

**SexSexSexSexS**

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**SexWeekZineS**

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You are now entering the  
Sex Week Zine. This Zine  
includes sexually explicit  
content and conversations  
about sexuality and sexual  
health.

This zine was compiled by  
Sarah Tatarski



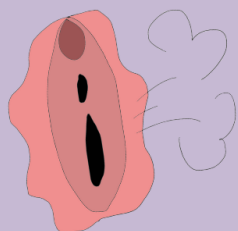


SH\*T  
HAPPENS  
DURING  
SEX

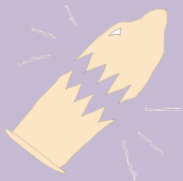
# QUEEFING

A SOUND THAT EVERY VAGINA WILL MAKE AT ONE POINT OR ANOTHER DURING SEX, WHICH SOUNDS EXACTLY LIKE A FART, BUT IS NOT A FART. WHEN PENISES, FINGERS, OR TOYS ARE ALL SLAPPIN AROUND IN YOUR VAJEEEN, TRAPPED AIR IS GONNA SQUEEZE ITS WAY OUT, WHICH CAN MAKE A SOUND RESEMBLING A FART.

THE REASON AIR GETS TRAPPED IN THERE IS BECAUSE VAGINAS EXPAND WHEN THEIR OWNER IS TURNED ON AND THE AIR IS SUCKED IN. SO IF YOU HEAR QUEEFING IT MEANS YOU OR YOUR PARTNER IS TURNED ON. MAY YOUR SEX LIVES BE SHOWERED IN A HEAVENLY CHORUS OF QUEEFS



# CONDOM BREAKING



DON'T PANIC MY FRIENDS, THIS KINDA THING HAPPENS. ANYTHING FROM THE TYPE OF LUBE USED, TO HOW OLD THE CONDOM IS, TO FRICTION, TO ACCIDENTAL TEETH RIPS CAN MAKE A CONDOM BREAK.

GOOD THING THERE ARE PLENTY OF OPTIONS FOR WHEN THIS HAPPENS. FOR STARTERS, BEING ON ANOTHER FORM OF CONTRACEPTION IS ALWAYS SMART FOR OCCASIONS JUST LIKE THIS.

HOWEVER EMERGENCY CONTRACEPTION, MORE COMMONLY KNOWN AS PLAN B IS A PILL THAT CAN BE TAKEN UP TO 72 HOURS AFTER UNPROTECTED SEX. PLAN B IS FREE AT PLANNED PARENTHOODS AND OTHER CLINICS, OR CAN BE PURCHASED OVER THE COUNTER AT MOST DRUGSTORES.



# NOT GETTING HARD



PENIS OWNERS: THIS IS NOT THE END OF THE WORLD, DESPITE WHAT THE WORLD MAY HAVE YOU BELIEVE. DIFFICULTY GETTING AN ERECTION IS A VERY COMMON ISSUE. THERE'S A REASON VIAGRA IS ONE OF THE HIGHEST GROSSING MEDICATIONS TO DATE, BECAUSE BODIES ARE NOT 100% PERFECT 100% OF THE TIME, AND THAT INCLUDES PENISES.

NOT BEING ABLE TO STAND TO ATTENTION CAN BE ATTRIBUTED TO ANY NUMBER OF REASONS, RANGING FROM AGE, TO ALCOHOL OR DRUG CONSUMPTION, TO MENTAL/EMOTIONAL BLOCKS, TO A PHYSICAL PROBLEM.

BE SURE TO TALK TO YOUR DOC OR CLINICIAN IF THE PROBLEM PERSISTS OR IF NOT GETTING IT UP IS KEEPING YOU UP AT NIGHT.

# NOT BEING WET



LUBRICATION DOES NOT A GOOD VAGINA MAKE...BECAUSE ALL VAGINAS ARE GOOD. LE DUH. HOWEVER A LACK OF LUBRICATION DOWN THERE CAN MAKE SEX PAINFUL FOR ALL INVOLVED

VAGINAL DRYNESS CAN OCCUR FOR ANY NUMBER OF REASONS, NONE OF WHICH ARE SHAMEFUL OR UNCOMMON. CAUSES RANGE FROM EXCESSIVE STRESS, DEPRESSION, RIGOROUS EXERCISE, SMOKING CIGARETTES, CHILDBIRTH, BREAST-FEEDING, SOME CANCER TREATMENTS, HORMONAL CHANGES (INCLUDING SOME BIRTH CONTROLS), MENOPAUSE, AND EVEN SOME ANTIHISTAMINES.

AND THATS NOT EVEN THE WHOLE LIST OF REASONS! SO IF YOU'RE NOT ALWAYS LUBED UP, DONT SWEAT IT, VAGINAS ARE PERSNICKETY LIL THINGS.

# THROWING UP



REMEMBER HOW IT MIGHT BE BENEFICIAL TO HAVE YOUR PARTNER BACK UP/OUT IF THEY PUSH THEIR PENIS/FINGER/TOY TOO FAR DOWN YOUR THROAT? GOOD, BECAUSE THE NEXT STEP IN-BETWEEN GAGGING AND DYING IS THROWING-UP.

DOES IT SUCK WHEN IT HAPPENS? SURE, NO DENYING THAT. BUT IT DOES HAPPEN AND MORE OFTEN THAN YOU MIGHT THINK. JUST CLEAN UP, REMIND YOUR PARTNER TO NOT GO SO FAR NEXT TIME, AND REMEMBER THAT YOU WILL LAUGH ABOUT THIS ONE DAY!

# STOPPING TO PEE

THINGS (DICKS, VAGINAS, TOYS, FINGERS, BODIES, ETC) ARE ALL PRESSIN UP ON YOUR BLADDER, SO NEEDING TO STOP AND PEE IS NOT UNCOMMON

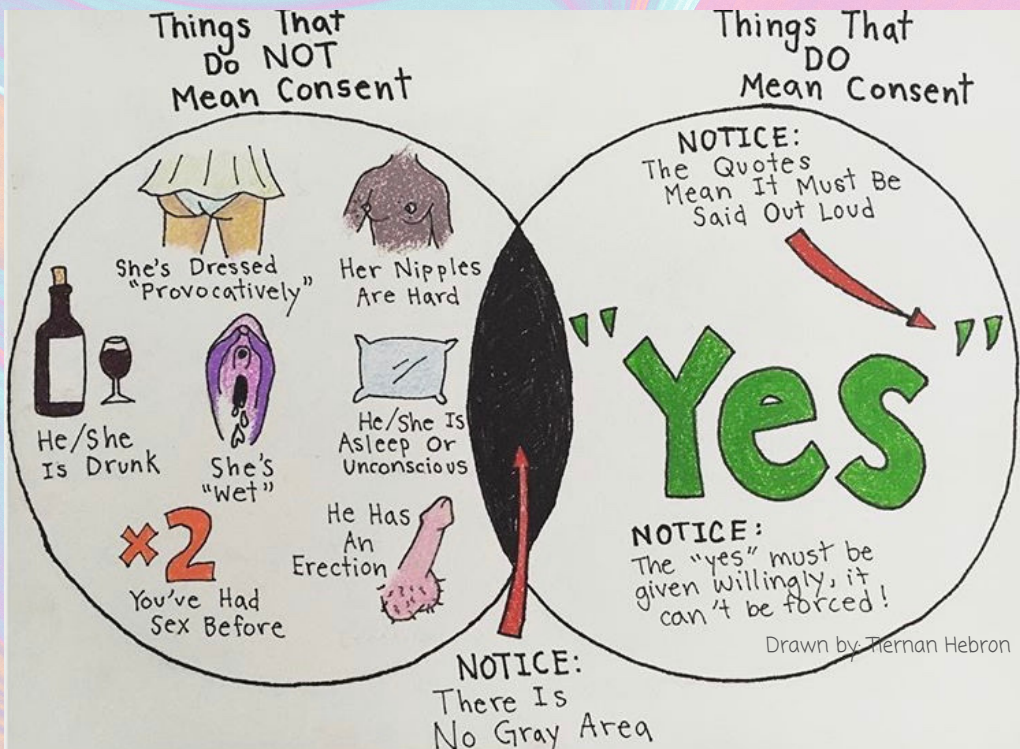
YOUR PARTNER WILL PROBABLY PREFER THAT YOU ASK THEM TO STOP MID-HUMPIN AND PUMPIN, RATHER THAN YOU PEE IN THEM OR ON THEM. UNLESS THEY'RE INTO THAT, WHICH IS SOMETHING YOU TWO SHOULD DEFINITELY TALK OPENLY ABOUT.





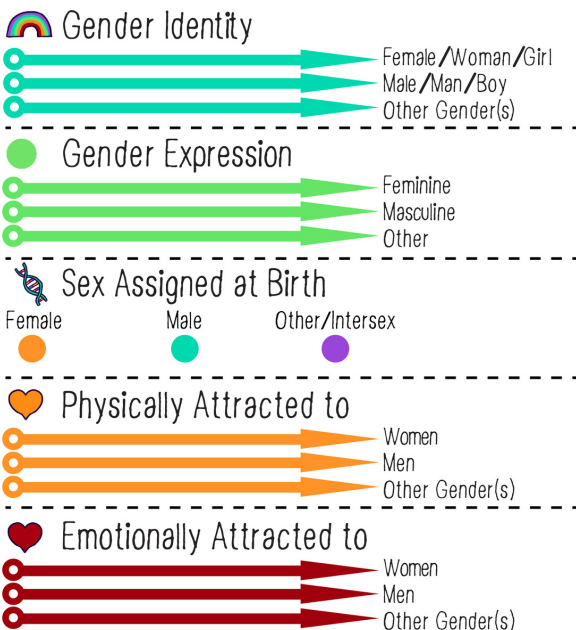
# CONSENT:

Consent is informed (knowing), voluntary (freely given), and active (not passive), meaning that, through the demonstration of clear words or actions, a person has indicated permission to engage in mutually agreed-upon sexual activity. Affirmative Consent cannot be obtained by force. Force includes (i) the use of physical violence, (ii) threats, (iii) intimidation, and/or (iv) coercion.



# The Gender Unicorn

Graphic by:  
**TSER**  
Trans Student Educational Resources



To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

Design by Landyn Pan and Anna Moore

**For more information about this resource or other learning opportunities and resources, check out the Office of Gender and Sexual Diversity**

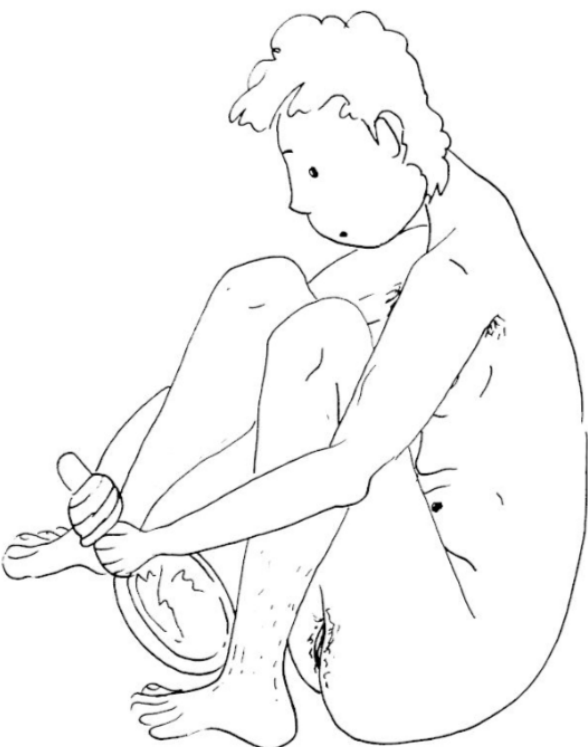
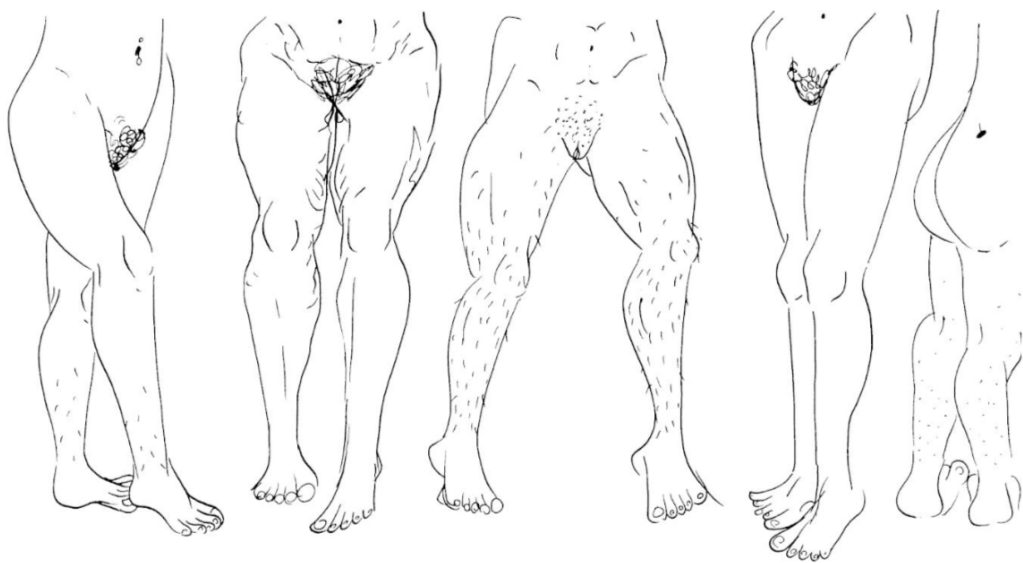


# Separating Minds From Bodies: The Guessing Game of Growing Up as an American Girl

By: Elizabeth Hopmann



“Usually children and youth are very critical of sex education they have received in school because they consider it to be moralistic and more focused on biological issues than on experiences. Especially when the family and the peer group close the communicative flow about sexuality, the Internet's platforms become useful to escape parents' control and peers' symbolic sanctions”(Scarcelli, 36).



“Girls’ and women’s lack of knowledge and ownership of their own genitals - their vulnerability to having their reproductive parts characterized, defined, and used by others - contributes to gender inequality”  
-Bonnie J. Rough,  
Beyond Birds & Bees,  
pg 82

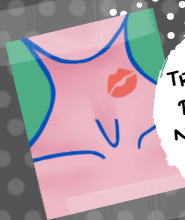


# erogenous zones

PLEASURING YOUR PARTNER IN BED CAN BE A LOT MORE THAN JUST PENIS OR VAGINA. PLUS, NOT EVERYBODY EXPERIENCES AROUSAL IN THE SAME WAY DUE TO DISABILITY OR INJURY. TRYING OUT THESE TIPS HELPS KEEP YOUR SEX LIFE NEW, SENSUAL, AND EXCITING. ALTERNATE PATHWAYS OF PLEASURE ARE DIFFERENT FROM PERSON TO PERSON, SO BROADEN YOUR HORIZONS AND FIGURE OUT WHAT GETS YOU GOING!



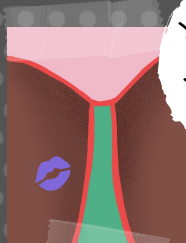
TRY MASSAGING  
THE BACK OF YOUR  
PARTNER'S KNEE  
WITH YOUR LIPS OR  
TONGUE



TRY GIVING YOUR  
PARTNER LIGHT  
NECK KISSES OR  
HICKEYS



TRY KISSING,  
SUCKING, OR  
LIGHTLY NIBBLING  
ON YOUR  
PARTNER'S EAR  
LOBE



TRY TEASING  
YOUR PARTNER  
BY RUNNING  
YOUR FINGERS  
DOWN THEIR  
INNER THIGH

ILLUSTRATED BY LILY FULOP, REFINERY 21

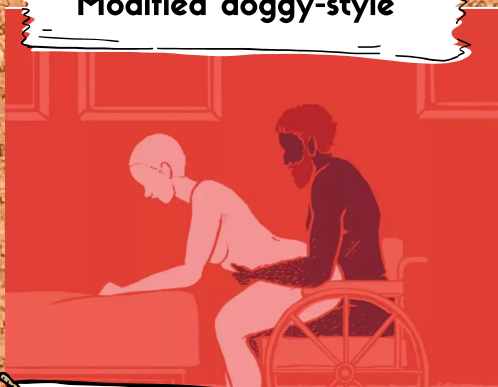
# TIPS FOR SEX WITH DECREASED MOBILITY!

## Laying down side straddle



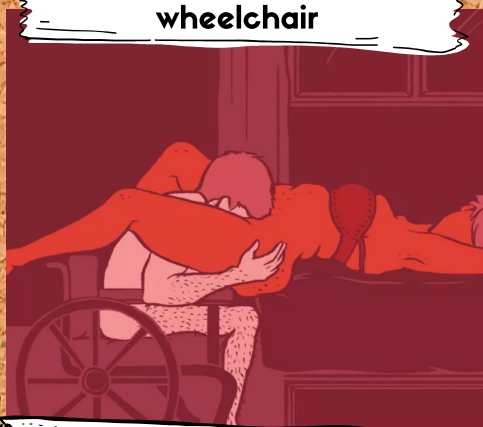
For oral sex, try having the person with a disability lie on their side and have their partner stimulate them orally from behind

## Modified doggy-style



Doggy-style is a fun position for couples looking to switch things up. If you need to sit and can't be the one doing the thrusting, ask your partner to back themselves on to you, moving back and forth.

## Giving oral sex from your wheelchair



If you want to give oral sex from your wheelchair, ask your partner to lie on the edge of the bed and place the lower half of their body on your lap.

## FOREPLAY

### EARS

Gently nibble on the lobes

### SCALP

Run fingers through hair

### ARMPITS

Rub in slow circles

### NAPE OF THE NECK

Caress with the fingernails

### LOWER BACK

Stimulate with an ice cube

### STOMACH

Tickle with a cold washcloth

### BUTT

Lightly rub or finger

### FINGERTIPS

Tenderly suck while maintaining eye contact

### INNER WRISTS

Softly kiss and tick

### BACK OF THE KNEE

Massage with fingers and tongue

Illustrations by Jessica Oddi  
for The Mighty and Rory



# ***real talk***

## ***Use protection, it's CONDOM sense***

always check the expiration date and use lubrication to decrease the chances of breakage from condoms

external condoms, internal condoms, dental dams, and lubrication can all be picked up at the Well for Health Promotion

## ***Get tested as soon as possible***

It's possible to treat most STIs before complications develop, so getting tested as soon as possible is key

It normally takes between 2 weeks and 3 months after exposure for an STI test to pick up an infection

## ***No symptoms no problem?***

although you might not have any symptoms, you could still be carrying an STI

**90% & 70-95%**  
of men                      of women  
with chlamydia experience  
***no symptoms***

## ***All sex is sex***

Many STIs (such as gonorrhea, syphilis and herpes) are easily transmittable through oral sex

Anal sex also carries a greater risk of HIV transmission than oral or vaginal sex

# SEXUALLY TRANSMITTED INFECTIONS

Have you ever been sexually active?

NO

YES

Have you ever gotten tested for STIs?

NO

YES

Do you have any symptoms?

YES

NO

Have you gotten re-tested since having a new partner(s)?

NO

YES

Get tested ASAP. Avoid sexual interactions until you know you're clear to prevent spread of STIs.

Many STIs do not show symptoms. Getting tested is the only way to know for sure and to prevent further spread of STIs.


Get tested after every new partner. You can have a STI without obvious symptoms and spread them to others.

Go you for practicing safe sex practices!










# ***RELATIONSHIPS***

RELATIONSHIPS CAN BE BEAUTIFUL AND/ OR  
COMPLICATED. HERE ARE SOME GENERAL TIPS/STEPS TO  
STARTING AND MAINTAINING A HEALTHY RELATIONSHIP !

- **SELF-CARE:** IT IS IMPORTANT FOR YOU AND YOUR PARTNER TO TAKE CARE OF YOURSELVES THROUGH MINDFUL PRACTICES, SUCH AS EXERCISE, YOGA, MEDITATION ETC. ALLOWING TIME FOR YOURSELF TO DE-STRESS CAN HELP KEEP THE RELATIONSHIP STRONG.
  - **FIND A PASSION TOGETHER!** FOR EXAMPLE, EXPERIMENTING WITH DIFFERENT RECIPES WITH EACH OTHER EVERY WEEK.
  - **BE OPEN TO BEING OPEN AND RESPECT LIMITS (PHYSICALLY AND MENTALLY):** SOME PEOPLE ARE QUICK TO BE HONEST AND OPEN ABOUT THEMSELVES OR WHATEVER IS HAPPENING IN THEIR LIVES AND SOME ARE NOT. ENSURE YOU HAVE A TALK ABOUT WHAT YOU ARE COMFORTABLE TALKING ABOUT AND WHAT YOU ARE OK WITH WHEN IT COMES TO SEXUAL EXPERIENCES.
  - **RESPECT YOUR PARTNER'S ALONE/ FRIEND/ FAMILY TIME:** SOMETIMES PEOPLE NEED SPACE! IT DOES NOT MEAN THEY DO NOT WANT TO BE WITH YOU, BUT INSTEAD THEY JUST WOULD LIKE TO BE ALONE OR SPEND TIME WITH THEIR FRIENDS OR FAMILY. BECOMING CONTROLLING OVER SOMEONE'S TIME AND HOW IT IS TO BE SPENT IS A WARNING SIGN OF AN UNHEALTHY RELATIONSHIP.
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- **COMMUNICATE!** PEOPLE CANNOT MIND READ, SO IF SOMETHING IS BOTHERING YOU, MAKE SURE TO DISCUSS IT WITH YOUR PARTNER.
  - **SUPPORT EACH OTHER:** DURING HIGHS AND LOWS, IT IS IMPORTANT TO BE THERE FOR EACH OTHER.
  - **UNDERSTAND THE DIFFERENCE BETWEEN LIKE AND LOVE:** "“IF YOU LOVE A FLOWER, DON'T PICK IT UP. BECAUSE IF YOU PICK IT UP IT DIES AND IT CEASES TO BE WHAT YOU LOVE. SO IF YOU LOVE A FLOWER, LET IT BE. LOVE IS NOT ABOUT POSSESSION. LOVE IS ABOUT APPRECIATION.” -OSHO
  - **SPICE UP YOUR SEX LIFE:** SEX CAN BE A HUGE AND IMPORTANT PART OF A RELATIONSHIP, SO HAVING BORING OR MEDIOCRE SEX WILL NOT HELP THE RELATIONSHIP. DISCUSS NEW POSITIONS AND NEW SEXUAL EXPERIENCES YOU WANT TO TRY WITH YOUR PARTNER. BUY SOME SEX TOYS! ADAM AND EVE IS A GREAT WEBSITE, AND DYNAMO SEX SHOP IN NEW ORLEANS IS A LARGE SEX STORE WITH LOTS OF CHOICES.
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**THE WELL FOR  
HEALTH PROMOTION:**

**Located on the first floor of the Student Health Center. There are FREE safer sex supplies. These include various types of condoms & lubes.**

**Get Yourself Tested:  
Free STI testing through the Student Health Center. GYT screenings are offered on Tuesday mornings and Wednesday afternoons.**

**Emergency Contraception:  
Free EC is available at the Student Health Center pharmacy. No RX required. Students United for Reproductive Justice also offer 24/7 free access to emergency contraception. It can be delivered anywhere on campus! Just text 504-215-8634.**

# O f f c a m p u s

## Planned

### Parenthood of N.O.:

**Services include: Birth  
Control, Emergency  
Contraception (the morning  
after pill), HIV testing, STI  
Screening, sexual health  
exams**

## Dynamo Sex Shop (downtown):

**An erotic boutique that  
promotes happy, healthy  
sexuality through  
education, community  
outreach, and high quality,  
body-safe products.**

## Websites (shops, sex advice etc.):

**ohjoysextoy.com  
o.school**

**killerandasweetthang.com**

**cargocollective.com**

**/reginetse/sex-education**

**adameve.com**