

TIGHTS PUNISHMENT

***How to Train
Your Teenage
Son to Wear
His Bra and
Pantyhose
Every Day!***

**By Mary
Martin**



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*HOW TO TRAIN YOUR TEENAGE SON TO WEAR HIS BRA AND PANTYHOSE EVERY
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By
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MY SON NEVER THOUGHT HE WOULD ENJOY WEARING A GIRL'S BATHING
SUIT. . .



INTRODUCTION

Of course, the biggest reason a mother would make her teenage son spend some time dressed as a girl is to punish him for bad behavior. In my case, I was also doing it out of a sense of compassion. When I was a girl, I always used to wear tights as part of my school uniform.

When I got to high school though, we started to have dances. I think we all remember these, and how nervous we felt. I actually had a crush on one of my classmates—I was thirteen, and I had been fantasizing in my mind for months that this boy would finally ask me to slow dance at the Spring Formal and we would live happily ever after. Now, I have grown up a lot since then, and my evening at the dance wasn't as magical as you might imagine. This is a guide for petticoat punishment, not a fairy tale, after all. I don't even have a very clear memory of all the boys I danced with that night, although I do remember one thing my crush said to me.

It was a formal dance I was going to and I wanted to look my best. My mom had a rule that if I was in a skirt or dress, I had to wear some kind of hosiery in order to look presentable. Normally, it was the opaque white or navy-blue tights that went with my school uniform. I could wear suntan pantyhose to church because my tights didn't go with the floral dresses I usually wore. For the dance, my mom helped me pick out a little black dress, and when I came down the stairs wearing my normal dark blue tights, she took one look at me and said it wouldn't do. I was old enough to wear sheer black pantyhose, and she gave me a pair of her own hose to wear to the dance. She also let me wear make-up, which I think she knew I always used to experiment with when I was home alone.

So, what was it that my crush said to me? As you can probably guess, when I was thirteen, I was self-conscious and shy, especially about my appearance. When my crush first saw me on the dance floor, I was nervous, and I asked him—Don't you recognize me?

He said—Wow, you really look like a girl!

I thought about that moment a lot, and upon further reflection, maybe it was an insult. If I wasn't wearing a little black dress and lipstick, did I look like a boy? In that moment though, I took it as a compliment. I mean, we were both just naive thirteen-year-olds. And that dance is still a treasured memory for me. It was also one of the reasons I decided to make my son start to wear dresses and pantyhose. If a new outfit could make me look like a real girl, imagine what a pair of sheer black

pantyhose could do for my own awkward and annoying son?

Believe it or not, a school dance is a perfect opportunity for you to present your son to the world in his new female persona. I told my son my story, about how I first felt like a real woman when I went to a dance, and how the boys started to see me as a more mature female, too.

Everyone feels awkward when they're a teenager. I also kind of tricked my son. I told him that, if he didn't feel comfortable being a girl, it could just be a big joke. He could tell his friends he was just wearing a dress to the dance because it was a prank or because he lost a bet. In the end, everyone would actually think he was more of a man for being brave and keeping his word.

Of course, you know your own son better than I do and you're welcome to get creative. If your son is too shy to go to a school dance in the dress, invite some of his friends to your house, put on some music, and tickle him till he starts to dance. Of course, he should be wearing a party dress and a nice pair of pantyhose. If he's too shy and awkward to have any friends from school, you can invite people from your neighborhood, even grown-ups, or strangers. Don't let your son make any excuses. He's not so little anymore, and it's time for the world to see him as the girl he really is. Teens can be very stubborn, so you have my permission to be a little harsh with him. It's for his own good, after all!

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THERE'S NO REASON TO BE SHY ABOUT WEARING PANTYHOSE, HONEY.



AFTER ALL, THEY'RE PART OF YOUR NEW SCHOOL UNIFORM!



CHAPTER 1. BUT MOM, I DON'T EVEN LOOK LIKE A GIRL!

In my experience, the kinds of boys who deserve to be treated as girls already look very feminine. All of us women actually have a joke about this. You better be in love with whoever you live with, because when I wake up in the morning, before I take a shower and put on make-up, I look like a monster. Just try putting your son in some girl's clothes and see if he isn't immediately transformed into an adorable little angel. The whole reason tights work so well for feminizing boys is because they are shaping. They cling to your curves and make you look more feminine, no matter what body type you have. Leotards and one-piece swimsuits also work very well for feminizing a boy's body and you should definitely buy your son one of these to wear underneath his dresses. You usually can't see this, but often ladies like to wear a leotard as underwear, and it has a wonderful slimming effect.

Also, just see if this doesn't put a smile on your son's face. Let him wear something cute with bright little flowers on it. Put him in pink. Has he ever felt the wonderful joy of a spring breeze wafting up his dress? He won't know that he doesn't want to be a girl if he has never tried it. So, give him a chance. Playing dress-up helps establish a beautiful bond that all mothers and daughters can share. One of my greatest pleasures in life has been passing on all these traditions to my son. It's even more special for us, since he's a boy. He almost missed out on all this fun. But I wasn't going to let that happen. I actually think it was fate that I made him live as a girl, since he really looks so good in a dress, pantyhose, and even a ballet tutu.

Make-up is a girl's best friend. But pantyhose are our secret weapon. They don't just make us look more feminine, but they make us feel more girly, too. For my son, pantyhose had an almost hypnotic effect. As soon I am pulled up that waistband up to his hips, he was a changed person. He immediately became more calm and subdued, and more gentle in his tone and mannerisms. I don't know why this works, but it really does. You might be surprised that even the wildest, most rowdy little boys can be tamed with a simple kind of pantyhose that you wear every day.

HAIR AND MAKE-UP WILL CONVINCE THE WORLD THAT YOUR SON IS A GIRL.



BUT PANTYHOSE?



THEY'LL BE A SKIN-TIGHT REMINDER ALL DAY THAT A GIRL LIKE
HIM BELONGS IN A BRA AND PANTIES!



CHAPTER 2. MOM, DO MY PANTIES GO OVER MY TIGHTS OR UNDER THEM? HELP!

As you can guess, I'm a big fan of pantyhose myself and I'm always recommending them to my friends. And, since we're all girls, I have often been in the locker room in a gym or even a changing room in a department store with other ladies who are surprised that I don't always wear panties under my pantyhose. At other times, I will wear panties over my pantyhose. The short answer is that you can try every combination and you can wear whatever feels the most comfortable for you, depending on your outfit. I have met a lot of women who have told me they always wore panties under their pantyhose because that's what their moms taught them and they never gave it a second thought. But the truth is, it's your body and your outfit and you are really free to get creative.

I think most of us grow up knowing that panties come first and pantyhose, or tights, go over them. If you take ballet, you'll learn that panties might look silly underneath a skin-tight leotard, so you can often skip them. A lot of women will wear spandex panties or shorts underneath a short skirt for dances, since you know, your skirt is going to flip up and you don't actually want anyone to see your Hello Kitty panties. Another reason to wear panties over your pantyhose is because it helps to hold them in place. We all know that pantyhose can tend to sag down your crotch as the day goes on. Wearing panties over pantyhose, or better yet, a leotard, will prevent this from happening entirely.

So, what should you tell your son if he asks which comes first? Your son should get the chance to experiment with different kinds of pantyhose, tights, and panties. When he's in training though, I would suggest that you make him wear panties, then pantyhose, and another pair of panties over both. It might be uncomfortable for him, but that's kind of the point. If your son complains that all of this makes him feel like a girl, make sure the panties are a little too small for him. The goal is to make him look slim and shapely underneath his dress, and wearing two pairs of panties will definitely help with that.

LOTS OF WOMEN WEAR PANTIES OVER THEIR PANTYHOSE.



**FORGOT YOUR LEOTARD FOR DANCE CLASS? JUST SLIP ON SOME
PANTIES AND A T-SHIRT! YOU'LL LOOK GREAT!**



CHAPTER 3. WHEN IS THE RIGHT TIME FOR YOUR SON TO BECOME A GIRL?

When exactly is the best time for your son to start living like a girl? There are as many different answers to this question as there are girls. Naturally, I would suggest that the earlier you start, the better. On the other hand, your son won't really come into this world as a fully effeminate young woman till he is a teenager. At any rate, my goal is to give the best possible advice for turning your son into a happy little girl, so I'm not going to pretend that there won't be false starts. My point is that you shouldn't get discouraged if your first attempt doesn't work.

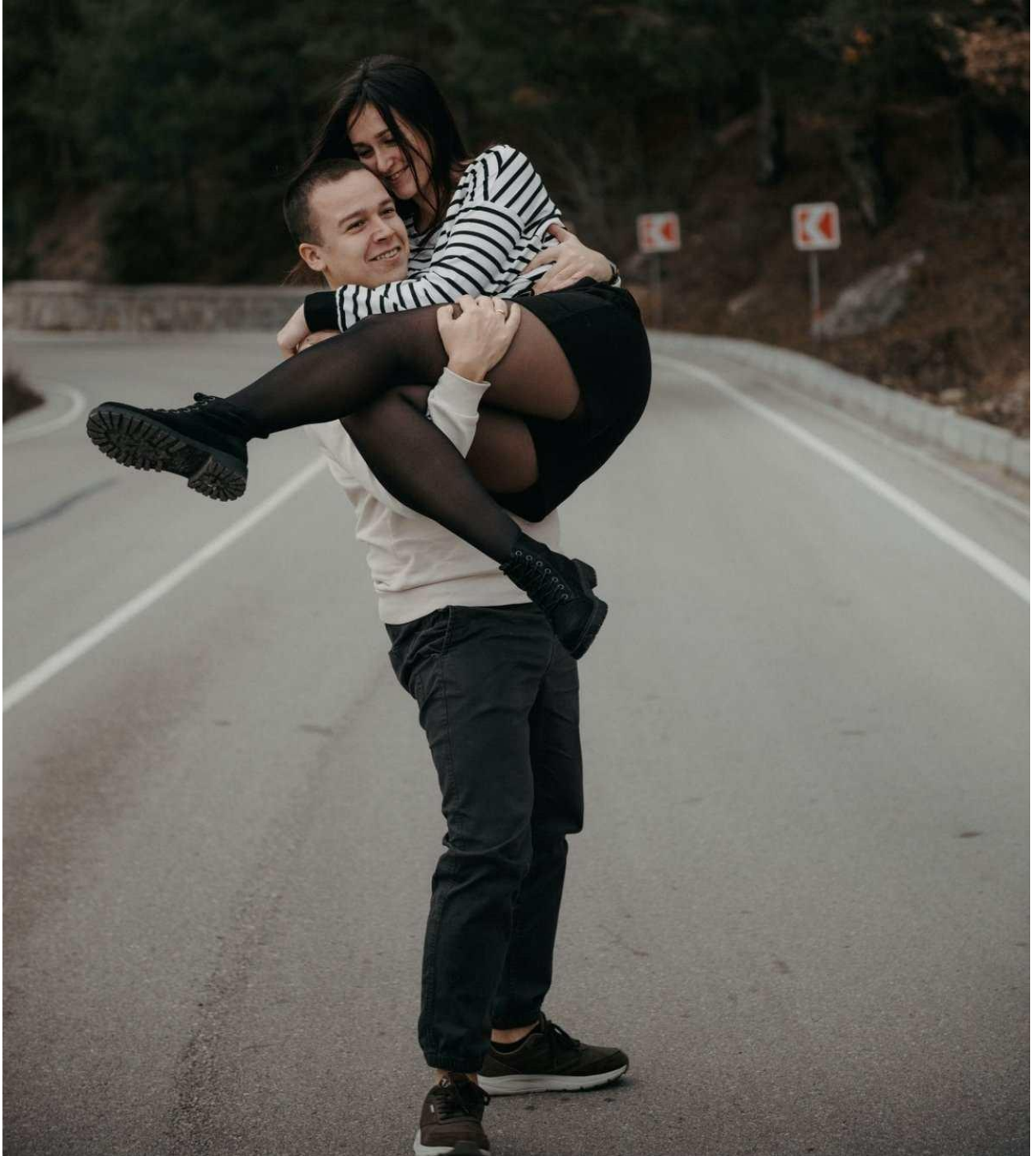
Moms are always busy and maybe you don't have as much time and attention as you would like to spend on your son's feminization at this very moment. If you do have time, go for it. But if you get distracted or if your lessons don't stick the first time, you can always resume later. When my son was older and he knew I was serious about him becoming a girl, he started to remember — we had already tried this a few times before.

I have met a lot of moms just like me, both online and in person, who admire what I have done and who want to try it themselves with their families, too. Some moms worry that their sons are too old and that it's too late for them to learn to be girls. The good news is that it's never too late. For what it's worth, you can also feminize husbands, and I have done this, too, although it's a different process. A grown man already has a very strong ego and he'll need to be trained in different ways to accept that his wife totally controls his life. If you're just doing this to your son, it's a lot easier. I actually think that my son was extremely difficult — and that's one of the big reasons I wanted to change him. Nevertheless, I have met other moms whose sons are probably even more stubborn and rambunctious than mine. Fortunately, though, moms like me are spreading the word and sharing advice. If you haven't seen a boy in your community suddenly reinvent himself as girl, you will probably be seeing one soon. You might even think you're in a totally normal marriage, until one day your wife tells you that your new life is about to begin as a female. Don't say I didn't warn you!

TODAY, YOUR SON IS NERVOUS ABOUT WEARING TIGHTS IN PUBLIC. . .



BUT BEFORE YOU KNOW IT, HE'LL BE ALL GROWN UP AND HEAD-OVER-
HEALS IN LOVE WITH WEARING HOSE!



CHAPTER 4. THE JOYS OF WOMANHOOD

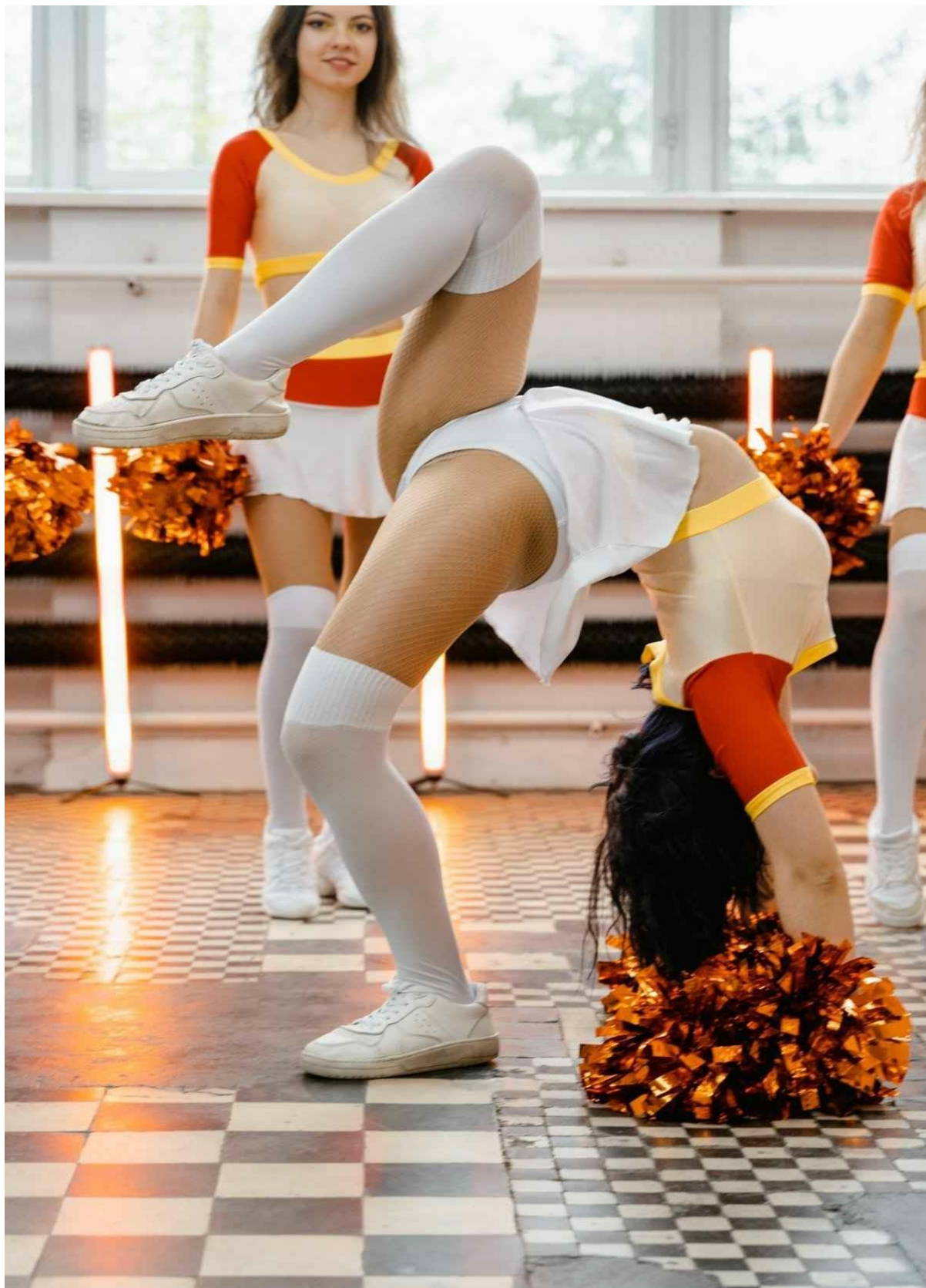
Believe it or not, getting your son in pantyhose is the easy part. After that, you need him to start behaving like a lady. At least in my case, my son was always submissive and obedient alone with me, when we could just be girls together in the privacy of our own home. He only started to get really nervous when I proposed the idea that maybe the world would be a better place if he spread his smiles and feminine cheer with the rest of his community. You should sign your son up for some typical feminine activities, such as ballet or cheer leading. He could be a baton twirler or a gymnast. The point is, he should be doing some kind of a performance in which audiences will praise him for appearing girly.

And remember, these are all classes. No girl can do ballet perfectly when she first starts to learn. So, if your son complains that he can't move the way the other girls do or that he's not flexible enough, remind him that that's the entire point of taking a class. I have also talked to my son's ballet instructor and she thinks it's lovely what I'm doing with him. It's kind of common knowledge that little boys like to laugh at girls in their ballet tights, to pull on their pig tails, to flip up their skirts on their tutus. In the past, boys used to take ballet in more masculine outfits, even if they included tights. But why rely on half-measures? If a boy is going to take ballet, and he should, he can wear the same uniform as everyone else. If a boy is too small to play sports, he can be a cheer leader. And everyone knows that cheer leader uniforms are kind of silly and outrageous. If girls have to put on short skirts and fishnet pantyhose to dance around and cheer on their school's football team, there's no reason a male cheer leader can't do the same.

WHAT ARE WE CHEERING FOR?



WE'RE JUST ALL REALLY HAPPY TO BE GIRLS! YAY!



CHAPTER 5. HOW TO PICK YOUR PERSONAL PANTYHOSE STYLE

My son and I don't argue very often, but one thing we don't always agree on is what kind of pantyhose he can wear. I tend to be quite conservative, and I usually wear sheer black or suntan pantyhose. My son sometimes complains that the other girls at his school like to wear bright colors which, in my eyes, are a little outrageous. Worst of all — I really have trouble calling some of these garment's pantyhose to even tights. Of course, I love my son and I don't like to argue with him, so we have come to a compromise. I can understand that styles change and that young people want to wear knee-socks and thigh-high stockings sometimes. If my son is really good, I'll let him wear what he wants. But I still usually make him put a pair of pantyhose on underneath.

Perhaps I shouldn't be so strict. My own preference is for pantyhose, but I can admit that, if a man asks me to wear something special for him, I can be obedient as well. And if I'm in the right mood, I can have fun wearing thigh-high stockings or even leggings for a day out on the town. In fact, when my son told me that the whole reason, he wanted to wear silly tights was to impress some boys in his class, I had to relent. I guess they all had an inside joke, that my son looked too much like his mom, since he did wear the same type of pantyhose that I did. In order to assert his independent, he had to wear something new, something that all the other girls were wearing, too. The biggest part of the joke was that when I went to pick up my son at school, all his friends saw that we were still dressed alike. But this time, I was wearing silly tights, too!

You can really never escape your mommy! And if the biggest way your son ever rebels against you is by asking to wear pink tights, I think you have done a wonderful job raising him.

WHY DO I HAVE TO WEAR WHITE TIGHTS TODAY?



WELL, DON'T YOU THINK YOU SHOULD LOOK NICE THE DAY YOU HAVE YOUR
FIRST PERIOD?



CHAPTER 6. TODAY'S A VERY SPECIAL DAY. . .

Every girl has one day in her life that makes her a woman—and that's the day she gets her first period. Maybe your son will never get a real, biological period himself, but that doesn't mean he should miss out on the fun. He doesn't actually need a bra, either, but if he wants to look and feel like a woman, he's going to have to wear one. Every boy his age should know what a period is and how it works. In your son's case, he's going to get some firsthand experience, because you're going to make him have a simulated period every month.

If you haven't had the joy of wearing a feminine napkin in your underwear yet, I'll give you a little sneak peak. It actually really helps if you're also wearing pantyhose, because they're so tight and they hold everything in place. I think that a lot of moms have a tendency to give their daughters pads that are too big when they first get their periods, so they'll feel more safe. I know this is how my mom felt when I had my special day, and she even told me so. I complained that it felt like I was wearing a diaper, and this was when she first let me try on a pair of her control top pantyhose, the kind with an extra-tight, spandex panty. I still felt a little weird, but the pantyhose did a good job smoothing everything out, so no one could tell I was wearing a huge pad in my panties. I distinctly remember that I had to wear giant pads for over a year before my mom let me buy the smaller kind I prefer now.

Women also have a little trick we play when we're on our periods. I know that guys believe women get cranky when we're on our periods, and as a result, they might not take us seriously. Oh, she's just on her period, so she must be emotional today—don't pay any attention to her. But guys also believe that no woman in her right mind would wear white pants, or white tights, when she's on her period. As a result, a lot of women intentionally do wear white, just to keep the boys guessing. I honestly believe that school uniforms for girls include white tights so often specifically for this reason. Being a girl is hard enough. This way, we make sure the boys in our lives will never know for sure if it's our time of the month. As I mentioned, tights can also make you feel a lot more confident when you're wearing a pad. I know this is impossible, but when I was younger, I was actually afraid the pad might fall out if I didn't have a pair of tights on to keep everything snug and secure. It's also common for girls to wear pantyliners every day, and ever since he had his first simulated period, this has been a rule for my son, too.

YEAH, PERIODS CAN BE A PAIN. BUT THEY'RE A JUST PART OF BEING A GIRL.



I MAKE MY SON ASK OTHER GIRLS AT SCHOOL TO BORROW PADS. “OH,
GOSH, YOU REALLY ARE A GIRL, AREN'T YOU?”



DON'T FORGET YOUR WHITE TIGHTS FOR YOUR STRAWBERRY WEEK!



CHAPTER 7. WHAT IF TIGHTS PUNISHMENT DOESN'T WORK FOR ME?

I'm not saying that tights punishment doesn't work, but as every mom knows, sometimes you need to get creative with your parenting. You can also inflict additional punishments that are related to feminization in order to get the point across to your son. In fact, I would strongly recommend that you use other methods that really get under your son's skin. All of this is intended to help your son in the end, so don't feel bad if he throws a temper tantrum sometimes. That means that your punishments are working and that he's learning from your lessons.

I'll give you an example of how I used my son's own weaknesses against him. I don't know why, but my son never used to like bananas. He wouldn't even take a bite. Naturally, I decided that bananas were going to be a big part of his diet. And this actually does have a connection to his tights punishment. Bananas are good for you, so there's really no reason that he shouldn't have one every day. I was making him do this for his own good—which is the same reason I make him wear tights. At the very least, he should obey his mom, even if he didn't like what I was telling him to do.

My son admits that he still doesn't care for the taste of bananas, but he has grown accustomed to eating them, and we often share them for breakfast. Of course, if you want your son to do anything, you should set a good example. In the same way that I wear pantyhose or tights every day, I also made sure my son saw me eating a banana every day. Just to be silly, when I put him in time out, I would put a bunch of bananas on top of his head and I told him he couldn't leave the corner till he ate one. Of course, his friends at school learned about this, and now just to be silly, they often give him bananas as gifts. One of his many nicknames at school is also Nana, which is short for banana.

SOMEONE'S IN TIME-OUT FOR BEING NAUGHTY.



BUT HE'S LEARNED HIS LESSON!



ALWAYS SET A GOOD EXAMPLE FOR YOUR SON.



SEE, THAT WASN'T SO HARD, WAS IT?



CHAPTER 8. YOU'RE ONE OF THE GIRLS NOW!

You should always present positive female role models to your son so that he will be excited to grow up to be a woman. I know, part of this means that one day he'll have a boyfriend and a husband, and although this might seem overwhelming to him at first, it is the reality of being a woman, so it's something he should get used to. Although I am a married woman, I am in a kind of open marriage in which I date men other than my husband. My son has been aware of this and he knows that, as a woman, I have an active romantic life. He has always recognized that part of being a woman means that men will admire your beauty. It's okay to be proud of your appearance! This is the whole reason I have been trying so hard to make him pretty!

One of the biggest reasons I wanted my son to try living like a girl was so that he would learn how to deal with bullies. And yes, one of the most common insults that bigger boys used to use on my son was to call him a girl. Should this really be an insult though? I wanted to teach my son that there was nothing wrong with being a girl—or even with being a boy who just decided one day that he wanted to try wearing a dress to school. You can completely deflate a bully's insults if you get him to admit that, yes, you are different. But it takes a lot of courage to walk into school in just a girl's ballet uniform. And do boys call you a mama's boy? You can shoot back that you are such a mama's boy, you have actually turned into a mama's *girl*—and there's nothing embarrassing about that at all. My son is such a mama's boy, he became a girl himself because he admired me so much. Isn't that cute?

As your son grows into a happy and confident woman, the boys around him will also mature. They will realize how silly they used to be, pulling on pigtails and laughing at girls if their leotards were on crooked. I have sometimes asked my son if he's embarrassed anymore, and we are totally honest with each other. He has no secrets. He has told me that former bullies have apologized to him for making fun of him in the past—and this is what embarrasses him now. He tells me that he feels like a normal girl and there's nothing for them to apologize about. The truth is, these boys are in awe of his obedience as well as his beauty. Imagine how loving and loyal he must be if he would change his life, simply because his mom told him to? In the end, this is the kind of girl a boy wants to be friends with. They want someone who won't sweat the small stuff. My son isn't ready to go on dates yet, but when he is, I know that his future boyfriend is going to be very lucky, because I have trained him to be the perfect little lady—and someone who cares about her appearance, too!

YES, YOUR SON CAN GROW UP INTO A LOVELY LADY.



AT FIRST, IT ACTUALLY WAS HARD TO GET HIM IN PANTYHOSE EVERY DAY.



So, sometimes I let him wear silly pink tights.



OR EVEN CRAZY PATTERNS.



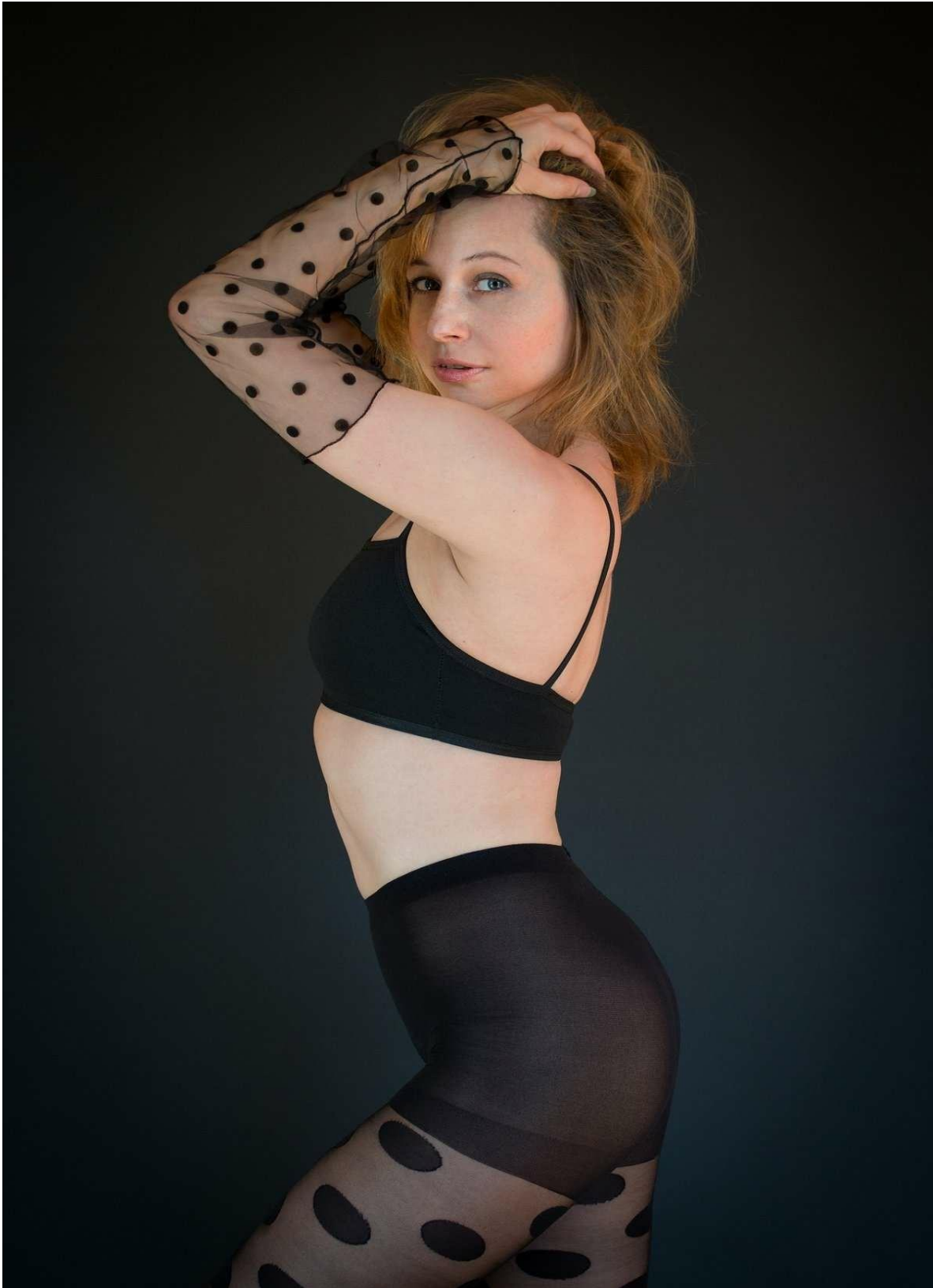
LEGGINGS ARE OKAY FOR EXERCISING, OF COURSE.



SOMETIMES THIGH-HIGH STOCKINGS ARE EVEN ACCEPTABLE.



BUT I HAVE TRAINED HIM TO ALWAYS WEAR A BRA AN HOSIERY.



NOW THAT YOU'RE ONE OF THE GIRLS, YOU REALLY DON'T HAVE
A CHOICE!

THANKS FOR READING AND GOOD LUCK WITH YOUR NEW LIFE AS
A GIRL!

