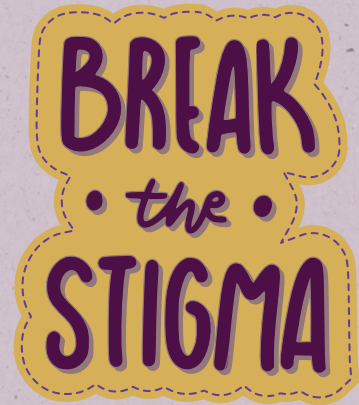


HIGHLIGHTS FROM NRCDV'S FEBRUARY 2023 NATIONAL YOUTH PREVENTION SUMMIT: PROMOTING PLEASURABLE AND HEALTHY SEXUALITIES

"I felt like 'self-care' was so diluted, so I started calling it 'life-saving care' because these are life-saving things we are doing." - Mo Asebiomo

LET'S TALK ABOUT SEX!

We all know that talking about sex can be uncomfortable. Going from not talking about sex at all to talking about it freely can be jarring. Let's take one step at a time.



ABSTINENCE ONLY?

While abstinence-only sex education has been utilized as the best practice, it can be harmful. It can be incentivized for students and bring about feelings of shame and guilt when youth do engage in sexual activity.

RACIAL INEQUITIES IN SEX ED

Marginalized groups need sex ed the most, especially those who experience violence. This also includes learning about healthy relationships and consent.



SEX POSITIVITY

It's okay to have sex! Sex positivity is like sex ed for adults. There is no right way to be sex positive. However, this is not the same as hookup culture. It is comprehensive and makes resources available.

- Believe survivors
- Create safe spaces
- Consent is essential
- Be trauma-informed
- Uplift marginalized voices

PRIVILEGE WITHIN SEX POSITIVITY

It is important to recognize that if you carry privilege in your everyday life, then you may be more inclined to talk about sex. Marginalized groups (based on race, gender, or sexual orientation) may not be empowered to speak on this topic.



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“The most important thing is to believe survivors, advocate for them, and provide them the support they need.” - Visannya Saluja

HOW ARE POWER AND PLEASURE CONNECTED?

Power is defined by Mo Asebiomo as “the ability to make a particular perspective seem universal.” We need to recognize who has the power to create the narratives of sexuality and pleasure. Power imbalances reinforce false narratives such as:

- Pleasure needs to be earned or is a privilege
- Pleasure is shameful
- Love hurts



HELPING THOSE WITH DISABILITIES

Mo Asebiomo described the “curbside effect,” which states that when we center individuals with disabilities and create structures for them, we are helping everyone.

BARRIERS IN SEX POSITIVITY

There are many barriers that make being sex positive difficult. One is trauma. Visannya Saluja said, “It’s hard to deal with sexual trauma and also be sex positive.” Additionally, in many religions, pleasure is seen as sinful/selfish. This can lead to feelings of guilt and shame, just like abstinence-only sex education.



CALL TO ACTION

- Incorporate trauma-informed care into conversations around sex
 - Create safe spaces so that EVERYONE can be heard
 - Teach consent from a young age
 - Respect children bodily autonomy
 - Ensure people are safe in their own bodies
 - Basic needs are met (housing, food, water, etc.)
 - Check your privilege
 - Ask yourself how you can make space for marginalized groups
- Start the conversation
- It’s as simple as:



“Hey, I went to a conference yesterday and we were talking about sex, and I realized we’ve been friends for 5 years and have never talked about sex before!”

-Mo Asebiomo

MEET OUR CONTRIBUTORS

“Where there is consent and shared vulnerability, a lot of learning can take place. Your experiences are valid and sources of education for yourself.” – Mo



VISANNYA SALUJA (SHE/HER)

I am a sophomore studying Marketing and Sustainable Business. I am passionate about women empowerment coming from a developing country like India. I love serving the community around me. I love baking in my free time.

MO ASEBIOMO (THEY/THEM)

Mo Asebiomo is a queer Nigerian-American author based in Oakland, California who loves to write and make zines.



FLOYD JEFFRIES III (HE/HIM)



Floyd works in the metro Los Angeles area for a non-profit called Peace Over Violence, which specializes in the help of survivors of rape, sexual assault, domestic violence, and more. Being their Violence Prevention Educator and having experience in this form of work for 6+ years, he works with youth engaging in conversations surrounding topics of consent, sexual assault, toxic masculinity, and more. Hoping to create a better youth-led world.

MAR VALLE (THEY/ANY)

Mar Valle (they/any pronouns) is a Mexican lesbian immigrant, community health advocate, and student artist.



DESTINEY WILSON (SHE/HER)



My name is Destiney! I'm 18 years old and I love activism, journalism, and education! I hope to have a career as a news anchor or writer.

SHARIAH MILLER (SHE/HER)

I'm 18 years old and I attend KIPP Indy Legacy High school, due to graduate in May. I plan to attend Indiana State University and major in Political Science and African American Studies. I am a member of the Indiana Youth Coalition Against Domestic Violence and I look forward to being at the Event!



KÉTURA LAINY (SHE/HER)

Hello! My name is Kétura. I am a sophomore at Indiana University Bloomington, majoring in Neuroscience. I am also on the premed track. Though I love science and medicine, I am also very passionate about social justice, health equity, immigration rights, and education. I love to read, spending time with my family and friends.