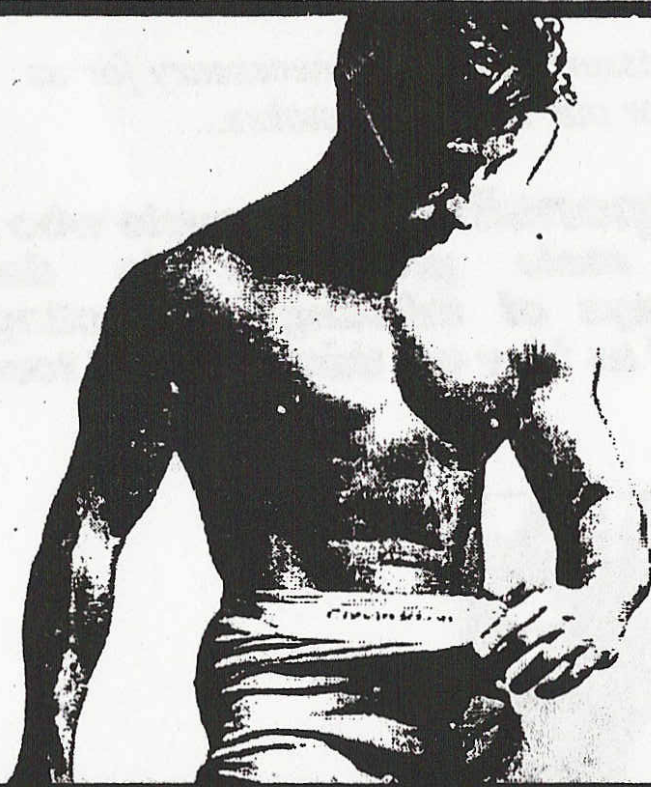


Beginners guide to responsible sexuality



(for men)

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,***

{ *wimmin* submissive / men dominating-

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.***



disclaimer 1.0- to our GLBT brothers/sisters.

We apologize sincerely to all of our queer sisters and brothers as we recognize this pamphlet is almost specifically hetero-centric. We do this not to be exclusive, but to specifically address the fucked up sexuality of hetero-relationships of men- as they are rooted within patriarchy.



throughout this pamphlet we will be using a variety of words and phrases you may not be familiar with. We do this because we are trying to incorporate the words and phrases into our everyday usage; and recognize the power of words within culture. For instance we spell "women/woman" as wimmin/womyn instead of the conventional way. This is because a lot of wimmin don't want to be seen as an extension of men- which the conventional spelling implies.

Here is a glossary of some of the less common words you may see within this pamphlet.

glossary of terms

Patriarchy - a society dominated by men in all ways: i.e., religion his-story governments. business. interpersonal relationships. self-image. and the list goes on.

Misogyny - hatred of womyn and what they symbolize commonly displayed through abuse or disgust brought about by fear.

(Male) Privilege - a benefit or advantage granted to some person. group of persons. or class. in this case men that is not enjoyed by others. in this case wimmin. and sometimes detrimental to them

Abuse - exercising privilege to mistreat or violate a person or that person's trust and confidence

Indoctrination - to be taught in a biased fundamental point of view.

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 you partner to an OB/GYN appointment?

Do you know what a gynecologist is?



Real sex rocks. When both you and your partner are completely out of your mind, totally attentive to each other, and responding to every little thing, sex is incredible. This is not the sex that you see on video or framed in some magazine. I'm talking about sex that is fully consensual as safe as possible, and made insanely great by your full attention to getting your partner to orgasm, and your partner doing the same for you. It seems like it rarely happens this way. Do any of the following situations sound familiar: Your partner asks if you're safe, and you don't really know; The closer you and your partner get, the more she pulls away or the quieter she gets; You don't have a condom, and go as far as she'll let you; You do have a condom but don't put it on until she tells you to; You think that you're good in bed but have no idea what your partner thinks; You know that "the pill" is a contraceptive but have no idea what it does, how your partner got it, or what the gynecologist does during those check-ups... you're not alone. At one time or

another, I've done each one of these, and I'm sure that every man not only identifies but can also add something to the list. However, I know few men that want to rape someone, who are aiming for their very own STI, who are excited about abortions (or becoming a surprise parent), or want to have crappy sex.

The truth is, when it comes to sex, men fucking suck. We are taught to "make the first move," and crap like "her mouth says no, but her body says yes". We can get off in two minutes flat if we want to. We don't have to worry about looking like a sex object everyday, or realize that every other dipshit we pass each day will be jerking off over what's beneath our pants. For all intents and purposes, we can forget about our penises until we need to use them and prostrates? ...the exams don't start until age thirty. What do we worry about? We usually don't take the responsibility to even think about buying or using condoms. Few men that I know think about getting tested for STIs even once, let alone every six months. I have never met a man who's paid for his partner's gyn exams, or a man who has taken the time to learn how the pill fucks with her body. I rarely see men give a womyn space, or ask if he's making her uncomfortable. And we're so busy memorizing Simpsons' quotes, or the history of music to even consider learning about the womyn's body. Men need to take some responsibility. Wake up!

Respecting *her* boundaries.

One of the most important parts of male responsibility is understanding boundaries. Womyn are constantly reminded in this society that men view them only as sexual objects. It is not a mans right to question why a womyn doesn't want to be hit on, to be kissed, or to have sex.

This also means respecting a womyn's choice to remain a virgin. It is not okay to pressure a womyn in any way to do something she does not want to do, whether the womyn is someone you like and are interested in, or someone you are a sexual partner with. Part of respecting a womyn's choices and boundaries is understanding when and how she is communicating them to you (meaning: knowing when you are making her feel uncomfortable or pressured).

It should not be a womyn's responsibility to tell a man that his actions are making her uncomfortable,

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.

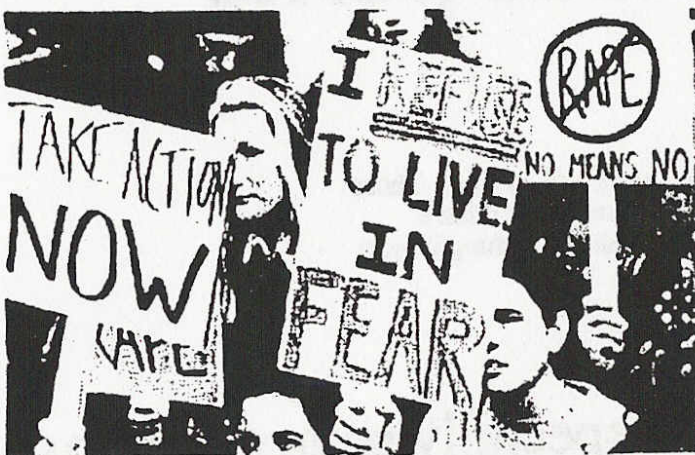
If it is not enough that wimmin are constantly seen as sex objects, they also are constantly reminded that at any time a man could decide to violently force himself upon them.

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 wimmin 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 wimmin'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 wimmin's boundaries, and also to educate other men and keep them in check. Do it yourself and teach your brothers!

Dancing with your self.

(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 that 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 porno 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 porno 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 not to pass on any STI's 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.

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 fucked up 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.

Sex should be fun, and mutually satisfying.

Sex is not only intercourse.

The first time I had intercourse, I was lucky enough to have a very assertive partner who told me almost exactly what she wanted. However, more often than not, because our society teaches us [and specifically wimmin] to be passive, we tend to not know how to please our partner. In fact many men believe that sex ends when they come, or that coming is the goal of sex. This is absurd because, there is usually more than one person involved in sex.

We need to realize that sex includes the satisfaction/orgasm/pleasure of both/all participants. And this usually involves outercourse- (oral sex or "fingering"- g-spot play.)

Which brings me to another absurdity of our culture- that it is "dirty" to go down on a womyn. The whole "smells like fish..." bullshit. I used to be under this ridiculous assumption also. But rest assured our cocks and asses stink a hell of a lot too. *And once you start having any sex at all you will notice how these smells are not "bad" at all but are important and very erotic aphrodisiacs.* There is nothing better than the smell of your lover's sweaty body after a good ol' romp in the sack.

Moreover oral sex can play a very intricate part in providing a much deeper connection to your partner- both physically and emotionally- when you provide orgasm/s for your partner your relationship can grow much more.

Another form of outercourse is fingering or g-spot play. Now I'm sure you may have heard of the elusive g-spot by now, but may have never found it. Here are a few tips on how to locate and stimulate the g-spot: Put your 2 fingers inside of the cunt with your palm facing up- move them in a beckoning motion while exerting light pressure towards your partners belly. Keep in mind that the G-spot is not the only way to stimulate a female orgasm, there is also the clitoris- which is located at the top of the opening of the cunt. If you are having trouble ask your partner- they will probably be very eager to help. Try combining this with oral sex and other forms of intimacy. Always keep your fucking finger nails clean- Dirty fingernails can give your partner an infection.

And one for the boys. Even though I'm not going to go into many male-pleasure techniques or alone-sex (i.e masturbation) in this; I want to still tell you about the prostate. Probably by now, you've at least heard of anal sex- but probably only think that it is for men who like to fuck other men. Well, whether you identify as queer, straight, bi, gay, trans your prostate will still give you pleasure. Practice sometime when you are masturbating by sticking your index finger with some lubricant (ky jelly, or other anal lubes- if you can get some one to visit a sex-shop for you- Fascinations is good) in your ass a few inches and see if you dig. I'm quite sure you will.

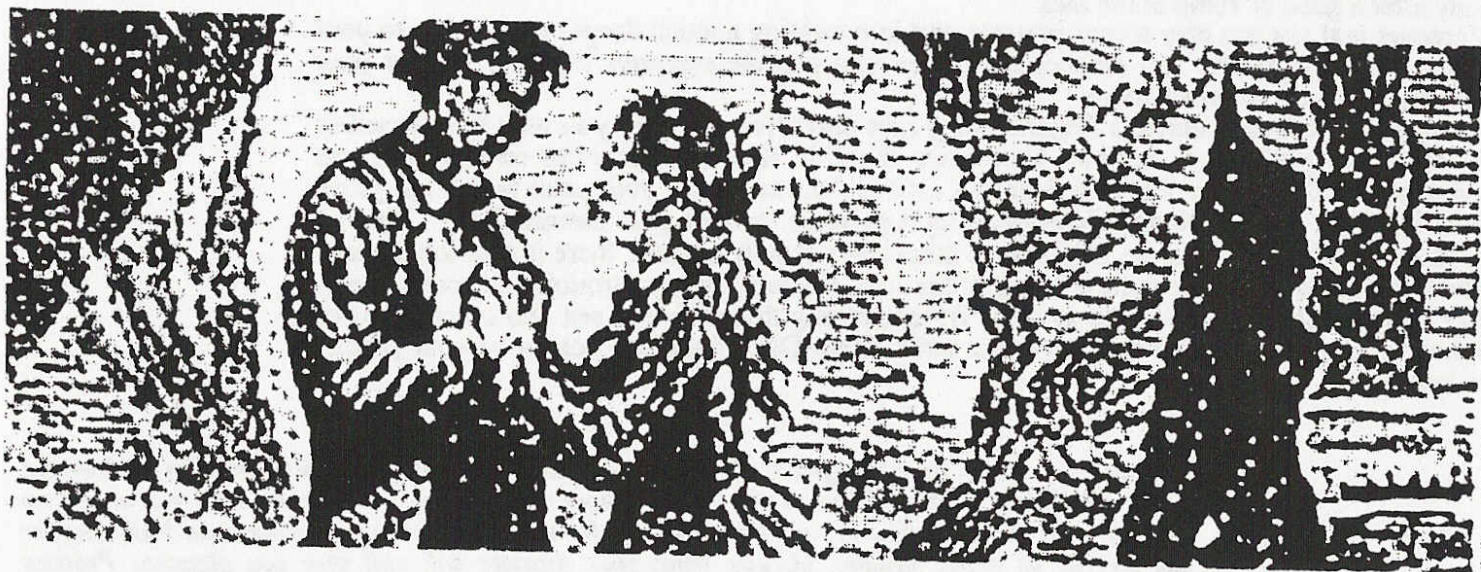
When you feel like you can't satisfy your partner it is never a bad thing to ask for help. Trust me, so many wimmin rarely even hear the simple questions "does this feel good" or "is there anything you want me to do?" and will love to tell you want they want.

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 breathe on your neck or having your partners fingers lightly 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 get home.

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 either 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
303-425-6624

Health Centers: Colorado: Metro Denver: Boulder:
2434 Arapahoe Avenue
Boulder, CO 80302-6709
303-447-1040

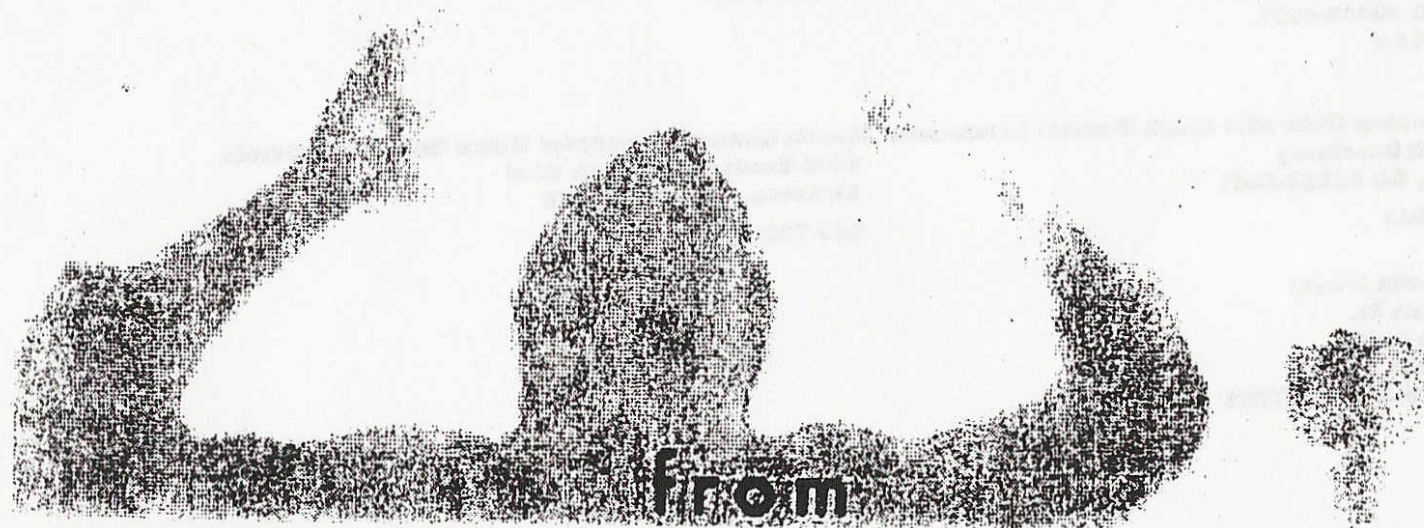
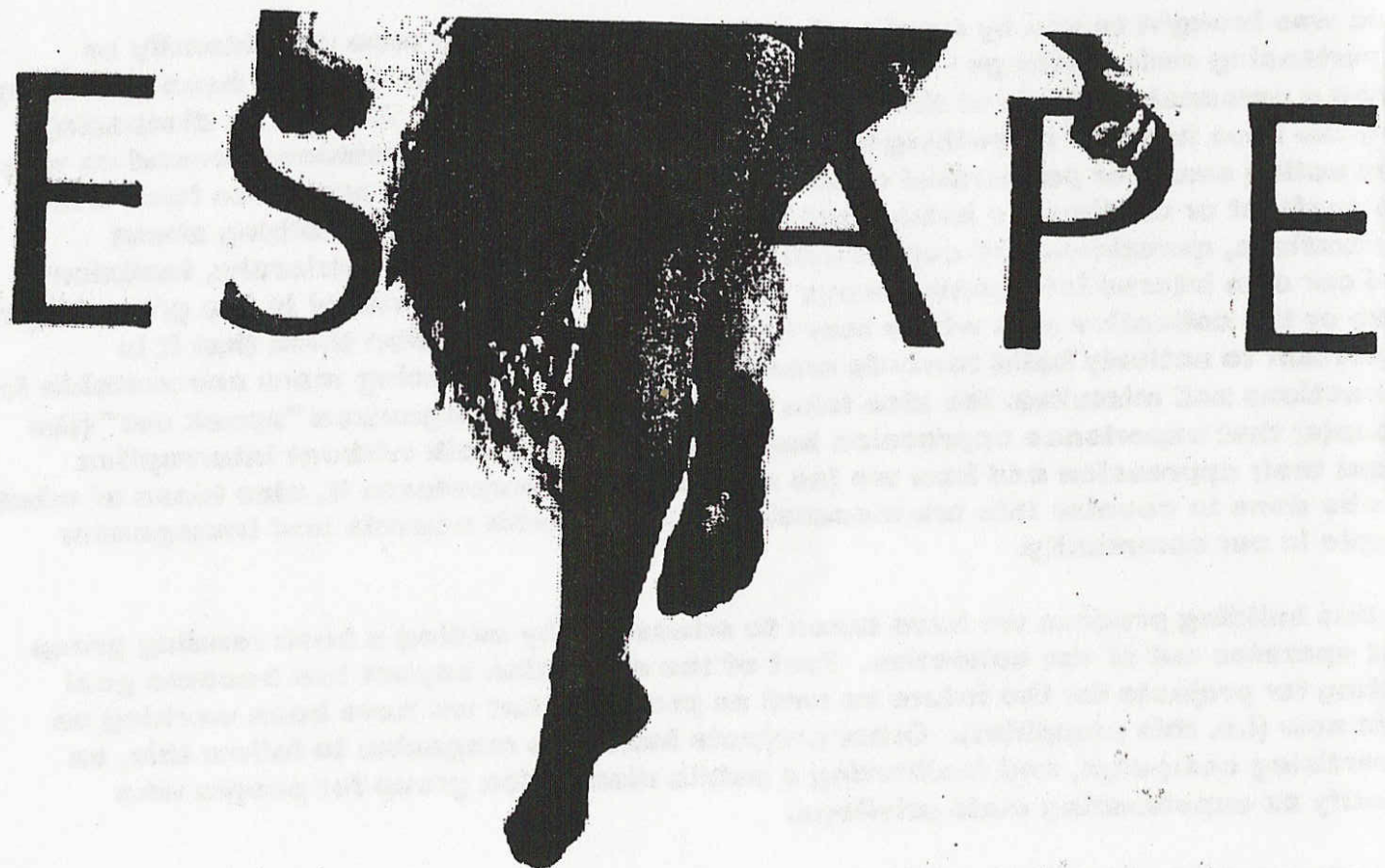
Health Centers: Colorado: Metro Denver: Aurora:
1150 South Abilene Street
Aurora, CO 80012-4661
303-671-PLAN

Health Centers: Colorado: Metro Denver: Capitol Hill (Denver):
921 East 14th Avenue
Denver, CO 80218-1903
303-832-5069

Health Centers: Colorado: Metro Denver: Lakewood:
7967 South Broadway
Lakewood, CO 80232-5441
303-798-0963

Health Centers: Colorado: Metro Denver: Littleton:
1400 South Wadsworth Blvd
Littleton, CO 80122-2715
303-798-0963

Denver Health Clinic:
1105 Bannock St.
Denver, CO 80204
303-436-7251
Teen Clinic# 303-436-7251



from
Patriarchy.