

Introduction

In this day& age, sex is still taboo.

But honestly, who's gonna blame 'em?

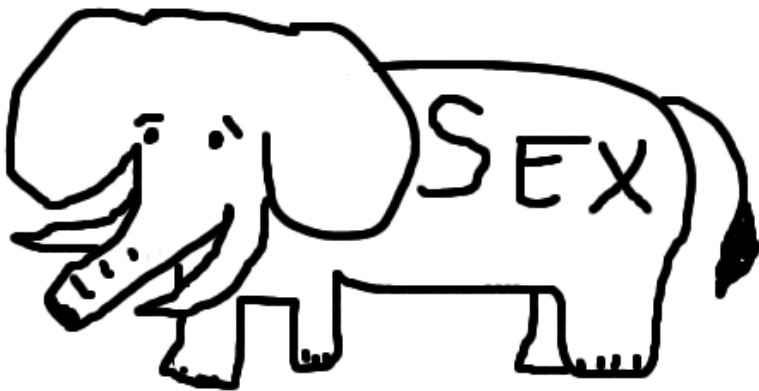
Sex is reserved for conventionally beautiful, white, straight people. And besides, who'd want to have sex when there's **unwanted pregnancies, rape, slut-shaming, queer-bashing,** and **STIs everywhere?**

Well, I have something to say about all of those things...

FUCK THAT!!!

It's true; these things are unfortunately very real problems, but living in fear is not living at all.

And a huge reason why these things are so scary is because mainstream society will not *talk* about the ever-present elephant in the room.



" Let's talk about sex, baby~ "

-Salt 'N' Pepa

(Greatest song ever written? I think so.)

With comprehensive sex education programs far and few between, eventually you gotta DIY (do-it-yourself, duh). When we understand anatomy+function, sexuality, protection, consent, etc we gain the ability to spread this information to others. It's awkward and uncomfortable at first, but talking about sex is the first step to truly addressing and solving bigger issues. And if you don't talk about it, who will?

SEXERCISE #1: Write down slang or euphemisms people use for sex, body parts, and masturbation. *Ex: doin' it*

_____	_____
_____	_____
_____	_____
_____	_____

Part 1

Q: "where do babies come from?"

A: eggz and spurmz.

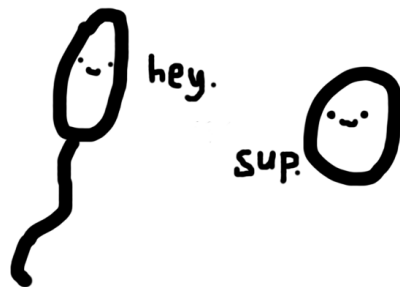
+ Sexual Anatomy

+ Menstruation/Reproduction

+ Sexually Transmitted Infections

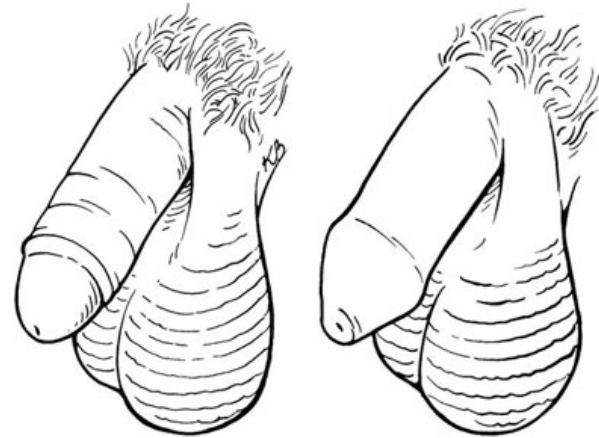
+ Birth Control/Protection

+ Extras



The Penis

From the outside, the penis ain't that complicated.



Circumcision: Removal of the foreskin.

[[FYI: 73% of American males are circumcised, while only 15% worldwide have had the alteration.]]

Inside the penis, you'll find muscle, veins, nerve endings, and the **urethra**, a thin tube for urine&semen. During erection, the penis fills with blood.

The **scrotum** (balls, nuts, bean bag, sack, huevos) is a fleshy, loose pouch that hangs behind the penis. It contracts close to the body shortly before orgasm&when cold, and hangs lower when relaxed/hot. It's totally normal if they're lopsided or one is bigger than the other.

Inside the scrotum are **testicles**, which is sperm HQ.

Attached to the testes is the **epididymis**, where sperm are stored and acquire tails for swimming.

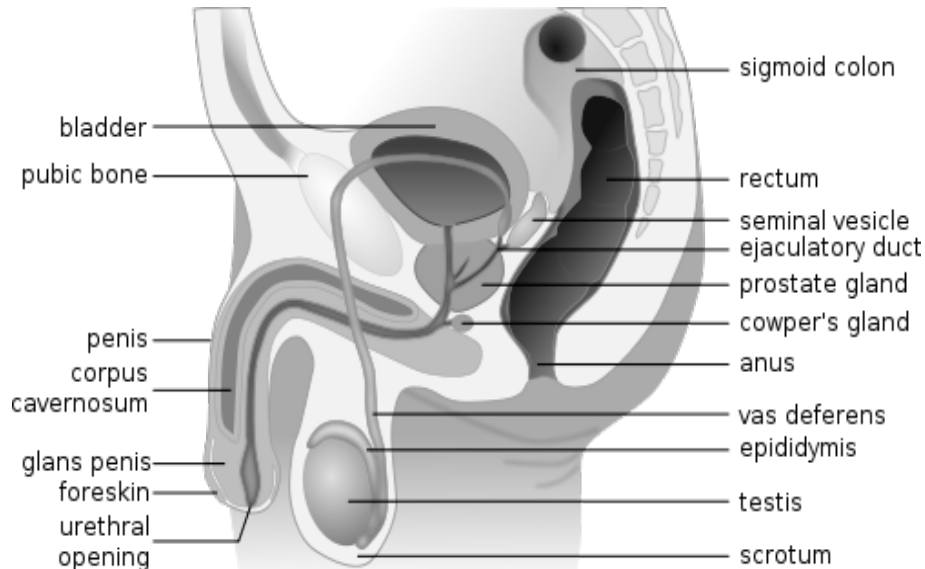
[[FYI: Men should check their testicles monthly for unusual lumps or irregularities.]]

A Fantastic Voyage.

Before sperm can set sail into the great unknown, it has to make the transformation into semen.

- 1) The sperm travel from the cozy epididymis into the sperm highway, the vas deferens, a long tube that loops around the bladder and connects to the urethra.
- 2) As the sperm are pushed along, it mixes with fluid from the prostate gland and seminal vesicle, thus becoming semen.
- 3) To prep for blast off, the cowper's gland releases a clear liquid called pre-cum to flush&buffer the urethra of any acid.
- 4) Ejaculation!

SEXERCISE #2: Draw a path for 200-600million sperm. Circle any pit stops.



Fun Phallic Facts

- The average male orgasm lasts 6 seconds.
womyn clock in at 26 seconds.
- 1/400 men are flexible enough to service themselves! --
 - Smoking can shrink a peen by one centimeter. --
 - Average amount of semen per ejaculation: 1.5 teaspoons. --
 - Most men need at least 2.6 minutes of stimulation to ejaculate. --
 - Gay men have bigger penises. --
 - 1 in 1000 men can still impregnate a woman after a vasectomy. --
- The average male has >10 erections a day.

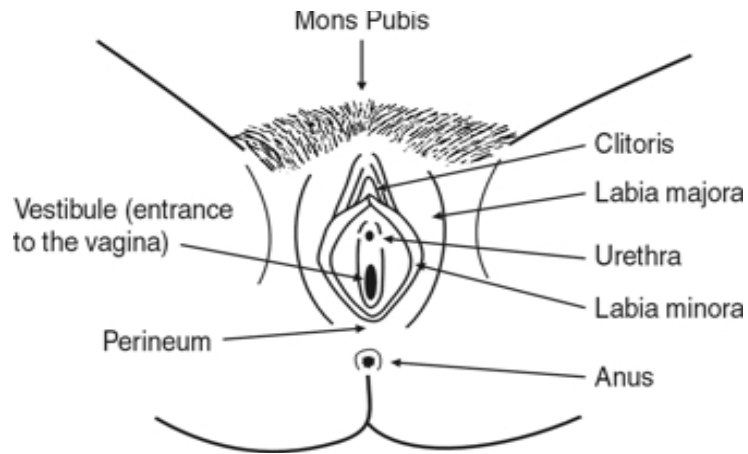
Common Question:

"what are 'blue balls' exactly?"

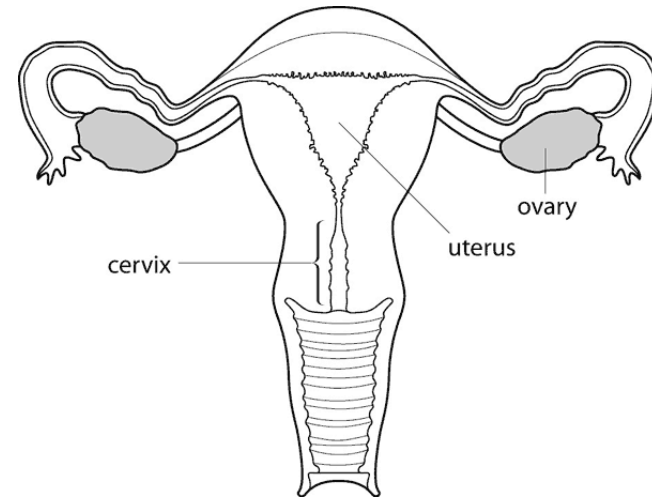
Blue balls refer to the achey, painful feeling of a congested prostate. This testicular traffic jam happens when sexual excitement is unsatisfied or suddenly stops. Females experience "blue balls" too, it's often described as an uncomfortable pelvic heaviness.

Viva la Vulva!

Often incorrectly called the vagina, the **vulva** is the outer portion of the female genitalia. Vulvas come in all shapes, colors, and sizes. The **labia**, or protective lips, are particularly diverse; long, short, thick, thin, dark, textured; they're a lot like snowflakes. Ladies, love thy labia. Near the top of the vulva and between the labia is the **clitoris**, a fleshy bundle of 8000 nerves. The sole purpose of the clitoris is sexual pleasure. Pretty neat. Slightly below that is the **urethra**, which is only for urination, followed by the **vaginal opening**, or vestibule.



FYI—Pubic hair has a bad wrap these days. In addition to making intercourse more comfortable, pubic hair serves to protect from dangerous infections, rashes and acne. It's a personal preference, but think twice before you bring out the hot wax.



[Internal Anatomy]
+
Periods &
Pregnancy

Vagina: 3 inch fleshy, muscular tunnel. Contains the G-Spot, 5cm up the front wall.

Cervix: The neck of the uterus, located at the top of the vagina; feels a bit like the tip of the nose. The opening of the cervix, the os, is *tiny*. The position of the cervix changes throughout the monthly cycle.

Uterus: pear-shaped and about the size of a fist. Where a pregnancy develops. Along the walls of the uterus is *uterine lining*, or **endometrium**. This lining only lasts the length of a cycle (~28 days), if a fertilized egg does not implant into this lining, it is shed from the body, and menstruation occurs.

Fallopian Tubes: There are two of these long, spindly passageways on either side of the uterus. This is where sperm meets egg.

Near the end of each fallopian tube are **ovaries**, which contain all the eggs a woman will need in her lifetime, they also produce the hormone estrogen. Once a month, one of two ovaries will **ovulate**, or *release an egg*. The egg travels into the fallopian tube and hangs out for a couple days. This is when a woman is most capable of becoming pregnant.

FYI: Sperm can live inside the female body for 5 days!!

Sexually transmitted infections (STIs)

Although we are taught to fear and stigmatize STIs, they are actually fairly common. In the US, there are 19 million infections every year for 15-24 year olds. The shame associated with STIs often prevents people from seeking testing/treatment. In order to shift our perspective and change these statistics, we have to know our enemy.

There are four main fluids* that carry STIs

*Blood
Semen
Vaginal Fluid
Pre-cum*

*breastmilk only for HIV

Someone has to have an infection to give an infection. If people come in contact with any infected fluids through a mucous membrane (vulva, vagina, cervix, mouth, head of penis, anus) or open cuts, they are at high risk for contracting an STI. This happens mostly through vaginal, oral, and anal sex, or any kind of sexual skin-to-skin contact.

There are two types of common STIs

*Bacterial
Chlamydia
Gonorrhea
Syphilis*

Bacterial infections are curable.

*Viral
HIV
Herpes
HPV*

Not curable, but symptoms can be treated.

Symptoms may include discharge, irregular bleeding/smell/urination/pain, but often, there are no symptoms. Left untreated, they can cause chronic pain, infertility, or death.

Testing is fast, simple, and free. Depending on the symptoms, all that is required is some pee in a cup, a swab of the cheek, or the prick of a finger.

Sexually active people should get tested every 6 months or when they get a new sexual partner. Protection should be used consistently and correctly.

The **fear** of not knowing far exceeds that of what people will think about you. Health clinics such as Planned Parenthood are entirely confidential, so results are strictly private information.

Did you know...

- ~ Every day in the US, 12,000 teenagers contract a sexually transmitted disease.
- ~ A girl is four times more likely to contract an STI/STD than she is to become pregnant.
- ~ The human papillomavirus (HPV) is currently the fastest growing STI.
- ~ One in four teen girls has a sexual disease, with HPV by far being the most common.
- ~ The only STD that affects more men than women is syphilis.
- ~ As of 2007, an estimated 1 to 1.2 million Americans were living with HIV/AIDS, with 21% undiagnosed.
- ~ The single biggest factor of heterosexual spread of AIDS to black women is the incarceration of black men.
- ~ Historians believe syphilis originated in the New World among the Native Americans in the Caribbean, and that Christopher Columbus may have been responsible for spreading syphilis to Europe (which killed 10 million Europeans!!! Are you sure about this national holiday?)

SEXPLORATION!

Notes

A basic, fun, & interactive
sex ed. zine.

Part One

"Let's get physical"

Anatomy + Function

STDs

Birth Control + Protection

Body Image

and more!

Birth Control & Protection

Never fear, barrier methods are here!

Plain and simple, a barrier method protects you from another person's bodily fluids via a barrier of either latex or polyurethane. When used correctly, they are highly effective at preventing pregnancy and STIs.

Male Condom



Female Condom



Dental Dam

(1x use only for vagina or anus during oral sex)



Do&Don'ts (mostly don'ts)

Only one partner should wear a condom, more than one will cause tearing. And please, don't reuse them.

When using latex condoms, oil-based lube is bad. No vasoline, lotion, baby oil. Water-based lubes should always be on hand.

Never open a condom with your teeth or scissors. Don't keep them in your wallet for more than a day. Don't use plastic wrap as a latex barrier.

Hormonal Birth Control

Think pills, patches, rings, shots, implants and more!

Using varying amounts of hormones, either progesterone and/or estrogen, they can do several things:

- 1) **prevent ovulation** - no egg, no baby
- 2) **thicken cervical mucus** - thick mucus prevents sperm from entering uterus
- 3) **thin uterine lining** - if it's too thin, implantation can't occur.

Hormonal BC is 99% effective at preventing pregnancy, but it does NOT protect against STIs.

Reversible Alternatives to Hormones:

some women don't handle very well, thankfully there are alternatives.

Spermicide - A foam, gel, lube, or dissolvable strip with Nonoxynol-9, kills sperm dead. 18-29% failure rate.

IUDs or IUCs-- An Intrauterine Device or Contraception is inserted into the uterus by a doctor, typically during a period. Non-hormonal IUDs use copper to act as a natural spermicide. 99% effective.

Cervical caps/diaphragms - Worn over the cervix and put in place with spermicide. In vogue 50 years ago, they now serve as a nice alternative to the hormone-sensitive.

Emergency Contraception (EC)

If someone has unprotected sex, maybe a condom breaks or you miss a pill, there is emergency contraception. With powerful doses of progesterone, it prevents ovulation or implantation by thinning the endometrium and thickening cervical mucus. It can be taken up to 5 days after unprotected sex, but the effectiveness decreases the longer someone waits. It is over-the-counter.

Abortion

A safe, legal medical procedure to terminate a pregnancy. There are two types of abortions, medical and surgical. A medical abortion is the abortion pill, and can be taken up to 9 weeks of pregnancy. This pill can be taken at home, although it requires a follow up visit at a clinic.

A surgical abortion is performed in a clinic up to 24 weeks of pregnancy in some states.

Abortions are actually very common. 1 in 3 women will have an abortion at some point in her lifetime.

For more info on abortion, visit

www.fwhc.org/abortion

Self-love

Get in TOUCH with YOURSELF!

We are sexual beings. don't depend on someone else to get off. It's empowering to take on the challenge.

Develop a pattern of sexual response. explore yourself! Know the angles, levels of intensity, and spots that be like WOW! Not only will you be more in tune with yourself, but you'll feel more comfortable with your partner as well.

As the brilliant Pat Califa put it, 'The best information about what we like sexually comes from ourselves.'

FYI: Up until the 20th century, female hysteria was a common medical diagnosis that could be cured with doctor-administered "pelvic massages" through the use of vibrating machines and water pressure.

SEXERCISE #3: Grrls or guys who want stronger orgasms or better control have to strengthen their PC muscle through **kegel** exercises.

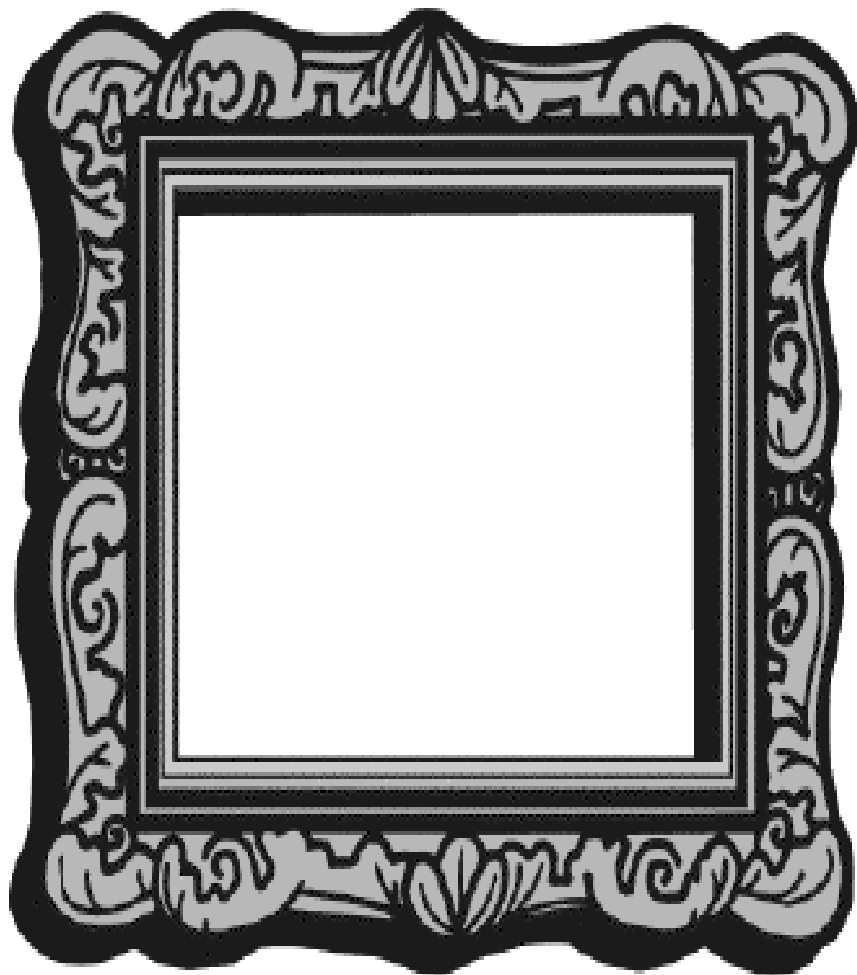
To find the PC muscle:

Stop the flow of urine while you pee, and hold for 10 seconds. Congrats, you're doing kegels.

Eventually, you'll be able to hold it in&flex it while you drive, sit in class, watch a movie...

SEXERCISE #4

Some women have never seen their vuvla!
Guys feel self-conscious too! Set aside some
time and look between your legs.
Draw a self-portrait of your unique
vulva/penis.



Even though this is the end, we've still barely scratched the surface. I feel this information should be widely available to everyone, so photocopy, distribute, share with your friends/family/strangers, I don't really care.

Questions? Concerns? Comments? Contribute?

Contact me at
xthugwifex@gmail.com

Check this out!!

plannedparenthood.org - Great for everyone.
sexetc.org --Great for teens.
wikipedia lol

Books:

[A New View of a Woman's Body](#)
[Our Bodies, Ourselves](#)
[Talking Cock](#)
and many, many more.

