

APIDA SPEAKS

Sex-Positive Education And Knowledge Sharing

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April 2021 - Workshop Series Info Sheet

For questions or concerns, please email:
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Asian American Organizing Project (AAOP), Gender Justice

Workshop #1: Demystifying Sex and Unlearning

The goal of this workshop is to discuss why sex is such a taboo subject to talk about in APIDA communities. By addressing heavy topics, such as imperialism, immigration, and heteropatriarchy, we hope to give more insight on the things we need to unlearn to better help us on our journeys towards sex-positivity and sexual liberation. This workshop is the start and continuation of shedding light onto as to why it is so important for us to have a more comprehensive, inclusive, and culturally-relevant sex education for our youth and community.

Pre-Workshop Recommended Readings / Videos:

1. [An Asian American Perspective: How To Address the Stigma Surrounding Sex](#) - Article
2. [Sexualized, Submissive Stereotypes of Asian Women Lead to Staggering Rates of Violence](#) - Article
3. [Why Asian Americans Need Better Sex Ed](#) - Article

Pre-Workshop Reflection Questions:

1. How have you learned about sex and/or received sex ed in the past (if you have)?
2. If you could create a sex education program or curriculum that fit your needs, curiosities, and concerns, how would that look like for you? What would your ideal sex ed include?

Post-Workshop Reflection Questions:

1. Have your views/thoughts about sex, sexuality, sexual expression, and/or sex ed changed after attending this workshop? If so, how?
2. What will you do (or would like to do) now to reclaim your sex education or sexuality? How important is this to you?/What would this mean for you in connection to your identity/identities?

Further Resources:

1. [Asian American Feminist Collective: Decolonizing Sex Ed Talk](#) - YouTube
2. [How the 'Model Minority' Myth Affects Us All](#) - Article
3. [Factsheet: Sexual Violence in Asian and Pacific Islander Communities](#) - PDF Factsheet
4. [White Sexual Imperialism: A theory of Asian Feminist Jurisprudence](#) - Essay
5. ['Good-looking for an Asian': how I shed white ideals of masculinity](#) - Article
6. [Little Sex Ed, Stereotypes Could Lead to Health Risks, Family Planning Issues](#) - Article
7. [Healing Love from Universal Healing Tao](#) - YouTube

8. [Mantak Chia: Tao's Sexual & Multi-Orgasmic Practices for Longevity -- Part 1](#) - YouTube
9. [The Kama Sutra](#) - PDF Slides

APIDA Sex Educators & Other Influencers:

Mentioned in this workshop:

- [Alok Vaid-Menon](#)
- [Jayda Kissed](#)
- [Hitomi Mochizuki](#)
- [Sydney Rae Chin](#)

[List of APIDA Sex Educators and More](#)

WORKSHOP 1 FEEDBACK SURVEY FORM HERE

Workshop #2: Boundaries, Consent, and Relationships with Transforming Generations

The goal of this workshop is to educate and normalize boundaries and consent culture within APIDA youth and communities. Participants will learn key communication and interpersonal skills that will help them understand how to set clear boundaries in both sexual and non-sexual settings, as well as gain a clear understanding as to what consent is. In addition, this workshop will provide information about healthy vs. unhealthy relationship dynamics and violence in relationships and dating.

Pre-Workshop Recommended Readings / Videos:

1. [What are Personal Boundaries?](#) - PDF
2. [Teach Consent by the Virginia Sexual & Domestic Violence Action Alliance](#) - Consent Project Website
3. [Consent for Kids](#) - YouTube

Pre-Workshop Reflection Questions:

1. How did your family talk about boundaries, consent, and relationships growing up (sexual and/or nonsexual settings)? Has anything changed to this day?

2. Can you think of an instance where a family member prioritized everyone else except themselves?
3. Can you think of a time when you may have crossed someone's boundaries or let someone cross yours? How did that make them or you feel?
4. How much do you really know about consent? Reflect on the process of how you often give and/or receive consent (sexual and/or nonsexual settings).
5. Do you feel like you know or understand what a healthy relationship is? How and where did you learn this concept of "healthy" from?

Post-Workshop Reflection Questions:

1. Do you have any difficulties knowing or stating your boundaries? What are some boundaries you would like to set in your life and how do you think you could go about doing so?
2. Has this workshop changed any of your understandings or perspectives around consent? How do you see yourself upholding consent in your future interactions and sexual encounters?
3. What did you learn from the conversations with Xay? How do you hope to nurture healthy relationships and balance in your life?

Further Resources:

1. [Domestic Violence Resource Project Toolkit](#) - PDF
2. [The 6 Types of Boundaries You Deserve to Have \(And How To Maintain Them\)](#) - Article
3. [Sex Positive Families](#) - Instagram Account
4. [35 Sexy Ways to Ask for Consent](#) - Article
5. [Hollaback!](#) - Anti-Harassment Organization
6. [Honor Yourself: Consent and Boundaries Beyond Sex Workbook by Sydney Rae Chin](#) - Workbook (Payment Required)
7. [Phuong Thao - Boundaries Educator](#) - Instagram Account
8. [Keeping Us Safe Safety Planning Toolkit](#) - Domestic Violence Resource Project

Organizations:

1. [Transforming Generations](#)
2. [Rape, Abuse, & Incest National Network \(RAINN\)](#)
3. [Domestic Violence Resource Project \(DVRP\)](#)

WORKSHOP 2 FEEDBACK SURVEY FORM HERE

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Workshop #3: Sex-Positivity and Self-Care

With Planned Parenthood

PLANNED PARENTHOOD SEX-POSITIVE RESOURCE DOCUMENT HERE

The goal of this workshop is to teach and promote sex-positivity for all. It is time we shifted away from fear and shame-based sex talks and explore the many important topics often left out from standard sex ed, such as pleasure-based sex and sexual self-care. We also will be partnering up with Planned Parenthood who will help facilitate a Q&A session at the end to help answer any questions about sexual and reproductive health.

SUBMIT YOUR SEXUAL & REPRODUCTIVE HEALTH QUESTIONS HERE

Pre-Workshop Recommended Readings / Videos:

1. [What does it mean to actually be “Sex Positive”? -- Article](#)
2. [10 things sex-positivity is not -- Article](#)
3. [Women’s Empowerment through Sexuality](#) with Ann Nguyen -- YouTube
4. [Temptation](#) by Raveena -- YouTube (Bonus Activity: Dance to the song before joining the workshop :))

Pre-Workshop Reflection Questions:

1. What does sex mean to you? What would you like sex to be for you?
2. What blockages or challenges have you encountered when navigating sex or romantic relationships?
3. Do you have any self-care or healing practices related to your sexual health and well-being, or also just well-being in general?

Post-Workshop Reflection Questions:

1. What came up for you during this workshop? Did you have any revelations, insights, or key takeaways?
2. How would you like to practice more (sexual) self-care in your life?
3. Who in your life can you share the information and conversations you learned/had today?

Further Resources:

1. [Planned Parenthood \(MN\)](#) - Organization Website
2. [Sex and Love Talk with Asian American Feminist Collective](#) - Article
3. [The Talk Series by The Good Trade](#) - Website Blog
4. [Your Guide to Self-Massage](#) - Article
5. [The Sexually Liberated Woman Podcast by Ev'yan Whitney](#) - Podcast
6. [28 Sex-Positive Books for all ages](#) - Article
7. [Four Keys to Sexual Self-Care](#) - Article
8. [Beducated](#) - Pleasure Education Series (purchase required)
9. [Sexual Self Care Before, During, After](#) - Google Slides PNG

WORKSHOP 3 FEEDBACK SURVEY FORM HERE

Workshop #4: Reproductive Justice Advocacy with Our Justice

The goal of this workshop is to learn about the history of Reproductive Justice and the importance of its work. We also talk about the many reproductive justice issues that continue on today and that are impacting APIDA folks. We hope that by having these conversations, participants will become aware and empowered to take action in their own personal lives and in their own local community.

Pre-Workshop Recommended Readings / Videos:

1. [The History of Reproductive Justice](#) - YouTube
2. [Birthing Justice -- Black doulas on racism, fear, and reproductive health in the BLM era](#) - Article
3. [Prison Abolition is a Key Component of Reproductive Freedom](#) - Article

Pre-Workshop Reflection Questions:

1. What do you know about reproductive justice? When did you first hear or learn about it?
2. How is reproductive justice-related or connected to your life, family, or your community?
3. Do you know about the connections between reproductive justice and abolition? What kind of change is necessary for reproductive justice to be actualized?

Post-Workshop Reflection Questions:

1. What was a key takeaway from the workshop? What did you learn?
2. What would you like to learn more about and research? Do you know any RJ organizations in your community? How do you want to get more involved?
3. How did the overall workshop series affect you and your views about sex and sex ed? Have your thoughts and opinions about the topics covered in the series changed/shifted?

Further Resources:

1. [Abolition Feminism: Celebrating 20 years of INCITE!](#) - Webinar
2. [Creative Interventions Toolkit](#) - PDF
3. [Readings & Resource on Abolition & Reproductive Justice](#) - by Young Womxn of Color for Reproductive Justice, A Project of Advocates for Youth
4. [Bilphena's Library](#) - Website
5. [Our Justice Info Sheet](#) - Our Justice
6. [RJ Issues](#) - Google Slides PNG
7. [How RJ Organizing Can Look Like In Our Everyday Lives](#) - Google Slides PNG
8. [I Hope We Choose Love](#) - Kai Cheng Thom - Quote Excerpt, Google Slides PNG

Organizations Mentioned:

1. [Our Justice](#)
2. [SisterSong](#)
3. [Unrestrict Minnesota](#)
4. [Spiral Collective](#)
5. [NARAL](#)
6. [WE Health](#)
7. [Just the Pill](#)
8. [Whole Women's Clinic](#)
9. [National Network of Abortion Funds](#)
10. [Healing Justice Network](#)

Other Organizations:

1. [Birth Revolution and Black Home Birth Initiative](#)
2. [Minnesota Indian Women's Resource Center](#)
3. [Sex Workers Outreach Project -- Minneapolis](#)
4. [Twin Cities Mutual Aid Project](#)
5. [Twin Cities Queer and Trans Mutual Aid](#)

11. [Survived & Punished](#)
12. [INCITE!](#)
13. [Black Women Radicals](#)
14. [Asians 4 Abolition](#)
15. [Asian Prisoner Support Committee](#)

WORKSHOP 4 FEEDBACK SURVEY FORM HERE

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