

# THE ZINE



# SEX WEEK



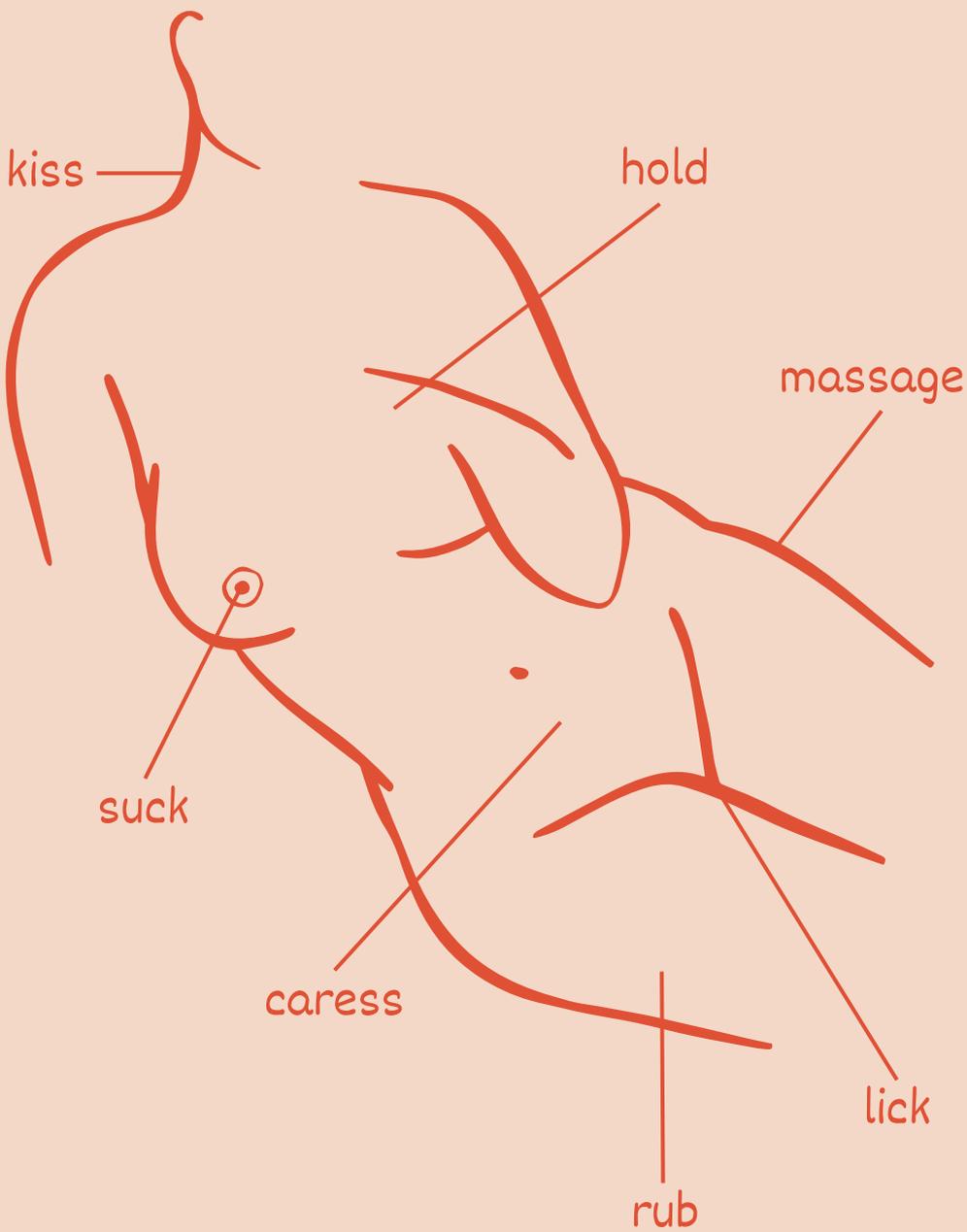
**Please be advised  
that the following  
publication  
contains sexually  
explicit content.**

**Compiled by  
Teigen Johnson**



# TABLE OF CONTENTS

- ♥ **Directions** ..... pg 1
- ♥ **Feminist Survival Kit** ..... pg 2-3
- ♥ **Aftermath of Puberty** ..... pg 4
- ♥ **Modern Love** ..... pg 5
- ♥ **10 Steps to Enjoy Sex** ..... pg 6-11
- ♥ **Come As You Are** ..... pg 12
- ♥ **"The gray area of consent  
in a relationship."** ..... pg 13
- ♥ **Relationship Reminders** ... pg 14
- ♥ **Affirmations** ..... pg 15
- ♥ **Lucky You** ..... pg 16-19
- ♥ **Self Pleasure** ..... pg 20-21
- ♥ **Things that are Sexy** ..... pg 22
- ♥ **Kissing** ..... pg 23



kiss

hold

massage

suck

caress

rub

lick

# feminist survival kit

presented by FAST  
(feminist alliance of students at tulane)

## WHAT IS IT?

- a collection of tools one finds useful in being a feminist and staying a feminist
- to be and stay a feminist, you need to take care of yourself in ways that allow you to grow, heal, and recover individually and in your relationships
- while we try to "think like a feminist" when it comes to our actions, conversations, or relationships, this can be tiring so we need to take care of ourselves in order to do the work
- it can include books, things, time, people, humor and more

## WHY IS IT IMPORTANT?

- feminism needs feminist to survive
- in order to engage with activist work, we need to take care of ourselves
- this includes finding pleasure in the everyday, in our relationships, and in ourselves

based on *Living a Feminist Life* by Sarah Ahmed



# our feminist survival kit

based on answers from  
FAST's membership

FOCUSING ON MY  
OWN PLEASURE

EXPRESS MYSELF  
WITHOUT FEAR OF  
JUDGMENT

MY VIBRATOR

INDULGING IN GUILTY  
PLEASURES

SETTING BOUNDARIES

READING POETRY,  
FEMINIST BOOKS, OR  
CHEESY ROM COMS

TAKING A HOT  
GIRL WALK

LISTENING TO  
MUSIC

CROCHETING, KNITTING,  
PAINTING, DRAWING

REMEMBERING PLEASURE  
DOESN'T HAVE TO BE  
PRODUCTIVE



@tulanefast  
@tulanefast

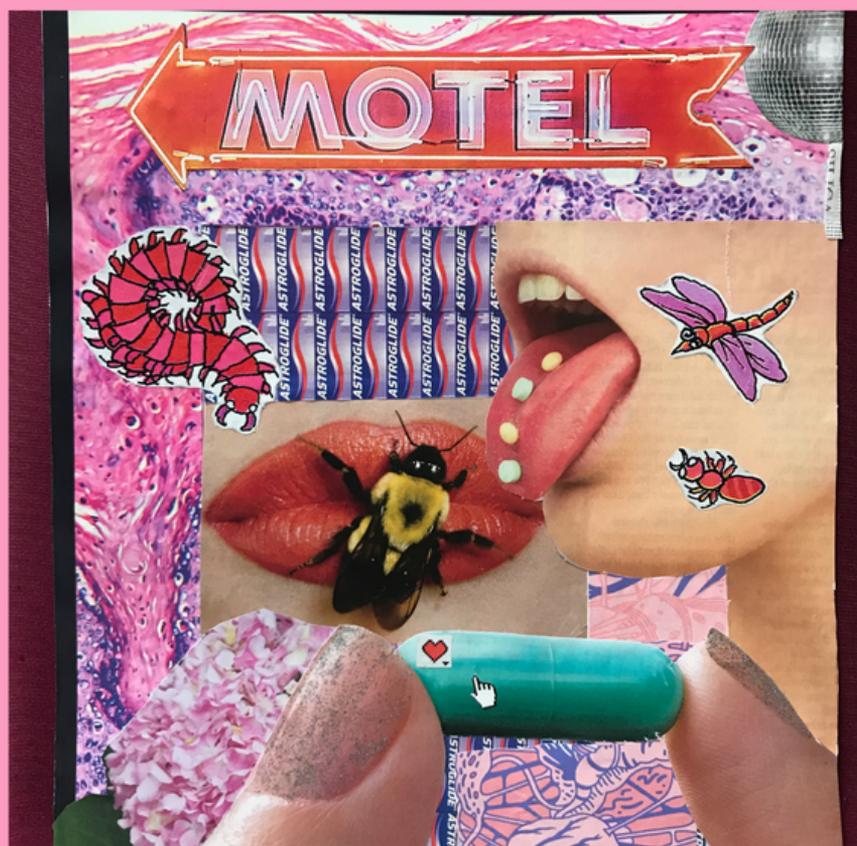


AftEr mAth  
oF  
pUBerTy



SOPhIA guILLorY

# MODERN LOVE



G. SITZMAN, SHE/HER/HERS

# 10 STEPS TO ENJOY SEX

Step 1 : find a sexy partner  
(that girl from work will do ;) )

Step 2 : make it extremely  
obvious that you are available  
and interested

Step 3 : make out in your car in  
the parking lot. It will feel like  
you're eating each other's  
faces. This is a good sign.

Step 4 : have sex in your room  
after work! (woo!)

Step 4.5 : worry constantly about how your body looks. Are you doing this right? Is she into this? This is only like your second time so I guess just poke your tits out some more. Maybe moan a little? Ow this shit kind of hurts. Do people really like this? God I think I'm sweating. Can she see that I'm sweating? Shit should I have shaved more, like does that make a difference? Should I try to go down on her? Should we be using a condom? No seriously is this what people write songs about because this is stressful as fuck.

Step 5 : Instead of orgasming,  
cry! This will be sure to make  
her think she has done  
something incredibly wrong  
and will make you think that  
you are tremendously fucked  
up! I mean come on isn't this  
shit supposed to be fun WHY  
AM I FUCKING CRYING NAKED  
IN FRONT OF THIS PRACTICAL  
STRANGER maybe you should  
go home but I'll text you  
tomorrow and I promise this  
was great I'm so sorry I'm just a  
mess I don't fucking know why  
I'm like this

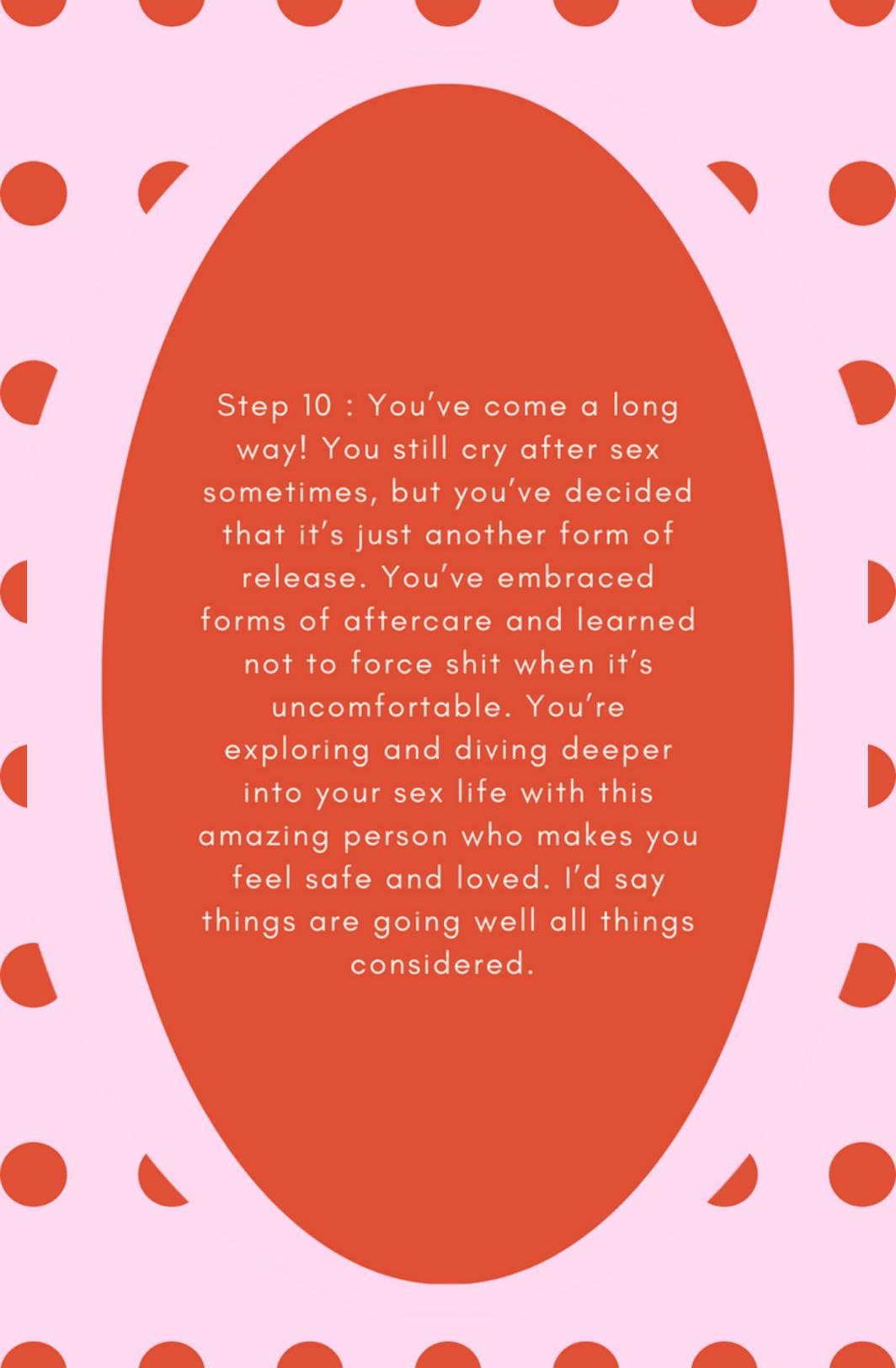
Step 6 : In a surprising turn of events this practical stranger comforts you. Make conversation until 4 am when she leaves to sneak back home.

Step 7 : See this practical stranger every day for two weeks straight and decide to be girlfriends.

Step 8 : Try having sex again, and again, and again. You're definitely into her so why is this so anxiety inducing? Also why can't I cum?! There must be something seriously wrong with me did my ex fuck me up forever?

Step 9 : Learn (agonizingly slowly) that you do actually have to talk about sex with your partner in order to find something you both enjoy. Experiment with positions. Experiment with slight BDSM. Buy your first vibrator! Buy your first strapon! (do not forget the fucking lube). Start to loosen up and learn to ask for what you want. Cry a lot more. Hold each other.

Step 9.5 : Orgasm with a partner for the first time!!!!



Step 10 : You've come a long way! You still cry after sex sometimes, but you've decided that it's just another form of release. You've embraced forms of aftercare and learned not to force shit when it's uncomfortable. You're exploring and diving deeper into your sex life with this amazing person who makes you feel safe and loved. I'd say things are going well all things considered.

Come As You Are



Paola Foresti Pinto

"THE GRAY AREA OF CONSENT IN A RELATIONSHIP."



PAOLA FORESTI PINTO

DIGITAL COLLAGE

# Relationship Reminders

## Defining a situationship

Situationships can be vague, confusing and overwhelming. Here are some helpful reminders:

- *you deserve to feel respected.*
- *you should be able to communicate your needs.*
- *you deserve to be seen as you **are** and not feel pressure to change from others.*

## Boundaries are essential

Boundaries can help you protect your sense of security and trust.

- *verbalize your limits, desires and expectations. A situationship is just as deserving of boundaries as any relationship!*
- *pay attention to how people **react** to your boundaries. If they can't listen to you when you tell them your needs, are they worth your emotional/physical energy?*

## Re-defining love in your own terms

The dual pressure from hookup culture and romanticized love can be overwhelming.

- *Consummate love doesn't have to be the goal*
- *Remember that **all forms** of relationships are valid of exploration and love.*

Read more about this! Search Sternberg's Theory of Triangular Love



I am beautiful and confident.

I attract love.

I give myself permission to enjoy my body.

My body deserves pleasure.

I am sexy.

I am at peace with my sexuality.

I feel at home in my body.

I am desired.

I deserve a passionate sex life.

I express my desires with joy and freedom.

I attract fulfillment.

I love myself.

# LUCKY YOU

## the game

### GOAL

Play until the passion takes over... there can be no losers, only winners ;)



### CONSENT

This game requires the consent of all parties. Consent is enthusiastic, clear, informed, freely given, continuous, and free from incapacitation.

---

---

---

### HOW TO PLAY

- ♥ May be played using a standard deck of cards.
- ♥ May be played by 2-6 players.
  - ♥ If >2 players, acquire 1 die. Roll to assign each player a unique number 1-6.
- ♥ Shuffle cards, deal 5 to each player.

### P.2

- ♥ Place the deck face-down between players.
- ♥ Player 1 draws a card from the deck and "plays" a card of their choice by laying it face up in in the discard pile.

# LUCKY YOU

## the game

### P.3

- ♥ Following the game key (attached), player 1 performs the action to the body part of their partner as indicated by the number and suit of the played card.

### P.4

- ♥ If >2 players, player 1 rolls the die to determine upon whom they perform the action.
- ♥ Players take turns drawing and playing cards.
- ♥ Each player should have 5 cards at all times.

### P.5

- ♥ Play until the deck runs out or you give in to the passion!

---

---

---

**TIME TO GET  
LUCKY!)**

### TIPS

- ♥ If playing on a bed, use a tray to keep cards from flying during the action.
- ♥ Dress for the occasion.
- ♥ Incorporate some body safe toys.
- ♥ Make your own rules!

# LUCKY YOU

## special exceptions

### PAIRED PLEASURE

- ◆ **2 cards of the same number can be played at the same time to perform both actions.**
- ◆ **Next turn draw two cards to fill your hand.**

### STEAMY SWITCHES

- ◆ **If drawn, a Joker card may be used to "switch" either the body part or action of a card to your choice.**
- ◆ **Next turn draw two cards to fill your hand.**

### DIRTY DISCARD

- ◆ **Players are allowed 1 extra discard during the game to skip a card they wish not to complete.**
- ◆ **To do so, play the card face down and skip the turn.**

### ROYAL TREATMENT

- ◆ **A King, Queen, and Jack may be played together to be the one to choose the sexy activity or position at the end of the game!**

*\*Adapted from The Dating Divas\**

# LUCKY YOU

## the cards

make your own!

### BODY PARTS

- |         |                |
|---------|----------------|
| 2 ear   | 8 shoulder     |
| 3 lips  | 9 thighs       |
| 4 neck  | 10 back        |
| 5 chest | J stomach      |
| 6 hips  | Q your choice  |
| 7 butt  | K their choice |

A wild card

### ACTIONS

- |   |        |
|---|--------|
|  | kiss   |
|  | tickle |
|  | lick   |
|  | rub    |

### BODY PARTS

- |         |          |
|---------|----------|
| 2 _____ | 8 _____  |
| 3 _____ | 9 _____  |
| 4 _____ | 10 _____ |
| 5 _____ | J _____  |
| 6 _____ | Q _____  |
| 7 _____ | K _____  |
| A _____ |          |

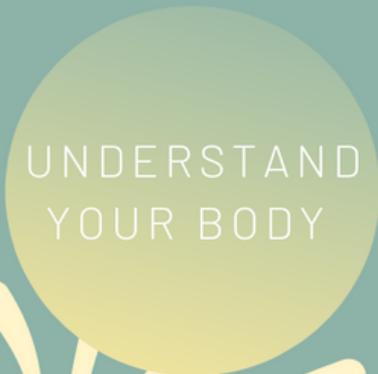
### ACTIONS

- |   |       |
|---|-------|
|  | _____ |
|  | _____ |
|  | _____ |
|  | _____ |

# BENEFITS OF SELF PLEASURE



## UNDERSTAND YOUR BODY



Self pleasure gives one the chance to explore their own body and to understand their unique pleasure process. This leads to more satisfying sexual experiences and encounters in the future.



Self pleasure calms the nervous system and promotes a relaxed state while also reducing anxious thoughts and bringing one into the present moment.



## IMPROVE SLEEP

Sexual stimulation, such as that received during self pleasure, may help relieve tension and stress, promoting better overall sleep.



STRENGTHEN  
SELF-ESTEEM

Self pleasure increases the "feel good" hormone dopamine which naturally boosts one's confidence and self image.

REDUCE  
ANXIETY &  
DEPRESSION

SELF PLEASURE  
HELPS ONE TO  
SATISFY THEIR  
SEXUAL URGES  
WHILE ALSO  
PROVIDING MANY  
ADDITIONAL  
HEALTH BENEFITS

## Things that are sexy:

Taking pleasure in the simple things,

Self-awareness and self-reflection,

Treating others with compassion,

Listening to understand,

Being passionate about something,

A desire to learn and grow,

Appreciating the time of others,

Self-confidence and self-belief,

Respecting and celebrating difference,

Setting and maintaining boundaries,

Recognizing the achievements of others,

Expressing feelings,

The ability to find joy in any situation,

Taking responsibility,

Clear, open, and honest communication,

Adaptability in the face of adversity,

And so much more...

A collection of red lipstick smudges scattered around the top of the page, framing the word 'KISSING'.

# KISSING

I MEAN LIKE YUMMY, SMACKING KISSING —

IS THE MOST DELICIOUS,

most BEAUTIFUL and

# PASSIONATE

THING THAT TWO PEOPLE CAN DO.

A collection of red lipstick smudges at the bottom of the page, including a large one on the left and a smaller one on the right.

DREW BARRYMORE

