



What you didn't
learn in sex ed (but
should have)

Michele Louzon
Arms Around ASD





Today's Topics

- Sex is more than just the physical act
- Pleasure and intimacy
- Loving yourself
- The body isn't shameful or dirty
- Barriers to sex
- Aftercare

VOCABULARY

- AFAB – Assigned female at birth
- AMAB – Assigned male at birth
- Nonbinary – gender identity that does not conform to traditional binary beliefs about gender - that all individuals are exclusively either male or female.
- Asexual - experiencing no sexual feelings or desires; not feeling sexual attraction to anyone.
- G-spot - an erogenous area of the vagina that, when stimulated, may lead to strong sexual arousal, powerful orgasms and potential female ejaculation.
- A-spot - anterior fornix erogenous zone (AFE). An erogenous area that sits at the top of the vagina, between the cervix and the bladder. Some research suggests that stimulating this spot can promote more lubrication, make foreplay more pleasurable, and increase a woman's chance of reaching orgasm.
- Procreation - the sexual activity of conceiving and bearing offspring.
- Erogenous - producing sexual excitement or libidinal gratification when stimulated : sexually sensitive.
2. : of, relating to, or arousing sexual feelings.
- Libido - sex drive or the desire for sex.
- AAC Device - An augmentative and alternative communication (AAC) device, is a tablet or laptop that helps someone with a speech or language impairment to communicate.

SEX ED HAS CHANGED – A LOT



Sex Ed was set up as a way to have young people avoid certain physical and social “ills.” It wasn’t designed to promote healthy development or do anything else positive. Even today, most schools are still thinking of sexuality education as teen pregnancy and STI/HIV prevention.

SEX ED & TECHNOLOGY

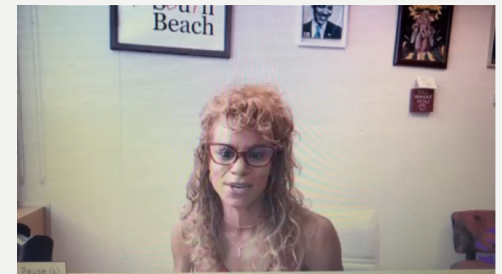
THE 90'S BROUGHT US WIDESPREAD USE OF THE INTERNET

- **THE GOOD** – Youth, LGBTQ & people living in rural areas or where sex ed is abstinence only or not taught at all, have access to life-saving and life-enhancing info, an online community as well as porn which is more explicit and clearer than anything they would see in a classroom setting
- **THE BAD** – Much of what is on the internet is inaccurate, “taught” by untrained folks. Porn reinforces cultural biases, stereotypes and prejudices about who can or should be having sex, power and privilege, and much more. Youth are viewing images that are intended for adults and then take those images to be representative of real-life sexual behaviors and relationships.



I JUST TALKED ABOUT THE INTERNET BEING GOOD & BAD, RIGHT? HERE'S SOME AWESOME...

<https://www.facebook.com/reel/1389011765103806>



Dr. Sonjia Kenya, known as America's Sex Educator, is the best-selling author of Sex in South Beach, a certified sexologist, an associate professor of medicine at the University of Miami Miller School of Medicine, and founder of the CHAMP HIV prevention program. She received her bachelors degree from UCLA and earned two masters degrees along with her doctorate at Columbia University in New York (also where Dr. Ruth trained!). During grad school and a post-doctoral fellowship for the National Institutes of Health, Dr. Sonjia conducted research on sex problems, sexually transmitted diseases, and sexual functioning.

Whatever
you're
feeling is
normal –
you and
your
feelings
are
perfectly
perfect

What is
NORMAL?



**Normal is a social
construct
designed to
demonize
individuality**

When it
comes to
sex, there
is no such
thing as
normal

Maintaining Positive Sex Throughout the Lifespan

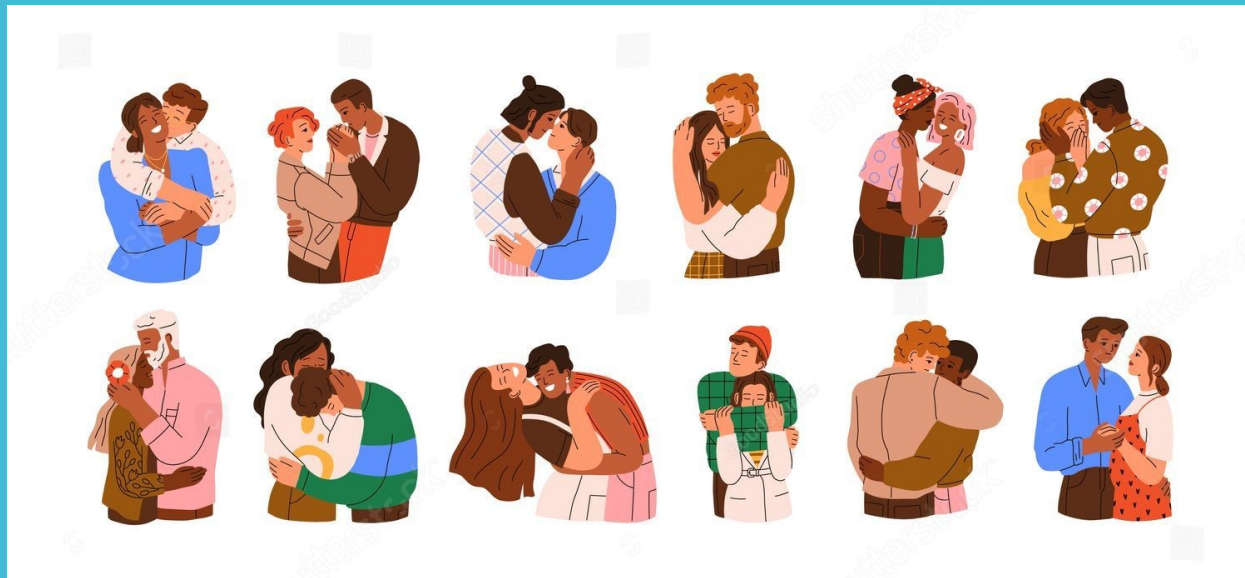


“It’s a completely legit part of our health.” Dr. Sonjia



Sex and sexual health are more than just the physical act. The World Health Organization (WHO) defines sexual health as a state of physical, emotional, mental, and social well-being related to sexuality. It's not just the absence of disease, dysfunction, or infirmity.

THE POSSIBILITY OF HAVING PLEASURABLE AND SAFE SEXUAL EXPERIENCES



LOVING YOURSELF

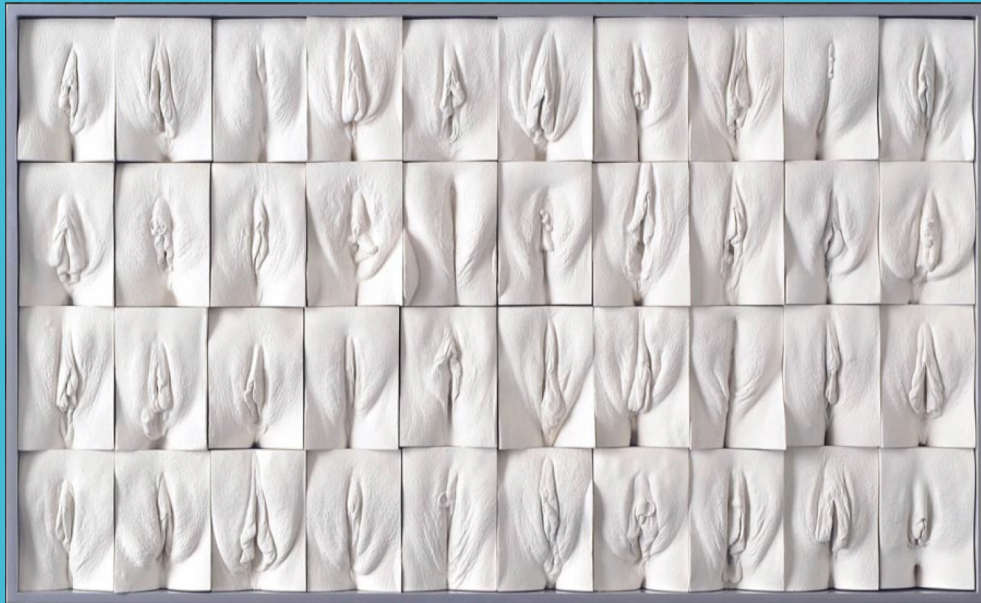
You're awesome!



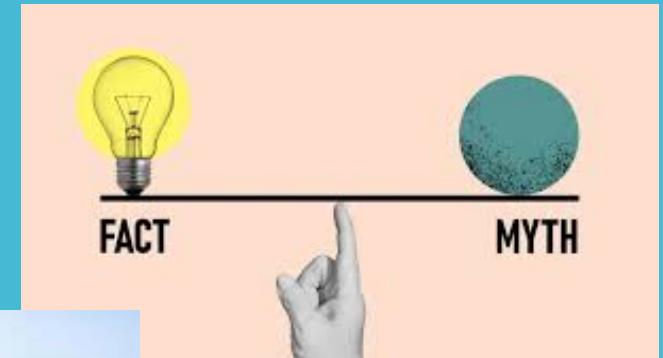
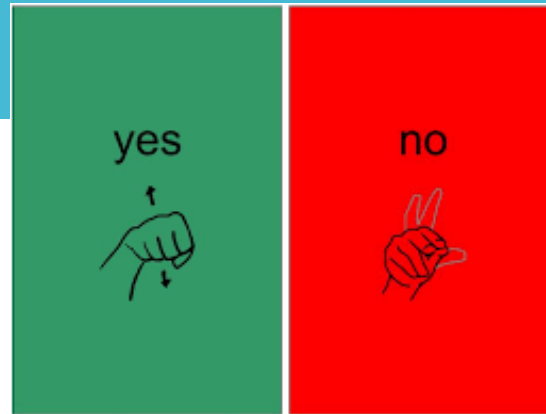
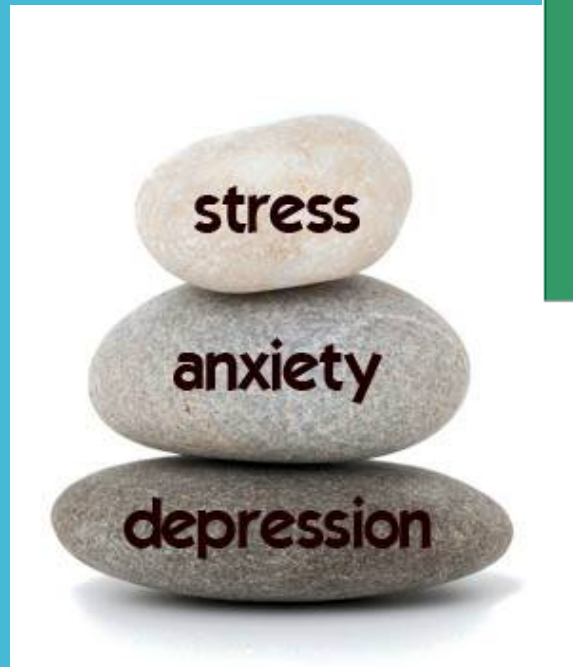
Spicy alone time

Get to know YOU

The Body



Barriers to Sex





The Importance of Aftercare



 asiansforsexpositivity

Aftercare can include, but is not limited to:

- cuddling
- pillow talk
- discussing things that went well
- having a snack
- watching a TV show together
- hugging
- taking a shower together

Aftercare differs from couple to couple. Ask your partner what they need. It is also essential, as a receiver, to ask for what you need.



Disability Affirming Resources

Fosnight Center for Sexual Health

6 Yorkshire Street, Suite D, Asheville, NC 28803

Phone: 828-724-7166 Fax: 828-724-7165 info@fosnightcenter.com

<https://fosnightcenter.com/>

The mission of the Fosnight Center for Sexual Health is to restore the fullness and richness of life through accessible, whole-person, integrative treatment and education for sexual healing and wellness.

The Fosnight Center for Sexual Health was founded by Aleece Fosnight, MSPAS, PA-C, CSC-S, CSE, IF, NCMP in 2018 with a vision to create a center that encompasses an integrative approach to the biopsychosocial model to treat and manage sexual health concerns. In a world that focuses on fixing problems, Aleece and her team at the Fosnight Center believe in taking a preventative based approach to sexual health concerns. This means being proactive with challenges that could arise and stopping them before it becomes a long-term problem. Our staff includes medical providers, pelvic floor physical therapists, acupuncture, Chinese herbal medicine, and other complimentary staff. We are a BDSM/Kink aware, trauma-informed, LGBTQIA+ educated staff where we pride ourselves in making all feel welcome and safe to discuss their sexual health.

Disability Affirming Resources

Amber Lavin, CLC

True Nature Coaching

263 Haywood St #105, Asheville, NC 28801

828-407-0586. amberlavincoaching@gmail.com <https://www.truenaturecounseling.net/>

I received my life coach certification from the International Coach Federation (ICF) and specialize in working with working with women around mindful & intentional dating as well as neurodivergent adults who face challenges associated with ADHD, the autism spectrum, executive functioning, and sensory disorders.

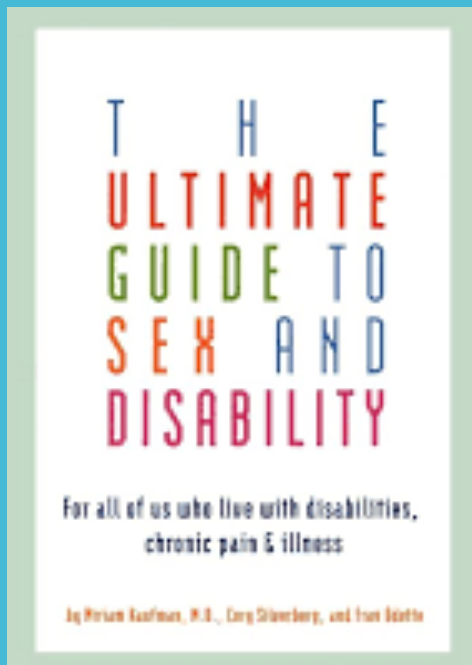
Kelley Johnson, Ph.D.

Clinical Sexologist Asheville, NC

828-301-4460 kelleyjohnsonphd@gmail.com <https://KelleyJohnsonPhD.com>

I am driven by a passion to advocate for a sex-positive and sexually-just society. Whether consulting with clients, presenting to a classroom of 6th graders, providing a lecture at the prestigious life-long learning center (OLLI), or training health care providers, I present sexuality in a positive light, recognizing that good sexual relationships (including with oneself) are life affirming.

Disability Affirming Resources



- *The Ultimate Guide to Sex and Disability* is the first complete sex guide for people who live with disabilities, pain, illness, or chronic conditions. Expertly written by a medical doctor, a sex educator, and a disability activist, *The Ultimate Guide* provides readers with encouragement, support, and all the information they need to create a sex life that works for them. The authors cover all aspects of sex and disability, including building a positive sexual self-image; positions to minimize stress and maximize pleasure; dealing with fatigue or pain during sex; finding partners and talking with partners about sex and disability; adapting sex toys; and more.

Wrap Up



