

ask the PLEASURE AUNTS

Every month our Pleasure Aunts **Flic Everett** and **Dr Pam Spurr** are joined by a special guest. This month lifestyle expert **Cyndi Targosz** is here to help

MEET THE PANEL



**CYNDI
TARGOSZ**

Cyndi is an author and a celebrity image consultant. Her latest book, *Dating The Younger Man* (Adams Media), is out now. See Starglow.com for Cyndi's lifestyle tips.



DR PAM

Dr Pam Spurr is the author of *Sizzling Sex – The Sex Doctor's 250 Hottest Tips, Tricks and Techniques* (JR Books) and is the sex and relationships expert on MSN.



FLIC

Flic Everett is resident sex and relationships advisor at *Company* magazine and author of *Sex Tips For Girls* (Channel 4 Books) and *How To Be A Sex Goddess* (Carlton).

What's your problem? Email your sex and relationship dilemmas to PleasureAunts@ScarletMagazine.co.uk. If chosen, questions and answers will be printed here.

TOYBOY TROUBLE

My boyfriend's 10 years younger than me – woo hoo! Sex is great (I like being the teacher), as is the rest of the relationship, but we're now getting to the tricky stage of meeting each other's families – namely, his mum. She was very young when she had him, so I'm mid-way between the two of them age-wise. My fella hasn't told her about the age gap – will she absolutely hate me? And should I try to behave and dress younger to soften the blow? **Stephanie, Leeds**

CYNDI SAYS: Dating the younger man can work. But even if the 'woo hoo' is wonderful, you're wise not to run down the aisle just yet. Getting to know each others' families takes time and can profoundly impact on your relationship. Who's likely to give you the most grief? You guessed it – mum's the word! She may be unhappy at first, but don't take it personally. Encourage your boyfriend to talk to her before you meet. He should be honest and tell her that there's an age difference, without being specific, so she won't be shocked when she meets you. Make the first meeting quick and informal, and do a casual lunch later when she's had time to get used to the idea of you being in his life. Do not try to dress or act 'younger'. Be yourself, but keep the cleavage under wraps.

PAM SAYS: You never know how a mum's going to react to her son's girlfriend. Maybe she won't care less about the age thing but will take against something else, like your attitude to politics or the way you dress. Ideally she'll like you just the way you are. And that's the critical thing – don't change yourself, because you can't possibly know what will win her

over. The key thing is being your 'best possible self' when you meet her. That means simple courtesies like not swearing, being helpful with the tea and not wearing your most outrageous outfit. Finally, don't let yourself build it into something big until you've tried it – she might adore you.

FLIC SAYS: Dating an older woman used to be cause for moral panic (look at all the trouble stirred by Anne Bancroft in *The Graduate*), but nowadays 10 years is nothing. I suspect that deep down you're less worried about what she'll think of you, and more concerned about what your bloke might think when he finds you and his mum enjoying a friendly gossip about the 80s. The prospect of meeting her has made you confront the age gap, and now you're scared he'll think you're too old for him. Let him know you're nervous about the age gap – the chances are he hasn't told her because it hasn't occurred to him that it's an issue. Whatever you do, don't start acting like the cast of *Gossip Girl* to prove how carefree you are. Instead, be yourself and accept that he's with you because he likes you – age has nothing to do with it.

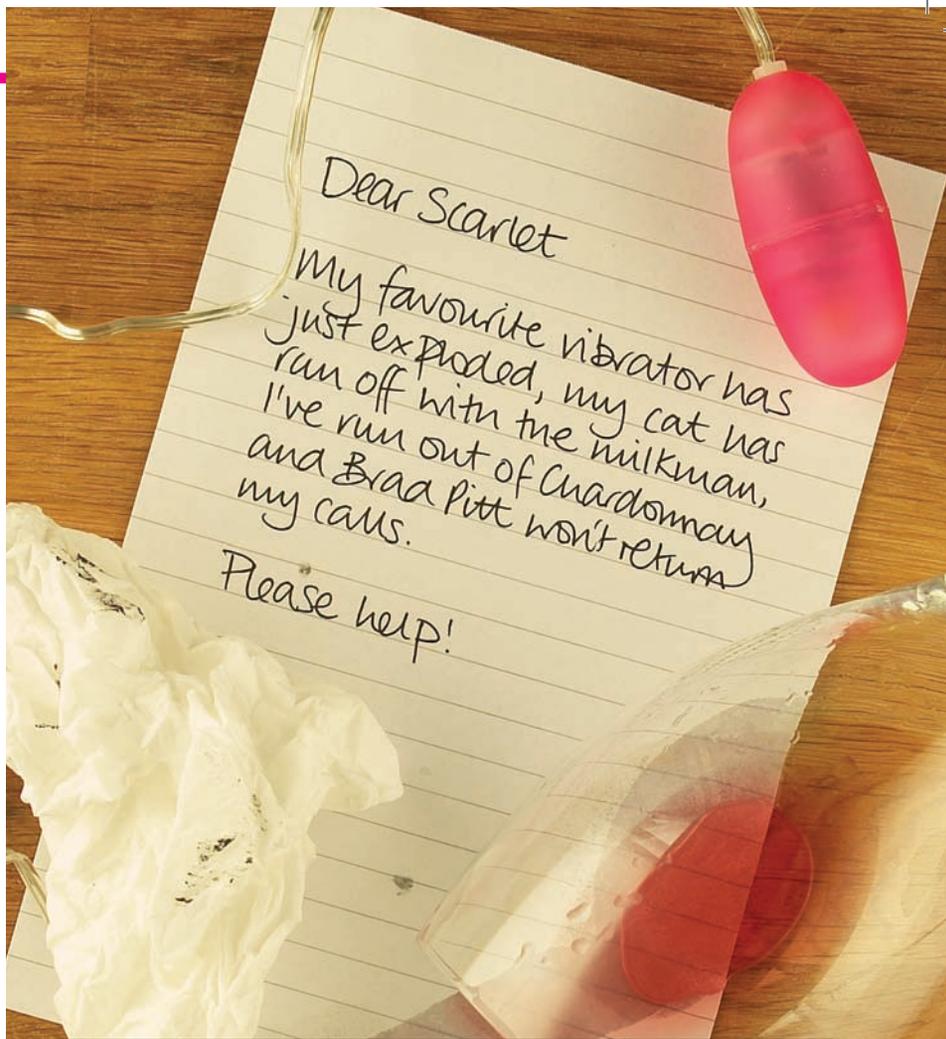
SHIRTY THIRTIES

My chap and I are both 32 and have been together for 10 years. Over the last six months I've noticed a change in him. He seems moody and temperamental, whereas he used to be easy-going. He says he doesn't have any problems at work, and I haven't been putting any pressure on him to start a family or anything (I'm not ready for that myself either). My friend suggested he could be having an early mid-life crisis – what are the signs? Or do you think he's just getting itchy feet? *Gemma, Coventry*

CYNDI SAYS: Your chap doesn't seem to be exhibiting early mid-life crisis signs. However, a man in his 30s often experiences 'separation' from his friends and family as he comes into his own. The easygoing attitude of his 20s may be replaced by a need to settle down. Men in their 30s can display heightened aggression in the workplace, leaving them temperamental. Remain calm. Suggest an evening stroll that allows him to vent his feelings and respond rationally. This can help determine whether he has itchy feet. You mention you're not ready to start a family. What about him? Know where you both stand on critical issues. Only after honest communication can you determine what's best for both of you.

PAM SAYS: Second-guessing isn't the best way to get to the bottom of this. You could eat yourself up worrying that he's getting itchy feet when there could be something else at the heart of his behaviour. Adopt a loving yet pragmatic approach: prepare a candlelit meal and talk about your favourite memories. This'll give you both a nice love-vibe. Next, bring up the issue of how life and people change and highlight an example from your own life – have you been thinking of changing your job, for example? Then ask him if there are things he'd like to change. The groundwork you've laid will make him feel secure about discussing the things on his mind.

FLIC SAYS: 'Mid-life crisis' is just another way of saying 'the realisation that youth's slipping away, the walls are closing in, and any decisions you make now may haunt you when you're too old to undo them'. So, yes, I think he could be fretting about Big Decisions, particularly if his friends are settling down. Alternatively, he might be drinking too much, sleeping less or just feeling so relaxed in the relationship that he's stopped making an effort. The worst scenario is that he's having doubts about your future together – and until you ask him you won't know. If he won't talk, tell him you feel uneasy and make an appointment with a relationship counsellor. If he won't come too, go alone: you need support to figure out your next move. 



TROUBLESHOOTER

Scarlet editor **Sarah Hedley** gives some fast answers to your quickfire questions this month

● **My boyfriend broke his arm while skiing with the lads. He's stuck in a full cast for the next two months and it's making sex very hard work! Any suggestions?**

This is not a time for you to be passive in bed, even if you usually are. Imagine that the cast's a bondage device and act accordingly. Spoil the poor love with hand- and blow-jobs and then switch from caring nurse to wanton domme by getting on top and showing him who's boss. In future, it won't be the broken arm he remembers.

● **My bloke refuses to play with sex toys, but for me they make a good sex session even better. How can I talk him round?**

He needs to feel responsible for the toy's powers rather than jealous of them. One way to achieve this is to include him in the shopping process and let him buy you a new toy. Pick a small and powerful gadget like the sleek little RO 80mm Ammunition for Love bullet vibrator (£9.95, SexToys.co.uk) and show him how to use the toy on you so he feels confident with his new weapon.

● **What's a labia? It always seems to be mentioned in your sex tips, but I'm afraid my sexy vocab's not up to it!**

Labia is simply the Latin term for lips. It's used these days to describe the lips between your legs: *labia majora* are the fatty outer lips, while *labia minora* are the thin inner lips you can see when the outer lips are pulled apart, although in some women the inner lips may protrude further than the outer set. Every woman's totally unique, and that's what makes us all so exciting.