Beginners guide to responsible sexuality

from

Patriarchy.

DISTRIBUTED BY

firestarter

FIRESTARTER PRESS
PO BOX 50217
BALTIMORE, MD 21211
USA
INFO@FIRESTARTERPRESS.COM
In this current era of our global culture of patriarchy (male domination) which alienates people into gender and indoctrinates people into roles that accompany those genders, we find a very dramatic level of inequality. Since men play the oppressor it becomes necessary for us to become accountable for our actions/mistakes...

It is our responsibility as people who identify as experiencing male privilege to deconstruct internalized ways of thinking and acting towards wimmin as well as how we think and act towards each other.

This was brought to you by a collective in the Denver metro area who identify as experiencing male privilege - We meet weekly to discuss how we have been feeling by doing a personal check in at the beginning of every meeting. As well as discussing how we have handled something that we ran into with someone around us who was acting sexist or patriarchal or thoughts or actions that we ourselves have which we confront or continue to battle with. Discussions also include talking about realizations, questions, and conclusions about patriarchy, anti-patriarchy, feminism, and our own internalized sexism/ways of thinking that an individual in the group might have or the collective as a whole may be experiencing. We also think that it is important to actively build towards creating safe space by being more accountable for our actions and mistakes. We also take part in a monthly organized “speak out” (the group(s) that experience oppression based in patriarchy talk without interruption about their oppression and how we (as men) actively perpetuate it, also ideas of what can be done to counter this are discussed.) meeting with wimmin and transgender people in our community.

In this building process we have taken to education by adding a book reading group that operates out of the collective. Part of the education aspect has become goal setting for projects for the future as well as projects that we have been working on right now (i.e. this pamphlet). Other projects include a magazine to follow this, an advertising campaign, and facilitating a public discussion group for people who identify as experiencing male privilege.

You can contact us at dapco@watchmail.com

Denver Metro area testing and birth control contacts:

Planned Parenthood
http://www.plannedparenthood.org/
Health Centers: Colorado Metro Denver Arvada:
7847 North Wadsworth Blvd Arvada, CO 80003-2107
303-425-6524

Health Centers: Colorado Metro Denver Aurora:
1150 South Abilene Street Aurora, CO 80012-4661
303-671-PLAN

Health Centers: Colorado Metro Denver Lakewood:
7987 South Broadway Lakewood, CO 80232-5441
303-798-0963

Denver Health Clinici:
605 Bannock St.
Denver, CO 80204
303-436-7251
Teen Clinici 303-436-7251

Health Centers: Colorado Metro Denver Capitol Hill (Denver):
521 East 14th Avenue
Denver, CO 80218-1903
303-632-5069

Health Centers: Colorado Metro Denver Boulder:
2434 Arapahoe Avenue
Boulder, CO 80302-4709
303-447-7040

Health Centers: Colorado Metro Denver Littleton:
1400 South Wadsworth Blvd
Littleton, CO 80122-2715
303-798-0963
However, don't get mad if your partner can't help you out just then; it may take time to form a closer relationship where your partner can tell you how she feels and what she wants. Don't be afraid to talk about your sexuality, and your sex lives together outside of the bedroom- or car or rooftop or whatever... This will help you form a better sex-positive relationship.

Which brings me to the final and if not most important piece of this article.

**intimacy exists outside of any genital-sex.**

The relationships we have with our partners are very important in shaping ourselves, providing a sense of security and adventure, and expressing and building deep emotional bonds.

The simple whisper or feeling of your partner's breath on your neck or having your partner explore your body can feel so much better and provide so much more ecstasy than some of the craziest sex you have before your parents got home.

Can you sense when a womyn is not interested in you?

Do you stop or just keep trying?

Can you recognize when your partner does not want to have sex?

What do you do when your partner says “stop”?

When you have sex, are you really prepared to get a sexually transmitted infection (STI)?

Are you prepared if your partner gets pregnant?

What would you do?

Have you ever been tested for STIs?

Do you know of any STIs besides HIV/AIDS?

Who bought the condoms the last time that you had sex?

Do you stop to put on a condom during sex or just wait until you partner says something?

Have you ever had an orgasm during sex and stopped before your partner had one?

Have you ever had sex and not had an orgasm while your partner did?

Do you know where a womyn's clitoris is?

What about her g-spot?

Have you ever accompanied your partner to an OB/GY appointment?

Do you know what a gynecologist is?
Sex is not only intercourse. 

Real Sex Rocks.

We need to realize that sex includes the

outlook/course (real sex or "intimacy - 6-spot)
nurturance/comfort of both/all

satisfaction/pleasure of body/all


Uncomfortable

It shouldn’t be the partner’s responsibility to tell a

woman that his actions are making her

man feel to be kissed or to have sex.

One of the most important parts of making responsibly is

Respecting her boundaries.

One of the most important parts of making responsibly is

Respecting her boundaries.

We need to realize that sex includes the

outlook/course (real sex or "intimacy - 6-spot)
nurturance/comfort of both/all

satisfaction/pleasure of body/all


Sex should be fun and mutually satisfying.
for sex-positive and mutually satisfying relationships.

In our society sex is made into a myriad of things it definitely is not. From our proliferation of a pornographic culture, and puritanical values (with no open communication about sex), our society ends up with men that desire to fuck everything that moves in every fashion way, yet are too insecure to even touch their partners, or express very basic affection.

As men in our teens/young adulthood, sex is an intricate part of our lives. Whether we are actually having sex or just constantly thinking about it. Because of all the societal variables, men tend to come to really fucked up conclusions about sex. For instance, seeing a man in a porno tell his partner to "suck it bitch," or hearing her 'demand' to be "fucked like a whore" tells us that our partner wants to be dominated and humiliated.

In a lot of aspects the thought-process of pornography mirrors rape, and rape is violence, not sex.

Another thing that pornography tells is that somehow we're gonna find ourselves in a situation where we're gonna have obscure sex with our partner's sister or friend. Or maybe all of them at the same time, and it's going to be perfectly ok. We are told it's ok to "share" a womyn with our best football bud, or any other fucked up date rape fantasy. We need to realize all of these porno fantasies are really fucked up and have little to no relation to real sex.

Pornography is not sex.

During one of my first experiences with sex I slapped my partner's ass. She didn't respond so much, but she gave me a weird look. I was under the impression because of years of watching porno, that for some reason my partner wanted to be spanked. She obviously didn't. It's important to realize that of course some people do have certain kinks or things that really get them hot. However, if you don't know that person or have not talked about those things, it's never safe to assume that because you saw it in a porno, or on TV that it's what your partner wants.

There is definitely a need to separate pornography from real sex. There is need to start to deconstruct our cultures blatant negativity towards a healthy sexuality. There is a need to create a place for a healthy, mutually satisfying, sexuality.

as men it is our responsibility to find out if what we are doing is okay, and also to learn how to read body signals to know when we are making someone feel uncomfortable. When you sense that something you are doing, whether it be hitting on someone or making a sexual advance, is making a womyn uncomfortable, it is your responsibility to back off. If you are not sure whether what you want to do with a womyn is okay, it is your responsibility to ask first. It is not okay to just do it and ask later. The best way to learn a womyn's boundaries is to ask before you do anything that might make her uncomfortable, no matter how well you think you might know her. Drugs (including alcohol) are not a valid excuse for doing anything to anyone that they might not want you to do.

If it is not enough that womyn are constantly seen as sex objects, they also are constantly reminded that at any time a man could decide to violently force himself upon them.

Rape: a violent expression of power, not sex.

not sex. If you think that everything written here seems like too much work or responsibility on mans shoulders, imagine being a womyn forced to live every day not knowing whether their best male friend or a stranger on the street might decide to rape them. This is not a ridiculous fear, thousands of womyn are raped every day, the majority are raped by men that they know. Because date rapes are also a large part of this number, it only strengthens the importance of being aware of and respecting womyn's boundaries. Rape does not happen when people know and respect other people's boundaries. It is important to understand that in order to stop rape, it is our responsibility to do something when we see a man making a womyn uncomfortable or forcing himself on her.

Every time we as men let another man take advantage of a womyn, we are responsible for what happens. Again- any time you see a man doing something he shouldn't be doing to a womyn, stop him!

It is our responsibility as men to learn and respect womyn's boundaries, and also to educate other men and keep them in check. Do it yourself and teach your brothers!
Dancing with yourself.

(aka masturbation)

I can clearly remember being four years old, just after watching some cartoons rolling over on my hands in a way I never had before. I got this great feeling, I did it over and over.

It was exciting and I experimented with it. I didn't know I could make myself feel that way. It was so exciting I ran down the block and told my friends. One of who would sneak me into his parent's room a year later to show me his father's porn. Jump ahead 12 years, and I am living with my grandparents. I tiptoe down to the computer room while everyone is asleep, I lock the door and look up some free porn site. I felt ashamed about it. I would never have told anyone. I do my business and feel worse. The porn was someone else's ideas of sex. Contrived by an industry where the goal of sex was the "money shot," the male orgasm. The goal in this industry isn't for both partners to feel satisfied, and any idea of love or caring about the other person never shows. The woman is there for the man's pleasure and nothing more. Then two years later I was having sex. I was in love with her, I cared about her, and I wanted her to feel good.

All I knew about sex was what was in those porn images.

I hadn't cleared my head of those fantasies. Could that sex have been good, or fair? Those fantasies were created by a man who knew nothing about me or my lovers, or what it would take to please us both. Masturbation can be healthy, but more than anything it feels good, but taking someone else's fantasies (especially someone whose purpose is to sell you something) needs to be questioned. Your masturbation is personal. Make yourself feel good. Ask your lover what makes them feel good. Masturbate how you want.

For responsible sexuality

Sexin'. Whether it is just something on your mind, or something you are doing on a regular basis, it is time for you as a partner to take some fucking responsibility when it comes to birth control and sexual health.

When it comes to sexual relationships, the responsibility for contraception lands on the shoulders of women. They are held responsible for buying and supplying contraception, whether that comes in the form of condoms, the pill, or any other method.

However, it is not like they are having intercourse with themselves. Why should a womyn, in a heterosexual sexual relationship have to bear the sole burden of being responsible for birth control?

That is a responsibility that should be shared by both partners. If you are going to have sex together, then you should share the costs. This means buying condoms. This means paying for birth control pills. In addition to the costs of contraception, womyn have to pay for a visit with the doctor before they have sex with you. Have you ever seen a doctor's bill? They are fucking expensive.

If you care about the person you are having sex with, whether it is a casual sexual relationship, or a serious committed relationship, you should take pride and be happy about helping pay for the costs of contraception and doctors visits. And go to the doctor with your partner. The doctor can be an uncomfortable place for young womyn. So step up, and take some responsibility for your sexual relationships.

If you have ever been sexually active (or used a needle for drugs) - you should GET TESTED EVERY SIX MONTHS.

This is imperative. You do not want to get, or give a STI. They are not called infections because they are fun. It is your responsibility to pass on any STIs on to a partner, whether that partner is on a long-term basis, or a consensual, mutually satisfactory one-night stand. If you do test positive for a sexually transmitted infection, do the right thing. Get treated if possible, contact your former sexual partners and tell them, tell your current partner, and be sure to inform any partner in the future of your STI status. These are not easy things to tell people, but it is the responsible thing to do.

Another possible result of sex between a male and female is little tiny people. You know, babies. If you are fucking man enough to have sex, you have to be man enough to stand by the decision of a woman.

You have to be ready to pay for (or help pay for) an abortion, or you have to be ready to help raise a child, both monetarily and emotionally.

While you share in the responsibility the decision to terminate a pregnancy lies solely on the womyn. She may ask for your thoughts. She may not. But the final decision is hers. As soon as your sperm touches her egg, it is her zygote. And her decision.