

WELCOME!

We're so glad to have you here!

Below are resources related to specific GBMs and Events held by Peer-Led Sex Ed. These lists are not exhaustive! If you are looking for something in particular, feel free to message us on Instagram (@plsetemple) or email us at plsetemple@gmail.com. There are no wrong or bad questions, but we ask that you ask respectfully and with consideration of the person answering you.

LUBE DEMO!

November 8

Below is all the information from the handout given at the GBM.

Lube is an important part of sexual health and pleasure. Not only does it help prevent tearing and condom breaks, but it also helps things feel smoother and better. Not all lube is created equal, though, and it's vital that we know which lubes work best for which activities. Today we'll be sampling lots of different types of lube (on our hands!) and going over the differences, benefits and risks to each.

- Lube can be really helpful during all kinds of sexual activity whether solo or partnered.
- Importance of lube choice with condoms
 - Use water or silicone lube for most condoms, do NOT use oil!
 - Polyurethane (non-latex) can be used with water, silicone, oil.
- Lube guide, the types and how to use them (same as above QR code):
<https://www.smittenkittenonline.com/blogs/smitten-kitten-blog/smitten-kittens-hassle-free-guide-to-lubricants/>
- Guide to barrier methods: <https://www.healthline.com/health/how-to-use-condom>
- Lubes we demoed
 - Sutil vanilla body glide (water-based)
 - Intimate Earth hydra (natural plant cellulose and water)
 - Sensuva blueberry muffin lube (hybrid, water and some silicone)
 - Sensuva ultra thick hybrid formula personal moisturizer (hybrid, water silicone)
 - Fuck Water (silicone)
 - Sliquid Sizzle stimulating (water)
 - Sliquid satin (water infused with aloe and carrageenan)
 - Slippery stuff gel (water)
 - ??Mystery Lube??
 - Boy butter (oil)
 - Uber lube (silicone)

MASTURBATION AND TOYS

October 25

Sex toys

- Specific products
 - [8 accessible sex toys and aids for anyone with a disability](#)
 - [More about sex toys and disability](#)
 - [21 Best Sex Toys for Women for All-Over Pleasure \(Whenever, Wherever\)](#)
 - [The Best Sex Toys for Men](#)
- Care and use
 - [How to Take Good Care of Your Sex Toys](#)
 - Water based lube is the safest bet to use with toys. Avoid combining silicone toys with silicone lube as it can degrade the toy and make it more difficult to clean (therefore more likely to transmit bacteria or STIs) and can affect its ability to function.
- Sex toy stores
 - Philadelphia
 - Passional - <https://passionalboutique.com/>
 - Pink Pussy Cat - 531 South St, Philadelphia, PA 19147
 - Condom Kingdom - <https://www.happysperm.com>
 - Other (online) – all of these have discreet shipping (brown box and not suspicious return address)!
 - Smitten Kitten - <https://www.smittenkittenonline.com/>
 - IG: @smittenkittenmn
 - This store is run by knowledgeable sex educators! You can DM them or email them with any questions you have to find the right product(s) for you.
 - Bellesa - <https://www.bboutique.co/>
 - There are always sales going on here! They are affordable and still good quality anyway.
 - Le Wand - <https://www.lewandmassager.com/>
 - PLEASE DO NOT BUY SECOND HAND TOYS OR TOYS FROM EBAY, AMAZON, ETC.
 - Etsy MIGHT be okay if the store selling it is legit. Generally avoid sex toys, especially insertables. Kink gear is usually fine!
 - B-Vibe - <https://www.bvibe.com/>

About masturbation

- [Is Masturbation Healthy?](#)
- [How to Masturbate If You Have a Penis: 12 Tips and Techniques](#)

- [23 Masturbation Tips for People With Vaginas](#)
- [You Won't Go Blind: The Truth About 7 Masturbation Myths](#)

Health (lots of info about sex also applies to masturbation!)

- Common infections
 - [All about UTIs and Sex](#)
 - [Vaginal yeast infections and sex](#)
 - [Vaginitis](#) (vaginal yeast infections, bacterial vaginosis ["BV"], and trichomoniasis)
- Vulva cleaning
 - Do not clean the inside of your vagina! Do not insert soap or attempt to douche!
 - [More on vulva/vaginal hygiene](#)
- [Penis health](#)
- [Cleaning smegma build up](#) (for AMAB and AFAB, and prevention)

STIs AND SEXUAL HEALTH

October 11

WHERE TO GET TESTED

Free testing in/around Philly

- Novus
- Dept of Public Health
- Philadelphia Health Center 1
- Bebashi
- The Philadelphia AIDS Consortium
- GALAEI
- Washington West
- Mazzoni

Affordable testing in/around Philly

- Planned Parenthood
- Temple University Student Health Services
- Insurance may cover testing through your PCP, OB/GYN, etc.

More places to get free/affordable testing in Philadelphia

<https://www.inquirer.com/health/free-sti-testing-philadelphia-sexually-transmitted-infection-symptoms.html>

[More information on how often to get tested](#)

OTC tests

- Where to get
 - Local pharmacy
 - Planned Parenthood (requires telehealth appt)
 - HIV: <https://www.cdc.gov/hiv/basics/hiv-testing/hiv-self-tests.html>
 -
- What you can test for
 - *If you buy a kit on your own, check the website or label on the box to see which STDs it tests for and if it includes access to a nurse or doctor.*
- Cost
 - \$10 - \$250 (expect higher cost)
 - Some insurance may cover at-home tests
- How-to
 - Peeing in a sealable cup
 - Pricking your finger to get drops of blood
 - Swabbing your mouth, genitals, and anus
- Which STIs?

- You can test for most STIs at home including HIV, chlamydia, gonorrhea, trichomoniasis, and hepatitis C. You can also test for syphilis, but these tests are considered less accurate because they may pick up an old infection that isn't active anymore (meaning it doesn't need treatment and won't be spread to a partner). Herpes tests may be available as well, but blood tests for HSV are considered less accurate and are known to return a significant number of false positive results. <https://www.ashasexualhealth.org/testing-for-stis-at-home/>

AVOID THESE PLACES FOR STI TESTING

- Places that advertise using shame based tactics (describing STIs as “suspicious” or “dirty”)
 - Example, don't go here: <https://thrivestlouis.org/>
 - Erica Smith, M.Ed. on this organizations billboards <https://www.instagram.com/p/Cp3t5RkigrR/>
 - Tend to be religiously affiliated or otherwise bad intentions
- Crisis Pregnancy Centers
 - Usually religiously affiliated, or otherwise anti-abortion
 - Meant to trick people into thinking they will get an abortion there, but be coerced into carrying a pregnancy anyway
 - Often lacking medical professionals, and do not officially operate as health care facilities
- You *may* be able to get an accurate *test* from these places, but you should not trust the other information they give you. If you have to go, be prepared and educated about STIs and pregnancy.

Overview of STIs (symptoms, causes, risk factors, complications, prevention):

<https://www.mayoclinic.org/diseases-conditions/sexually-transmitted-diseases-stds/symptoms-causes/syc-20351240>

BEDSIDER <https://www.bedsider.org/>

- All things:
 - Birth control
 - Abortion
 - Sex and relationships
 - Periods and vaginal health
 - More!

Novus <https://novusacs.com/>

- STI info
- Free testing
- PrEP/PEP

Planned Parenthood “learn” <https://www.plannedparenthood.org/learn>

- Abortion

- Ask a question
- Birth control
- Emergency contraception
- Gender identity, sexual orientation
- Pregnancy
- Sex and relationships
- STIs

Wellness Resource Center

- [PLSE directions to WRC](#)
- Free safer sex supplies: <https://wellness.temple.edu/safer-sex-supplies>

Clue <https://helloclue.com/articles>

- Period tracking app (as gender neutral as it'll get it)
 - You can opt for:
 - Period tracking only
 - Conceiving
 - Pregnancy tracking
 - Perimenopause
- “Encyclopedia” tab has lots of info, mostly for AFAB health but also for STIs, dating, gender/sexuality/race

UNLEARNING SHAME

September 27

- Sex educators
 - Cassandra Corrado (IG @feministsexed) - <https://cassandracorrado.com/>
 - Erica Smith (purity culture) (IG @ericasmith.sex.ed) - <https://www.ericasmitheac.com/>
 - Ericka Hart (IG @ihartericka)
 - Alok Vaid Menon (IG @alokvmenon)
- Books
 - Shame topic
 - “Pure” by Linda Kay Klein
 - “Beyond Shame” Matthias Roberts
 - “The Gifts of Imperfection” Brene Brown
 - “Boy Slut” Zachary Zane
 - “The Body Is Not An Apology” book/workbook Sonya Renee Taylor (also a website with articles/social media etc)
 - “We Will Not Cancel Us” adrienne maree brown
 - Learning more about your body/sexuality/etc
 - “BANG! Masturbation for people of all genders and abilities” Vic Liu
 - “You know, Sex” Cory Silverberg (geared towards children, good for anyone)
 - “Tongue Tied - Untangling communication in sex, kink and relationships”
 - “I am Ace” by Cody Daigle-Orians
 - “Come as you are” Emily Nagoski
 - “Gender Outlaw: On Men, Women and the Rest of Us” Kate Bornstein
- Brene Brown
 - Listening to shame https://www.ted.com/talks/brene_brown_listening_to_shame
 - The power of vulnerability https://www.ted.com/talks/brene_brown_the_power_of_vulnerability