reexamine," and Rosabeth Moss Kanter, Yale University, "Working and Loving in America: Strains, Struggles and Strategies for Change."

General theme will be dealt with in terms of education, family action, counseling and research and theory at sessions, roundtables and workshops.

Chairwoman in charge of local arrangements is Dr. Nona Cannon, professor of family studies, San Diego State University.

# FINAL

# Indianapolis

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paper