

## Sexuality and Anger

"My son is 11 years old. In the past when he was younger, I would find my or my daughters clothing in his room. Its been awhile, but today I was cleaning his room, which is something I like to do every few months, and I found some of my underclothes hid in his room. Should I be worried, or is this something he is going thru? My ex, his real dad had this problem also. Please contact me back I do not want him to turn out like his dad. He also has anger issues. Thanks!"

ScottCounseling response:

Young males do go through a period of time when their curiosity, sexual development and the learning of appropriate vs. inappropriate behavior is being challenged. You asked, "Should I be worried?" Let's replace the word "worried" with "mindful." Your intuition already tells you to keep a watchful eye. Many parents in your situation now want to know what to do, or how to act. Here are a few of things that you can do:

1) Tell your son everyday that you love him and you are there for him no matter what happens in his life. Begin and end everyday with the words, "I love and care about you." I have a feeling you are already doing this.

2) If you continue to find your, or your daughter's clothes (undergarments) in his room, in a very calm, matter of fact voice say, " I don't want to find my stuff in your room anymore." Do not look for a conversation from him. You are giving him directions.

3) I am concerned about his "anger issues." Although anger is a common feeling, I need to know examples of how he deals and copes with his anger. For example, does he make threats, or does he go to his room and settle down. When does he get angry and what triggers the anger? Boys tend to hold their feelings in and not want to discuss their feelings; whether it's anger, or feelings of hurt.

4) How's your son doing in school and other activities in his life?

5) Last question: Does he have contact with his dad? You shared that you do not want him to turn out like his dad. As children grow older, they may have similar concerns too.