

Let's Talk About Sex

ZINE



Sex ed.
Sex in a bed,
Sex in ma head.

Not when ya dead,
Sex wearing red, wearing blue,
Eating bread.

Sex with a 'yes' not a no instead,
Sex if you want,
Not if you dread
it.

SEX ED RAP



Sex education manifesto

1. We will be non-judgmental and open-minded
2. We will not assume someone's gender or sexual identity
3. We will celebrate all bodies regardless of size, shape, expression or colour
4. We will give space for everyone to share as much or as little as they like
5. We will not use scare or shame tactics

6. We will say it's cool not to have sex too
7. We will talk about the emotional sides of sex
8. We will be aware of the societal norms that influence us all
9. We will use language that everyone can understand and that is gender-sensitive
10. We will have fun and laugh



what do you look for in a relationship?

HOW DO YOU THINK COMMUNICATION SHOULD LOOK LIKE
IN RELATIONSHIPS?

- HEALTHY
- OPEN
- EQUALITY
- RESPECTFUL

WHAT COMMUNICATION RULES ARE IMPORTANT TO
YOU?

- TRUST
- LOYALTY
- TIME
- OPEN Minded

WHY DO YOU THINK ITS IMPORTANT TO TALK ABOUT
OUR WISHES, FEELINGS AND DESIRES?

- TO BE ON THE SAME LEVEL
- SO PROBLEMS ARE ADDRESSED
- TO STRENGTHEN THE RELATIONSHIP
- TO UNDERSTAND EACH OTHER

I HAVE SEX...

... because it feels wonderful

... *to feel connected to the one I love the most*

... **because I want to!**

... *for intimacy and pleasure*

... as release

... *to make babies*

... for the hug afterwards

... **because why not?**

... **because I enjoy it**

... *as it's important for my partner*

... as it's a wonderful connection that cannot be replicated any other way

... for pleasure, fun, release and bonding

... BECAUSE IT IS TRANSGRESSIVE (OCCASIONALLY)

... because we're only humans & humans are on this planet to love

... **because Charles Darwin told me**

SEX

AND

SOCIETY

One of the biggest hurdles in sex and relationships education is not teaching facts, diversity and inclusivity but un-teaching the sex education we've already received and continue to receive everyday even into adulthood.

There's a certain script we're all taught whether we like it or not. It becomes our framework for how we understand sex, relationships, gender roles and sexuality. And most of the time: *it is not helpful*. In fact it can be incredibly problematic and cause a lot of harm.

We never enter relationships (sexual or romantic) with a completely blank slate. Everyone comes loaded with expectations and assumptions. To the extent that even before you've had your first relationship or first sexual experience you have a framework to run with. And that framework is the patriarchy, pushing its norms about gender roles, sexuality and sexual behaviour so hard they become internalised. Things like "who wears the trousers in the relationship?" and this gendered dynamic even being pushed on same-sex couples; ideas about how your pubic hair should look; contradictions like you should always want and enjoy penis in vagina sex (or any kind of penetrative sex) but if you're the one being penetrated then it's going to hurt the first time; men are more into sex than women and women are more into relationships than men; myths about bisexuality like bi men are really gay and bi women are really straight (either way they'll always end up with a man). The list could go on and on.

Even if you've educated yourself and spent time trying to unlearn these things, you can know the theory but in practice still have these norms internalised. We can't help it, the messaging is everywhere in society, coming at us from all angles - in our TV shows, movies, music videos, porn and books.

If you have, at least in theory, understood these norms then there's the challenge of actually figuring out what *you* want. Do I shave my legs because I want to and I like the way they feel smooth or do I do it because the patriarchy has done such a good job that no matter how hard I try the image of a woman with hairy legs looks kind of "gross" to me? As a feminist, I probably shouldn't enjoy doggy style because that's what they do in porn and it looks super demeaning but what if I actually enjoy it? Is that okay? Seriously, good luck with trying to figure out what you actually enjoy and what you actually think.

We don't live in a vacuum and no-one is immune to the messages we receive so it can be really difficult to figure out what your true thoughts, feelings and choices are. But the best place to start is to at least be aware of it. That's what we can do on an individual level. As a society, well that would require more diversity in the media and comprehensive sex and relationships education in schools. But apparently that's too much to ask.

by Hannah Wilton



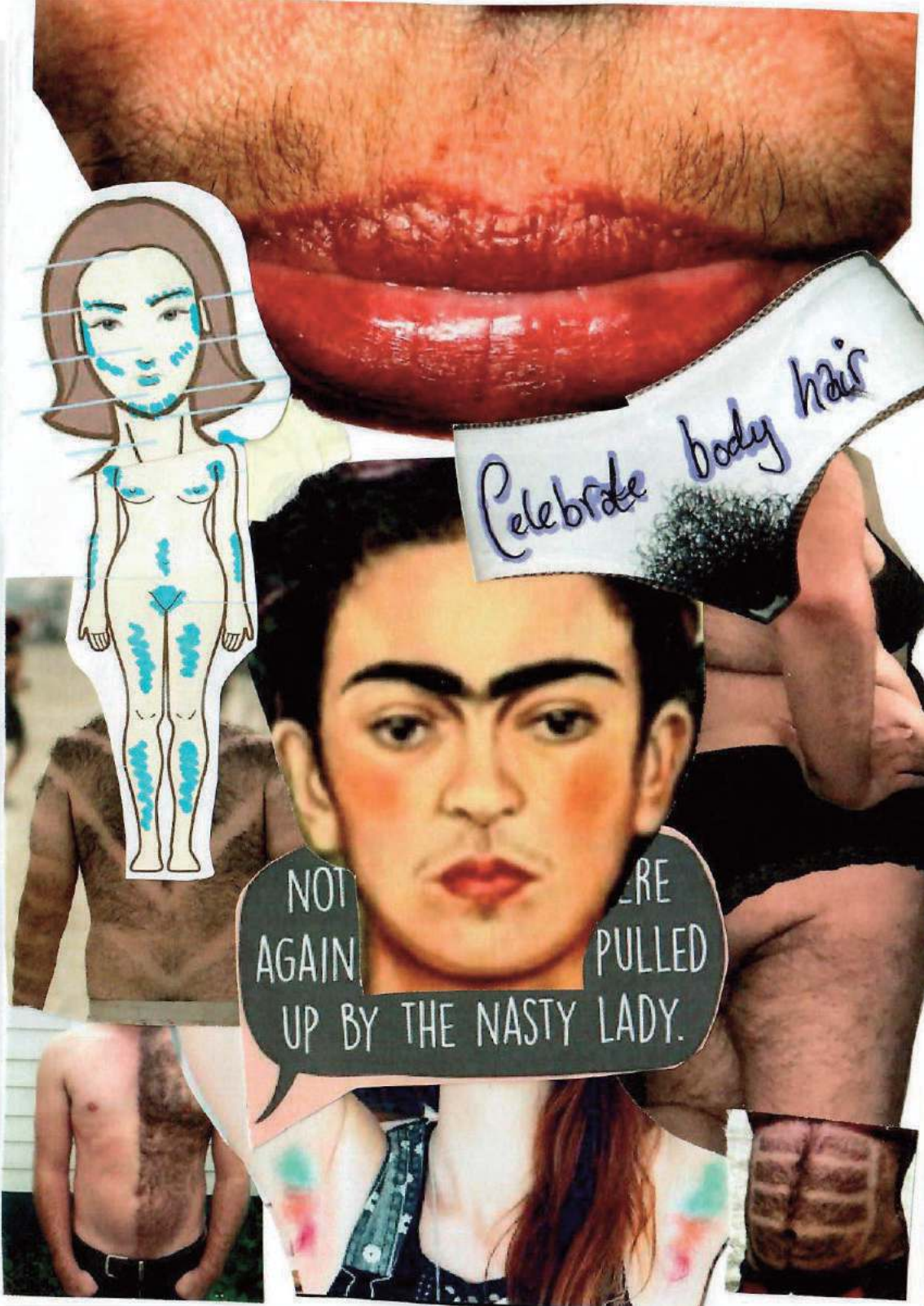
photo credit: @georgeyonge

HONEY NO MEANS NO

I MAY LAY NEXT TO YOUR CHEST IN THE
BRIGHTEST DAYLIGHT
I MAY LOOK YOU TIGHT INTO ~~THE~~ EYE ON 4AM NIGHT
I MIGHT SAID YES HUNDRED TIMES
BUT IT DOESN'T MEAN THAT I GIVE CONSENT TONIGHT
AMOUNT THE DRINKS YOU GAVE OR LENGTH OF MY SKIRT
IS NOT CONSENT OR NECESSARILY SIGN OF FLIRT
SHOW ME RESPECT TO TURN ME ON
IT SHOULDN'T BE UNKNOWN PHENOMENON
AND VICE VERSA ALL THIS GOES
IT'S NOT SOMETHING YOU CAN CHOSE
LET'S LISTEN TO EACH, NO NEED TO GUESS
NO MEANS NO AND NEVER LETS

NATALIA KAMUO

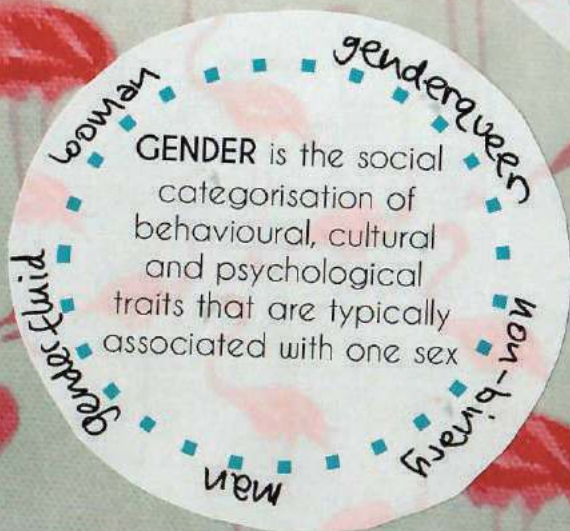
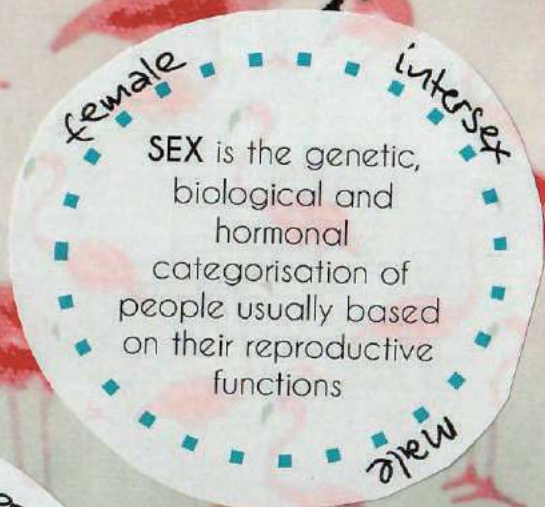




Celebrate body hair

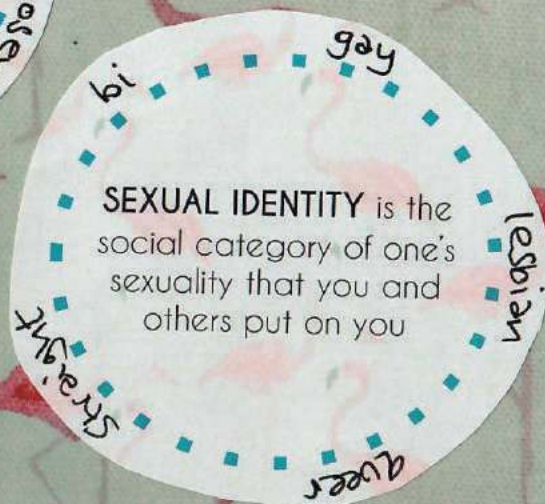
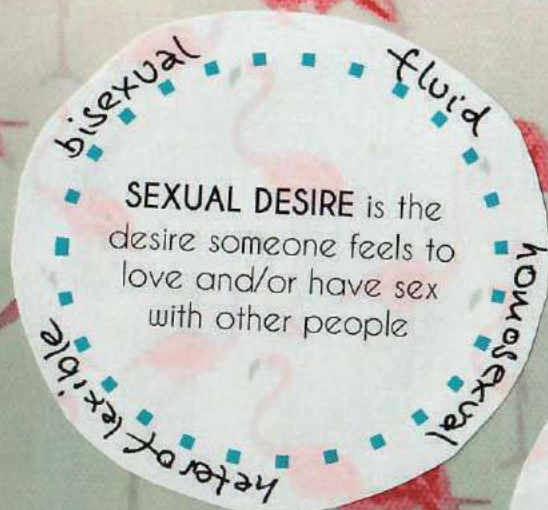
NOT AGAIN
PULLED
UP BY THE NASTY LADY.

SEX, GENDER, SEXUAL DESIRE & SEXUAL IDENTITY



When some people talk about sex, gender, sexual desire and sexual identity they confuse these categories and try to force people into two boxes (like woman or man). But it's not as simple as that. About 1% of the population is intersex (neither male or female) and many more people decide to identify as different genders.

Sometimes of these categories correspond but it is also quite common for people to fit outside of these categories. For example men who have sex with men (sexual desire) may identify themselves as straight (sexual identity). Someone's genitals does not always correspond with their gender, so we cannot define a person's gender based on their biological sex.



'But what if I don't know?'

If in doubt about someone's gender or identity, why not trying politely asking them?

NORMATIVITY

SOCIAL NORMS ARE MODELS OF BEHAVIOUR THAT ARE CONSIDERED AS ACCEPTABLE IN DIFFERENT SOCIAL GROUPS OR SITUATIONS. AS WE GROW UP WE OFTEN INTERNALISE DIFFERENT SOCIAL NORMS AND THEY PLAY A VERY IMPORTANT ROLE IN HOW WE CREATE OUR IDENTITY.

NORMATIVE

WHO

- YOUR HUSBAND OR WIFE
- WHEN YOU'RE IN A 'SERIOUS' RELATIONSHIP
- >>
- >>

WHEN

- IN THE NIGHT-TIME
- ON YOUR HONEYMOON
- >>
- >>

WHERE

- IN BED
- IN PRIVATE
- >>
- >>

WHAT

- PENETRATIVE SEX
- BLOW JOBS (ORAL SEX ON A PENIS)
- >>
- >>

WHY

- WHEN YOU'RE IN LOVE
- TO MAKE BABIES
- >>
- >>

NORMS ALSO EXIST WHEN IT COMES TO SEX. SOME THINGS ARE SEEN BY SOCIETY AS THE NORM - WE CALL THIS NORMATIVE. OTHER THINGS ARE SEEN AS SOCIETY AS GOING AGAINST THE NORM - WE CALL THIS NON-NORMATIVE. FILL IN THE BLANKS BELOW WITH WHAT YOU THINK IS NORMATIVE AND NON-NORMATIVE IN YOUR SOCIETY (ABOUT SEX OF COURSE!!)

NON-NORMATIVE

WHEN

- WHEN SOMEBODY ELSE IS HOME
- AT WORK
- >>
- >>

WHO

- TWO PEOPLE OF THE SAME GENDER
- DISABLED PEOPLE
- >>
- >>

WHAT

- FEMALE MASTURBATION
- RIMMING (ORAL SEX TO THE ANUS)
- >>
- >>

WHY

- TO HAVE FUN
- FOR MONEY
- >>
- >>

WHERE

- IN PUBLIC
- ON AN AEROPLANE
- >>
- >>

PORN Quiz

How much do you know about porn?

1. What percentage of all internet downloads are porn related?

- a) 25% b) 35% c) 45% d) 55%

2. What percentage of the global porn industry (valued at \$97 billion) comes from the US?

- a) 2% b) 5% c) 12% d) 27%

3. What percentage of internet users have been exposed to unwanted porn ads?

- a) 15% b) 26% c) 35% d) 64%

4. Porn sites receive more regular traffic than which website?

- a) Netflix b) Amazon
c) Twitter d) all 3 combined

5. What is the most common female role in porn played by women in their 20s?

- a) Teenagers b) Teachers
c) Housewives d) Maids

6. What percentage of young people aged 13-24 actively seek out porn weekly or more often?

- a) 12% b) 24% c) 48% d) 64%

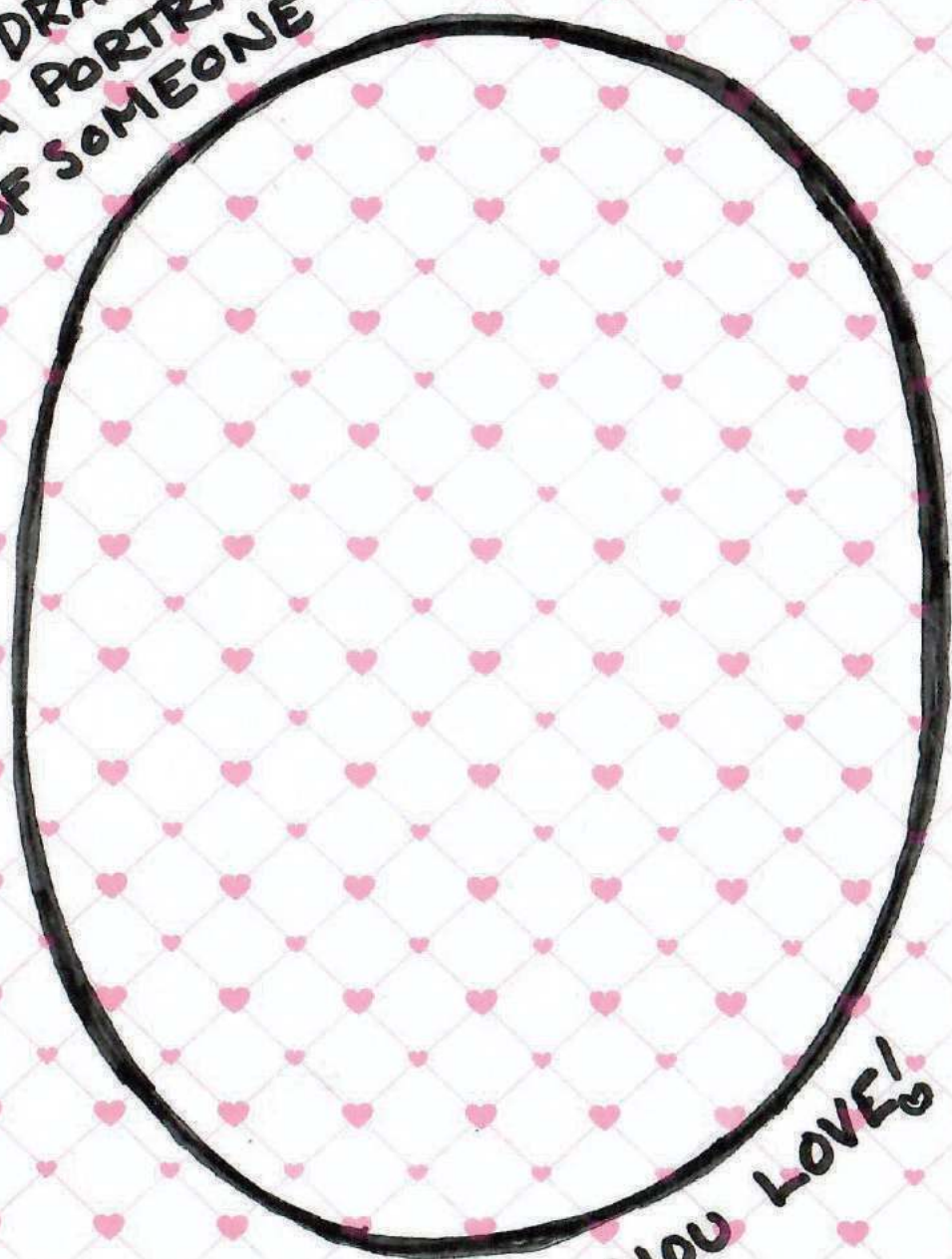
7. What percentage of surveyed males aged 11-16 in the UK who watch porn want to try the type of sex they see in porn?

- a) 11% b) 19% c) 33% d) 44%

References to all stats can be found at fightthenewdrug.org/10-porn-stats-that-will-blow-your-mind/.

Answers on the back page!

**DRAW
A PORTRAIT
OF SOMEONE**



YOU LOVE!

ASK ROGER



Dear Roger, I have a crush on my best friend and I don't know what to do. I'm scared that if I tell him it will ruin our friendship.

FIRST OF ALL, THERE IS NEVER A STRAIGHT ANSWER TO QUESTIONS LIKE THESE. THIS IS A REALLY TRICKY SITUATION AND ONE THAT MANY OF US HAVE BEEN IN. YOU SHOULD FIRST ASK YOURSELF WHAT YOU WANT TO GAIN FROM TELLING YOUR FRIEND YOU HAVE A CRUSH ON THEM - IS IT BECAUSE YOU WANT SOMETHING MORE THAN FRIENDSHIP OR ANOTHER REASON? IF YOU SPEAK TO HIM IT MIGHT CHANGE THE DYNAMIC OF YOUR FRIENDSHIP - MAYBE FOR THE POSITIVE, MAYBE FOR THE NEGATIVE. YOU SHOULD BE READY TO DEAL WITH THE POSSIBILITY HE MIGHT NOT FEEL THE SAME (AND THAT'S OKAY!). IF YOU DO DECIDE TO SPEAK TO HIM YOU ALSO NEED TO THINK ABOUT IF YOU KEEP IT TO YOURSELF WHETHER YOU WOULD REGRET IT OR WHETHER IT WOULD AFFECT YOUR FRIENDSHIP BECAUSE OF YOU BEHAVING DIFFERENTLY BY TRYING TO HIDE YOUR FEELINGS. I'M ONE TO BE DIRECT AND HONEST ABOUT MY FEELINGS AND I WOULD WANT HEAR WHAT HE HAS TO SAY. IF YOUR FRIENDSHIP IS REALLY SOLID THEN YOU SHOULD BE ABLE TO GET THROUGH THE SHORT-TERM AWKWARDNESS EVEN IF HE DOESN'T FEEL THE SAME.

Dear Roger, I have been with my girlfriend for four months now and we are very much in love. But she really wants to have sex and I don't feel like I want to. What should I do?

EVERYONE GOES AT THEIR OWN SPEED WHEN IT COMES TO HAVING SEX WITH SOMEONE - THIS CHANGES IN DIFFERENT CIRCUMSTANCES, WITH DIFFERENT PEOPLE AND AT DIFFERENT STAGES OF YOUR LIFE. IT DOESN'T JUST APPLY FOR THE FIRST TIME. THIS IS ONLY SOMETHING FOR YOU DECIDE AND YOU SHOULD NEVER FEEL PRESSURED INTO HAVING SEX. IF YOUR PARTNER REALLY RESPECTS AND LOVES YOU, THEY SHOULD UNDERSTAND THAT YOU ARE NOT READY YET. THERE IS SO MUCH MORE TO A RELATIONSHIP THAN SEX, IT IS ONLY ONE ELEMENT OF A RELATIONSHIP. I WOULD SUGGEST HAVING AN OPEN CONVERSATION ABOUT YOUR FEELINGS WITH YOUR PARTNER, EXPLAINING THAT YOU NEED YOUR OWN TIME UNTIL YOU'RE READY. IF YOU DO DECIDE TO HAVE SEX WITH HER IN THE FUTURE THEN IT WILL BE SO MUCH MORE ENJOYABLE FOR HER WHEN YOU'RE BOTH HAPPY AND READY TO DO IT - I HOPE YOUR PARTNER APPRECIATES THIS TOO. IF SHE DOESN'T UNDERSTAND, MAYBE YOU NEED TO CONSIDER WHETHER SHE'S THE RIGHT PARTNER FOR YOU RIGHT NOW.

Dear Roger, my vulva doesn't look like other people's and I am embarrassed about the way I look 'down there'. What can I do?

OUR GENITALS COME IN DIFFERENT SHAPES, SIZES AND COLOURS - NO TWO VULVAS OR PENISES ARE THE SAME, IN THE SAME WAY AS NO TWO FACES ARE THE IDENTICAL. AND THAT'S THE JOY OF THEM! WE'VE BEEN CONDITIONED, ESPECIALLY THROUGH THE INFLUENCE OF PORN, TO SEE A CERTAIN TYPE OF VULVA AS THE NORM - USUALLY HAIRLESS, WITH SMALL LABIA AND NEATLY TUCKED AWAY. MANY OF THE VULVAS YOU SEE IN PORN AREN'T EVEN NATURAL BECAUSE OF THE RISE OF VAGINOPLASTY (SURGERY) IN THE INDUSTRY AND MOST VULVAS DON'T LOOK LIKE THIS (AND SHOULDN'T). MANY PEOPLE WITH VULVAS FEEL INSECURE ABOUT THEIR GENITALS AS THEY'RE ONE OF THE MOST INTIMATE PARTS OF OURSELVES AND WE DON'T OFTEN HAVE THE OPPORTUNITY TO TALK OPENLY ABOUT OUR GENITALS AND OUR RELATIONSHIP WITH THEM. IT'S TIME TO TALK ABOUT OUR VULVAS AND WE SHOULD BE CELEBRATING VULVAS IN ALL OF THEIR DIVERSITY AND BEAUTY! YOU SHOULD CHECK OUT THE VULVA GALLERY ON INSTAGRAM FOR SOME BEAUTIFUL CELEBRATORY DRAWINGS BY @HILDEATLANTA!

Dear Roger, the idea of having sex or date someone disgusts me and I just don't get it. I feel like a freak - is something wrong with me?

IN A HIGHLY SEXUALISED WORLD, WHERE PEER PRESSURE IS ALL AROUND US, IT CAN BE EASY TO THINK THAT EVERYONE ELSE IS HAVING SEX ALL OF THE TIME. HOWEVER MANY PEOPLE DON'T FEEL LIKE THEY WANT TO BE ROMANTIC OR SEXUAL WITH ANOTHER PERSON AT ONE TIME OR ALL OF THE TIME - IT'S MUCH MORE COMMON THAN YOU WOULD THINK. THERE IS A WHOLE COMMUNITY OUT THERE WHO DEFINE AS NOT WANTING TO HAVE SEXUAL AND/OR ROMANTIC RELATIONSHIPS. THIS IS CALLED THE ACE UMBRELLA. THIS INCLUDES PEOPLE WHO DON'T EXPERIENCE SEXUAL ATTRACTION TOWARDS OTHERS (ASEXUAL), PEOPLE WHO DON'T EXPERIENCE ROMANTIC ATTRACTION TOWARDS OTHERS (AROMANTIC) AND THE ACE SPECTRUM (THOSE WHO OCCASIONALLY EXPERIENCE SEXUAL ATTRACTION BUT STILL RELATE TO ASEXUALITY). THERE IS ABSOLUTELY NOTHING WRONG WITH YOU AT ALL. WELL DONE FOR RECOGNISING WHAT YOU DO AND DON'T WANT AND I HOPE THAT YOU CAN CELEBRATE YOUR ASEXUALITY AS PART OF WHAT MAKES YOU AWESOME!

Dear Roger, I have been dating someone for a few weeks and want to take it to the next level. But I don't know how to initiate something sexual with him. Can you help?

THE KEY HERE IS COMMUNICATION, COMMUNICATION, COMMUNICATION. ACTIVE CONSENT AND TALKING ABOUT WANTS AND DESIRES IS REALLY IMPORTANT IN A RELATIONSHIP AND IF YOU DON'T FEEL LIKE YOU CAN DO THAT THEN MAYBE YOU'RE NOT READY TO MOVE TO THE NEXT LEVEL. IF YOU FEEL SHY, WHY TO VOCALISE THAT AND SAY IT TO YOUR PARTNER WHEN YOU INITIATE THE CONVERSATION? OR YOU CAN SEND HIM A MESSAGE INSTEAD TO GET THE BALL ROLLING. ONCE YOU GET USED TO SPEAKING ABOUT WANTS AND DESIRES IT CAN BE REALLY EMPOWERING AND SEXY, AS WELL AS VITAL AND HEALTHY IN A RELATIONSHIP. GIVE IT A GO!

THANKS ROGER!

influences
on our sex
lives.

your sexuality

country of origin

assumed gender roles

sex education

social status

cultural norms

religion

school

pornography

your gender

relationship status

peer pressure

family composition

media

interests/clubs

friends

Declaration of Sexual Rights

How many can you say you have?

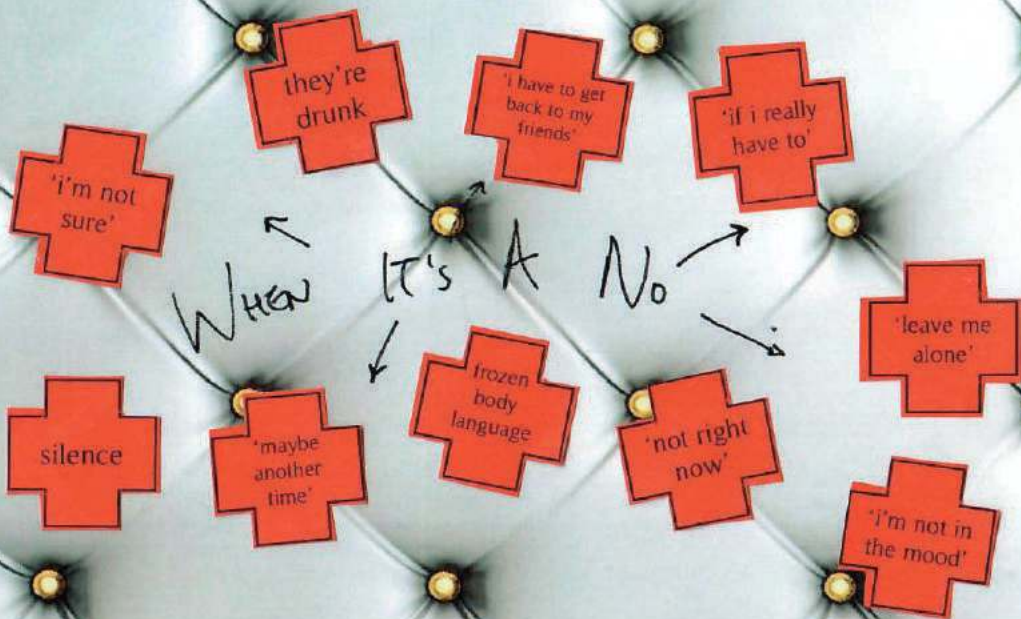
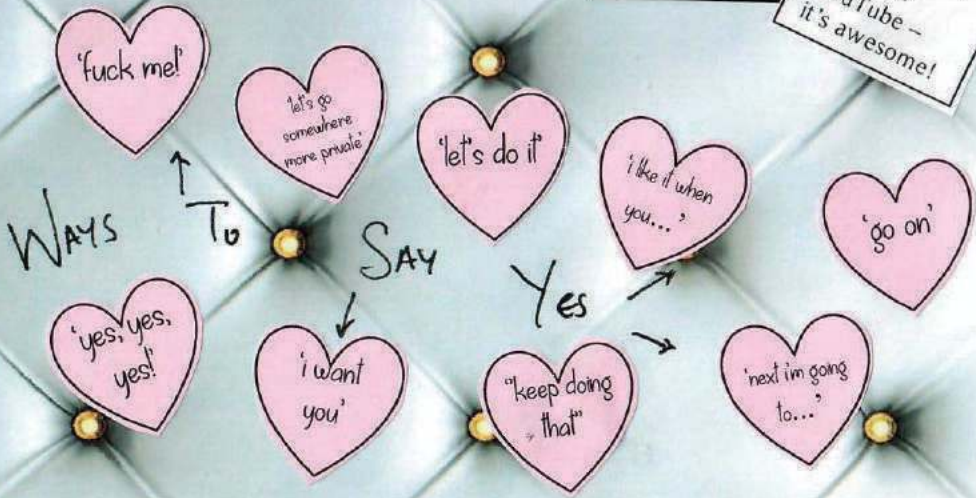
- ☐ The right to equality and non-discrimination
- ☐ The right to life, liberty and security of the person
- ☐ The right to autonomy and bodily integrity
- ☐ The right to be free from torture and cruel, inhuman, or degrading treatment or punishment
- ☐ The right to be free from all forms of violence and coercion
- ☐ The right to privacy
- ☐ The right to the highest attainable standard of health, including sexual health, with the possibility of pleasurable, satisfying, and safe sexual experiences
- ☐ The right to enjoy the benefits of scientific progress and its application
- ☐ The right to information
- ☐ The right to education and the right to comprehensive sexuality education
- ☐ The right to enter, form, and dissolve marriage and similar types of relationships based on equality and full and free consent
- ☐ The right to decide whether to have children, the number and spacing of children, and to have the information and the means to do so
- ☐ The right to the freedom of thought, opinion, and expression
- ☐ The right to freedom of association and peaceful assembly
- ☐ The right to participation in public and political life
- ☐ The right to access to justice, remedies, and redress

By World Association for Sexual Health

CONSENT



Check out the
'Tea Consent'
video on
YouTube –
it's awesome!



Affirmative consent is a free and clearly given 'yes', not the absence of a 'no'. We must recognise that 'yes' and 'no' can be communicated in many ways and aren't always expressed verbally. We know what consent looks and feels like - we know what is a 'no' from body language, non-verbal cues and words without 'no' actually being used. If you're unclear, there's also an affirmative consent standard, which is that it is the responsibility of the person who initiates sexual contact to make sure they have the verbal consent of the other person.

Imagine your friend invites you to go for lunch. There are many ways you might express yourself to communicate your preference. You might verbally say 'yes' or 'no', but you may also use things such as body language, tone, and sentiment to respond. You might look doubtful and say: 'I don't know, I'm really busy at the moment. Maybe another time'. Here you didn't explicitly say 'no' but you still directly expressed how you felt and conveyed a clear answer/outcome. Let's say you actually do want to go for lunch, your face might light up with excitement and you say 'You read my mind - let me grab my jacket!'. You didn't explicitly say 'yes', but expressed your excitement with your response and used recognisable verbal and emotional cues.

It is important we recognise and respect verbal and physical cues. Attempts to coerce or convince someone is not respecting their decision or them as a person. Just because someone consents to one thing, it doesn't mean they're consenting to anything and everything else. A person is always entitled to change their mind and withdraw consent at any time, with any person.

We know what is and isn't consent - don't be a dick, get consent.

When
Life gives
you lemons,

be
a
pineapple.
♥



words of wisdom from our (s)experts

Sex isn't like it is in the movies. It can be enjoyable, funny, silly, and you should talk to the person or people you're doing stuff with to make sure that they are enjoying themselves! There are loads of ways to show, and experience intimacy and if something isn't working for you, try something else. If I was more practical, the advice would definitely involve using more lube!



charlie



jorge-maria

1. Always have fun when having sex. If it's not fun - maybe it's not working.
2. Plan your sex! Talk to your partner about what you both like - and how to make it better for both.
3. Sex centered around an orgasm is limiting. Make sure to enjoy all parts of sex!

When you are nervous or have issues with something, talk about it! It helps so much to get it all out and soon you will realise, we all are sometimes a bit insecure. Sex isn't a performance, where you need to meet the expectations of somebody else. You yourself get to decide what is right for you and when. You should always respect the other person and their feelings, but no matter how 'far' you already went, it is extremely ok to stop whatever you are doing and changing your mind even during it. There is not only one or one correct way of having sex. You might face the situation that what you like or whom you are attracted to is strange to you and has never happened before, yet being open minded can lead to some of the best sex or relationships you ever had. As long as everybody involved is able to consent, to enjoy the fun and or pleasure, you are doing it right.



carmen



SEXUAL HEALTH: **TRUTH** OR **MYTH**?

1. YOU CAN ALWAYS TELL IF SOMEONE HAS A SEXUALLY TRANSMITTED INFECTIONS (STI)


MYTH - not all STIs are visible. In fact, many don't show any symptoms at all or don't show symptoms for a few months down the line. You cannot see from a glance whether someone has a STI, so it's best to be safe and use protection.

2. ONLY PEOPLE WITH A LOT OF SEXUAL PARTNERS GET STIs

MYTH - STIs don't care about your sexual history, you can have unprotected sex once and get an STI. They can be passed on through unprotected sex - whether that's vaginal, oral or anal. You can also get STIs through sharing sex toys. It doesn't matter whether you've had sex one thousand times or only once. STIs can affect anyone regardless of age, sexuality or gender.

3. YOU CAN CATCH AN STI FROM A TOILET SEAT OR SWIMMING POOL

MYTH - Getting an STI from a swimming pool or toilet is not something to be concerned about. STIs are passed on through sex, genital contact or through sharing sex toys. It is also not possible to get an STI such as HIV or chlamydia through kissing, although you can catch herpes through kissing someone with a cut or sore in or around their mouth. Be aware that pubic lice can be spread through skin-to-skin contact or sharing clothing, towels or bedding.



4. ONLY GAY MEN AND DRUG USERS GET HIV

MYTH - HIV is a virus that can be transmitted in different ways - one of these is through sex. It doesn't matter what your sexuality or gender is, anyone who is sexually active can be at risk of HIV.

5. STIs WILL GO AWAY ON THEIR OWN AFTER A FEW MONTHS

MYTH - It is very unlikely that an STI will go away on its own and the longer you leave it, the more likely you are to have complicated or long-term side effects, like infertility or prolonged treatment. Many STIs are easily to get rid of if detected early - which is why it is important to get tested regularly, even if you are using protection (no contraception is 100% effective). You also risk passing on infections to other people if you don't get treated. Remember that you may not have any signs or symptoms when you have an STI! You can also get an STI more than once after having the infection before - just because you've had it once doesn't mean you're protected for the future.

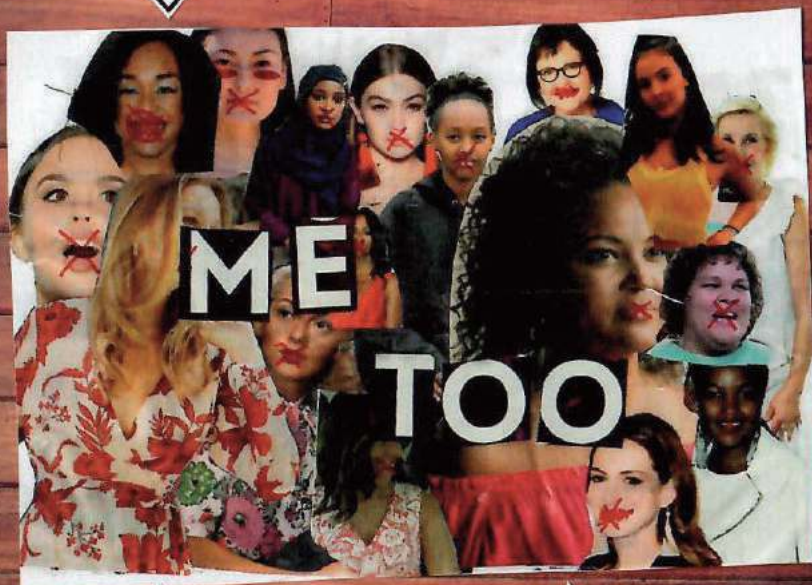
6. GETTING AN STI TEST IS PAINFUL, TIME-CONSUMING AND EMBARRASSING

MYTH - Many STI tests are quick and easy, and in many of places in Europe you can request home testing kits and self-swabbing facilities are available at sexual health clinics. You may also need to get blood taken or have a visual examination, which can be uncomfortable for some, but they are over quickly. Remember that the medical professionals who do these tests do this all day every day and they really will have seen everything - there's no need to be embarrassed! You should be proud that you've taken a mature choice to get tested.



But the issue of sexual harassment is not the end of it. There are other issues - political issues, gender issues - that people need to be educated about
- Anita Hill

My home is carpeted with the tongues of men who expected me to (be) grateful for their harassment
- Roxane Gay



A manager on my first big tour as a backup singer. When I went to a lawyer he told me to suck it up bc the guy could do a lot for me
- Cheryl Crow

From personal experience, it's not just women who are the victims of rape and sexual abuse - men and boys too are ashamed to share
- Chris Spencer Smith

I'D FUCK ME

BEAUTIFUL CELLULITE
LOOKS LIKE SCRAMBLED EGGS IN THE FINE DINING
AND THE BELLY WHICH IM SO KEEN IN
SURPRISES ME EVERYDAY WITH IN IT CHANGES
TIGHTS, MARKS, SPREAD MASCARA
SKIN WHICH IS OILY LIKE SHEIK'H OR DRY
LIKE SAMARA

VOICE IN MY HEAD IS SAYING: WHO'S THAT?
HOW CAN SOMEONE BE SO EXTRA?
I WANT TO HAVE ME OVERNIGHT
STARE MYSELF WITHOUT BLINK IN A EYE
I PROMISE TO TOUCH MYSELF WITH TENDER
EVERYTHING IN ME IS NOT TOGETHER

NATALIA KALHO





SEX

AND

I've always been interested in sex and disability. In my personal life it is often assumed that I do not have a sexual identity because of my disability. As well as this, my sexuality is often erased by both straight and gay people, bisexuality doesn't exist, apparently!

Here are a few things to think about when it comes to disability and sex. Whether you have an impairment or not, hopefully these are for you!

Firstly, there is a misconception that disabled people cannot have sex or shouldn't be sexual. Ideas that we aren't desirable come from society's long held stigma about disability, or difference. You can challenge these ideas by thinking about what we mean when we say "normal", learning about disability rights, especially in relation to sex, and finally engaging with content that is created by disabled people to gain perspective.

by Charlie Willis

DISABILITY

Secondly, when it comes to it, focus on what you enjoy. There is no standard way to have sex and it isn't all about penetration. Sex can include kissing, masturbation, or just caressing someone in the right way. If you like having your hair pulled, or you like to be kissed in a certain place, communicate this to the person that you're with or try to recreate this when you're alone.

Thirdly, how you identify can change. This is something I wish I had known as a teenager. Growing up, no one really talked about disability or sex in a way that included me. Sex education didn't have bodies like mine. When I started to identify as queer, I was confused about what was going on, and if this related to my disability. I found other LGBT disabled people, and other disabled people, talked about my experiences, and found a sense of community. Because of this, my sense of identity changed and I became proud of my disability. Find others you feel comfortable talking to about sex, relationships, and disability and find your community through that. Hopefully self-confidence and understanding come along for the ride. Don't be ashamed of who you are.

Resources: Enhance the UK a UK based disability charity that ran a campaign on sex and disability and has a lot of resources available to download. Meg John and Justin Podcast and book about enjoying sex in a number of ways, inclusive of impairments and disability.

enhancetheuk.org/sexxy

megjohnandjustin.com

TABOO

Break the taboos about using sex words - play this game!

1. Write down words related to sex on individual pieces of paper (examples below)
2. Pass them to everyone
3. One of you goes to the front to explain that word for others, without saying the word (you can do this also as mime)
4. Go on until you run out of words

You can also play it in teams, where teams compete for points.

Here are some words for inspiration! Don't know what they all mean? Get yourself an old fashioned dictionary and see which ones you can find!

Orgasm
Wet dream
Menstruation
Pubic hair
Testosterone
Masturbation
Circumcision
Semen
Menopause
Vulva
Hormones
Consent
Arousal

Contraception
Skype sex
G-spot
Orgy
Pornography
Pro choice
Pro life
Sex toy
Virginity
Clitoris
French kissing
Sexting
Nipples

R	O	A	K	R	A	R	O	M	A	N	C	E	T	O
Y	D	Y	K	E	M	U	A	B	M	A	T	R	W	M
K	Y	I	B	T	N	S	T	H	V	E	H	T	O	R
B	T	C	N	J	L	U	S	T	C	Q	B	U	S	G
U	V	O	G	B	A	O	I	O	V	A	M	N	O	J
M	Z	N	H	I	B	I	S	E	X	U	A	L	M	E
M	A	S	F	P	A	S	S	I	O	N	T	P	E	S
I	S	E	S	L	F	T	G	P	Q	L	O	O	A	E
N	X	N	A	M	G	G	B	L	O	W	J	O	B	N
G	M	T	E	D	V	D	U	O	B	Y	P	F	H	X
Q	L	H	R	Y	H	G	R	K	U	K	Q	D	V	Q
H	I	S	E	M	E	N	D	M	T	H	U	Y	I	U
L	B	Q	K	U	F	E	T	M	C	R	E	R	S	K
P	L	E	A	S	U	R	E	B	H	D	E	G	E	T
I	M	P	B	S	D	T	Y	C	X	Z	R	M	X	H

FIND THE WORDS!

BISEXUAL
 BUTCH
 DYKE
 SEMEN
 TWOSOME
 PASSION
 CONSENT

QUEER
 LUST
 PLEASURE
 ROMANCE
 BLOWJOB
 BUMMING
 SEX

DEALING WITH REJECTION

Rejection is something we all have to deal with in life - whether with friends, lovers, in school or work and in relationships - and it is something we all need to learn to cope with, in our own ways. Rejection isn't something to be embarrassed or ashamed about, but something natural in life. It can be a sign of trust or a compliment if someone is able to be honest with you to be able to explain honestly why they don't want something at a certain time.

If it's natural then why does rejection hurt? Human are social animals so the feeling of being rejected can be hard. Some people are more affected by rejection than others and the way we deal with rejection is linked to self-esteem.

Rejection won't disappear but there are ways we can deal with it!

1. Have someone you can talk to
2. Put yourself into the shoes of the other person
3. Think about all the great things and people you have in your life
4. Take a step back and think about the bigger picture - does it really matter?
5. Be positive and accepting - it's part of life!

Sometimes you will also be in the situation where you have to reject someone else. Sometimes it can feel like it's best not to reject someone else out of fear or hurting them or the consequences it could have. Keep in mind you are not responsible for someone else's reactions or able to predict them, and the truth will have to come out at some point. It won't simply disappear. Think about if the situation were the other way round, would you prefer that person to speak to you openly and honestly? Remember - honesty is the best policy (even if it's hard)!

CHILD SEXUAL DEVELOPMENT

AGE 5: I compared
my genitals with
my friends'

AGE 7: I made
my dolls have
sex with each
other

AGE 9: My favourite game
was 'kiss chase'

AGE 10: I had
a big crush on
my friend in
dance class

AGE 6: I played
'doctors + nurses'
with my
school friends

AGE 8: I liked
rubbing my vulva
on my bike seat



THIS IS ALL NORMAL
THIS IS ALL NORMAL
THIS IS ALL NORMAL

Make your own GENITALIA FRUIT SCULPTURE



What better way to break down the taboos around genitalia than to make your own out of fruit! Grab some fruit, a knife (and maybe a responsible adult!), a chopping board and some pictures for inspiration and get to work!

We have 5 questions for you to think about or discuss with your friends or youth group while you're making your beautiful fruit sculptures:

1. Do all genitals look the same? Why do you think this is?
2. When you see images of genitals do you think this reflects reality? Why/why not?
3. How are genitals represented in the media and in pornography? Do you think the representation is healthy?
4. In which situations do you talk to others about your genitals? Do you feel embarrassed or ashamed about how your genitals look? Why/why not?
5. Why is it important to do activities like this?




Remember: genitals come in all different shapes, sizes and colours! There is no 'normal' when it comes to genitals, although porn and media only usually shows us certain types of genitals.

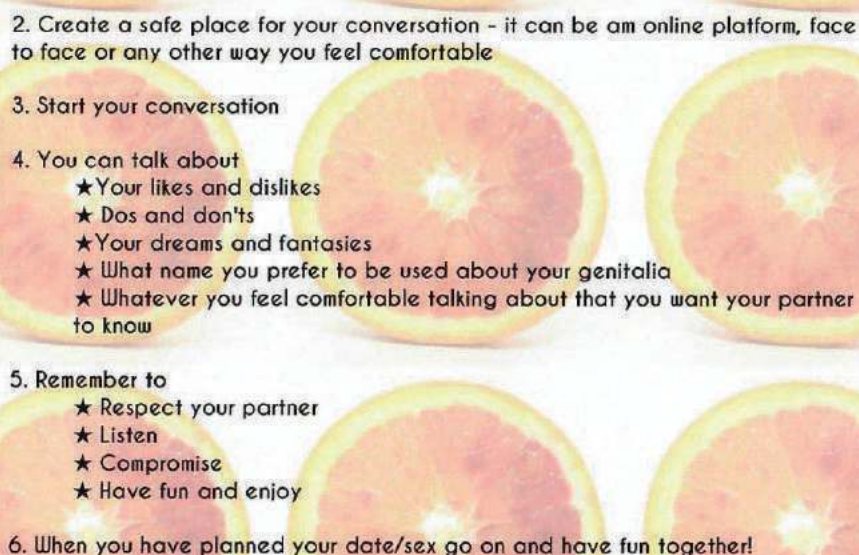


SEX TALK

conceptualised by the fabulous jorge.anna



Normalise sex acts. Normalise how to speak about sex, boundaries and sexual practises that you like. Here is a fun exercise to do with your partner to pre plan your date/sex!

- 
1. Set a date and time for your conversation
 2. Create a safe place for your conversation - it can be an online platform, face to face or any other way you feel comfortable
 3. Start your conversation
 4. You can talk about
 - ★ Your likes and dislikes
 - ★ Dos and don'ts
 - ★ Your dreams and fantasies
 - ★ What name you prefer to be used about your genitalia
 - ★ Whatever you feel comfortable talking about that you want your partner to know
 5. Remember to
 - ★ Respect your partner
 - ★ Listen
 - ★ Compromise
 - ★ Have fun and enjoy
 6. When you have planned your date/sex go on and have fun together!

An ode to the sex balloon

(Of Facebook fame)

*What is a
sex balloon?*



SEX

*It's a balloon
and I wrote
sex on it. But
in felt.'*

Your time was short, sweet
But our thoughts remain forever
Devoted to you.

In memory of our one and only sex balloon

The content of this publication does not reflect the views of the Council of Europe.

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And all of the wonderful LTAS participants!

LTAS participants' messages to the world:

'We need to stop being embarrassed + shy about sex'

'Just friggin' make sex education better, there's so much being left out - like trans people, asexuality, disabled people, fat people'

'Our sexuality doesn't depend on our gender'

'Love yourself!'

Let's Talk About Sex (LTAS) is a project to deliver and promote inclusive sex education for children and young people, by IFM-SEI in partnership with the **European Youth Foundation** of the Council of Europe. LTAS has reached hundreds of kids and young people, spreading body positivity and the acceptance of all different genders and sexualities, breaking taboos and challenging norms, and making it okay to talk about sex!



IFM-SEI

International Falcon Movement
socialist educational International



COUNCIL OF EUROPE



CONSEIL DE L'EUROPE

The image consists of a single large rectangle filled with the word "SEX". The word is repeated 80 times in total, arranged in 10 rows and 8 columns. Each instance of the word is written in a different color from a palette including red, orange, yellow, green, teal, blue, purple, and pink. The colors are distributed across the grid in a non-repeating, somewhat random pattern, creating a vibrant, multi-colored texture. The background is black, which makes the bright colors stand out.

