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## What You Need to Know About Sex


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what you  
**NEED**  
TO KNOW

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# About Sex!

FACT OR FICTION?  
EDITTON!

## Let's Talk About **SEX**

Media Myths: False and contradictory messages about sex and contraception (3-5)

**Intimate Partner Violence (6-8)**

**SEX AND GENDER (9-12)**

*Rules of Attraction (13-16)*

**LIKE WHAT YOU SEE?**

Continue Reading!

How THE CULT OF VIRGINITY IS RUINING YOUR SELF-WORTH

**My Vagina Has a Headache!**

The Cult of Virginity: The idea that virginity (or loss thereof) can profoundly impact a woman's life.

Yet the concept of "virginity" is societal, not medical - so women are being judged on something that doesn't even really exist!

**Um, Not OK...**

Messages Society is Shaming YOU With!

Purity Myth: virginity is being used to punish women and roll back their lives. Idea that you are "dirty," "used," or "damaged goods" if you're not pure (a virgin).

Ethics of Passivity: this concept of "virginity" ties women's ethics to our bodies, suggesting we can't be autonomous moral actors - our morality is defined by our virginity. Virginity has become the morality "Quick-Fix."

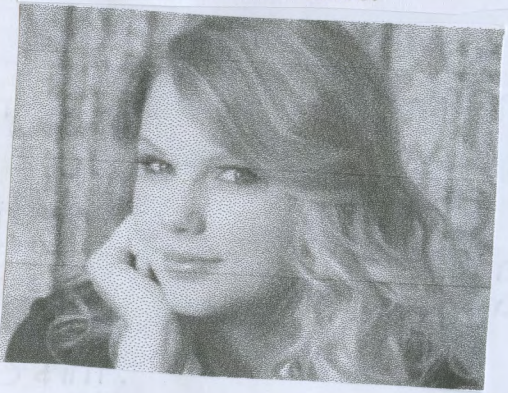
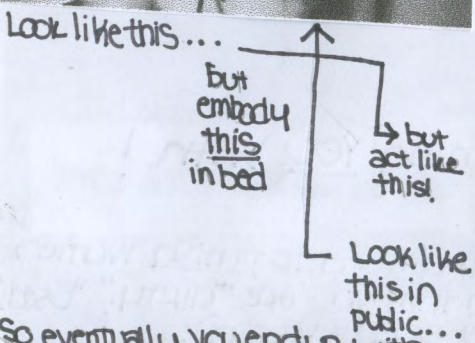
The Virginity Movement is a huge problem, assigned by a patriarchal culture and is perpetuated by Slut Shaming. Slut shaming is perpetuated by the media, by men, and also by women, even in cases of RAPE

Terms are from *Full Frontal Feminism* by Jessica Valenti.

The Ultimate Paradox for Females  
of the 21st Century:  
The ~~Madonna-Whore~~ Complex



If you're a female in today's world, the media is sending you mixed messages. You're bombarded with products and images telling you to look "sexy," yet if you have sex you're a whore. If you're quiet rather than flirtatious and coy, you're a prude, but your virginity is still a huge indicator of your worth. There's no way to win, yet the expectation is to embody both the madonna and the whore.



So eventually you end up with this confused concept: slutty angel? Innocent vixen? BULLSHIT.



With all of these mixed messages, it is nearly impossible for girls to develop a healthy and rational sense of sexuality and of their own sexual selves. This leads to at best confusion and experimentation, and at worst objectification and abuse as a woman allows herself to be treated and defined by the unrealistic standards of the patriarchal feminine ideal.

# Big, Bad, Birth Control

(The lies "they" want you to believe)

Real Talk: Birth control is SO important. According to [scarletteen.com](http://scarletteen.com) and the Alan Guttmacher Institute, a sexually active young adult who does not use contraceptives has an 85%-90% of becoming pregnant within one year. Yet society continues to campaign against birth control and clinics that provide it free or at a reduced cost, and contraception is still not taught in a majority of sex-education programs in schools. While society thinks no contraception means no sex, in reality no contraception just means sex with more consequences.

## "DO NOT HAVE SEX OR YOU WILL GET PREGNANT AND DIE"

- Myths About Birth Control:
- It will not make you a "slut"
  - It will not make you infertile
  - It will not make you develop breast cancer
  - It will not hurt or diminish the pleasure

- It WILL:
- Drastically reduce your risk for pregnancy
  - Decrease your risk of STDs (condoms)
  - Potentially regulate your menstrual cycle
  - Put YOU in control of YOUR body and fertility

## Methods of Contraception

- Condoms
- birth control pill
- IUD
- birth control patch
- long term birth control shot
- cervical barrier
- NUVARING
- spermicide 5

## What is dating violence?

Teen dating violence is defined as the physical, sexual, or psychological/emotional violence within a dating relationship, as well as stalking. It can occur in person or electronically and may occur between a current or former dating partner. You may have heard several different words used to describe teen dating violence. Here are just a few:

- Relationship Abuse
- Intimate Partner Violence
- Relationship Violence
- Dating Abuse
- Domestic Abuse
- Domestic Violence



Adolescents and adults are often unaware that teens experience dating violence. In a nationwide survey, 9.4 percent of high school students report being hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the 12 months prior to the survey. (Centers for Disease Control and Prevention, 2011 *Youth Risk Behavior Survey*). About 1 in 5 women and nearly 1 in 7 men who ever experienced rape, physical violence, and/or stalking by an intimate partner, first experienced some form of partner violence between 11 and 17 years of age (Centers for Disease Control and Prevention, 2010 *National Intimate Partner and Sexual Violence Survey*).

## Why Does Dating Violence Happen?

Communicating with your partner, managing uncomfortable emotions like anger and jealousy, and treating others with respect are a few ways to keep relationships healthy and non-violent. Teens receive messages about how to behave in relationships from peers, adults in their lives, and the media. All too often these examples suggest violence in a relationship is okay. Violence is never acceptable. But there are reasons why it happens.

## What are the consequences of dating violence?

As teens develop emotionally, they are heavily influenced by their relationship experiences. Healthy relationship behaviors can have a positive effect on a teen's emotional development. Unhealthy, abusive or violent relationships can cause short term and long term negative effects, or consequences to the developing teen. Victims of teen dating violence are more likely to do poorly in school, and report binge drinking, suicide attempts, and physical fighting. Victims may also carry the patterns of violence into future relationships.

# younger people get ahead of themselves

When I was a freshman, I got into a relationship with a guy a few years older than me much too quickly. I was broken up over someone else, and without thinking like an adult, I started dating the next guy who showed interest. We dated for 2 months before he developed a coke habit + turned physically + emotionally abusive. We both lived in a world where we'd grown up too fast, and he learned to take his anger out through



**EVIDENCE**  
Among the damning evidence that tracked the events of the evening of underage drinking was this photo of the victim

“...girls are more likely to play games that involve communication: talking and listening, as well as taking the role of the other through imaginary role-playing games. Boys, on the other hand, are more likely to play rule-bound games where the “rights” and “wrongs” of the game are predetermined rather than negotiated. As a result, girls learn to notice and are trained to be perceptive. They learn to be sensitive of others' feelings, and become more willing to do emotional work. Boys are often raised to repress and deny their inner thoughts and ignore their fears. Often they are taught that feelings are feminine or are for sissies. Girls become more comfortable with intimacy, and boys learn to shy away from it because intimacy is often seen as synonymous with weakness.”

-- Women's Voices Feminist Visions, pg. 177-178

## WHY?

● oversexualization in the media  
We've portrayed violence against women as "cool" and worse yet... normal.

violence. Especially when I tried to reason with him. But being a product of your environment is no excuse

visit [cdc.gov/violenceprevention/pub/ipv\\_guide.html](http://cdc.gov/violenceprevention/pub/ipv_guide.html) for more info about IPV prevention

# BITES

# BACK

If you have survived an abuser, and you tried to make things right... If you forgave, + you struggled, + even if the ~~expression~~ expression of your grief + your anger tumbled out at times in too much rage + too many words... If you spent years hanging on to those concepts of faith, hope + love, even after you knew in your heart that those intangibles would fail in the end... then you are a HERO.

**“This does not define my daughter is. She will persevere, grow and move on”**  
-THE VICTIM'S MOTHER  
-Jenna Brooks

**GRAFFITI IS A JUVENILE CRIME. NOT RAPE! TRY THEM AS ADULTS!**



There is not a moment in the present that is not influenced by the past



I know you hearin' it, you got me meanin' I got a secret that I wanna show you.  
-Rihanna (Skin)

I just want your dirty love. All I need is to get in-between your sheets  
-Ketha (Dirty Love)



What's practical is logical  
What the hell, who cares  
I know I'm so happy when you're dancing there

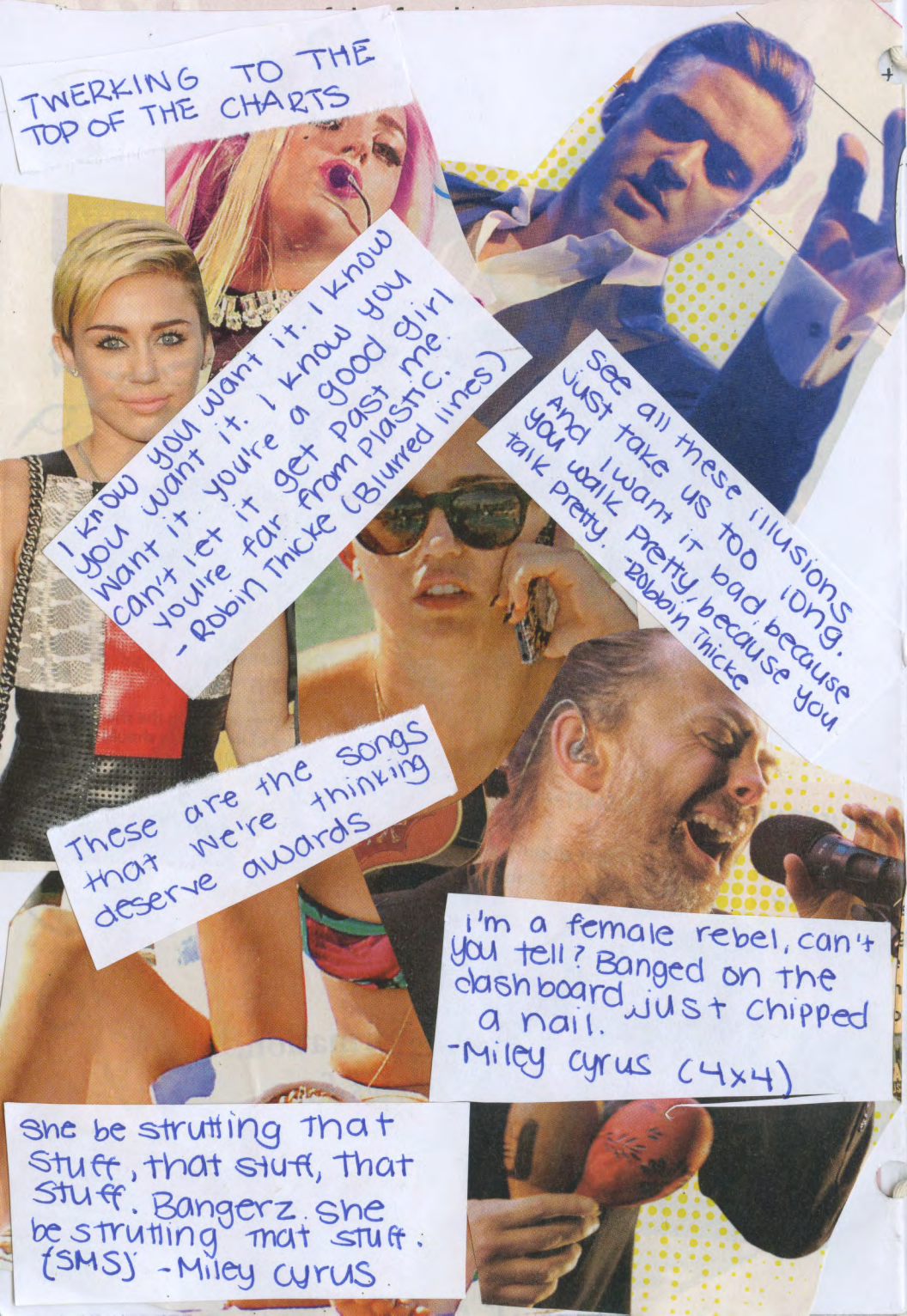
I love the things you do for me so late at night. So turn me on yeah.  
-NSYNC (Digital Get Down)

# music

# pop idols

# KESHHA

# WE'RE CELEBRATING THE VMAS!



TWERKING TO THE TOP OF THE CHARTS

I know you want it. I know you want it. I know you can't let it get past me. You're far from plastic. - Robin Thicke (Blurred lines)

see all these illusions just take us too long. And I want it bad because you walk pretty. - Robin Thicke

These are the songs that we're thinking deserve awards

i'm a female rebel, can't you tell? Banged on the dashboard, just chipped a nail. - Miley cyrus (4x4)

she be strutting that stuff, that stuff, that stuff. Bangerz. she be strutting that stuff. (SMS) - Miley cyrus

They pay for a show.



I wanna fuck you, you already know. I wanna fuck you, you already know. - Akon (I wanna fuck you)

Last victim I caught was fucking my last chick. She hit me off, nearly made me bust through my plastic. - Busta Rhymes (Just give it to me raw)

ROBIN THICKE

Wait you see my dick Ay bitch! wait till you see my dick. Imma beat that pussy up. - The Ying Yang Twins (The Whisper)

I just had sex and it felt so good. - Lonely Island (I just had sex)

Hip Hop\*

playlist

"A true country boy is hard to find  
But I found one wilder than any  
eight second ride.

-Jake Owen (Eightsecond Ride)

The most natural thing you've ever  
felt before. something about a kiss  
that's going to lead to more.

-Kip Moore (somethin' Bout a Truck)

she hopped right up into the cab of my  
truck and said Fire it up, lets get this  
thing stuck

-Florida Georgia Line (Cruise)

Little thing with nothing to do  
I wanna take a ride with you.

-Jason Aldean (Take a Little Ride)

# COUNTRY MUSIC

AMERICA IS THE "LAND OF ACCEPTANCE" WHEN  
IT COMES TO SEXUALITY AND KNOWING

WHAT THE FUCK YOU ARE AND WHO YOU  
LIKE TO FUCK... BUT WAIT THERE ARE  
SOME

# RULES OF ATTRACTION

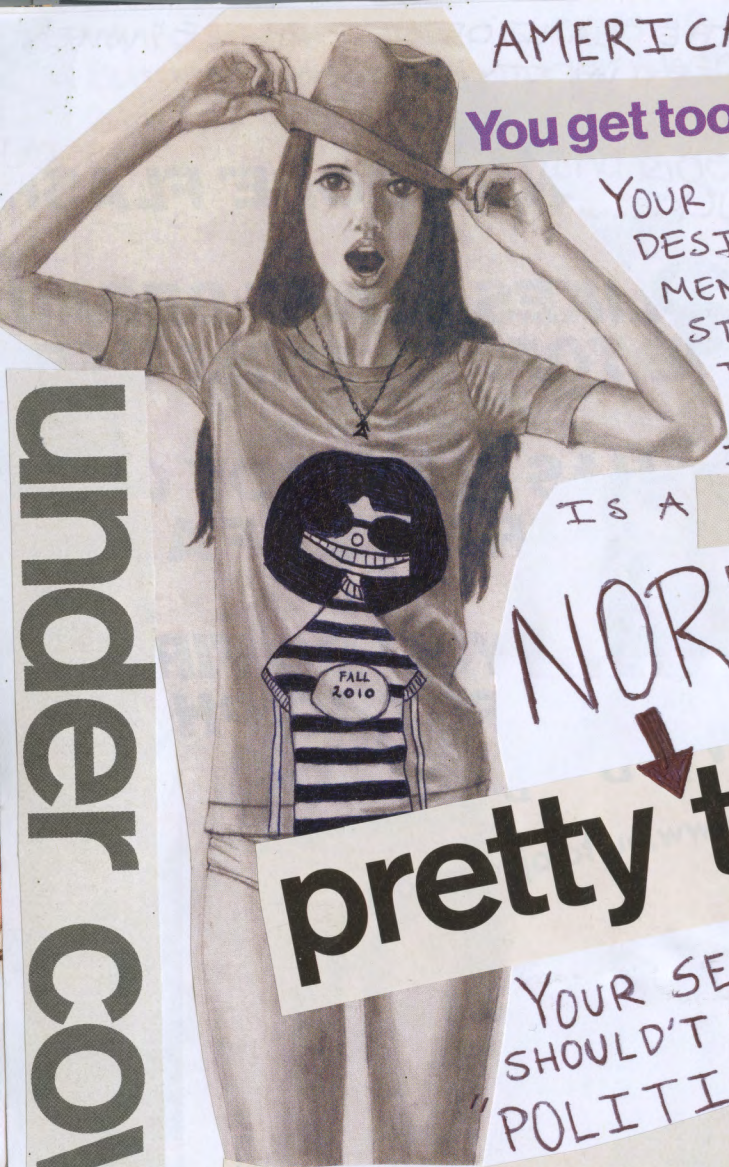
- Women are forced into the strict categories of either being completely straight, lesbian or bisexual, there is never an in-between
- There is no room to be attracted to gay men or transgendered people
- If you are a lesbian, it is only okay to be sexual if a man is watching
- "We live in a straight world that rewards coupling with the opposite sex and thus also rewards to denial of our more fluid erotic instincts" -Jennifer Baumgardner



## CHAOS & DESIRE



under cover!



AMERICA  
You get too judge-y.

YOUR SEXUAL DESIRES FOR MEN, WOMEN (BOTH STRAIGHT & GAY), TRANSGENDERS & INTERSEXED INDIVIDUALS

IS A  
NORMAL

pretty thing

YOUR SEX LIFE SHOULD'T HAVE TO BE "POLITICALLY"

correct

WOMEN FIGHT BACK IN PUBLIC AND FOR THEIR RIGHT TO BLUR LINES BETWEEN THE CATEGORIES OF SEXUAL ORIENTATION? DON'T WORRY ABOUT WHO TURNS YOU ON - JUST LET THEM?

express yourself

"Being uniquely you is truly your one obligation on the planet."

animal instincts

Having Choices.  
At Your Doorstep.  
Changing Your Mind.  
Being Happy.

FROM PARIS WITH LUST



Real-Life Love?  
You're Into It

"No doubt, there are some serious consequences to sex. But if you're **well informed** and being **responsible**,



what's the problem? We need to get beyond the politics, the religious guilt trips, and the moral tsk-tsking and start to remember



the

that **sex is a good thing**. A great thing. Perhaps best thing ever."

-Jessica Valenti

**ALL THE REEL GIRLS**

HAVE **NEEDS, WANTS,** AND  
**DESIRES** → AND WE HAVE THE  
**RIGHT**

TO NEVER BE ASHAMED!