

Adviser

FATHER KNOWS BEST

ROSS BRUNDRETT HELPS YOU SOLVE SOME IMAGINED, YET TRICKY, FAMILY PROBLEMS

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Q I'm so upset by my parents, they just don't get how big a deal this latest *Twilight* movie is. OMG, it's the biggest thing ever. And Robert Pattinson is so hot, and Kristen Stewart just doesn't deserve him, and she's no good as Bella, and anyway I've already seen the movie six times, and I am going to see it six more, and my parents tell me they are worried about what they say is an unhealthy obsession, and I just wish they would leave me alone, and I wish a hot vampire guy would fall for me. Until then, though how can I get my folks to respect me and give me some space and show some respect, not just to me but to everyone in *The Twilight Saga: New Moon*.

Chelsea, 14, of Black Rock

A Hey Chelsea, So you are telling me your life would be complete if a "hot vampire guy" fell in love with you? You see the problem here is I think you are confusing fantasy with real life. Hate to be the spoilsport, but vampires are no more real than wizards. You might as well ask for Harry Potter to materialise and take you away from your suburban drudgery, possibly on that broom of his. Snap out of it, girl. Don't take it so seriously. And if you ask me, that Pattinson bloke could do with getting out in the sun and getting some colour on those cheeks.

Q I've absolutely had a gutful of the phonies in the world who keep trying to drag me down to their pathetic level. Lately, I've been put through the mill again because of something I said about women in football an eon ago. There was a huge outcry over that at the time, but now it's all being regurgitated again because I don't feel the need to apologise. Surely it's ancient history? Surely as an intelligent, well-preserved man with a small amount of charm and talent I should be allowed to just go about my business of entertaining the masses and being handsomely rewarded for it, without all these invasions by the media?

Sam, of Brighton

A Sorry Sam, but I have a problem with people who complain about the media as a third party but who actually are part of the media and make their money from being in the media, you know, like yourself. You always used to have blokey blokes on your side with your ability to just be a little bit sexist and a little bit of a rascal, but times have indeed moved on. Rex Hunt got moved on from 3AW, for goodness sake. So maybe now you should try something different. Stop acting like a grumpy old man now that you are getting, umm, pretty darn old.

VAMPIRES ARE NO MORE REAL THAN WIZARDS



PILLOW TALK

LYNDA CARLYLE ANSWERS YOUR SEX, LOVE AND RELATIONSHIPS QUESTIONS

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Q I just caught my partner watching pornography and feel hurt and betrayed. He says all men do it. Is this true?

A The use of erotica has increased in the past 20 years. The 2008 Porn Report says 33 per cent of Australian adults use sexually explicit material. Eighty-two per cent are male.

DVDs/videos are most common at 63 per cent, and the internet is runner-up, currently used by 42 per cent and growing fast. Opinions of pornography vary. Some say what people watch in private is their business; others are OK with soft but not hardcore; some see it as degrading to women and offering a distorted view of sex; others feel it is evil. What constitutes porn? Some would say even underwear catalogues and bikini shots.

We form our beliefs and values around sexuality as we grow up, and through our experiences.

In relationships, there can be expectations that our partner's values will mirror our own. Even sex therapists have different opinions on the use of erotica.

Guys often use porn when they are between relationships and won't automatically want to stop when they meet someone. What are your feelings about a person's right to privacy around self-pleasuring, even when they are in a relationship?

Many men don't see watching porn as being unfaithful. They may be concerned and bewildered that it affects their partner's self-esteem and sexual confidence.

Depending on the level of deception and secrecy, and whether use has been excessive, feelings of hurt and betrayal differ. Any addiction, whether its excessive work, an affair or technology, draws energy away from a relationship. Examine things that sap precious time away from each other and work out what you can do without.

OPINIONS OF PORN VARY. SOME SAY IT'S OK AND SOME SAY IT'S EVIL

RELATIONSHIPS

Work in PROGRESS

Entrepreneur Sue Jackson admits she's still battling to balance business and family life

WORDS LORETTA HALL



A WEALTH of websites advise on managing your life, should you trawl the net for the answer to achieving work-life balance.

Melbourne entrepreneur Sue Jackson says she has never tried to determine what split she should make between her work and lifestyle as a busy working mum.

As chief executive of a large business she is often asked to share her thoughts at human resources conferences on prioritising between career, family, pleasure and leisure.

"The work-life balance is still a conundrum," Jackson says over coffee in her company's meeting room.

"It is a term from the 1970s. As a concept that has been around for 40 years we are still just as interested in it, but none the wiser about it."

Jackson's business, Solterbeck, based in South Melbourne, designs and implements incentive, recognition and reward programs for companies worldwide.

As its chief executive, and mum to two young boys, she works in the office four days a week and juggles kinder roster duties and filling school lunchboxes with running meetings, briefing clients and setting aside thinking time to build her business.

"I never really know exactly how to answer that question on how to achieve the work-life balance," she says.

"I reflect on whether I am happy

and what makes me happy and the people around me happy.

"But I don't feel I have to have all those silos perfectly weighted. Sometimes work will take priority, and sometimes my kids or my relationship with my partner.

"I don't look at the end of the day to see if I balanced everything."

Jackson worked for marketing company Solterbeck for 10 years before buying it in 2000 and leading it in a new direction.

She then married and had two children two years apart, then separated from her husband.

"It was not easy being a mum, separated and working," she says. "For several years I was a single mum.

"My mum was a real mum. She stayed at home, she baked. I ate fresh cakes in my school lunches. She was always on canteen duty. That is always in my head because it was a concept I was brought up with.

"But these are different times and I need to work, it's not a choice for me."

Owning a business gives Jackson flexibility with her working hours, but it also means she can't switch off once she has left her desk for the day.

Ideas come at any time, anywhere, but she doesn't mind that and says her work-life balance works best when aspects of her life are not segregated.

"When I work I am still a wife, a mum, a partner, a sister and a daughter," Jackson says.

"There's no line between working