

Talking Pleasure: Creating Opportunities in Sex Education to Incorporate Pleasure

Ema Eyasmin, Youth Programs Coordinator
Dolores Polanco, Senior Sexuality Educator

Hello!



Overview of Education & Training Programs

- Learning & Practice
- Youth Programs
- Adult Role Models Program

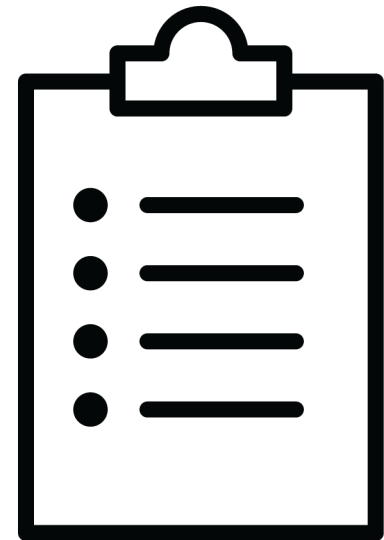
Group Agreements

- Respect All
- Use Respectful Language
- Communicate via ZOOM
Chat Box
- Practice Self-Care



Presentation Agenda

- Introduction
- Ice Breaker: Why Pleasure?
- Pleasure in The Field: Case Examples
- Pleasure-Centered Design Thinking
- Closing



Objective

By the end of this session, participants will be able to...

- Name two reasons why pleasure needs to be included as a part of holistic sex education.
- Examine 4 case examples of innovative approaches used by PPGNY to engage young people in conversations about pleasure.
- Develop one idea to incorporate pleasure into their practice by using a design-thinking activities.



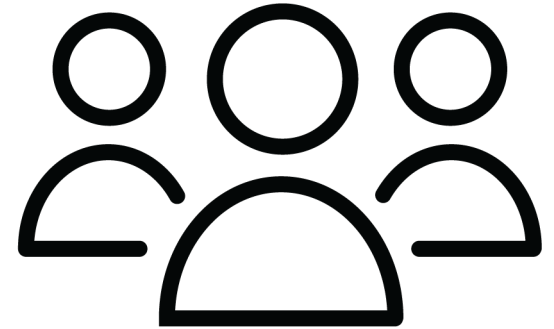
- Name
- Pronoun (optional)
- Role & Organization (optional)

Ice Breaker: Why Pleasure?

What do young people miss out on when we exclude pleasure from sex education?

Directions:

1. Please take a few moments to think about this question and write your response in the chat box 😊

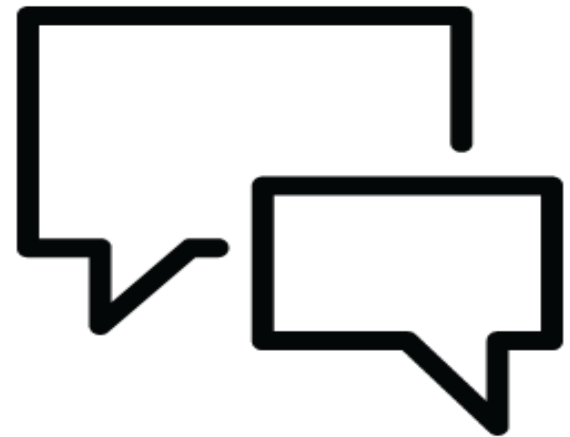


We will discuss some of the responses with the larger group !

Ice Breaker: Why Pleasure?

RESPONSES

- Pleasure is part of sexuality and excluding it can make pleasure seem abnormal.
- May encourage shame and stigma
- May not develop / skills to engage in pleasure discussions with partners/ miss Valuable lessons about communication
- Focusing just on consequences-only in sex ed. – might attach fear to sex
- Miss the enjoyment component
masturbation myths



Ice Breaker: Why Pleasure?

THEMES

- Misinformation
- Communication skills
- May associate shame / guilt to pleasure



Make the Connection!

Sexuality Wheel



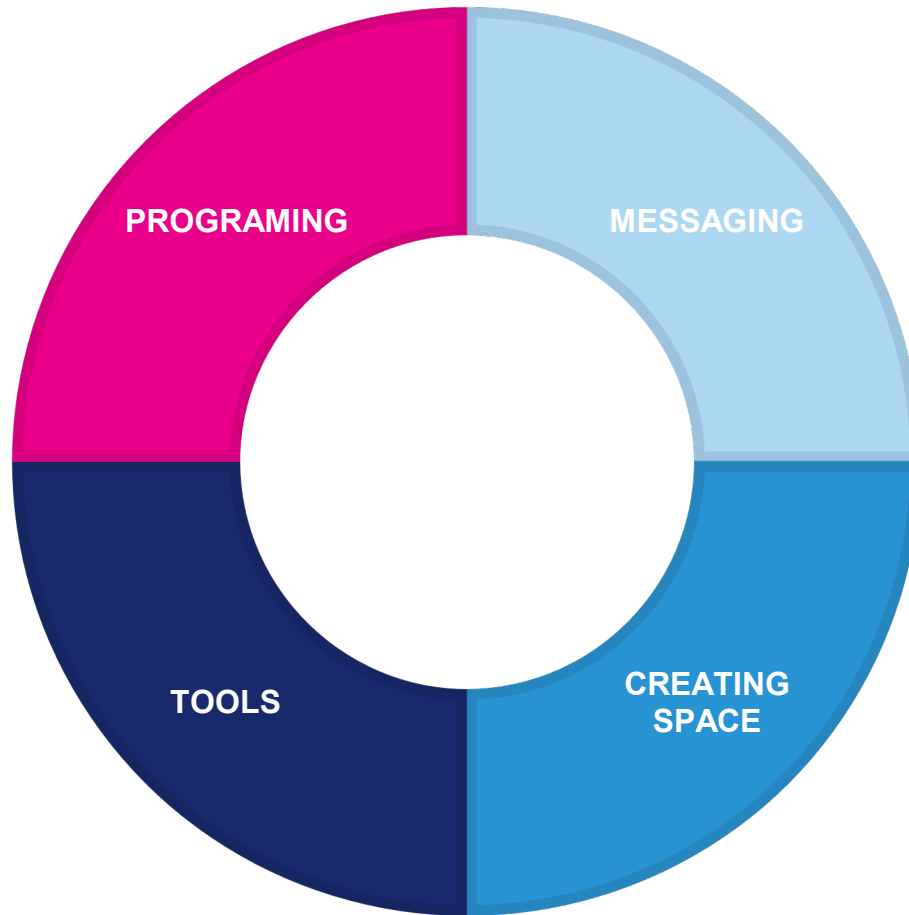
FOCUS



Defining Sexual Pleasure



Pleasure in The Field- Case Examples



PPGNY Sexuality Guiding Principles

The SGP's serve as a framework for providing individuals with the information they need to make healthy, informed decisions and responding to questions about sexual and reproductive health related topics

How do I know if I'm pregnant?

I forgot to take my pill, what do I do?

Should I take emergency contraception?

Are pregnancy tests accurate?

The condom broke, now what?

How do I know if I have an STD?



PPGNY Sexuality Guiding Principles

1. Be open to questions and concerns from those we serve and partner with about the broad range of sexuality topics.^[L]^[SEP]
 - **Let individuals know that it is normal to have questions.**^[L]^[SEP]
 - **Provide accurate educational resources.**^[L]^[SEP]
2. Communicate about sexuality with a respectful and non-judgmental attitude.^[L]^[SEP]
3. Encourage young people to seek support from trusted adults (including parents, relatives, or other trusted sources) about sexuality, where appropriate.^[L]^[SEP]
4. Encourage those we serve and partner with to understand that homophobic, sexist, racist, or prejudicial statements are always hurtful and are a form of discrimination; as such, they will be addressed.^[L]^[SEP]
 - **Model this by addressing hurtful comments immediately and publicly.**^[L]^[SEP]
 - **See Human Resources policies (ex. Fair Treatment and Anti Harassment Policies)**^[L]^[SEP]

PPGNY Sexuality Guiding Principles

5. Encourage individuals to get regular medical and sexual health check-ups and to discuss regular check-ups with their sexual partners, whenever possible. [L] [SEP]
6. Encourage individuals to wait until they are ready to have sex.
 - **Talk about the responsibilities that go along with a sexual relationship including partner [L] [SEP] communication, protection against sexually transmitted infection (STI), unintended pregnancy and regular sexual health services.**
 - **Encourage individuals to talk to their potential or current sexual/romantic partners about [L] [SEP] sexuality and reproduction. [L] [SEP]**
7. Communicate that individuals have the right to choose abstinence at any point in a relationship, even if they have already been sexually active with their current partner or have been sexually active in the past. [L] [SEP]
8. Encourage the consistent use of contraception, condoms and other barrier methods to protect against unintended pregnancy and sexually transmitted infections.

PPGNY Sexuality Guiding Principles

9. Inform individuals who want to avoid pregnancy that emergency contraception is available if their regular contraceptive method fails, contraception was not used, or in the case of forced/ coerced sex.

10. Refer individuals to options counseling whenever an unintended pregnancy has occurred.

- **Options counseling discusses the three options a person has when faced with an unintended pregnancy: parenting, adoption, or abortion.**

11. Encourage individuals to appreciate and value their bodies and to seek information about how to take care of their physical and mental health.^[SEP]

- **This includes learning and using the medically accurate terms for their body parts and the bodies of others.**

12. Let individuals know that sex can be a pleasurable experience and encourage them to discuss what they find pleasurable with their partners.^[SEP]

- **Affirm that masturbation can be a healthy and safe way of discovering what they find pleasurable.**

Case Example #1 - Messaging: Sexuality Guiding Principals

**Question: Is
masturbation
bad?**

SGP #12: Affirm that masturbation can be healthy and a safe way of discovering what they find pleasurable.

"No, masturbation can be a safe and healthy way to discover what feels good, but the choice whether someone wants to masturbate is up to an individual. Some people masturbate, some don't."

Case Example #2 – Creating Space: Pop Up Events



Case Example #3- Tools: Interactive Games

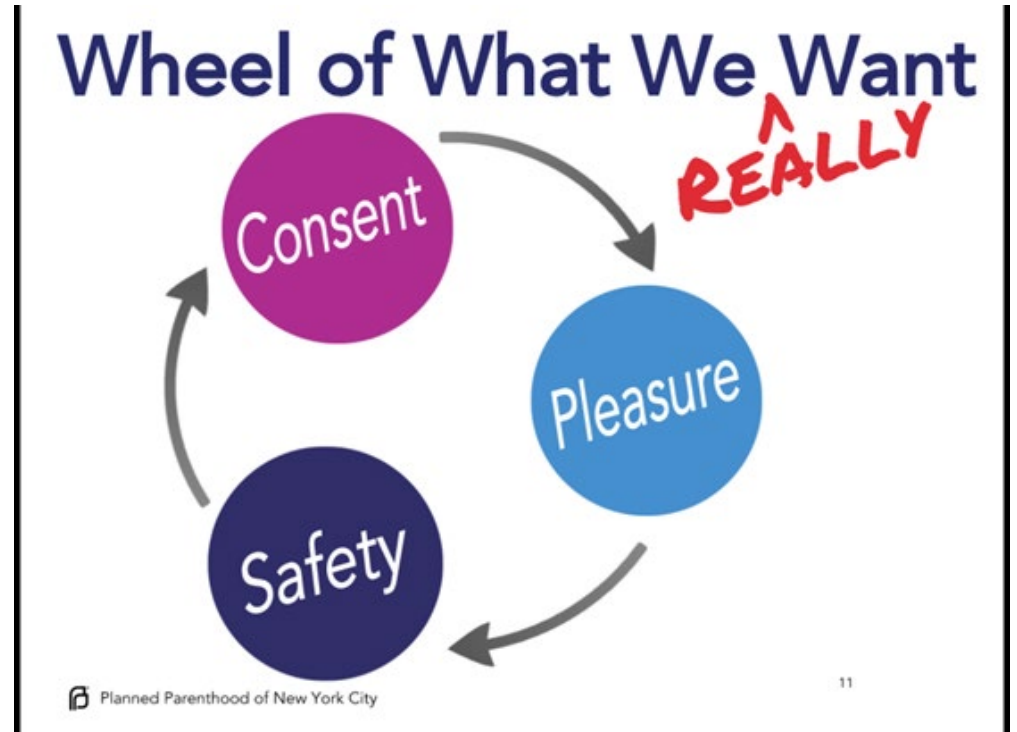


Case Example #3- Tools: Interactive Games

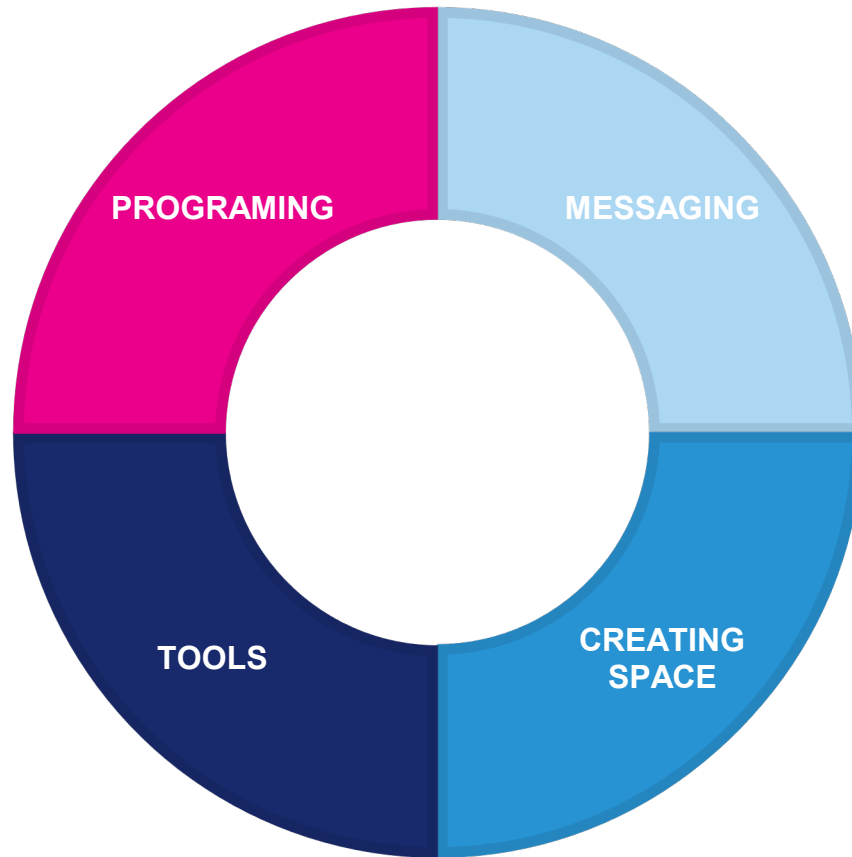


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Case Example #4 - Programing: College Tour



Pleasure in The Field- Case Examples



Pleasure-Centered Design Thinking

Design Thinking is a design methodology that provides a solution-based approach to solving problems

Concept Poster

WHAT'S THE BIG IDEA?



WHO IT'S FOR...

PROBLEM IT SOLVES...

ILLUSTRATE HOW IT WILL WORK!



HOW TO TEST...

HOW TO MEASURE SUCCESS...

Thank You!

Contact us:

Ema Eyasmin Ema.Eyasmin@ppggreaterny.org

Dolores Polanco Dolores.Polanco@ppggreaterny.org