



**SEX/BODY POSITIVITY
& BDSM/KINK**

THINKING ABOUT BODIES & LIBERATION

- ▶ Body liberation: is the freedom from social and political systems of oppression that designate certain bodies as more worthy, healthy, and desirable than others.
- ▶ Body Positivity: is a social movement initially created to empower and shed light on plus-size bodies, while challenging the ways in which society presents and views the physical body. The movement advocates the acceptance of all bodies regardless of physical ability, size, gender, race, or appearance.
- ▶ Body Neutrality: is the idea that you can exist without having to think too much about your body one way or another, there is no positive or negative charge. You can simply exist and be worthy of respect without putting requirements on your body at all.

SEX POSITIVITY

Sex positivity is believing that sex can be a positive thing in someone's life!



Being respectful and nonjudgmental regarding diversity of expression, sexuality, relationship structures, etc.

Impacted by structural factors such as racism, sexualization and fetishization of POC, and access to sexuality education, affirming medical care, and more.

Everyone should have space to explore the body, explore and learn about your sexuality, relationships, and gender without judgment or shame.

Sex positivity values consent, communication, and education that allows people to make **informed choices about their bodies and pleasure**

SEX NEGATIVITY

- It is PERVASIVE.
- Facilitates the perpetration and normalization of sexual violence
- Causes additional feelings of guilt, blame, and embarrassment for survivors
- Social norms around sex, gender, sexuality, etc.
- Viewing sex, bodies, expression as shameful
- Guilt, shaming, etc.
- Violence towards sex workers
- Violence towards trans women
- Abstinence-only sex ed and sex ed that doesn't teach about pleasure (or more than just reproduction)
- Slut shaming
- Victim blaming
- "Good girl" vs "bad girl trope"

... others?

The background consists of a complex arrangement of overlapping triangles in various shades of dark purple and black, creating a faceted, crystalline effect. The text is centered horizontally and vertically.

TIME TO GET KINKY!

CONTEXT

- BDSM— Bondage, Domination, Sadism, Masochism
- Across the United States, rape culture, hegemonic masculinity, as well as erotophobia and sex-negativity contribute to the prevalence of inconsistent or ineffective education around consent and sexuality (Levand, 2019)
- We as humans should strive to deconstruct these harmful cultures and create organizations that more comprehensively address issues of consent, facilitate conversations around navigating personal boundaries, teach about pleasure, and negotiate consent and healthy boundaries within their own relationships.

SO... HOW ARE BDSM & KINK RELEVANT TO OUR WORK?

- Many survivors find refuge in the BDSM/kink community
- BDSM and kink can allow survivors of sexual violence or abuse to reclaim their experiences and gain agency through safe, consensual, and pleasurable practice
- Role-play and other BDSM/kink practices can allow an individual to explore desires or boundaries safely
 - Consent, safewords, aftercare
- Can provide a safe space, community, and outlet for processing events and physical trauma
- Models for pleasure planning

MAKING A CONTRACT

1. Discussing Expectations
2. Safe Words/Gestures
3. Aftercare