**SEX ED COMMITTEE:**

**Spring 2014**

**Index:**

* VOX Space Rules
* Sex Ed 203: Queer Sex
* Sex Ed 302: Queer Bodies?? in the Reproductive Rights Movement
* **Sex Ed 204: Virginity**
* Sex Ed 100: The Consent Agenda
* Previous Events Research:
  + Sex Ed 101
  + Sex and Pleasure
  + Sex Ed 301: Reproductive Rights and Resources

**See below for each topic’s notes**

**Ideas for future events:**

* Destigmatizing Periods
* OB/GYN + Trans\* doctors + Male Doctors + STD testing
* Spirituality and Sexuality
* Sex tips
* BDSM, kinks (suggested: 50 Shades of Plaid)
* Male sexual health
* Sex Myths (having sex on your period)
* Asexuality
* (Intersectional) Feminism and Reproductive Justice

**Vox Survey Suggestions:**

1. More + Better advertising
2. Appeal to MEN
3. Partner with other groups
4. Tell campus WHAT VOX IS
5. Inclusive to cis-het people
6. More professional

**VOX Space Rules:**

1. Feel free to leave (bathroom, phone call, uncomfortable) and come back if you want to in your own time
2. Ask questions during the event, but there will also be questions at the end\*\*
3. Respect stories,
   1. don’t use names
4. We are not experts
   1. Our research is garnered from online sources. These, of course, can be unreliable.
   2. On that note, traditional sources are sometimes exclusive to queer and trans\* individuals, we try to be as inclusive as we can but these sources can use cis-hetero language.
5. We have a right to our privacy… So stories that anyone tells in this room should remain nameless outside of this room.
6. If you have any suggestions please email us, or join our group

\*\*depending on the event

**Contact Info:**

Wooster VOX meets Saturdays at 4p in Lowry 119

Sex Ed Committee meets Tuesdays at 4:15p in the CoRE

<https://woostervox.tumblr.com> - ask us questions!

<https://twitter.com/woostervox>

<https://facebook.com/woostervox>

<https://pinterest.com/woostervox>

President Lily Vela : [lvela16@wooster.edu](mailto:lvela16@wooster.edu) - Chair of Feminism Committee

Vice President DJ Bell : [dbell14@wooster.edu](mailto:dbell14@wooster.edu)

Treasurer Sam McNelly : [smcnelly14@wooster.edu](mailto:smcnelly14@wooster.edu) - Chair of Fundraising Committee

Secretary Tori Horvath : [vhorvath16@wooster.edu](mailto:vhorvath16@wooster.edu) - Chair of Sex Ed Committee

PR Chair Spencer Zeigler : [kzeigler16@wooster.edu](mailto:kzeigler16@wooster.edu) - Chair of PR Committee

**After the Presentation:**

Survey:[**http://bit.ly/vox-survey**](http://bit.ly/vox-survey)

**Presenter Guidelines:**

1. Look over presentation
   1. Trans\* friendly language
   2. interesting
   3. professional

Get someone else to hear our presentation and critique it

**Virginity**

Speakers: Tori, Lillie, Alex, Chloe, & Kathleen

4/8/14 6:00PM @ Lowry 119

* What is virginity? How do you define virginity?
* How do different groups and cultures define it?
* Why does this exist? What is it’s use or value?
* What are other terms we could use?

----------------------------------------

* Social construct
* Queer virginity
* Your first time(s)!
  + Hand + vagina
    - What it is/how to do it
      * There’s a ton of ways to pleasure someone with a vagina using your hands! Well, more specifically, your fingers. Two main ways involve touching the clititoris and penetration, but your partner might like other things, ask them!
      * Always ask before you penetrate, friends.
      * Clit rubbing- Find the clit, if you need help, ask! Rub it in small circles, up and down, whatever! Pay attention to verbal and nonverbal cues from your partner, they’ll let you know what they like and dislike.
      * Penetration- Start slow! One finger to begin with, work your way up to two. “The hook”
    - Safety
      * Wash your hands often
  + Hand + penis
    - What it is/how to do it
      * Lube and spit are your friends, not many people are looking for friction burns on their dick.
      * Handjobs are kewl
      * Don’t forget the balls.
    - Safety
      * Wash your hands **definitely**
  + Hand + anus
    - What it is/how to do it
      * Pls don’t fist you can do it if you want but anal prolapse is not fun nor are adult diapers.
        + if you fist make sure you have a gallon bucket of lube with you
      * fingering is nice
        + use water based lube
        + make sure the fingeree is relaxed and

don’t push into the anus if it’s too tight, let your partner relax more!

* + - * + wash ur hands beforehand
        + TRIM YOUR NAILS

tearing of the rectum can lead to sepsis which can be lethal!!!!

* + - Safety
      * I’m gonna guess you should wash your hands.
  + Mouth + vagina
    - What it is/how to do it
      * Use your whole mouth.
      * Why not combine with the hand + vagina section? \*eyebrow wiggle\*
      * Humming is a fun idea, some people say you should trace the alphabet with your tongue on the clit but that’s not rhythmic enough! You can maybe do a few letters over and over again, but not the whole thing.
      * Again, ask your partner what they like, and pay attention to their reactions!
    - Safety
      * Dental dams for protection
      * Still wash your hands, that’s just a good thing to do.
  + Mouth + penis
    - What it is/how to do it
      * Despite popular slang for this act, plz do not just suck really hard or try to blow. This is probably not what they’re into.
      * How to give head:
        + Step 1) Put penis in mouth
        + Step 2) ???????
        + Step 3) Don’t be weak, either swallow the cum or spit it into his eye and/or any open wounds he might have.
        + the shaft isn’t as important as the head/glans
        + use your hands
    - Safety
      * Plz don’t actually spit cum into wounds, that is not sanitary
      * Use a condom
      * Everyone wash their hands?
  + Mouth + anus
    - What it is/how to do it
      * use a dental dam
      * lick that bootyhole
    - Safety
      * Wear goggles
      * receiver shower beforehand/enem
      * a
      * the rimmer should brush their teeth before and after
  + Vagina + vagina
    - What it is/how to do it
      * This is scissoring, but despite what porn and that one episode of South Park will tell you, it’s not very popular.
      * Most people choose to finger or do oral rather than scissor.
    - Safety
  + Vagina + penis
    - What it is/how to do it
      * Don’t.
    - Safety
      * Never do the fricklefrackle
      * Wash your hands.
  + Penis + penis
    - What it is/how to do it
      * Guys, let’s talk about docking, it’s my favorite thing in the world.
      * ====)(=====
      * This is an amazing sexual act, humans are amazing.
      * or mutual masturbation??? that’s fun
    - Safety
      * use lube
      * wash hangs
  + Anus + penis
    - What it is/how to do it
      * Be careful, friends. Go slowly and use hella lube.
      * No really, so much lube.
      * You might think “wow this is a lot a lube” and you’ll be right, then add even more lube.
      * Then put the dingledongle in the bootyhole
    - Safety
      * Fucking be careful, babies. Torn anal lining is the worst, avoid at all costs.
      * Condom! Use one! Not just for safety, but also easier clean up because fyi, poop comes from that place.
      * enema beforehand??
      * keep clean
  + Kink first times
    - Talk so much. The BDSM lifestyle is one based on communication and understanding, do not just jump into it. You need to have a full understanding of what you’re going to do before you do it.
    - In a similar vein, get consent before you begin a scene! Discuss everything that’s going to happen during, make sure it’s all okay with your partner. Even if they said something was okay before you began, pay attention to what they want during (stop light cues, etc.) Stop immediately if they are uncomfortable and don’t be a bad person.
    - Start slow! Don’t just start with hardcore play, work your way up to it! This is some really intense stuff, if you try to do too much too fast it’s more likely you’ll get seriously injured or die.
    - Google everything! There are a ton of online resources that will explain various kink acts and how to do them SAFELY. Don’t just grab a whip and start going at it, look up the proper, SAFE, ways to do everything. Talk to your partner about which ways they want it done. Google is a kinkster’s best friend. Just make sure you’re using credible sources, and always look at multiple sites!
    - Aftercare! After a session, aftercare is very important! This can range from physical care (taking care of bruises, burns, cuts, etc), and emotional (talking, cuddling, discussing). Never skip out on aftercare!
    - REMINDER: If you are in a relationship where your partner is not asking you what you want to happen, is not listening when you say certain things are not okay, is not communicating and is not listening to what you want in general, THIS IS NOT OKAY. There is a distinct line between a BDSM relationship and an abusive one, if you are with someone that is hurting you without your consent that is not BDSM, that is abuse and that is not okay.
    - Next year we will have a presentation specifically on this, so look forward to that?? I guess
  + Inexperience is okay, my friends.
  + Myths
    - Hymens (aka you’re not supposed to bleed)
  + Expectations
* Be safe!!!
  + Communication (especially important the first time)
    - Be sure to communicate your own wants and needs, and listen to your partner’s
    - Talk beforehand about what both of you are comfortable doing
    - Stoplight system
      * Red
      * Yellow
      * Green
      * Blue
      * If you are, say, gagged, and can’t use verbal communication to show what you want, set up nonverbal ways to let your partner know if what’s happening is okay (drop something, for example).
    - Is this okay?
    - Could we try?
    - How do you feel about doing this?
    - I like when you do this thing, could we try doing more of that?
    - Remember when we did that thing, do you want to do more stuff like that?
    - I think I want to try new things, have you ever thought about…?
  + Go slowly, make sure your partner is comfortable/not in pain
  + Make sure that you and your partner are clear about what types of contraception/protection you want to use before you begin
  + Make sure that the lube you use is compatible with the condoms you use (if you are using condoms)

**The Consent Agenda (15 Minutes)**

Speakers: Tori

[Date] @ [Location]

Make sure everything is clear. Explain ALL slang if used. This may be the first people are hearing about sex so openly. This might be their first week in the U.S.

* What VOX is
  + Sex-Positive space where we seek to educate campus on sexual respect and have sexual literacy??
  + We believe sex education should not only be about safety, but also about pleasure
  + Meetings are Saturdays at 4pm
* Diagrams (mention trans\*)
  + Penis
  + Vagina
    - Wow the clit, wow
    - G-spot
  + Male prostate
* Define sex (types of sex, consent, etc.) - as always this will be queer friendly
  + Virginity
    - Social construct
  + Masturbation
    - Great way to relieve stress
  + Penis in Vagina
    - condoms! (water based)
  + Mouth on Vagina
    - dental dams (available-sometimes-in the wellness center)
  + Mouth on Penis
    - condoms! (water based)
  + Fingers/Toys in Vagina
    - condoms! (water based)
  + Fingers/Toys in Anus
    - condoms! (water based)
  + Fingers/Toys on Penis
    - STDs can spread with sexual contact??
  + Penis on Penis
    - still have to be safe
  + Vagina on Vagina
    - still have to be safe
  + Threesome, Foursome, +
    - Make sure everyone is protected
* Examples of how to communicate with partner (sexual respect)
  + Stoplight system
    - Red
    - Yellow
    - Green
    - Blue
    - Drop something
  + Is this okay?
  + Could we try?
  + How do you feel about doing this?
  + I like when you do this thing, could we try doing more of that?
  + Remember when we did that thing, do you want to do more stuff like that?
  + I think I want to try new things, have you ever thought about…?
* Consent
  + (this is the consent agenda so..)
* Resources
  + Wellness Center
    - Birth control??
    - HPV shot
  + Planned Parenthood
    - Mammograms
* Rights
  + Right to privacy

**Reproductive Rights and Resources**

January 29th, 2014

Wellness Center:

* Call 330-263-2319 to schedule appointments
* Doctor: Monday-Friday 9:00 a.m.-11:30 a.m.
* GYN: Monday and Thursday 1:30 p.m.-3:30 p.m.

## Insurance Questions: Contact Lori Stine at 330-263-2319 Monday-Friday between 9:00 a.m.-4[:00 p.m.](http://www.pccwayne.org/)

[Wooster:](http://www.pccwayne.org/)

* Wooster OB/GYN offices [http:](http://www.pccwayne.org/)[//www.woosterobgyn.com/](http://www.woosterobgyn.com/)
* Pregnancy Care Center <http://www.pccwayne.org/>

National:

* Your first visit to the gynecologist <http://www.urmc.rochester.edu/ob-gyn/gynecology/annual-exam/first-visit.aspx>
* Abortion laws by state <http://www.guttmacher.org/statecenter/spibs/spib_OAL.pdf>

Online/Phone:

* Trevor <http://www.thetrevorproject.org/>
* OhJoySexToy <http://www.ohjoysextoy.com/>
* Planned Parenthood <http://www.plannedparenthood.org/health-topics/>
* Scarleteen <http://www.scarleteen.com/>
* National Association of Free and Charitable Clinics <http://nafcclinics.org/>
* Herpes Positive blogs
  + <http://genitalherpderp.tumblr.com/>
  + <http://thisisnotasexstory.tumblr.com/>
  + <http://hsvswag.tumblr.com/>

Wooster VOX:

* Wooster VOX meets Saturdays at 4p in Lowry 119
* Sex Ed Committee meets Tuesdays at 4:15p in Lowry Pit
  + contact [vhorvath16@wooster.edu](mailto:vhorvath16@wooster.edu) if you would like to join
* <https://woostervox.tumblr.com> - ask us questions!
* <https://twitter.com/woostervox>
* <https://facebook.com/woostervox>
* <https://pinterest.com/woostervox>

**Please do us a favor, after the Presentation please fill out our survey at:** [**http://bit.ly/vox-survey**](http://bit.ly/vox-survey)

**Sex Ed 101**

Speakers: DJ, Lily, Tori

Date?? @ Lowry 119

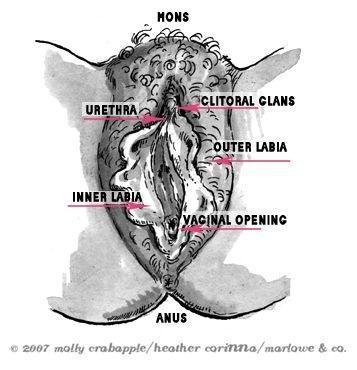
**Sex and Pleasure**

Speakers: Alex, Elizabeth, Spencer, and Tori

11/25/13 6-7p @ Governance Room

Hello friends! Here is the beginning of a prezi-- tomorrow during the meeting we can talk about who has access to edit, what the format should be, ect.

But, here is the link!!

<http://prezi.com/sk2lntshmbqo/?utm_campaign=share&utm_medium=copy>

xoxoxoxo Spencer

**Lack of Orgasm Research:**

* During casual hookups: 80% of men had an orgasm, 40% of women did ([x](http://well.blogs.nytimes.com/2013/11/11/women-find-orgasms-elusive-in-hookups/?_r=0))
* In a committed relationships, over ⅔ of women have an orgasm (what’s up with the disparity?) ([x](http://well.blogs.nytimes.com/2013/11/11/women-find-orgasms-elusive-in-hookups/?_r=0))
* Besides the idea that practice makes perfect and there isn’t much practice before a hook-up, their are other reasons people can’t oragsm: ([x](http://goaskalice.columbia.edu/endless-endurance-no-orgasm)) ([x](http://www.oprah.com/health/Causes-of-Female-Orgasmic-Disorder/1))
  + depression, mental illness
  + medications (SSRI’s, blood pressure medication)
  + drug or alcohol use
  + after pregnancy complications
  + psychological blocks (trauma, stress, focusing too much on the O!)
  + shame associated with sex
* You are not broken!!!
  + Talk to a counselor, therapist, doctor, gynecologist, and most importantly-- your partner! Make sure you are safe, relaxed, and can communicate what feels good.
  + If you don’t WANT to masterbuate or orgasm then don’t do it-- you are not obligated to at all.

Diagrams:

Fingers/Toys in Vagina:

Don't use spit as lube, it's better to use their natural lubrication or just lube

Stoplight system:

red- stop

yellow- slow down, go back

green- keep going

blue- need a break

dropping whatever is in hands when mouth is occupied- stop

Problems with safewords-

they can become triggering

has to stop right then

\*FUN\* LINKS:

* MojoUpgrade ( http://mojoupgrade.com/ )
* OhJoySexToy ( http://www.ohjoysextoy.com/ )
* Sexplinations???
* Laci Green

Events in the Future:

* Passion Party
* Queer Sex Ed (February)

Sex Facts:

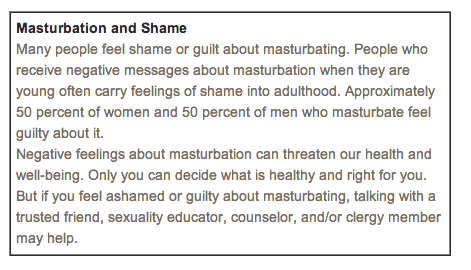
* 37% of American women have experienced dreams which led to an orgasm
* The average length of the female orgasm is 6-10 seconds
* 25% of women have experienced exercise induced orgasms (Exercises most likely to cause you to orgasm are cycling and lifting weights)
* Mississippi and Alabama have banned oral sex and sex toys
* The average time a porno film is watched in a hotel room is 12 minutes
* 53% of women use vibrators when masturbating, reportedly, 17% of men have also used vibrators for solo masturbation
* Over 2.5 million fleshlights have been sold worldwide
* 4 out of 10 women prefer masturbation over sex
* At this very moment 797,151 Americans are masturbating, that's more than the entire population of Canada
* People spend over $15 Billion per year on sex toys
* 20% of women masturbate at least once a week, 60% of those own and use a sex toy
* 18-to-29 year olds have sex 112 times a year on average
* 53% of Americans have sex at least once per week

Cosmo Sex Facts:

* 2. "Hold his penis in one hand and lightly slap it with the other... you can tap it back and forth like you're volleying a tennis ball and lightly pinch the skin on his shaft and testicles. Many women make the mistake of being too gentle."
* 16. "Draw an attention-grabbing circle around your nipples using rhinestones and body glue for a special night in."
* 17. "Cook dinner topless, apply a little tomato sauce to your nipple," and ask your man to lick it off."
* 22. "Mix one tablespoon of saliva (the kind deep in your throat works best — its viscosity makes it a good substitute for lube) with one tablespoon of water to stretch the spit."
* 27. [When you’ve got an annoying roommate] "Rent a horror movie and play it while you have sex. If they hear any screams, they'll assume it's the movie."
* 29. "When he's least expecting it, tell your man you need some change. Then stick your hand in his pocket and touch his penis through the fabric, pretending that you're really digging around for that coinage you need. When he's good and hard, whisper something in his ear like, "Is that a roll of quarters in your pocket or are you just glad to see me?"
* 34. "Record your voice on your cell the next time you have a solo session. Then, send him the audio file in the middle of the day, with just the text, 'Wanna hear me do this tonight?'"
* 35. "As you're eating dinner together, say something X-rated like, 'See how I'm devouring this piece of meat? That's how I'm going to devour you.'"
* 36. "Hide your turned-on vibrator in his sock drawer. When he figures out where the buzzing is coming from, tell him he gets to experience its pleasure power."
* “Order him to paint your toenails while you wear a mini with no undies.”
* “As you’re riding him, clamp down on his earlobes and pull on them to rock yourself forward and backward.”
* “Lie across an ottoman and tell him, ‘Professor Wankerton, I’ve been bad and I need a spanking.’”
* “Put a bunch of clean loose change in the freezer for an hour. Tell him to stick your vulva with warming lube then cover it with the cold coins. The cold against the warm? Incredible.”

**Masturbation Research:**

* “Masturbation is commonly define as touching one’s own body, including sex organs, for sexual pleasure” ([x](http://www.plannedparenthood.org/health-topics/sex-101/masturbation-23901.htm))
* Masturbation often ends in orgasm *but not always*
* Masturbation is a form of research (not the boring kind), it helps you know what you like, what feels good, and what doesn’t! (aka it makes sex with a partner BETTER)
* People masturbate for tons of reasons including the AWESOME benefits of: ([x](http://www.plannedparenthood.org/health-topics/sex-101/masturbation-23901.htm))
  + stress and pain relief
  + sexual release/pleasure
  + can help you sleep (release endorphins)
  + strengthens muscles (what a good workout)
  + ease menstrual pain (hell yea)
  + can lower the risk of UTI’s (especially if you’re prone to them!)
  + increase self esteem
  + increase frequency/ability to orgasm
* How to masturbate: Stimulate your genetlia or other erogenous zones (breasts, thighs) with your own two hands or toys (dildos, vibrators, anal toys, ect)
  + Masturbation tips:
  + Clump blankets/soft towels and rub against them
  + Try different positions:
  + Stomach down
  + standing
  + cross legs
  + open legs
* There are no risks associated with masturbation-- except for skin irritation, but this can be remedied with lube!
* Sexual fantasies are totally normal and can be used alongside images, video, or stories to help you get off!
* IMPORTANT: please keep your toys clean (wash with a mild soap and water after use-- they give you orgasms, treat them nicely) \*\*\*
  + Most toys can be washed with warm water and antibacterial soap (Dawn works well).
  + Some toys, especially those made of rubber, silicon, or other porous materials cannot be sanitized 100%. Make sure to use a condom with these materials.
  + Toys made of Pyrex, glass, or metal can be boiled or run through a dishwasher for optimum sterilization.
  + if you use the same toy between partners USE A CONDOM and change it every time it touches a new body part



“Touch yourself, kids.” —Spencer

**Penis in Vagina Research: MORE LINKS TO COME!!**

Safety/Hygiene

* Use water based lube!
* Change condoms when switching between oral, vaginal, and anal
* Wear a condom (male condom) or female condom! This prevents unintended pregnancies and STIs
* BOTH parties should be properly aroused before going for the gold. If either party is in pain, stop and try warming things up more!
* Women and those identifying as a women or those that have a vagina should always wash front to back
* Wash before and AFTER sex (hands, genitals, anything coming into contact with genitals)
* Discuss sex before jumping into bed. Get consent and make sure both partners are on the same page. If necessary, use appropriate safe words.

Truth about condoms

* “lamb-skin” condoms do not prevent the transmission of STIs
* never double up on condoms, causes friction that is more likely to cause tears
* female condoms are less effective than male condoms
* some women get a heightened sensation from ribbed or textured condoms, but others feel they rub in uncomfortable ways
* thin and ultra-thin condoms are equally as effective and some men feel less “constricted”
* For simultaneous pleasure, add warming lube to the inside of the condom and cooling lube on the outside of the condom

Pleasure

* explore foreplay!!
  + kiss, touch, rub, lick etc erogenous zones of your partner to make the magic happen ;)
  + vaginas need to be well lubricated before things like a penis can be inserted. get this going by stimulating erogenous zones on your partner
  + common erogenous zones: behind the knees, scalp, neck, lips, ears, inner thighs, butt, boobs, feet, wrists, CLIT
  + do NOT be afraid to stimulate the clit before and during sex! the clit is the most sensitive erogenous zone on the woman’s body and stimulating it does awesome things. use hands and/or toys to aid in stimulation.
* tell your partner what you want and what feels good. everyone is different and achieves pleasure in different ways. communication is key.
* use sex toys before AND during sex
  + some women get a lot of pleasure and have a more satisfying orgasm if a vibrator is used during sex to stimulate the clit
* use lube!
  + lube reduces friction and can add an extra sensation for both partners (especially if you are using warming or cooling lube)
* change up your position
  + missionary position is generally the least likely sex position to bring a woman to orgasm
  + people with vaginas should jump on top! being on top of your partner allows for more clitoral stimulation and allows women to control the pace and rhythm.
  + ladies try putting a pillow under your lower back/ butt to elevate your pelvis and allow for deeper penetration
  + do it on top of a table or flat, elevated surface. it’s fun :)
  + guys are more likely to reach orgasm during sex than women, so when women take control it is more likely that both partners will get the O
  + kama sutra it up! ([x](http://www.wewomen.com/relationships/album897260/sex-positions-kamasutra-sex-positions-0.html))

**Penis in Anus Research:**

Safety/Hygiene

* Use TONS of water based lube! (duh) ([x](http://www.webmd.com/sex/anal-sex-health-concerns?page=2))
* Change condoms if participating in oral sex afterwards ([x](http://www.webmd.com/sex/anal-sex-health-concerns?page=2))
* Wear a condom obviously
* It shouldn’t be painful! If it hurts, stop. Pain could be a result of too little lube
* Relax and take it slow! The sphincter won’t allow things to pass unless one is relaxed [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)
* Poop beforehand [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)
* Anal douching (or enema) before, it can help relax the sphincter and clean out the rectum- but do it a few hours before to prevent damage [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)
* “Slipping a soapy finger inside you while showering is another good way to cleanse the anal area. Remember to go light on the soap as it can be irritating to your insides.” [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)

Pleasure

* The anus (both inside and out) has thousands of nerve endings, making it pleasurable for many people [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)
* The prostate (a few inches inside the rectum) in those with penises can be a source of pleasure when massaged [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)
* Indirect stimulation of the bulb of the penis (in those with penises) can contribute to pleasure/orgasm [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)
* try foreplay- see mouth on anus and fingers/toys in anus
* most common positions are doggy-style and laying on one’s back with the legs pulled towards the chest

This is good you should watch it <http://www.youtube.com/watch?v=xpItAOMAHqY>

**Vagina on Vagina:**

**Fingers/Toys in Vagina Research:**

**Fingers/Toys in Anus Research:**

* Massaging the prostate in those with penises can make one orgasm alone
* indirect stimulation of the prostate through the perineum (between scrotum and anus in those with penises) can also intensify pleasure
* For straight mail cis-hets: “Let’s keep in mind what the word “gay” even means. In its original sense, it means “happily excited,” and now, in more common usage, it’s a synonym for “homosexual” (which means your sexual desire is directed towards someone of the same sex). Please note that nowhere in the second definition are butts mentioned.” -[x](http://www.dailycal.org/2013/03/12/anal-play-for-all/)
* Can make foreplay more pleasurable for all, as mentioned above the anus has tons of nerves, which if stimulated correctly, can be super duper fun
* if sharing toys between partners, definitely use a condom, and change the condom when switching partners or areas of use
* keep all toys used for anal play clean!! many toys (silicone, glass, steel) can be cleaned with antibacterial soap and warm water (aka dawn dish soap). glass and metal toys can be boiled or put through a dishwasher to be sanitized. however, some toys can’t be 100% sanitized; rubber based toys or toys made from other materials that are more porous should always be used with a condom -[x](http://www.blisstree.com/2012/08/06/sex-relationships/sex/how-to-clean-your-vibrator/)
* butt plugs are fun too— very simple and easy to use. they’re good for penis in anus sex because they can help relax the sphincter muscle
* be careful with all toys or fingers in the anus- 2-3 inches up into the rectum no longer contains pain receptors like regular skin does. any damage done up there may show through cramps, irritability, and bloating. [x](http://thehealthybear.com/butt-plug-guide/)
* keep nails short and clean!!!

**Dry Humping/Frottage Research:**

* Orgasm can be achieved through Dry Humping/Frottage.
* Don’t limit yourselves to one position. There are as many forms of frottage as there are of sex. In fact trying different positions through dry humping can be a good way to explore new erogenous zones with your partner. It can also be a good way of learning about a new partner’s body and their sexual turn ons.
* Dry humping does not normally involve an exchange of fluids at thus there is less of a risk of STI transmission or pregnancy. On the other hand even non-penetrative genital contact can spread certain STI’s like Human Papillomavirus(HPV) and genital warts. So make sure to talk to your partner, and remember to either use protection( condoms dental dams) or be careful to keep your pants on.

**Orgies/3+somes Research:**

**Mouth on Penis Research:**

* To the receiver: Be respectful to your partner’s wishes! Many people can feel used or degraded if you force their head upon you!
* To those with penises: keep your dong clean! Wash it whenever you bathe! If you are uncircumcised, make sure to clean under the foreskin where dirt and bacteria may gather.
* Glans (head), corona (rim of the glans), and frenulum (underside of the head) are especially sensitive. men who are uncircumcised often will have more sensitive glans and frenulums.
* wear a condom- oral sex can transfer STI’s too, however swallowing semen will not make one pregnant
* dicks are easy to please

**Mouth on Vagina Research:**

Safety/Health:

* Clean the area or shower before oral sex
* STIs/STDs can be transferred through oral sex, so a dental dam should be used if these are a concern (if no dental dam is handy, cut a condom in half lengthwise)
* Keep fingernails short and clean (Oral sex is not all tongue)
* Wash hands and face
* Use mouthwash: flossing and brushing could open wounds in the mouth, leading to easier transmission of STIs/STDs

Pleasure:

* Make sure everyone is comfortable, foreplay is a good thing!
* A pillow under the pelvis of the receiver may help things along, and increases leverage for the giver
* Don’t jump in too fast, build up and anticipation are good (try stimulating the thighs and other external areas instead of keeping too narrow a focus)
* A gradual build-up often leads greater pleasure later
* The clitoris is your friend, give it plenty of attention
* Consistent movements are better than random ones. Try:
  + the ice cream cone
  + up and down
  + side to side
  + shapes
  + tracing the alphabet
* PAY ATTENTION to responses, they’ll let you know whats working and whats not
* If something seems to be working, keep going, you may not even need to change speed or pressure
* Don’t be in a hurry to get to the “finish line” sometimes it takes a while to reach orgams, and sometimes an orgasm isn’t the goal.
* Remember that if orgasm is reached, the vagina and surrounding area may become highly sensitive, so be careful about overstimulation, which can be painful
* Communication is key

I happened across this, just watch the first two minutes for a good laugh: http://www.youtube.com/watch?v=QyViuXFyIE4

**Mouth on Anus Research:**

* hygeine is very important!! The anus can be a center for many bacteria, even parasites, among other things. keeping it clean is essential, and when performing annilingus, use a dental dam or a modified condom! (or non-microwaveable plastic wrap, which is non-porous, or a modified powder-free latex glove (fingers cut off).
* the recipient has *some* risk- cold sores, or cuts on the anus where bacteria could get through
* the giver, however, is most at risk.
* the receiver should at least wash down there before engaging, however mild enemas may make it even cleaner (allow 2-3 hours afterwards before engaging, and do not have enemas frequently for they can disrupt bowel movements). [x](http://goaskalice.columbia.edu/does-good-washing-anilingus-remove-bacteria)
* since the anus has so many nerves, it’s a great place to explore.
* for the giver- try blowing on the area, using the lips and not just the tongue, and involve fingers and hands

**Cool Websites:**

<https://www.youtube.com/user/lacigreen>

Laci Green makes awesome sex positive sex education videos. Basically she teaches you everything you wanted to know about sex, relationships, gender etc

<http://www.ohjoysextoy.com>

<http://machinegnome.tumblr.com/post/65899284819/artifact-from-the-secret-cabinets-of-catherine-the> oh shit

**Prezi Format:**

**Let’s talk about anal-** \*\*\*please comment/add anything because i feel like i’m forgetting some important things\*\*\* -Alex

* Annilingus (Rimming)
  + What is it?
    - Stimulation of the anus with the mouth and tongue.
  + Hygeine
    - Keep clean down there!
      * Shower before engaging with any anal play.
      * Use soap to wash the anus.
      * For more extensive cleaning, enemas (also called anal douching) can help clean out the rectum. Wait 2-3 hours to engage in any sexual activity after having a mild enema.
      * Always use a dental dam or some other type of barrier (ex: non-microwaveable cling wrap) when engaging in annilingus.
      * The anus is home to a wide variety of bacteria and sometimes even parasites, even after being cleaned.
      * This also prevents the spread of STIs and other viruses such as cold sores!
  + So Why partake in annilingus?
    - The anus has a large concentration of nerves, and many individuals are sexually aroused when these nerves are stimulated.
    - For individuals with penises, indirect stimulation of the bulb (near the base), can intensify pleasure for the receiver.
  + Tips
    - Try blowing on the area
    - In addition to using the tongue, involve the lips as well
    - Involving fingers and hands can also intensify pleasure
* Fingers and Toys
  + Hygiene
    - When engaging in anal play involving fingers and toys, many of the same hygienic concerns arise.
    - Make sure to stay clean down there!
    - Make sure all toys are properly cleaned beforehand. Use a condom on any toys shared between partners, and change the condom when switching between orifices or people to prevent from any STIs/bacteria from being transferred.
    - Tips on keeping toys clean:
      * Most toys can be washed with warm water and antibacterial soap (Dawn works well).
      * Some toys, especially those made of rubber, silicon, or other porous materials cannot be sanitized 100%. Make sure to use a condom with these materials.
      * Toys made of Pyrex, glass, or metal can be boiled or run through a dishwasher for optimum sterilization.
    - When using fingers, keep nails short and clean!
    - Use lube! Water based lube is best, for it will not irritate the anus/rectum or damage condoms and toys. Using lube will prevent pain, prevent any damage, and increase stimulation.
  + Why use toys/fingers?
    - In those with penises, the prostate is often considered to be an erogenous zone, and often can trigger orgasm.
    - Massaging the prostate, located 2-3 inches inside the rectum towards the stomach, can be extremely pleasurable.
    - General stimulation of the anus increases pleasure during sex.
  + Types of toys:
    - Dildos
    - Butt plugs
    - others???
* Penis in Anus
  + Hygiene/Safety
    - Many of the same concerns as above.
    - Always wear a condom to protect both the recipient and the giver from STIs and possible bacterial infections.
    - USE LUBE. This will increase comfort for the recipient, prevent tearing of rectal or anal tissue, and make it a more pleasurable experience for both.
    - Go slow. The sphincter muscles of the anus need to be relaxed for safe penetration. Going too quickly can cause them to tense up, increasing the risk for damaging tissue.
      * Taking a shower beforehand and using a lubricated finger can help relax the muscles.
      * Foreplay involving rimming, fingers, and/or toys can also help relax the sphincter muscles.
  + Why anal?

**Make “straight” sex more exciting!**

**Penis in Vagina Research**

Safety/Hygiene

* Use water based lube!
* Change condoms when switching between oral, vaginal, and anal
* Wear a male or female condom!
* BOTH parties should be properly aroused before going for the gold. If either party is in pain, stop and try warming things up more!
* Wash before and AFTER sex (hands, genitals, anything coming into contact with genitals)
* Discuss sex before jumping into bed. Get consent and make sure both partners are on the same page. If necessary, use appropriate safe words.

Truth about Condoms

* “lamb-skin” condoms do not prevent the transmission of STIs
* never double up on condoms!
* some women get a heightened sensation from ribbed or textured condoms, but others feel they rub in uncomfortable ways
* thin and ultra-thin condoms are equally as effective and some men feel less “constricting”
* For simultaneous pleasure between partners, add warming lube to the inside of the condom and cooling lube on the outside of the condom

Pleasure

* exploreforeplay!!
  + kiss, touch, rub, lick etc erogenous zones of your partner to make the magic happen ;)
  + vaginas need to be well lubricated before things like a penis can be inserted. get this going by stimulating erogenous zones on your partner
  + common erogenous zones: behind the knees, scalp, neck, lips, ears, inner thighs, butt, boobs, feet, wrists, CLIT
  + do NOT be afraid to stimulate the clit before and DURING sex! the clit is the most sensitive erogenous zone on the woman’s body and stimulating it does awesome things. use hands and/or toys to aid in stimulation.
* tell your partner what you want and what feels good. everyone is different and achieves pleasure in different ways. communication is key.
* use sex toys before AND during sex - vibrators are good ways to stimulate the clit during sex
* use lube!
* change up your position
  + missionary position is generally the least likely sex position to bring a woman to orgasm
  + being on top of your partner allows for more clitoral stimulation and allows women to control the pace and rhythm. (“cowgirl” or “reverse cowgirl”)
  + ladies try putting a pillow under your lower back/ butt to elevate your pelvis and allow for deeper penetration; or try it on a table or flat surface
  + men are more likely to reach orgasm during sex than women, so when women take control it is more likely that both partners will get the O
  + kama sutra it up! and don’t be afraid to try something new or something you’ve always been curious about. Sex is not just a physical act.

**Reproductive Rights and Resources**

Speakers: Alex, Elizabeth, Tori, Lillie, DJ, Lily (Kathleen)

1/29/14 6:00PM @ Lowry 120

Prezi: <http://prezi.com/58puymyqwubn/?utm_campaign=share&utm_medium=copy>

email [mkaufmann17@wooster.edu](mailto:mkaufmann17@wooster.edu) to be added to the prezi

**\*\*MEET AT 12PM ON SAT (1/25)**

**IN LOWRY upstairs for lunch & research\*\***

**today is that day, friends. Yeehaw.**

* Resources
  + On campus (Tori)
    - Wellness Center - 1/22/14 - Esther Horst
      * Contraceptives available at the Wellness Center:
        + condoms
        + dental dams
        + dr can prescribe oral contraceptives
        + dr can prescribe 3 mo. shot, you would have to pick it up from the drugstore and bring it to the nurses to inject it.
      * Wellness Center
        + The Wellness Center can test for all STDs, but it can be expensive to get a lot of them so talk to the doctor about your risks (like having multiple partners)
        + For doctor’s visits the insurance will cover the cost, there is not a balance
        + For STD testing the insurance will cover most of the cost, but patients pay the balance
        + STD tests are sent to the Cleveland Clinic
      * OB/GYN Appointments
        + Recommended to get a pap test at age 21
        + If you are sexually active STD testing is recommended, should test yearly and more frequently with increased risks
        + Get breast exams yearly, and give self-exams monthly
        + STDs for women can possibly include a vaginal exam in stirrups
        + Gardasil available
      * Resources in Wooster
        + Women’s Health Center - 1739 Cleveland Ave. (come to Wellness Center it’s easier)
        + gives STI/STD checks and breast exams
        + Planned Parenthood
        + Health Department gives STI/STD checks
        + Hospital doesn’t provide much sexual health care
      * Men
        + testicular exams (frequency is questionable)
        + self-check monthly
      * If STD-positive
        + health department will get involved and ask for partners’ contacts so that they can see doctor
      * Communication
        + Always transmissible
        + Always use condoms, but they are not 100%
        + Some STI/STDs (Chlamydia and Syphilis) are curable with antibiotics, but need retested
        + HIV and Herpes chronic
      * Recommendations
        + Promote dental dams and kotex products
    - Condoms in bathrooms??
      * Talk to your RA
      * RAs
    - Wooster VOX
    - Ominous condom presence ?? mailboxes??
  + In Wooster (Lillie)
    - Planned Parenthood
      * Downtown
        + Can the bus (WHT) go down there?
        + <http://www.woosterhospitalitytransit.com/>
        + Map: <http://www.woosterhospitalitytransit.com/docs/Schedule2013.pdf>
        + Bus doesn’t go to that road, but it is relatively close to walmart??
      * Open Mondays (11am-8pm), Wednesdays (11am-6pm), and the first Saturday of the month (9am-3pm).
    - Cleveland Clinic Hospital
      * Testing - Women’s Health Center deals with female testing, males can get tested at the main hospital. They test for all STD’s and pregnancy.
      * <http://my.clevelandclinic.org/healthy_living/sexual_health/hic_the_importance_of_sexual_health.aspx>
      * Women's Health Center: Monday - Friday | 8 a.m. - 5 p.m. - does testing for STD’s, pregnancy and other OB/GYN services.
    - OB/GYN - <http://www.woosterobgyn.com/>
      * Stands for obstetrics and gynecology.
      * Obstetrics (OB)- deals with all pregnancy related things (except abortions, at least at Wooster)
      * Gynecology (GYN)- For all your vaginal needs. Gives exams, PAP tests, can prescribe birth control, mammograms and bone density screenings.
    - Free Clinic?? <http://startzmanfreeclinic.org/>
      * Does not mention anywhere sexual health services. (I will call)
    - Pregnancy Care Center - <http://www.pccwayne.org/>
      * Very religious, good for if you are pregnant and want to keep the baby/need help with it.
      * Hours: Monday, Tuesday, Thursday, and Friday, 9am-4pm
    - Can buy Plan B over the counter - Better be safe than pregnant
    - Drugmart/Walmart
      * cheap generic medication
      * judgement
        + wal-mart has self check-out
      * condoms
      * lube
      * pregnancy tests
      * “personal massagers”
  + Nationally (Chloe)
    - Planned Parenthood
      * Planned Parenthood might be able to help you if you are concerned about your parents finding out about your visit.
    - MHS online crisis chat- <http://www.mhs-inc.org/>
    - Hospitals
    - OB/GYNs
      * Your First Visit to the Gynecologist: <http://www.urmc.rochester.edu/ob-gyn/gynecology/annual-exam/first-visit.aspx>
      * If you are concerned about your parents finding out about your visit because you are under their insurance, call your insurance company and ask about their policy. Every insurance company treats confidentiality differently.
    - Doctor’s Offices
    - Clinics??
    - Abortion Laws By State: <http://www.guttmacher.org/statecenter/spibs/spib_OAL.pdf>
    - (not really a national resource, but a helpful article regardless) <http://jezebel.com/5734665/the-girls-guide-to-having-an-abortion>
    - More info about abortion: <http://www.prochoiceamerica.org/government-and-you/who-decides/>
  + Online/Phone (Elizabeth)
    - Trevor <http://www.thetrevorproject.org/>
    - OhJoySexToy <http://www.ohjoysextoy.com/>
    - Planned Parenthood <http://www.plannedparenthood.org/health-topics/>
    - Scarleteen <http://www.scarleteen.com/>
    - <http://nafcclinics.org/>
    - Herpes positive blogs
      * <http://genitalherpderp.tumblr.com/>
      * <http://thisisnotasexstory.tumblr.com/>
      * <http://hsvswag.tumblr.com/>
* Your rights as a student
  + Obamacare (alex)
    - If your parents have insurance, you can stay on their plan until you’re 26!
    - <https://www.healthcare.gov/young-adults/>
    - http://go.nationalpartnership.org/site/DocServer/LOWER\_INCOME.pdf?docID=10005
      * Lower income women (single, childless) now have better access to medicaid, and families as a whole have better access to medicaid (“Given current poverty level guidelines, that means a childless woman earning up to $14,856 annually would qualify for Medicaid, as would a family of four with income of $30,657 per year. With this change, ten million more women will qualify for Medicaid’s comprehensive health coverage with strong out-of-pocket cost (cost-sharing) protections.”)
      * women can no longer be charged higher premiums just because they are women
      * tax credits for women in lower income brackets so they can afford insurance on the private market when employers do not offer insurance plans
      * guaranteed maternity benefits for all women- women no longer have to pay for costly maternity care (a pregnancy w/o complications could cost a mother over $10,000).
      * All preventative services are now required to be covered without a copay.
      * Screening for gestational diabetes;
      * HPV co-testing as part of cervical cancer screening for women over age 30;
      * Counseling on sexually transmitted infections;
      * Counseling and screening for HIV;
      * All Food and Drug Administration-approved contraceptive methods and supplies;
      * NATIONAL PARTNERSHIP FOR WOMEN & FAMILIES | FACT SHEET | THE ACA: COVERAGE OF WOMEN’S PREVENTIVE SERVICES 2
      * Breast-feeding counseling and equipment;
      * Screening and counseling to detect and prevent intimate partner violence; and
      * Yearly well-woman preventive care visits to obtain recommended preventive services.
      * <http://go.nationalpartnership.org/site/DocServer/REPRO_Access_Denied.pdf?docID=9821> basically this dismantles the argument of using religion to refuse women the right to birth control
      * The ACA provides $75 million per year for five years to the Personal Responsibility Education Program (PREP), a state grant program to fund comprehensive approaches to sex education.
      * States **are** allowed to ban coverage for abortion under insurance, and ohio is one state that has done so. see more: <http://go.nationalpartnership.org/site/DocServer/ABORTION_RESTRICTIONS.pdf?docID=10011>
  + Scot’s Key- http://www.wooster.edu/\_media/files/students/dean/scotskey.pdf
    - Pregnancy???
    - Missing class??
    - Page 33
  + When things charge to your insurance they can find out
  + As a new adult you
    - don’t have to tell your parents??
* Fun Facts (Kathleen)
  + de-stigmatize STD facts

**Just the ~tip~**

* Advice for your gynecological visit:
  + Be prepared. They will be sticking things into your vagina. Be ready. Showering would probably be cool?
  + Testing for chlamydia and gonorrhea take about three seconds (to actually get the sample) and you’ll probably get results next day. They’ll say they’ll only call you if there’s anything you should know, but they will fucking call you no matter what. Do not be afraid when you get the phone call. Wait until you talk to them. They will also send you a little piece of paper to your campus box that says on it that you are clean. Keep it and show it to all your partners, they’ll think it’s hot. Trust me.
  + Be prepared for awkward small talk while the doctor is inside of you. It always happens and it’s always awful. I’m sorry.
* Advice for buying awkward shit at walmart:
  + It’s always going to suck. I’m sorry. Before you go in just give yourself a little pep talk. Like, yo, your choices are fine and don’t let some old republican make you feel bad. Would Beyonce feel bad? Would Ke$ha? Nah. You’re an adult and your choices are fucking valid. Get it.
  + The self checkout is great, but standing in that aisle is never going to be fun. It’s next to the diapers and it’s always weird. Do some research before you go so you can minimize your time in the aisle.
  + If you’re buying Plan B you need someone to check you out, sorry friends. But hey, everyone messes up sometimes and Plan B is gr9 for that. Don’t let that snooty pharmacy worker make you feel bad, you’re awesome.
* Urinary Tract Infections
  + Always! Pee! After! Sex!
  + No really fucking always. UTI’s are a bitch and you do not want that.
  + But if you do get one they’re usually pretty noticeable (burning while you pee), but you can pop over to the wellness center and they’ll give you antibiotics, it usually takes about three days to clear up completely.
    - PS if you’re on birth control pill antibiotics will fuck them up, be careful and make sure the doctor knows you’re on the pill.
* How often should you get tested?
  + Lots. At least once a year if you aren’t having multiple partners, or after every new partner you have. At the very least every 3-6 months if you’re living that multiple partner life ayyyyy.
  + No really one a year is the bare minimum. Really.
  + You should get tested even if you’ve never been sexually active! You can catch STDs lots of different ways and it’s really not a big deal to get tested so do it!
* How to non-awkwardly ask someone if they’ve been tested:
  + Hahahahaha, just kidding. There’s really no way to do it. Like, you just have to fucking do it. After awhile it becomes habit and it’s a lot less weird to always ask but it’ll always been a little odd. But you have to do it. Never! Have! Sex! With! Someone! Without! Asking! Them! If! They’re! Clean! First!
  + Alternatively: in the heat of the moment look them in the eye and whisper “you know what really gets me going? Responsible sexual habits, like ayyy I get tested regularly and I’m all good.” I guarantee this will drive them crazy and they will just melt into a puddle of desire.
  + Or: get tested and frame the piece of paper they give you that says if you are negative. Hang it up over your bed and put spotlights on it. It’s hot, trust me.

Questions for the Wellness Center..

**Reproductive Rights and Resources**

View this presentation at: <http://bit.ly/voxresources>

January 29th, 2014

Wellness Center:

* Call 330-263-2319 to schedule appointments
* Doctor: Monday-Friday 9a-11:30a
* GYN: Monday and Thursday 1:30p-3:30p
* Insurance Questions: Contact Lori Stine at 330-263-2319 Monday-Friday 9a-4p

[Wooster Resources:](http://www.pccwayne.org/)

* Wooster OB/GYN Offices - 546 Winter Street Suite 100 - [http:](http://www.pccwayne.org/)[//www.woosterobgyn.com/](http://www.woosterobgyn.com/)
* Pregnancy Care Center - 2330 Cleveland Road - <http://www.pccwayne.org/>
* Women’s Health Center - 1739 Cleveland Ave. - <http://my.clevelandclinic.org/>

National Resources:

* Your first visit to the gynecologist <http://www.urmc.rochester.edu/ob-gyn/gynecology/annual-exam/first-visit.aspx>
* Abortion laws by state <http://www.guttmacher.org/statecenter/spibs/spib_OAL.pdf>

Online/Phone Resources:

* Trevor - 1-866-488-7386 - <http://www.thetrevorproject.org/>
* OhJoySexToy <http://www.ohjoysextoy.com/>
* Planned Parenthood <http://www.plannedparenthood.org/health-topics/>
* Scarleteen <http://www.scarleteen.com/>
* National Association of Free and Charitable Clinics <http://nafcclinics.org/>
* Herpes Positive blogs
  + <http://genitalherpderp.tumblr.com/>
  + <http://thisisnotasexstory.tumblr.com/>
  + <http://hsvswag.tumblr.com/>

Wooster VOX:

* Wooster VOX meets Saturdays at 4p in Lowry 119
* Sex Ed Committee meets Tuesdays at 4:15p in Lowry Pit
  + contact [vhorvath16@wooster.edu](mailto:vhorvath16@wooster.edu) if you would like to join
* <https://woostervox.tumblr.com> - ask us questions!
* <https://twitter.com/woostervox>
* <https://facebook.com/woostervox>
* <https://pinterest.com/woostervox>

**Please do us a favor, after the Presentation please fill out our survey at:** [**http://bit.ly/vox-survey**](http://bit.ly/vox-survey)

**FACTS: Fun and otherwise**

ALL STDs are treatable and most are curable!!

· Follow treatment as prescribed

Payment options are available, don’t be afraid to ask!

Some STDs don’t always present symptoms! Get yourself tested!

Pelvic exams are only necessary for those sexually active or those over the age of 21

If you smoke, you’re more likely to have an abnormal Pap test

If you miss a pill, or are late taking one, you need to use another form of birth control

Affordable health care

If you need to purchase insurance there may be assistance through the AHA

You can stay on parents’ insurance until 26

Make sure of privacy

The law requires insurers to spend between 80 and 85 percent of every premium dollar on medical care (as opposed to administration, advertising, etc). If insurers exceed this threshold, they have to rebate the excess to their customers. This policy is already in effect, and insurers are [expected](http://online.wsj.com/article/SB10001424052702304441404577480920256327632.html) to rebate $1.1 billion this year

105 million Americans no longer have life time caps on coverage

Up to 82% of uninsured young people will qualify for either Medicaid coverage or subsidies to purchase coverage through the Health Insurance Marketplace

You may have heard that young people aren't signing up for ObamaCare. In fact almost 25% of persons who have selected a marketplace plan are between the ages of 18-34

A Brazilian Web site lets people send their partners e-cards informing them they have an STD and that they should see a doctor

STIs/STDs cannot be acquired in a swimming or public bathroom (unless you have sex in the pool or on the toilet).

Doctors in the late 1400s and early 1500s were so afraid of syphilis they would not write down its name. Instead they used the Greek letter Sigma as its symbol

Christopher Columbus may have been responsible for spreading syphilis to Europe

Americans spend the same amount on STDs that we do on NASA

**Queer Sex**

Speakers: Alex, DJ, Tori, ??

[Date] @ [Location]

Doesn't high school sex ed seem to be leaving out a significant group of people? If you identify as queer, or bi-curious, or straight-Wooster VOX wants to give you the sex education you deserve. All relationships need to know how to have safe, comfortable, and enjoyable sex and relationships.

We will be covering coming out, gay sex, lesbian sex, sex with trans\* individuals, masturbation as a queer or trans\* person, the concept of queer "virginity", dating and sex culture within most identities under the queer umbrella, the concept of asexuality, bisexual and pansexual erasure in these communities, and other important topics.

--

Hey everyone! Wooster VOX﻿ is presenting another Sex Ed, this time specifically for queers! We definitely welcome any information or help you can offer! Please talk to me (vhorvath16@wooster.edu) if you want anything covered, to present, or if you have any concerns. We also would love trans\* representation in our group of presenters!

Also, please share this event to all of your friends. As college stereotypes suggest there are some students out there having queer~ sex for the first time and/or exploring their sexual identities. We want any bi-curious hook-ups to be safe and enjoyable! So share this with that in mind!

FIRST:

* Where we could not use gender neutral terms, we used medical terms- it is very hard to find language that everyone understands and can relate to. Medical terms sometimes help explain better what we are trying to say-however they can be exclusionary, so we have also included gender neutral terms when we could.
* We will be using terms like “gay” and “lesbian” as a convention as well, but all of us identify under the queer umbrella and have found what terms we know and understand.

Asexuality

* can be defined as:
  + low sex drive
  + little/no sexual attraction
* <http://grasexuality.wordpress.com/2012/03/28/how-to-have-sex-with-an-asexual-person/>
* Asexuals can still have sex! They have all the hormones and body parts.
  + Demi-sexuals have sexual attraction to people who they’ve formed a strong emotional connection with
* With an asexual person make sure you have explicit permission.
  + ask about touching body parts
  + stoplight system all the time
* Cuddling does not necessarily lead to sex, and that should be stated.
* Just because they are having sex does not mean they are not asexual and that you have changed them
* discuss boundaries

The Gay Agenda

* + “Gay” Sex, Safety, and Culture?

**Penis in Anus Research:**

Safety/Hygiene

* Use TONS of water based lube! (duh) ([x](http://www.webmd.com/sex/anal-sex-health-concerns?page=2))
* Change condoms if participating in oral sex afterwards ([x](http://www.webmd.com/sex/anal-sex-health-concerns?page=2))
* Wear a condom obviously
* It shouldn’t be painful! If it hurts, stop. Pain could be a result of too little lube
* Relax and take it slow! The sphincter won’t allow things to pass unless one is relaxed [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)
* Poop beforehand [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)
* Anal douching (or enema) before, it can help relax the sphincter and clean out the rectum- but do it a few hours before to prevent damage [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)
* “Slipping a soapy finger inside you while showering is another good way to cleanse the anal area. Remember to go light on the soap as it can be irritating to your insides.” [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)

Pleasure

* The anus (both inside and out) has thousands of nerve endings, making it pleasurable for many people [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)
* The prostate (a few inches inside the rectum) in those with penises can be a source of pleasure when massaged [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)
* Indirect stimulation of the bulb of the penis (in those with penises) can contribute to pleasure/orgasm [x](http://www.mckinley.illinois.edu/handouts/anal_sex.html)
* try foreplay- see mouth on anus and fingers/toys in anus
* most common positions are doggy-style and laying on one’s back with the legs pulled towards the chest

This is good you should watch it <http://www.youtube.com/watch?v=xpItAOMAHqY>

**Fingers/Toys in Anus Research:**

* Massaging the prostate in those with penises can make one orgasm alone
* indirect stimulation of the prostate through the perineum (between scrotum and anus in those with penises) can also intensify pleasure
* For straight male cis-hets: “Let’s keep in mind what the word “gay” even means. In its original sense, it means “happily excited,” and now, in more common usage, it’s a synonym for “homosexual” (which means your sexual desire is directed towards someone of the same sex). Please note that nowhere in the second definition are butts mentioned.” -[x](http://www.dailycal.org/2013/03/12/anal-play-for-all/)
* Can make foreplay more pleasurable for all, as mentioned above the anus has tons of nerves, which if stimulated correctly, can be super duper fun
* if sharing toys between partners, definitely use a condom, and change the condom when switching partners or areas of use
* keep all toys used for anal play clean!! many toys (silicone, glass, steel) can be cleaned with antibacterial soap and warm water (aka dawn dish soap). glass and metal toys can be boiled or put through a dishwasher to be sanitized. however, some toys can’t be 100% sanitized; rubber based toys or toys made from other materials that are more porous should always be used with a condom -[x](http://www.blisstree.com/2012/08/06/sex-relationships/sex/how-to-clean-your-vibrator/)
* butt plugs are fun too— very simple and easy to use. they’re good for penis in anus sex because they can help relax the sphincter muscle
* be careful with all toys or fingers in the anus- 2-3 inches up into the rectum no longer contains pain receptors like regular skin does. any damage done up there may show through cramps, irritability, and bloating. [x](http://thehealthybear.com/butt-plug-guide/)
* keep nails short and clean!!!

**Mouth on Penis Research:**

* To the receiver: Be respectful to your partner’s wishes! Many people can feel used or degraded if you force their head upon you!
* To those with penises: keep your dong clean! Wash it whenever you bathe! If you are uncircumcised, make sure to clean under the foreskin where dirt and bacteria may gather.
* Glans (head), corona (rim of the glans), and frenulum (underside of the head) are especially sensitive. men who are uncircumcised often will have more sensitive glans and frenulums.
* wear a condom- oral sex can transfer STI’s too, however swallowing semen will not make one pregnant
* dicks are easy to please
* Helpful tips:
  + Use your hands too!
  + Balls balls balls don’t ignore the balls
  + Spit is your friend.

**Mouth on Anus Research:**

* hygiene is very important!! The anus can be a center for many bacteria, even parasites, among other things. keeping it clean is essential, and when performing annilingus, use a dental dam or a modified condom! (or non-microwaveable plastic wrap, which is non-porous, or a modified powder-free latex glove (fingers cut off).
* the recipient has *some* risk- cold sores, or cuts on the anus where bacteria could get through
* the giver, however, is most at risk.
* the receiver should at least wash down there before engaging, however mild enemas may make it even cleaner (allow 2-3 hours afterwards before engaging, and do not have enemas frequently for they can disrupt bowel movements). [x](http://goaskalice.columbia.edu/does-good-washing-anilingus-remove-bacteria)
* since the anus has so many nerves, it’s a great place to explore.
* for the giver- try blowing on the area, using the lips and not just the tongue, and involve fingers and hands

**Lesbian Sex and Safety**

* at least 75% of women who identify as lesbians have had sexual intercourse with men and approximately two-thirds of the time those women were engaging in unprotected sex
* This means that everyone should be tested regularly for STIs and HIV/AIDS
* HPV is one of the most common STIs and is acquired by skin-to-skin contact. To be sure your clean, see your gyno regularly for a PAP and be sure to get the vaccination.
* Gonorrhea and chlamydia can be transmitted by sharing toys, bodily fluid, and genital contact. These can be silent or present with burning during urination, discharge, or stomach pain. Usually easily treated with antibiotics, but if left untreated, these can cause pelvic inflammatory disease, which can cause infertility, ectopic pregnancy and serious infections.
* Bacterial Vaginosis can be silent or have a white discharge and fishy smell. It is likely transmitted through sex toy sharing, oral sex, and oral-anal sex. IMPORTANT: when one partner is infected, the other is very likely to also be infected! Easily treated with antibiotics.
* Herpes is transmitted through oral or genital sex. Medication can be taken to cause fewer, less intense breakouts, but the infection is in your body forever. Even if you aren’t having a breakout, you can still pass the infection to your partner. Play safe!
* HIV can be transmitted by blood, genital secretions, and breast milk, but not by saliva.
* 3 ways to stay safe during lesbian sex
  + WASH YOUR HANDS THOROUGHLY
    - Another option here is to use nitrile (non-latex) gloves. If there’s any question of where a hand went or if something was touched that shouldn’t have been, just take the glove off and put on another one. Up to two pairs can be worn without too much worry of friction or breaking.
    - Don’t share sex toys unless they are properly cleaned (soap and water or commercial sex toy cleansers) or covered by a condom
    - Communicate! It’s not always fun, but to keep yourself safe talk about sexual history, likes and dislikes, and maybe even suggest getting tested together! How sexy is that?! ;)
  + Dental Dams! Use them for oral and oral-anal sex, especially with a new partner. Only use one side of the dental dam then discard it when you are done. Also, don’t transfer dental dams from the genitals to the anus or vice versa! This can spread bacterial infections on your partner. May not seem super sexy, but you can add water-based lubricants to your partner before going to town with the dental dam, which adds some different sensations for your partner. You can make a dental dam out of in internal or external condom or non-microwaveable seran wrap. Cut the tip off of the condom and cut the condom down the middle. Place that lubricated side on your partner’s genitals or anus. Don’t lick the lubricated side! You will probably regret it!
    - Again, there are two options here with nitrile gloves. One involves cutting all fingers off (but leaving the thumb) and cutting down the pinky side. You then have a dental dam with an indent for your tongue or other protrusion. Option 2, cut off all fingers except thumb and pinky, cut up the middle of the palm. Then you have a dental dam with places to put your fingers to hold on to it better.
  + <http://www.autostraddle.com/safe-sex-for-lesbians-45382/>
  + <http://www.nakedtruth.idaho.gov/dental-dams.aspx>
  + Being an experienced masturbator will help you become a more successful lover ;)
  + Understand your genitals and know what’s going on down there, it helps to know your anatomy and where things are at.
  + When you become aroused: you might become flushed, your nipples will harden, your clit will engorge, your breathing might become heavy, and your vagina will expand. Bodies are cool!
  + All vaginas are different. Get over it.
  + Hygiene is important! Keep your goods clean. But avoid douching or using highly scented soaps that could cause yeast infections.
  + Grooming - do what makes you and your partner happy. If you want to shave, do it. If you want to be all natural, do it. Your body, your choice.
  + Keep your nails trimmed and filed of any rough edges.
  + Foreplay is awesome and a great way to learn what your partner likes.
  + Use safe words when necessary and leave the lines of communication open at all times. Talking is sexy. Never settle for something you’re not into.
  + We all know that gender is as fluid as sexuality. Before jumping in bed with someone you should know exactly what’s fair game and what’s off limits. Some people may not be comfortable with certain areas being touched or worked on. Just go with the flow and be respectful of your partner and their limits.
  + Try humming when your going down on your partner.
  + Use your entire mouth when going down on your partner
  + Remember, the person giving oral should like it too.
  + How do lesbians do the do?:
    - Fingering
    - Oral
    - Toys

General trans\* information:

* <http://early2bed.com/ftm/>
* <http://www.tenga-global.com/products/egg/egg_006_silky.php>
* <http://transturbators.tumblr.com/> (NSFW)

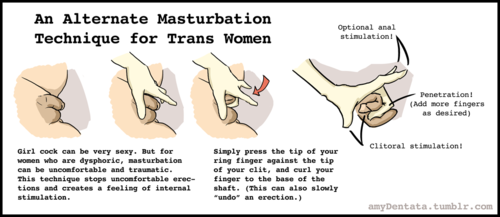
General sex things:

* ASK BEFORE YOU TOUCH ANYTHING
  + Can I touch you here?
  + What do you like?
  + Will this make you feel dysphoric?
  + What do you like your body to be called?
* anyone with a cervix should get a Pap test every 3 years starting at age 21
* The short and simple answer is: anytime your girlfriend’s semen° (cum) gets into your vagina° or onto your vulva°, you’re at risk for pregnancy.
  + The fertility of a trans woman or trans\* feminine person depends on how they’ve decided to transition. Some trans women lose their ability to create a pregnancy, and some have no change in their fertility at all. Many end up falling somewhere in between.
  + Each person’s body responds differently to Hormone Replacement Therapy (HRT). It usually lowers the ability to get or keep an erection, and could also reduce sperm count. But don’t rely on HRT as a form of birth control by itself. If you want to avoid pregnancy, you and your girlfriend should explore all your birth control options. Luckily, there are lots out there!
  + You can use one of many types of hormonal birth control (such as the pill, shot, implant, Mirena IUD), or the non-hormonal (ParaGard) IUD.
  + Barriers, like condoms, are another option (and the only way to prevent STDs as well as pregnancy).
  + Since people taking HRT can have trouble getting erections, condoms that go onto the penis° may slip off. A good alternative is an internal condom (also known by its brand name, the FC2 Female Condom®). These condoms are worn inside a vagina°or anus, so you’ll still be protected from pregnancy and STDs even if your partner’s erection comes and goes.
  + °These may not be the terms that you use to describe your own bodies, but we hope that the information in this answer is still clear enough to help you and your girlfriend make a well-informed decision.
* The Art of Transliness
  + For oral sex involving vulvas (vulvae?), a good way to reduce the chance of STI transmission is to use dental dams. These can be purchased at [sex shops](http://www.goodvibes.com/display_category.jhtml?id=catalog70002_cat35930&navCount=0&navAction=jump) and similar locations or [created](http://std.about.com/od/prevention/ht/dentaldamhowto.htm) using saran wrap, condoms, latex gloves, or other materials. They are also sometimes available for free or very cheap at university health centers, Planned Parenthoods, and LGBTQ resource centers.
  + If you’re using a prosthetic/dildo for vaginal, oral, or anal sex, it is important to make sure the materials it is made of are safe and that it is kept clean. Certain materials are more likely to grow bacteria than others, and certain materials contain [phthalates](http://www.villagevoice.com/2007-02-13/columns/dangerous-dildos-part-2/), which are chemicals used to soften PVC and may be dangerous (a good rule of thumb to tell if a prosthetic contains phthalates is if it has a greasy texture and/or smells strongly of plastic). Prosthetics that are labeled non-porous and phthalate-free are generally safer, but that doesn’t let you off the hook for regular cleaning. [Different materials require different cleaning methods](http://www.sextoys411.com/sex-toy-care.html), and so it’s good to do your research. If you are unsure if your prosthetic is clean and free of harmful chemicals, using a condom can help make things a bit safer for your partner. As a side note, if you suspect that your packer may contain harmful chemicals, you may want to wear it so it is not directly against your skin (for instance over your underwear or in its own little sock).
  + Testosterone may stop you from ovulating, [but it probably isn’t a good idea to use it as your only form of birth control](http://www.originalplumbing.com/2011/08/03/testosterone-no-periods-and-pregnancy-risk/). Hormonal birth control while on testosterone is not really an option, so the pill, patch, and shot are out. However, condoms, [diaphragms](http://www.plannedparenthood.org/health-topics/birth-control/diaphragm-4244.htm), and non-hormonal [IUDs](http://www.plannedparenthood.org/health-topics/birth-control/iud-4245.htm) are still effective options for guys on T (this is not a complete list of all methods, and not all methods are created equal, look up effectiveness and weigh the pros and cons of each method). Hormonal birth control is fine for guys who are not on testosterone, although many trans\* guys are uncomfortable with some of the “feminizing” effects hormonal birth control may have (for example, breast enlargement or breast tenderness).

Trans\* Sex on hormone therapy [Tori? Cris?]

* T increases sex drive, increases sensitivity on the clit (which will also start to enlarge)
  + Self-masturbator/masturbation sleeve <http://early2bedshop.com/bro-sleeve-2-0.html>

Trans\* Sex to affirm your identity

* Ideas:
  + Hitachi on penis\*
  + 
  + May want to have sex with some clothes on (like a t-shirt)
  + Dressing up may increase or decrease dysphoria…?

Intersex Sex [Kathleen]

Intersex:

* Includes:
  + people born with genitals not easily identified as either a penis or a vagina
  + People without the usual sex chromosomes (i.e. XO or XXY)
  + People whose external sex organs may not match internal sex organs
  + Some intersex conditions cannot be detected without examining chromosomes, hormones, or internal sex organs
* Respect
  + individuals may or may not choose to disclose aspects of their bodies, and that’s okay!
  + However, communication about needs and limits is vital!
    - AIS(Androgen Insensitivity Syndrome)
      * Present in XY individuals, genetic, runs in families.
      * MIH (mullerian inhibiting hormone) causes the fetal mullerian ducts to regress, so the fetus lacks uterus, fallopian tubes, and cervix plus upper part of vagina.
      * However, the body does not respond to any testosterone that is produced, and the fetus differentiate to have a vagina instead of a penis. Breasts often develop during puberty.
      * Surgery often occurs to remove testes/increase the size of the vagina; dilations (problematic!!!!)
      * individuals planning to engage in penetrative sex, fmight want to discuss the fact that, without a uterus, the vagina is "blind-ended," or ends in a sac of tissue that doesn't go up to the cervix, and thus there's a back wall to the vagina. This back wall may be very sensitive to pain!
    - CAH (Congenital Adrenal Hyperplasia)
      * Affects XX individuals
      * A defect in the adrenal glands causes imbalances of hormones, including high levels of androgenizing hormones, causing the “virilization” of genitals
      * can cause anything from slight enlargement of the clitoris to a clitoris that appears to be a penis and labia that look like a scrotum, small vaginal opening
      * often develop breasts and menstruate after puberty
      * the enlarged clitoris/hemi-penis can often be used for penetration if desired
      * internal condom for safe sex! potentially
      * penetrative vaginal sex may be painful, triggering, or impossible, but that does not mean all sex or even penetration is impossible, just talk about it!

## MRKH (Mayer-Rokitansky-Küster-Hauser)

* + - * failure of the Paramesonephric duct to develop
        + absence of uterus, cervix, fallopian tubes, and upper two thirds of the vagina
        + Results in a greatly shortened vagina
      * Penetrative sex is often difficult and painful
      * Penetration is not the only form of sex!
    - aphallia
      * absence of clitoris or penis
      * most harshly affects XY individuals, who are often raised as females
      * Sometimes surgery is performed to create either a vagiva or a penis
      * These surgeries may lead to a lack of sensation and dysphoria
  + Overall:
    - Everybody’s bodies are different
    - Respect your partner
    - Communicate about boundaries, and expectations

Bisexuality & Pansexuality [Lillie, DJ]

Bisexuality:attraction to people of your own gender and other genders.

Pansexuality:attraction to others regardless of gender

* Biphobia and bisexual erasure
  + Some common stereotypes and myths:
    - Bisexual people are promiscuous, swingers, or oversexed.
      * Just as people of other sexualities, bisexual people have a range of sexual behaviors and interests. Promiscuity is no more prevalent in the bisexual population than in other groups.
    - Bisexuals are equally attracted to “both sexes”.
      * Gender is as fluid as sexuality. Just as people of other sexualities have differing sexual attractions, so do people in the bisexual community.
      * Some people feel equal attraction, some don’t. In general, the term “bisexual” is used as a blanket term for those that feel attraction to their own gender and more, so don’t assume anything about who they’re attracted to and how much attraction they feel.
    - “It’s just a phase” or “One foot still in the closet”
      * Identifying one’s sexual identity is often a long process. Some individuals that once identified as bisexual do transition into other sexualities, but there are tons of people in the community that identify as bisexual long-term.
      * Identifying as bisexual is a completely valid orientation and it’s not a phase or something people do to get attention. Please never ever ever disrespect someone’s identity, it’s a mean thing to do.
  + Bisexuals (or any queer sexual orientation) spreads HIV/AIDS.
    - Unprotected sex spreads HIV, not certain people who identify as a given sexuality.
* How to respect bisexuality/pansexuality in a relationship
  + Just because someone who identifies as bi/pan is in a relationship doesn’t mean they stop being attracted to other genders.
  + If I date a boy it doesn’t mean I’ve stopped liking girls, and vise versa.
  + If you are in a relationship with someone who is bi/pan here’s some fun tips:
    - Don’t assume they’ll cheat on you
    - Don’t assume they’ll want to have a threesome with you.
    - Don’t say they can make out with other girls as long as you can watch.
    - Just please do not base your ideas of their sexuality on stereotypes. Some people are into threesomes and like open relationships but that has nothing to do with their orientation
* **We are all unique; we don't fit into neat little categories. We sometimes need to use labels for personal, political or scientific reasons or to increase our visibility. Acknowledging and accepting the differences and seeing the beauty in our diversity is a wonderful thing.**
  + [**http://www.uhs.uga.edu/sexualhealth/LGBT/bisexual\_myths.html**](http://www.uhs.uga.edu/sexualhealth/LGBT/bisexual_myths.html)

Asexuality [Tori]

* Attraction is not one dimensional

Aromantic

Orgies:

* Use condoms and dental dams! Use a new one with each new partner you have.
* Make sure to ask each new partner what they want/what they like. With only one partner it is much easier to talk about what they want/don’t want, but when you have multiple people at the same time it’s harder to discuss. Just make sure you ask before you do anything, and listen to their reactions.

Resources:

* MojoUpgrade (<http://mojoupgrade.com/>)
* OhJoySexToy (<http://www.ohjoysextoy.com/>)
* Sex Toys 411 (<http://www.sextoys411.com/>) - how to clean/care for sex toys
* FORGE (<http://forge-forward.org/>) - for trans\* sexual assault survivors