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## A Feminist's Guide to Sex Education

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*A*  
*Feminist's*  
*Guide To*  
*SEX*  
*EDUCATION*

*WMST 101 Spring 2017*

*Chapman University*

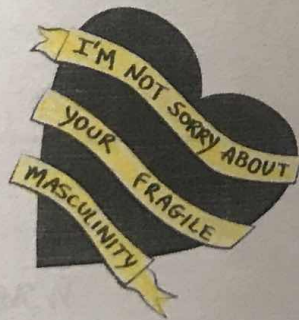
*By: Alana Freitas, Hanna Ohaus,*  
*and Courtney Cummings*



## HOW TO HAVE FEMINIST SEX by Courtney Cummings

The first thing you need to know when it comes to having feminist sex is that it is about **MUTUAL GRATIFICATION!** Too often, we as women are put in situations where we are in charge of making the man feel good. Um, excuse me? I would like to orgasm as well, thank you. Sure, it feels good to make your partner feel good, but let me tell you, it feels even better to actually orgasm. And, it'll make you and your partner grow even closer! If you both focus on mutual gratification, I guarantee your sex life will only improve.

Jessica Valenti tells us in *Full Frontal Feminism* "Feminism says that you have a right to enjoy yourself. An obligation, even. Young women need to get past the bullshit, scoff at the shame tactics, and get back to the hard work of getting off." Hell yeah we do! There is so much stigma around women having sex because we need to stay pure virgins until we are married but oh, also be incredibly sexy at the same time. But don't be a whore. NO THANK YOU!!! If I want to have sex, I'm going to have sex and no one is going to make me feel bad about it.



Feminist sex also says masturbate. It feels good and there is nothing wrong with it. So, let's get to it ladies.



## THINGS THEY DON'T WANT YOU TO KNOW BUT THAT YOU NEED TO KNOW by Courtney Cummings

1. Women want sex **JUST** as much as men. And literally there is nothing wrong with it because we are all human beings with sex drives. Embrace your sexuality girlfriend. This does not make you a slut or a whore or any other word they will use to make you feel bad about it.
2. Only about 25 percent of women orgasm during vaginal penetration. **WHAT ABOUT THE OTHER 75 PERCENT?** Here's an idea, check the clitoris out.

### cliteracy

clit·er·a·cy [clit-er-uh-see]  
noun

1. The quality or state of being cliterate, especially the ability to navigate the clitoris based on an understanding that it is fundamental to the female orgasm.
3. Abstinence is not the only effective birth control. Let me name a few more for you: the pill, IUDs, condoms (both male and female), monitoring your fertility cycle, the diaphragm, the patch, the Nuva ring, cervical caps, plus many, many more.
4. **MASTURBATION IS NORMAL AND AMAZING. TRY IT.**
5. The biggest secret they want to keep from you is that your sexuality is not about anybody else. It is solely about you. Maybe you like girls, maybe you like boys, maybe you like both, maybe you like neither. It doesn't matter. The only person it needs to be okay with is **you**.

# Contraceptives

Birth Control Sponge (Today Sponge)

Birth Control Patch

Birth Control Vaginal Ring (NuvaRing)

Birth Control Implant (Implanon and

Nexplanon)

Female Condom

Cervical Cap (FemCap)

Outercourse

Diaphragm

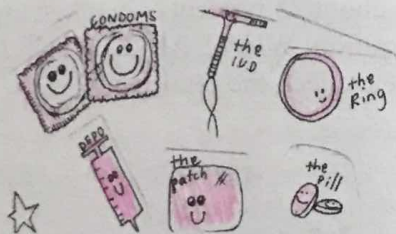
Fertility Awareness-Based Methods

(FAMs)

Condom

IUD

Birth Control Pills



<http://www.cartoonistgroup.com/subject/The-Birth+Control+Pill-Comics-and-Cartoons.php>

There are so many different types of contraceptives. So you can find the one that makes the most sense for you, your body, and your sexuality!

HANNA OHAUS

## If Women Could Masturbate by Alana Freitas

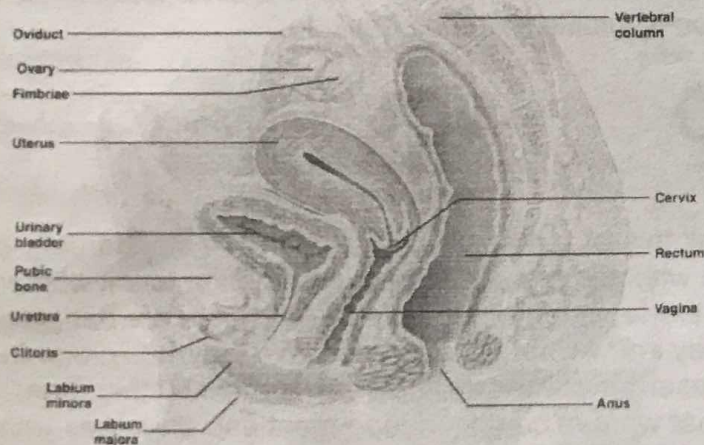
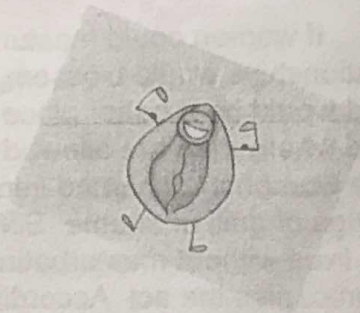
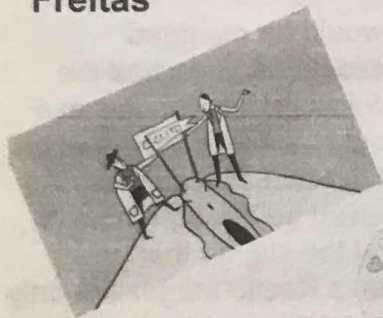
If women could masturbate, lives would be changed. Relationships would blossom, people would be happier, and the world would be a better place to live in. Unfortunately, we live in a world where men are allowed to brag about how often they "jerk off" while women are shamed into exploring their bodies alone with feelings of guilt or shame. Some women even go through most of their lives without masturbating because of the stigma that accompanies the act. According to Women's Health Magazine, only "5% of women ages 25-29 engage in solo sessions more than 4 times a week, while 20.1% of men do." But if it's what's stopping women is the fear of being viewed as disgusting or slutty... why can men do it? Is this just an extension of rape culture that perpetuates the idea of men as uncontrollable animals, boys being boys, whose masturbation is justified? *I don't think so.*



I think this is another example of double standards in our society and withholding of important information to tell women yet again shut-the-fuck-up. Women who masturbate are dangerous because they know what they like, they love their body, and they can satisfy themselves without the help of the man. Rather than admitting that women can be independent and enjoy sex without men, the patriarchy would prefer to not teach women about masturbation and keep them in the dark captivity of "sex-education" that exists today.

When we teach our children about that it's okay to masturbate and teach them it's okay to talk about it, we take away shame and we replace it with love and knowledge. According to Cosmopolitan Magazine, "women who please themselves have higher self-esteem, better body image, and a more active sex life than women who don't." Some studies even suggest that masturbation may help prevent cervical cancer in women! Who wouldn't want to live in a world like that?

## How Well Do You Know Your Anatomy by Alana Freitas



The clitoris contains 8,000 nerve endings (double the nerve endings in the glans of a penis). (Huffington Post).

Some fun names for the clitoris are "man in canoe," "rosebud," "joy buzzer," "cherry pit," "love button," or "bald man in a boat." (Huffington Post).

What connects the ovary to the uterus?

- Vagina
- Cervix
- Fallopian tubes

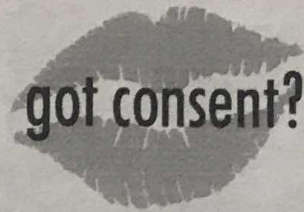
## Consent as a Vital Component in Sex Education by Alana Freitas

### CONSENT



Freely Given  
Reversible  
Informed  
Enthusiastic  
Specific

Planned Parenthood



Knowledge about consent is crucial before having sex and yet most sex education programs do not place an emphasis on this. In fact, according to a survey from the National Children's Bureau, almost a *third* of young people said they didn't learn about sexual consent in sex education lessons. Furthermore, students around the nation are consistently saying that they would like to learn more about sexual consent. We live in a world where most things are sexualized and where sexual images can easily be accessed, shared, tweeted, and circulated at the touch of a button. If that isn't enough of an incentive to teach students about sex, we must also remember that many times pornography can promote non-consensual sex. That fact combined with the fact that many students are learning about sex from unreliable sources like the internet should motivate us to teach our children about consent!

If we are telling adolescents that all they need to know about sex is what a penis is and where to put it, we are not preparing them for the real world and we are creating an environment that does not place the deserved emphasis and value on consent. Let's show students how important consent is in our society and teach them to be the respectful, safe-sex-having individuals that they can be.

<http://www.encouraginglifeorganization.org/consent/>  
<http://www.hercampus.com/school/ps-behrend/lets-talk-consent>



<http://www.bandt.com.au/media/consent-ad-goes-straight-for-talking>

## FACT or FICTION

### You can get pregnant on your period.



According to the American Pregnancy Association, the answer is **yes and no**. The probability is that you would not get pregnant having sex during your period. More than likely, your ovulation is several days away decreasing any chances of conceiving during this time. On the other hand, women with shorter cycles could get pregnant on their period.

Because sperm can live inside you for up to 5 days, you could have sex towards the end of your period and conceive 4-5 days later. Be careful ladies!

#WCW by Courtney Cummings



Our #WCW (actually our women crush of the decade) is Ms. Shelby Knox. This girl, a self-proclaimed good Southern Baptist girl, had taken an abstinence pledge and still recognized how terrible this type of education is. So, she took it upon herself to advocate for better sex education at her school. She wanted a more comprehensive curriculum because she knew people were doing it and needed to know how to be safe about it. We chose Shelby because she is an important example of someone who has her own opinions and beliefs and still believes that young people should have ALL the information before they make the incredibly important decision to have sex.

# Are You Ready to Have Sex?

- 1) Is your decision to have sex completely your own?
- 2) Is your decision to have sex based on the right reasons?
- 3) Do you feel your partner would respect any decision you made about whether to have sex or not?
- 4) Are you able to comfortably talk to your partner about sex and your partner's sexual history?
- 5) Have you and your partner talked about what both of you would do if you became pregnant?
- 6) Do you know how to prevent pregnancy and STIs and are you and your partner willing to use contraception for this?
- 8) Do you really feel ready and completely comfortable with yourself and your partner to have sex?

If you answered NO to any of these questions, then you're not ready. Which is totally ok! Everyone is different and it's really important to do things at your own pace and not feel pressured to have sex if you aren't ready! If your partner doesn't understand this then ditch 'em!

Google

what are std

what are stds

what are std **types**

what are std **symptoms**

what are std **preventions**

and cures

## What are stds?

Infections that are passed from one person to another through sexual contact. Can be transmitted during vaginal sex, oral sex, or anal sex. The causes of STDs are bacteria, parasites, yeast, and viruses.

### types?

Chlamydia	Molluscum
Gonorrhea	Contagiosum
Hepatitis B	Pubic Lice ("Crabs")
Herpes	Scabies
HIV/AIDS	Syphilis
Human Papillomavirus (HPV)	Trichomoniasis
	Pelvic Inflammatory Disease (PID)

### symptoms?

Itching and burning in and around your vagina

Needing to pee often; burning, pain, or cramps when you go to the bathroom

Bleeding when not on your period

Change in the color, amount, or smell of vaginal discharge

Pain inside your vagina when you have sex, or bleeding after sex

Sores, warts, bumps, or blisters around your mouth, vagina, or anus

## preventions and cures?

Abstinence

Condoms

Limited sexual

partners

Vaccination

Communication

with sexual

partners

Viral infections **can be treated but not completely cured.**

Antiviral drugs can help limit the reoccurrences of herpes. They lessen the risk of infection, but it's still possible to give your partner herpes.

Bacterial and parasitic infections **can be cured.**

Antibiotics can cure many sexually transmitted bacterial and parasitic infections, including gonorrhea, syphilis, chlamydia and trichomoniasis.

# RESOURCES

Rape, Abuse, & Incest National Network

[www.rainn.org](http://www.rainn.org)

(800) 656-HOPE (656-4673)

National Domestic Violence Hotline

(800) 799-SAFE (799-7233)

NARAL Pro-Choice America

[www.prochoiceamerica.org](http://www.prochoiceamerica.org)

National Abortion Federation

[www.prochoice.org](http://www.prochoice.org)

Planned Parenthood

[www.ppfa.org](http://www.ppfa.org)

Pro-Choice Public Education Project

[www.protectchoice.org](http://www.protectchoice.org)

Sexual Information and Education Council of the United States

[www.siecus.org](http://www.siecus.org)

Legal Momentum – Women's legal rights organization

[www.legalmomentum.org](http://www.legalmomentum.org)

National STD/HIV Hotline

[\(800\) 227-8922](http://(800)227-8922)