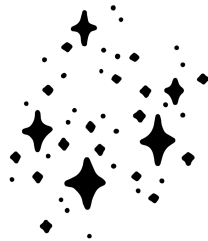


This zine was made by Lily Clancy, Kelsey Nelson,
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and Alli Young in collaboration with
Choice Action Team
at Willamette University in April 2021.



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Sexual Citizenship

- ★ This information comes from the book *Sexual Citizens: Sex, Power, and Assault on Campus* by Jennifer S. Hirsch and Shamus Khan. The authors interviewed more than 150 Columbia and Barnard College undergrads about their sex lives over 5 years and came up with the following frameworks. Check out their website and the book to learn more! (sexualcitizens.com)
- ★ **Sexual Projects:** “What is sex for?” Most young people today can’t answer that question, in large part because few adults have talked to them about it. “Sexual Projects” are the answer to what sex is for (for example, for pleasure, to connect with another, to have children, etc.). These projects are formed by young people’s experiences, but also shaped by messages from family and community. Parents, organizations, and communities must talk openly about the kind of sexual projects they hope that young people will pursue.
- ★ **Sexual Citizenship:** People are “Sexual citizens” when they know they have the right to say “yes” and the right to say “no” to sex. They also must recognize that everyone else has the same rights. Sexual citizenship isn’t something we are born with. It is developed through education, and supported by communities.
- ★ **Sexual Geographies:** The spaces people move through are essential to understanding both sex, and sexual assault. Access to space, and control over who can and cannot enter that space is a critical way power works. And power is critical for understanding assault. Equality is a sexual assault prevention strategy.

Consent Questions to Consider for Your Relationship

- ★ What label/s (if any) do each of us use for our sexual orientations and gender identities?
- ★ Who knows about your sexual orientation and/or gender identity?
- ★ Who can and cannot know about your sexual orientation and/or gender identity?
- ★ Can we post our relationship status online?
- ★ Can we post pictures of us looking like a couple online?
- ★ Who can each of us talk to about our relationship?
- ★ How should we introduce one another to friends and family?
- ★ Where can we go out in public together as a couple, safely?
- ★ How do we act in public?
- ★ Where do we see our relationship going? What are our goals for us as a couple?
- ★ Am I comfortable keeping our relationship a secret?
- ★ How long am I willing to keep our relationship secret?
- ★ What kind of self-care or affirmations can I do to remind myself that our relationship is important and valid no matter who knows about it?



Info from Dating In the Closet on loveisrespect.org

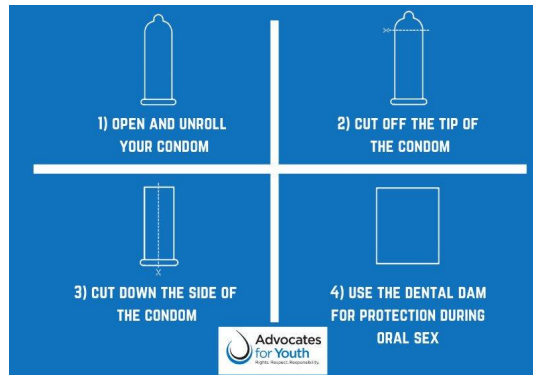
Sexual Health Resources in Salem

- ★ Planned Parenthood
 - (888)875-7820
 - 3825 Wolverine St., NE Salem
 - Planned Parenthood offers birth control, emergency contraception, STI testing and treatment, abortion services, LGBTQ+ services, pregnancy testing, and health services for male-identifying individuals
 - Services are free
- ★ Bishop Wellness Center at Willamette University
 - (503)370-6471
 - Monday-Friday 8 am - 5 pm
 - Bishop has free condoms, different types of birth control as refills or prescriptions, the morning after pill, STI screening, UTI treatment, and referrals to local clinics
 - If you have the school insurance, any cost will be billed to your student account as “Bishop services” to insure privacy if there are others who view your account
 - To learn more about going to Bishop for an asymptomatic STI screening, see page 4



Contraception

- ★ Contraception has traditionally been seen as the domain for cis-women. The primary focus has been to prevent unplanned pregnancy and/or to limit a person's reproductive freedom.
- ★ Contraception was created to avoid pregnancy but has many other uses such as for polycystic ovarian syndrome, regulating menstruation cycle, reducing endometriosis symptoms and stopping periods as part of transitioning.
- ★ The external condom is a commonly used form of contraception and is 98% effective with perfect use (and usually 82% effective because of condom accidents. External condoms are used to stop STI transmission and prevent pregnancy.
- ★ Condoms can also be turned into dental dams to be used to give oral sex to someone with a vulva. See the diagram below to create a dental dam from a condom!



Most of this info was from a booklet created by Decolonising Contraception. Scan this QR code to see the booklet and learn about other forms of contraception and peoples' experiences with them!



Domestic & Sexual Violence in the LGBTQIA+ Community

1. Abuse occurs in ~30% of same-sex relationships, the same rate as it does in heterosexual couples
2. 44% of lesbian/gay womxn & 61% of bisexual womxn have experienced rape, physical violence, or stalking within an intimate relationship, compared to 35% of heterosexual womxn
3. 26% of gay men and 37% of bisexual men have experienced rape, physical violence, or stalking by an intimate partner, compared to 29% of straight men
4. According to the 2015 U.S. Transgender survey:
 - 47% of respondents have experienced sexual assault at some point in their lifetime and 10% in the last year
 - In Black Trans respondents, the numbers increased: 53% of respondents were sexually assaulted in their lifetime and 13% in the last year
 - 54% of respondents have experienced intimate partner violence, including acts involving coercive control and physical harm
 - Source: Violence Against Trans and Non-Binary People on vawnet.org

LGBTQIA+ survivors can face many barriers caused by homophobia and transphobia and can experience increased victim blaming due to sexuality. They may fear discrimination from response services for survivor or abusers. Reporting or sharing their story may “out” the victim/survivor. Survivors may be hesitant because of misconceptions like “womxn can’t sexually assault other womxn”. Survivors may feel disloyal to the LGBTQIA+ community and speaking out could impact their social life. If any of these allies to you or someone you know, please use the resources listed on page 11.



Domestic Violence, Sexual Assault, Stalking Hotline and Advocacy Resources

Gender Resource & Advocacy Center (GRAC)

Mission: To strive to create safe, affirming, and empowering space, as well as provide resources and support in the Willamette Community for folks of any and all genders and sexual identities.

1. Sexual Assault Response Advocacy Hotline: **(503)851-4245**
2. GRAC Office: **(503)370-6728**
3. Confidential Advocate Number: **(503)375-5361**

*All of these services are free of charge

Center for Hope & Safety

Mission: The Center for Hope and Safety believes everyone deserves a life free of violence. They work to provide a safe environment and advocacy services for survivors of violence & education services for the public with issues surrounding victimization

1. Crisis advocacy hotline: **(503)399-7722**
 - a. This number is available 24 hours/day and links anyone with a confidential advocate
 - b. Services in English, Spanish, and other languages.
2. Non-crisis assistance: **(503)378-1572**
3. Website: hopeandsafety.org

National Sexual Assault Hotline RAINN: **1(800)656-4573**

STI Testing at Bishop

Process for seeking an appointment at Bishop for an asymptomatic STI screening when you don't have any symptoms:

Basic Process

- ★ Call Bishop Wellness Center and the front desk staff will ask a few clarifying questions to determine if an immediate appointment is needed, find a time that works, and offer some instructions for the appointment.
- ★ The appointment with the provider may be via Zoom or in person until we are post-COVID, but the student will need to come to Bishop for the testing regardless.
- ★ When the student arrives for the initial appointment or lab, they will check in at the front desk (with COVID precautions).
- ★ The Medical Assistant will call the student to the back office for their in-person appointment, ask a few questions, obtain a screening blood pressure reading, and room the patient for the medical provider. The medical provider will meet with the student to gather relevant medical history, develop a screening plan, and order the necessary tests. The tests typically ordered for an asymptomatic STI screen include the CT/GC (chlamydia and gonorrhea) and sometimes an HIV screening. Chlamydia and gonorrhea testing can be obtained from a urine sample or from a self-collected vaginal swab. HIV is a blood test.
- ★ After the medical provider has completed the appointment in person or over Zoom, the student will be given instructions on specimen collection and then asked to use the restroom on the medical side of Bishop. After the student has collected the sample, they place it in the pass through window to the lab, and are then free to leave.

Costs

- ★ There are no co-pays or office visit fees to speak with a provider in Bishop.
- ★ The fees involved in an STI appointment are for the labs. Willamette University Insurance will cover your STI testing at 100%. Bishop Wellness Center can bill your Student Account for Laboratory Testing if you don't have the Willamette Student Health Insurance policy or our laboratory provider, Quest Diagnostics will bill your insurance directly.
- ★ The CT/GC is \$78, and the initial HIV test is \$40 (and then \$385 for confirmation if it flags positive, which is very rare).

Notifications

- ★ Once the lab results are received, the provider will send a secure message to the student with the results and any needed medical advice.
- ★ If the results are positive and medication is needed, the provider will write a prescription. Many prescriptions are available in house. We can also call a prescription into the student's preferred pharmacy.

Ethical Porn



- ★ **What is ethical porn?**
 - It is made *consensually*
 - Performers and filmmakers are treated with respect and paid fairly for their work
 - Performers' curiosities, needs, and boundaries are validated
 - It highlights *real* sexual pleasure, particularly for people with vaginas
 - It illustrates diverse bodies, sizes, races, sexualities, ages and ability-statuses
- ★ Because there is no *clear* definition of what ethical porn really means, it is important to do your research and pay attention to companies you are supporting
- ★ Unfortunately, ethical porn films are usually not free in order to ensure fair pay and the safety of participants
- ★ See out lists of some recommended platforms that create ethical porn!
- ★ **For audio porn:** (which can be easier to produce ethically since performers don't have to physically engage in sexual acts and/or have their image shared online)

Platform	Pricing Options
Dipsea	Free 7 day trial \$8.99/month OR \$47.99/year (\$3.99/month) Includes access to 400+ stories
Quinn	Free
Sounds of Pleasure	Free

5 Misconceptions About Vaginas

- ★ **“Vaginas smell like flowers”**
 - This is just a no. Vaginas do have a natural smell, but it's not Chanel no. 5.! And it shouldn't be! It's a body! This lie causes people to feel embarrassed and resort to using fragranced products that do more harm than good.
- ★ **“Only women have vaginas”**
 - Remember: Gender does not equal genitalia. People of many different genders (or no gender!) can have vaginas. And some women don't have vaginas! This isn't just semantics: Binary thinking isn't backed up science. Changing the way we talk about gender and body parts will help protect trans, intersex, and gender-nonconforming people from violence.
- ★ **“Vaginas are gross”**
 - No, vaginas are self-cleaning — so pretty much the opposite of gross. To clean your V, all you need to do is wipe your vulva with soap like you do the rest of your body. Nothing internal. No douches, no fragrances, nada.
- ★ **“Vaginal penetration is the only way to orgasm”**
 - On average, penetrative sex is usually **not** the easiest way for people with vaginas to orgasm. The exposed part of the clitoris alone has more nerve endings than the penis! Many folks struggle to orgasm from penetration alone, and that's because their clitoris is being ignored. Instead of judging yourself for not orgasming during penetration, explore all of your anatomy — and find what pleasures you.
- ★ **“Vaginas should be groomed”**
 - Do whatever you want with your pubic hair. It's your hair. It grows for a reason. It's natural. If you'd rather remove it, that's up to you, too! It's your personal business. What you should know is that shaving your vulva with a razor can lead to ingrown hairs, which can lead to infection — so go slow, and take the proper precautions to landscape safely!

Source- shethinkx.com

Debunking 7 Common Misconceptions About Vaginas by **Amanda Melhuish**



Sexuality and Romantic Attraction Facts

Sexual attraction comes from a sexual desire for something or someone, while romantic attraction is the want to have a romantic relationship with someone outside of sex.

Asexual Spectrum Identities-

- ★ **Asexual:** Someone who does not experience sexual attraction towards anyone. It's important to remember, however, that attraction and action are not always the same: some asexuals may be repulsed by the idea of sexual contact and won't engage in it, but others may be sex-neutral or sex-positive and will have sex
- ★ **Aromantic:** Someone who does not experience romantic attraction to anyone. Like with asexuality, an aromantic person may still choose to engage in a romantic relationship, or not. Many aromantic people will enter into what are called "queer platonic partnerships" or QPPs.

Source: glaad.org

Bisexuality and Pansexuality-

- ★ **Bisexual:** Most bisexual activists actually define bisexuality as "an attraction to two *or more* genders." Bi activist Robin Ochs says bisexuality is "the potential to be attracted – romantically and/or sexually – to people of more than one sex and/or gender, not necessarily at the same time, not necessarily in the same way, and not necessarily to the same degree."
- ★ **Pansexual:** A pansexual person is someone who can feel sexual attraction to anyone, regardless of their biological sex, gender, sexual- or gender identity.

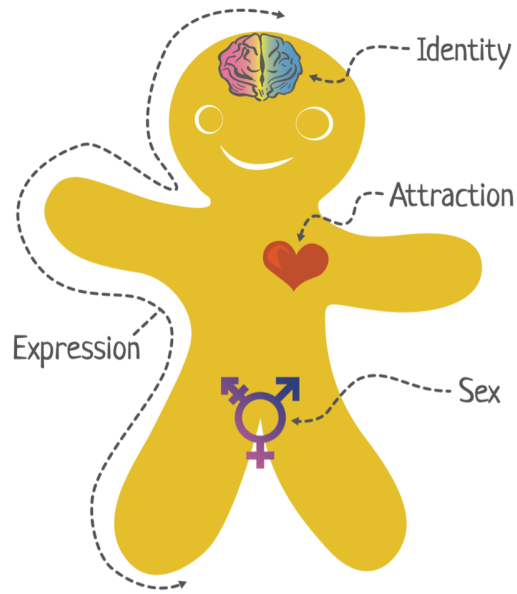
Source: lgbtqnation.com

★ For ethical porn:

Platform	Pricing
PinkLabelTV	Basic account: free (plus fees for renting/buying films for streaming) Year-long membership: \$9.99/month 1-month membership: \$25/month
Bellesa	Pay what you want (between \$0-\$20/month)
Kink.com	\$69/year
Bright Desire	First 30 days: \$22.95 Afterwards: \$9.99/month
Make Love Not Porn	Free membership: access to all previews, newsletters, & blogs \$5/video (for 3 weeks unlimited viewing) OR \$10, \$30, or \$50 subscription
Ifeelmyself	Plans under \$24/month
Sssh	2-day trial membership: \$4.95 1 month full membership: \$19.95
Lightsouthern	\$50 lifelong access to complete film series & video selection
Frolicme	Week trial: \$6.85 Monthly rebill: \$13.70

- ★ **Source:** Ethical Porn article from mindbodygreen.com

The Genderbread Person v4 by its pronounced METROsexual.com



⊘ means a lack of what's on the right side

Gender Identity

- Woman-ness
- Man-ness

Gender Expression

- Femininity
- Masculinity

Anatomical Sex

- Female-ness
- Male-ness

Sex Assigned At Birth

- Female
- Intersex
- Male

Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sexually Attracted to... and/or (a/o)

- Women a/o Feminine a/o Female People
- Men a/o Masculine a/o Male People

Romantically Attracted to...

- Women a/o Feminine a/o Female People
- Men a/o Masculine a/o Male People

Genderbread Person Version 4 created and uncopyrighted 2017 by Sam Killermann

For a bigger bite, read more at www.genderbread.org

The Gender Spectrum

Gender exists beyond a simple man/woman binary model. It instead exists on a continuum. Some people fall towards more masculine or feminine aspects, some people move fluidly along the spectrum, and some exist off the spectrum entirely!

Some Different Gender Identities-

- ★ **Transgender:** Often shortened to trans. A term describing a person's gender identity that does not necessarily match their assigned sex at birth. This word is also used as an umbrella term to describe groups of people who transcend conventional expectations of gender identity or expression—such groups include, but are not limited to, people who identify as transsexual, genderqueer, gender variant, gender diverse, androgynous and nonbinary.
- ★ **Nonbinary:** Refers to people who do not subscribe to the gender binary. They might exist between or beyond the man-woman binary. Some use the term exclusively, while others may use it interchangeably with terms like genderqueer, genderfluid, gender nonconforming, gender diverse, or gender expansive.
- ★ **Genderfluid:** Describes a person who does not consistently adhere to one fixed gender and who may move among genders
- ★ **Agender-** Refers to a person who does not identify with or experience any gender. Agender is different from nonbinary because many nonbinary people do experience gender.
- ★ **Two-Spirit:** A term used within some American Indian (AI) and Alaska Native (AN) communities to refer to a person who identifies as having both a male and a female essence or spirit. Non-indigenous people should not use this term.

Source: PFLAG.org



