

BREAKING
Taboos

As you go through puberty
you may begin to fancy people,
romantically and sexually.

And finally you should keep in mind that whatever you feel or don't
feel is perfectly normal.

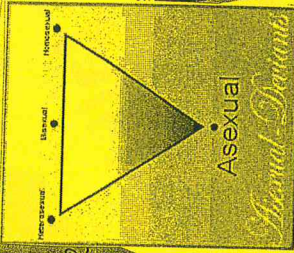
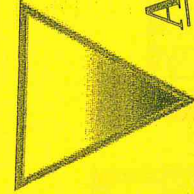
Imagine two scales: one describes the level of romantic attraction
a person has and the second is the level of sexual desire. Each one of us falls
differently on these two scales and they don't necessarily match. Romantic
attraction and sexual desire are fluid and can change throughout your life.

Remember that you can't assume that
your partner wants what you do.
Communicate your desires and listen
to your partner's.

Sexuality comes in many different shapes.
People have different desires and some people
have no sexual desires at all.

Being asexual doesn't equate
to being lonely.
You have the right to whatever
relationship you desire – just be
clear about what you want.

ASEXUALITY



Challenging
Capitalism

Queer Easter 2015

Queering Sex Ed.

A Guide to What's Missing

Celebrating Bodies

consent!

There's No Wrong Way To Have A Body!

Bodies come in all shapes, colours, and abilities. If someone else has a problem with your body, that's their issue. Your body type doesn't say anything about your health or fitness, and happiness isn't size specific.



Taking care of your body is important, things like eating healthy food, getting enough sleep, and being kind to yourself are ways of showing your body you care.

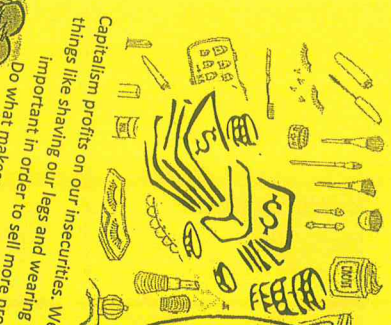


Bodies are not just for decoration, they let us do all sorts of great things like sport, dancing, hugging our friends. Every body is different, unique, and special.

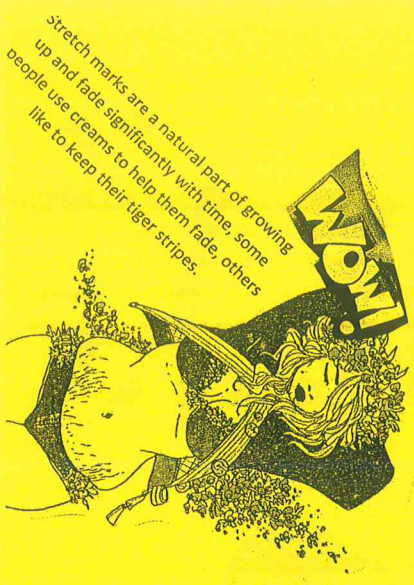


Spots Are OK!

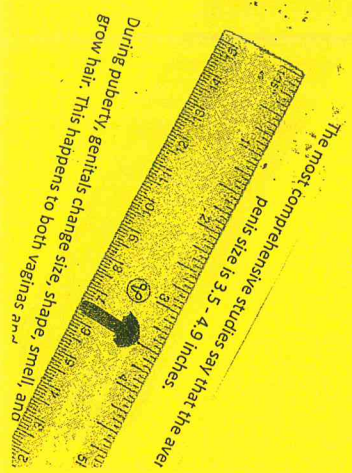
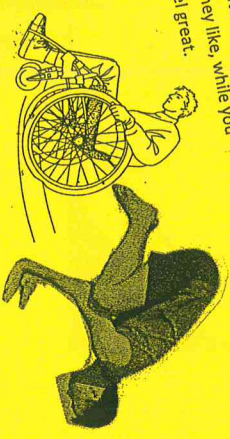
The right way to dress is to wear whatever makes you comfortable. Let others wear what they like, while you wear what makes you feel great.



Capitalism profits on our insecurities. We are told that things like shaving our legs and wearing make up are important in order to sell more products! Do what makes you most comfortable.



Stretch marks are a natural part of growing up and fade significantly with time, some people use creams to help them fade, others like to keep their tiger stripes.



HOW ABOUT?

Here's what else means no:

- I have a boyfriend
- [silence]
- Maybe later
- Let's just go to sleep
- I'm not sure
- Not now
- You're not my type
- I really like you, but...

Consent = sex = talking

Keep talking, sharing, asking and check in on your partner. Before during and after sex it's important to check up with your partner and be sure that everything that is ok. Take care of each other and have fun!

Discuss with your partner, ask questions, say what you like or don't like. Since sex is about the two of you you have to be sure that you are on the same page before you begin. If you are unsure or willing to experiment be sure to make this clear to your partner.



Be honest with each other and share the risk factors and which risk you are willing to take. Speak up to what you are comfortable with and what things you don't want to do.

Do you like it when I touch you?

"No"
means
No

It's okay to say nay.

Only an

enthusiastic

"Yes"

means Yes

IMIGHT
LEARN
SOMETHING
HERE.



Can I have sex during my period?

Yes! Many people who get periods will experience increased desire during their menstrual cycle, and period sex can be a normal and fun part of your sex life. Orgasms can even help reduce menstrual cramps and release endorphins that help to combat other symptoms of Premenstrual Tension (PMS).

Here are some tips for fun and safe sex during your, or your partner's period:

First it is important to remember that 'Sex' doesn't just have to mean Penis in Vagina (PIV) intercourse, there are lots of fun ways to have sex with your partner, what ever day of the month it is. However if you do decide to have penetrative sex, it is important to have safer sex, using barriers such as condoms, femidoms and dental dams. You actually face an increased risk of contracting an Sexually Transmitted Infection (STI) during this period due to your cervix being open.

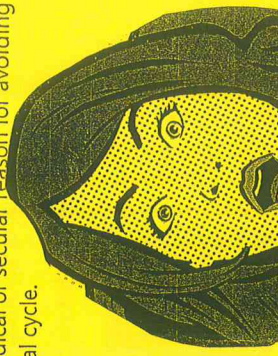
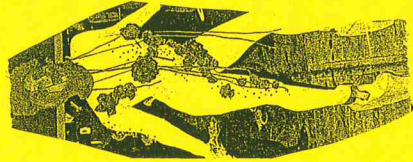
You can avoid mess by

- laying a towel down on the bed
- using condoms, femidoms or dental dams
- having sex in the shower
- you can place natural sponge inside your vagina to absorb the blood to help to prevent it leaking out during penetrative sex
- using a tampon and avoiding penetrative sex
- using the missionary position for intercourse (thanks gravity!)
- there is even a special kind of disposable menstrual cup called a 'soft cup' that is designed for use during penetrative sex

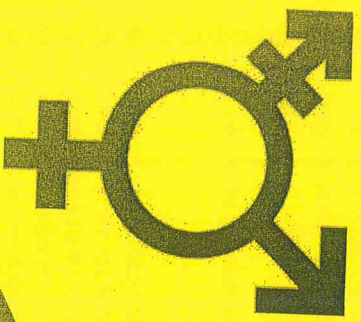


Myth Busting

- You can get pregnant during your period! There is no such thing as a completely 'safe day' during your ovulation cycle, and while it is unlikely that you will get pregnant during your period, sometimes ovulation and menstruation overlap and sperm can survive for 3-5 days after ejaculation.
- Sex during your period is not 'unclean' or 'unsafe'. This myth originates from religious texts, but in reality there is no medical or secular reason for avoiding sex during your, or your partner's menstrual cycle.



Intersex



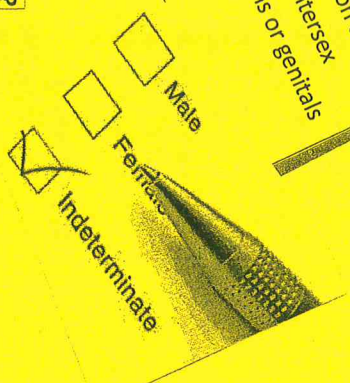
Sex = the genetic, biological and hormonal characteristics (reproductive organs, hormones and chromosomes), usually described as 'male' and 'female'.

Gender = the behavioural, cultural and psychological traits that are typically associated with one sex.

Not everyone is biologically male or female - some people are intersex. Around 1 person in 100 is intersex and 1 in 1,500 people has noticeably atypical genitalia.

So what is intersex?

Intersex describes a variety of conditions that mean a person doesn't seem to fit the typical definitions of male or female. An intersex person has hormones, chromosomes, internal sex organs or genitals that are not all clearly fitting to male or female.



How would I know if I were intersex?

Intersex isn't just about atypical genitalia recognised at birth. Some people could notice they are intersex at puberty when changes happen to the body, others could find out they're intersex because of other medical tests or you might never know at all.

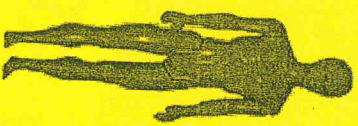
There are many examples:



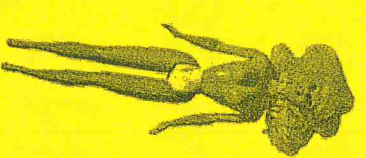
Santhi Soundarajan is an intersex Tamil field and track athlete, who gained 11 international medals. In 2006 at the Asian Games she failed a gender verification test and lost her silver medal.

What happens to people with ambiguous genitalia?

Lots of intersex people with ambiguous genitalia are often given 'corrective' surgery soon after birth. This can have severe consequences on the gender identity and mental health of intersex people, while also saying that there is something wrong with those outside of the sex binary. We say this shouldn't be corrected and we should embrace individuality!



Ken



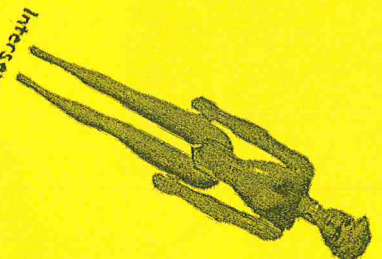
Barbie

Celebrate

How do I get intimate with an intersex person?

Communication, communication, communication! You should talk about the needs and desires with an intersex partner in the same way as you would do with any other partner. Remember that intersex does exist and is more common than you'd think.

Communication
Individuality



Intersex