

Comprehensive Sex Ed Resources

DISCLAIMER: I tried to make the resources as inclusive as possible but there are instances where they will be quite binary about gender and the activities & genitals associated with said genders so I'll point them out with a *. Some trigger warnings are included but when I categorise certain things under Sexual Violence or Dysphoria etc. I haven't put any warning because I feel like that is clear if that is the topic so unless there were graphic discussions then I felt no need for it. Also note that a lot of these are experiences not facts so positive or negative they may differ from yours as there is nothing really normal - if there is something you disagree with then please tell me x

Consent (Look at Sexual Violence)

Defining Consent

- ~ <https://www.rainn.org/articles/what-is-consent>
- ~ Legal Definition (Sexual Offences Act 2003 s74):
<http://www.legislation.gov.uk/ukpga/2003/42/section/74>

Enthusiastic Consent

- ~ <https://www.bustle.com/articles/85071-how-to-ask-for-enthusiastic-consent-in-a-sexy-way-when-you-dont-want-to-ruin>
- ~ <https://www.teenvogue.com/story/consent-how-to>

Consent v Coercion

- ~ <https://www.uncp.edu/resources/title-ix-clery-compliance/sexual-misconduct/consent-and-coercion-discussed>
- ~ Do You Ever Owe Anyone Sex?: <https://www.youtube.com/watch?v=5sPRUUcudHM&t=144s>

Sexual Orientation

Sex

- ~ <https://www.insider.com/the-most-common-myths-about-gay-sex-between-men-2019-6>
- ~ <https://www.healthline.com/health/healthy-sex/how-do-lesbians-have-sex>

Labels

- ~ Why You Don't Need Labels: <https://www.youtube.com/watch?v=C8LID9QASik>
- ~ Terms: <https://www.youtube.com/watch?v=uFqLrSHWNT4&t=306s>

Asexuality Spectrum

- ~ https://www.youtube.com/watch?v=IMhix4nr_0g
- ~ <http://www.outgbtq.org/acearo-spectrum-definitions.html>
- ~ <https://coloritqueer.wordpress.com/2016/04/22/on-ace-identities/>
- ~ <https://www.youtube.com/watch?v=tQVvVhe6EPc>
- ~ Demisexuality: <https://www.youtube.com/watch?v=jFWgt9m-Mjs&t=121s>

Romantic Orientation

- ~ <https://www.youtube.com/watch?v=48SdSLSJawo>
- ~ <https://lgbtq.unc.edu/resources/exploring-identities/asexuality-attraction-and-romantic-orientation>

Bisexuality/Pansexuality/Bi+ Spectrum

- ~ <https://www.youtube.com/watch?v=h106A8N2Ltc>
- ~ <http://www.oulgbtq.org/what-do-bisexual-pansexual-mean.html>
- ~ https://www.youtube.com/watch?v=W5W_eWJE5sQ
- ~ <https://www.bustle.com/p/5-myths-about-bisexuality-that-contribute-to-bi-erasure-2418689>

Internalized Homophobia

- ~ <https://www.revelandriot.com/resources/internalized-homophobia/>

Erasure

- ~ <https://coloritqueer.wordpress.com/2016/05/04/on-erasure/>

Coming Out

- ~ Advice: <https://www.youtube.com/watch?v=DbiXhMUwIJA>
- ~ <https://www.rewire.org/coming-out/>

Intersex

- ~ <http://www.oulgbtq.org/what-is-intersex.html>
- ~ <https://www.youtube.com/watch?v=PIRTI9au3PM&t=18s>
- ~ History of Intersex - https://www.youtube.com/watch?v=n_5l2fwWGco

Gender

Terms

- ~ <https://www.youtube.com/watch?v=81-FEauK9II>
- ~ <https://www.youtube.com/watch?v=kJ9ly4cK9tg>

What is Transgender?

<http://www.oulgbtq.org/what-does-trans-mean.html>

Nonbinary Spectrum (inc Trans Non Binary)

- ~ <https://www.youtube.com/watch?v=qYQqNOebgQo&t=107s>

Genderqueer

- ~ <https://coloritqueer.wordpress.com/2015/12/19/a-note-on-genderqueer/>

Coming Out

- ~ <http://www.oulgbtq.org/coming-out-gender.html>

Gender Expression

- ~ Exploring and Questioning:

<https://www.theodysseyonline.com/tips-when-questioning-your-gender/15-look-to-your-leaders>

- ~ Masculinity: <https://coloritqueer.wordpress.com/2018/04/09/on-masculinity/>
- ~ Femininity: <https://coloritqueer.wordpress.com/2018/04/28/pass-the-mic-on-femininity/>
- ~ Pronouns: <https://www.youtube.com/watch?v=ouSsx9ID2OE&t=110s>

How People Choose To Transition

- ~ Social Transitioning: https://www.youtube.com/watch?v=_3uglsalMsc&t=302s
- ~ Medical Transitioning: <https://www.youtube.com/watch?v=AfHsoQLbYe8>
- ~ Legal Transitioning: <https://www.youtube.com/watch?v=VnUAE5eV5Fs&t=6s>
- ~ Surgeries: https://www.youtube.com/watch?v=Nm5_R_WQpPg
- ~ Gender Dysphoria: <https://www.youtube.com/watch?v=3sjjd6pmBwl>
- ~ Do You Need Dysphoria?: <https://www.youtube.com/watch?v=kQvgK9V6WqQ>

Other Struggles

- ~ Transmisogyny: <https://everydayfeminism.com/2014/01/transmisogyny/>
- ~ Gatekeeping: <https://www.youtube.com/watch?v=bsOvnbG77Jc&t=50s>
- Sex (*the Activity*)
- ~ <https://www.youtube.com/watch?v=RK8fv7i6v5A>
- ~ In General + Trans Man Experience:
- https://www.youtube.com/watch?v=FV_KwKdUyDE&t=39s
- ~ Sex with NB people:
- <https://thebodyisnotanapology.com/magazine/sex-with-the-non-binary-person-even-when-that-person-is-you-maya/>
- ~ Trans Women Experience: <https://www.them.us/story/sex-after-transitioning>
- Cis People*
- ~ Being an Ally - <https://coloritqueer.wordpress.com/2017/07/12/on-trans-allyship/>;
- ~ <https://transequality.org/issues/resources/supporting-the-transgender-people-in-your-life-a-guide-to-being-a-good-ally>
- ~ Cisgender Privilege - <https://projecthumanities.asu.edu/content/cisgender-privilege-checklist>

Disabilities (Physical and Mental Disability)

Misconceptions

- ~ <https://www.youtube.com/watch?v=bIPqze8gkcQ&t=203s>
- ~ <https://www.youtube.com/watch?v=m64z7xbgC44>

Dating and Relationships with a Disability

- ~ <https://www.youtube.com/watch?v=AvGNiwR57il&t=29s>
- ~ Online Dating (Queer Men* Experience):
- <https://www.youtube.com/watch?v=bMvsAeJih9I&t=39s>

Sex and Mental Health

- ~ <https://happiful.com/does-my-mental-health-affect-my-sex-life/>
- ~ Depression: <https://www.healthline.com/health/depression/sexual-health>
- ~ Anxiety: <https://www.talkspace.com/blog/mental-health-in-bed-sex-and-anxiety/>
- ~ Eating Disorders:
- https://www.vice.com/en_us/article/xwpjxk/sex-after-eating-disorder-dating-recovery-anorexia
- ~ <https://www.everydayhealth.com/eating-disorders/how-eating-disorders-affect-your-sex-life.aspx>

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Contraception/Conception

SU Women*'s Contraception Factfile:

https://docs.google.com/presentation/d/1SF_jFAyFKQqtaIRwVkstqO9dE__g-8XyzU60hB8422Q/edit?usp=sharing

(Plain Text Version):

https://drive.google.com/file/d/1WLM4DxegeDH1Whr12XJA0puuB_Klcuy/view?usp=sharing

Things to Consider when Choosing Contraception:

<https://www.nhsinform.scot/healthy-living/contraception/getting-started/things-to-consider-when-choosing-contraception>

Myths around Conception: <https://www.youtube.com/watch?v=5pvw4tnPWfM>

STIs

Types of STIs

~ <https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>

~ HIV/AIDS - <https://www.nhs.uk/conditions/hiv-and-aids/>

Getting Tested

~ Home Testing Kit: <https://sh24.org.uk/> - Sexual Health UK; <https://www.shl.uk/self-sampling> - Sexual Health London

~ STI check ups:

<https://www.nhs.uk/live-well/sexual-health/visiting-an-sti-clinic/>

~ Getting Tested during a Long Term Relationship:

<https://www.bustle.com/p/should-you-get-tested-for-stis-in-a-long-term-relationship-13220627>

Stigma

~ <https://www.everydayhealth.com/stds/how-reduce-shame-stigma-when-you-have-std/>

Prevention

~ Gloves - <http://hshc.ca/gloves/>

~ Dental Dams (inc How to Make One):

<https://www.healthline.com/health/healthy-sex/dental-dam>

~ Safer Sex: <https://hellocue.com/articles/sex/safer-sex-101>

~ <https://www.healthline.com/health/lgbtqia-safe-sex-guide>

~ Different Risks carried with Different Activities:

<https://www.nhs.uk/live-well/sexual-health/sex-activities-and-risk/>

~ Fluid Bonding: <https://www.healthline.com/health/healthy-sex/fluid-bonding#overview>

~ PrEP (+ PEP) - <https://www.youtube.com/watch?v=kqrcluWWGUQ>

~ HIV Prevention - <https://www.nhs.uk/conditions/hiv-and-aids/prevention/>

Relationships + Dating

Casual Encounters

~ Friends With Benefits - <https://www.youtube.com/watch?v=mMXI02JvvXE>

~ One Night Stands - <https://www.youtube.com/watch?v=MbJhm6-dP7I>

~ https://www.youtube.com/watch?v=WvjR_SgP6yM&t=233s

Non Monogamy

~ https://www.youtube.com/watch?v=1_3ZHePuZ9U&t=88s

~ Polyamory - <https://www.healthline.com/health/polyamorous>

~ <https://coloritqueer.wordpress.com/2016/07/16/on-the-polyamorous-community/>

~ Polyamorous v Open Relationships - <https://www.youtube.com/watch?v=ZkCXeG5rdZ0>

~ Polyamory v Monogamy - <https://www.youtube.com/watch?v=IAE8uQUU4Pw&t=200s>

Dating + Intersections

~ Preferences:

<https://medium.com/honestly-yours/are-your-dating-preferences-nothing-but-excuses-95f18f563b05>

~ Racial Preferences: <https://www.youtube.com/watch?v=8X7MbdlyWTQ>

~ Dating a Trans Person as a Cis Person: <https://www.youtube.com/watch?v=NTIbnACfjCw>

~ Dating a Cis Person as a Trans Person: (tw: dysphoria, discussion of genitals)

<https://www.youtube.com/watch?v=EbLU6dR4FX8>

~ Dating as a Trans Woman: <https://www.youtube.com/watch?v=cl9JHBH-n7Q&t=80s>

~ Dating as a Trans Man: https://www.youtube.com/watch?v=Gas-kL_AjSQ

~ Interracial Dating: https://www.youtube.com/watch?v=B6hG_baeUCs&t=80s

~ White-PoC Interracial Dating: <https://everydayfeminism.com/2015/08/white-person-dating-poc/>

~ Being Single: <https://www.youtube.com/watch?v=QpSAttvoGYk&t=1205s>

Attraction

~ <https://www.youtube.com/watch?v=WN01CPi6ras>

~ Racial Fetishism:

<https://www.34st.com/article/2018/02/dating-while-asian-at-penn-the-fine-line-between-fetish-and-preference>

~ Attraction, Dating and Relationships as Ace/Aro:

<https://www.youtube.com/watch?v=8o-l20NAsl8>

Expectations

~ Emotional Intimacy:

<https://www.mindbodygreen.com/0-23088/craving-emotional-intimacy-in-your-life-heres-how-to-get-it.html>

~ Love Languages: https://www.youtube.com/watch?v=0_E_EdwpAOg

Anatomy

Vulva

~ https://www.youtube.com/watch?v=L3JE8oj_bWl

~ Hygiene: <https://www.youtube.com/watch?v=m5ScLYVf644>

~ The Clitoris: <https://www.youtube.com/watch?v=vW3vyaFinYk>

~ <https://www.healthline.com/health/healthy-sex/clitoris>

~ Pelvic Floor: <https://www.thesexed.com/blog/2018/9/26/pelvic-floor>

Penis

~ <https://www.verywellhealth.com/penis-anatomy-4777189>

~ Testicles: https://www.youtube.com/watch?v=_eQx2PT_bCY

~ Prostate: <https://www.webmd.com/men/picture-of-the-prostate#1>

~ Hygiene: <https://www.nhs.uk/live-well/sexual-health/how-to-keep-a-penis-clean/>

Non Genitalia/Non Reproductive

~ The Erogenous Zones - <https://www.healthline.com/health/healthy-sex/erogenous-zones>

Communication (Look at Consent)

Sexting/Phone

~ https://www.youtube.com/watch?v=dm1N4J48_DI&t=96s

Boundaries

~ <https://www.healthline.com/health/mental-health/set-boundaries>

~ Want Will Won't List - <https://www.youtube.com/watch?v=xoYxd3E3UXU&t=48s>

Health (Look at STIs)

Local Sexual Health Clinic

~ <https://www.nhs.uk/service-search/other-services/sexual-health-information-and-support/locationsearch/734>

UTIs

~ <https://www.healthline.com/health/urinary-tract-infection-adults> *

~ https://www.youtube.com/watch?v=31B-_J-VNuc

Vulvas

~ Vaginismus: <https://www.youtube.com/watch?v=icfUC8XGYqg&t=55s>

~ also contact DisCam about a group focused on chronic gynaecological conditions (inc. non-diagnosed - not just vaginismus)

~ Yeast Infections: <https://www.youtube.com/watch?v=TFyEjchfHGo>

~ Vaginal Fluids: <https://www.youtube.com/watch?v=hDDthYOfdqQ&t=203s>

~ Endometriosis (Experience): <https://www.youtube.com/watch?v=HLYEAQleVIU&t=82s>

~ Signs of Gynaecological Conditions:

<https://www.pacgyn.com/10-gynecological-symptoms-women-never-ignore/>

~ Vulvodynia:

<https://www.thewomens.org.au/health-information/vulva-vagina/vulva-vagina-problems/vulvodynia>

~ <https://www.nhs.uk/conditions/vulvodynia/>

Penis

~ Penile Fracture: <https://www.healthline.com/health/mens-health/penile-fracture> *

~ Erectile Dysfunction: <https://www.healthline.com/health/erectile-dysfunction> *

Shame

~ <https://www.mydomaine.com/why-is-there-so-much-shame-around-sex-2982996>

~ <https://health.howstuffworks.com/sexual-health/sexual-dysfunction/sexual-guilt-and-shame-dictionary.htm>

~ Madonna-Whore Complex:

<https://www.dnaindia.com/lifestyle/column-women-and-madonna-whore-complex-2335535>

Body Image/Self Love

Men Identifying*

~ <https://www.youtube.com/watch?v=1Q2uXAp8ORk&list=PL64ScZt2I7wGB9Gzm7PFEPx59rThZFXM0&index=3>

~ <https://www.healthline.com/health/mental-health/male-body-image-problems>

Hair

~ <https://www.theguardian.com/lifeandstyle/2019/jun/24/feminist-armpit-hair-revolution-half-state-ment-half-ornament>

~ Pubic Hair: <https://www.youtube.com/watch?v=46LU6AxB1go>

~ Facial Hair:

<https://www.theguardian.com/fashion/2017/nov/30/female-facial-hair-if-so-many-women-have-it-why-are-we-so-deeply-ashamed>

Intersection with LGBTQ+ Community

~ <https://www.them.us/story/queer-poc-body-image>

~ Trans Specific:

<https://www.nationaleatingdisorders.org/blog/decentering-narrative-trans-folks-body-image-and-eds> (tw: discussion of eating disorders)

~ Sizeism: <https://www.youtube.com/watch?v=8so9kY3ollc>

Intersection with Race

~ <https://thebodyisnotanapology.com/magazine/7-steps-to-move-away-from-eurocentric-beauty-s-tandards-and-towards-radical-self-love/>

~ <https://thebrownhijabi.com/2015/12/07/classically-beautiful-just-means-white/>

Intersection with Disability

~ <https://www.verywellhealth.com/the-unique-body-image-challenges-related-to-disability-1094483>

Fatphobia - https://www.huffpost.com/entry/fatphobia-a-guide-for-the_b_5214754

Body Image and Sex

~ <https://www.psychologytoday.com/gb/blog/married-and-still-doing-it/201812/is-body-image-affecting-your-sex-life>

Body Acceptance

~ <https://medium.com/@aweightlifted/50-body-acceptance-new-year-resolutions-that-dont-involve-dieting-2c133121f59e>

~ <https://www.mindbodygreen.com/0-17640/10-things-to-stop-doing-if-you-want-to-love-your-body.html>

~ Body Neutrality: <https://happiful.com/what-is-body-neutrality/>

Yourself

Fantasies

~ https://www.youtube.com/watch?v=0zj_r3TkmXQ&t=2s

~ <https://www.healthline.com/health/healthy-sex/sexual-fantasies#how-to-talk-about-it>

Self Exploration

~ <https://www.youtube.com/watch?v=Z67vi1Rdlh0&t=664s>

Sex Anxiety

~ <https://www.healthline.com/health-news/performance-anxiety-doesnt-mean-end-of-sex-life>

Arousal

~ Stages: <https://my.clevelandclinic.org/health/articles/9119-sexual-response-cycle>

~ Arousal Non-Concordance::

<https://www.mindbodygreen.com/articles/arousal-non-concordance-physical-mental-arousal-dont-align>

Masturbation

~ <https://www.youtube.com/watch?v=ClbmURYMFew&t=120s>

Paraphilias

~ <https://www.youtube.com/watch?v=8powiyRASGM>

Sexual Acts

Foreplay

~ <https://www.healthline.com/health/healthy-sex/foreplay-sex>

~ <https://sexologyinternational.com/next-level-foreplay-5-easy-ways-to-up-your-game/>

Non Penetrative Sex

~ <https://www.refinery29.com/en-us/outercourse-non-penetrative-sex-ideas>

~ <https://www.healthline.com/health/healthy-sex/outercourse>

Anal Sex

~ <https://www.thesexed.com/blog/2018/9/4/anal-sex-101>

~ <https://www.youtube.com/watch?v=riLLOsKnH3M&t=214s>

~ Prostate Massage: <https://www.thesexed.com/blog/2018/9/3/prostate-health-and-pleasure>

~ Pegging - https://www.youtube.com/watch?v=1dKm2Xghz_g&t=102s

Bondage

~ <https://www.youtube.com/watch?v=RxH4DD-y1y0>

Oral Sex

~ Cunnilingus: <https://www.youtube.com/watch?v=fmpEFmAngAw&t=175s>

~ Fellatio: <https://www.youtube.com/watch?v=jYYOLYegtQ>

Fingering

~ <https://www.youtube.com/watch?v=jJwHlvhogUk>

Tribbing/Tribadism/Scissoring

~ https://www.vice.com/en_us/article/7xdwqb/what-is-scissoring-sex

~ <https://www.youtube.com/watch?v=OYmLx2CHRN4>

Orgasms

~ <https://www.thesexed.com/blog/2018/9/3/female-orgasms-101>*

~ <https://www.thesexed.com/blog/2018/9/3/orgasms-part-two>*

Vulva Orgasms

~ <https://www.womenshealthmag.com/sex-and-love/a19953576/types-of-female-orgasm/> *

~ Clitoral Orgasms: <https://www.youtube.com/watch?v=EmCA7jr0bCs&t=116s>

- ~ Multiple Orgasms: <https://www.youtube.com/watch?v=WJe3ITS35m0>
- ~ Vulvar Ejaculation - <https://www.youtube.com/watch?v=Izngr1ZPr4k>*

Difficulty Orgasming

- ~ <https://www.cosmopolitan.com/sex-love/a63222/things-you-need-to-know-about-women-who-cant-orgasm/> *
- ~ <https://www.youtube.com/watch?v=towXI5SYM6w&t=338s>
- ~ Faking Orgasms: <https://sexologyinternational.com/youve-been-faking-orgasms-now-what/>
- ~ <https://www.youtube.com/watch?v=4Ia-P2IWQ6c>
- ~ The Orgasm Gap: <https://www.youtube.com/watch?v=YEQPpzHsHjk&t=353s>

Anorgasmia

- ~ <https://www.verywellhealth.com/anorgasmia-causes-and-treatment-options-2328525>*
- ~ <https://sexologyinternational.com/what-is-anorgasmia/>*

Penile Orgasms

- ~ <https://www.healthline.com/health/healthy-sex/male-orgasm> *
- ~ <https://sexologyinternational.com/8-little-known-facts-about-the-male-orgasm/> *
- ~ Penile Ejaculation - https://www.youtube.com/watch?v=RGgxnhyZ_kw*
- ~ Premature (or Rapid) Ejaculation (+ Tips) - <https://www.youtube.com/watch?v=75tdUDY3c6o>

Pleasure Oriented v Goal Oriented Sex

- ~ <https://www.bustle.com/p/why-focusing-on-orgasm-too-much-can-actually-be-bad-for-your-sex-life-9877786>
- ~ <https://sexologyinternational.com/focus-on-these-5-things-during-sex-that-arent-orgasm/>

Sex Toys

Types

- ~ <https://sexinfo.soc.ucsb.edu/article/guide-sex-toys>
- ~ <https://www.youtube.com/watch?v=jQjGlodD-kk&t=276s>

Choosing

- ~ <https://www.cbc.ca/life/wellness/how-to-choose-the-right-sex-toys-and-tools-for-you-1.5033157>

Maintenance

- ~ <https://www.thesexed.com/blog/2018/9/3/sex-toy-safety-care-maintenance>
- ~ https://www.youtube.com/watch?v=QART1s_pFGY

Strap Ons

- ~ <https://www.youtube.com/watch?v=83kFRDwwLME&t=112s>

Not Having Sex

Practicing Celibacy

- ~ <https://www.healthline.com/health/healthy-sex/celibacy>
- ~ https://www.vice.com/en_uk/article/vbw7x4/millennials-voluntary-celibacy-life-without-sex-feature

Are You Ready to Have Sex?

~ <http://www.ashasexualhealth.org/sexual-health/are-you-ready-for-sex/>

The Law (Note: these are just statutes - result of individual cases can vary greatly)

~ Criminal Justice and Courts Act 2015 s33 (Revenge Porn) -

<http://www.legislation.gov.uk/ukpga/2015/2/section/33/enacted>

~ S36 (Grooming) - <http://www.legislation.gov.uk/ukpga/2015/2/section/36/enacted>

~ Sexual Offences Act 2003 - <http://www.legislation.gov.uk/ukpga/2003/42/contents>

~ Age of Consent - <https://www.youtube.com/watch?v=0UEGvQLDkD8>

Sexual Violence and Harassment

What is Sexual Assault -

~ <https://www.rainn.org/articles/sexual-assault>

~ <https://www.marshall.edu/wcenter/sexual-assault/types-of-sexual-assault/>

~ Partner Sexual Violence: <https://www.rainn.org/articles/intimate-partner-sexual-violence>

~ Men* Identifying Survivors: <https://www.rainn.org/articles/sexual-assault-men-and-boys>

~ LGBTQ Survivors: <https://www.rainn.org/articles/lgbtq-survivors-sexual-violence>

~ Drug Facilitated Sexual Violence: <https://www.rainn.org/articles/drug-facilitated-sexual-assault>

After It Happens

~ Medical Attention Post Assault: <https://www.rainn.org/articles/receiving-medical-attention>

~ Why You Don't Have to Report:

<https://www.marketwatch.com/story/why-survivors-of-sexual-assault-and-harassment-arent-obligated-to-share-their-stories-2017-12-18>

~ Why People Choose Not to Report:

<https://ocrsm.umd.edu/files/Why-Is-Sexual-Assault-Under-Reported.pdf>

~ <https://journalistsresource.org/studies/government/criminal-justice/sexual-assault-report-why-research/>

~ If You Do Report: <https://www.osarcc.org.uk/reporting/>

~ <https://rapecrisis.org.uk/get-help/looking-for-information/reporting-to-the-police/what-happens-if-i-report/>

~ Recovery:

<https://www.helpguide.org/articles/ptsd-trauma/recovering-from-rape-and-sexual-trauma.htm>

Contacts

~ Oxford/Wadham based Contacts:

https://docs.google.com/document/d/18aRmNOclH2UrOcSF_L4J3Xpo8ZuOxPBolp8u9X4i7pU/edit?usp=sharing

~ Find your closest SARC:

<https://www.nhs.uk/service-search/other-services/Rape%20and%20sexual%20assault%20referral%20centres/LocationSearch/364>

Mental Health

~ <https://www.osarcc.org.uk/resources-information/effects-of-abuse/feelings-and-mental-health/>

~ Flashbacks: <https://www.osarcc.org.uk/resources-information/effects-of-abuse/flashbacks/>
~ Dissociation: <https://www.osarcc.org.uk/resources-information/effects-of-abuse/dissociation/>
~ Hypersexuality:
<https://afropunk.com/2015/04/hypersexuality-the-opposite-spectrum-of-coping-rarely-discussed-in-sexual-assault-victims/> (tw: description of r*pe)

~ Guilt:
<https://www.bustle.com/p/5-common-things-survivors-of-sexual-assault-blame-themselves-for-but-never-should-5495075>

Pleasure

~ <https://nakedgrapefruit.com/self-love/?fbclid=IwAR2aLGu73raZfF0lt1Q3ZfzS9EkB-qsur0RB9o-pn3XkbhPk0okqWmDFB-wY#1>

~ <https://www.self.com/story/sex-after-sexual-assault>

~ <https://www.health.com/condition/sexual-assault/sex-after-sexual-assault>

Supporting Survivors

~ <https://www.rainn.org/articles/tips-talking-survivors-sexual-assault>

~ <http://www.joyfulheartfoundation.org/blog/6-steps-supporting-survivor>

Other Things:

~ Victim Blaming:

<https://www.psychologytoday.com/us/blog/love-lies-and-conflict/201901/how-denial-and-victim-blaming-keep-sexual-assault-hidden>

Other things to know

Weed & Sex -

<https://www.thesexed.com/blog/2018/8/16/cannabis-sex-part-one>

Lube ~ https://www.youtube.com/watch?v=5A5Nz_cnyfl&t=5s

Recommendations (Feel free to add)

Books

Girl Sex 101

Pleasure Activism

Wonder Down Under

Podcasts

Queer Sex 101

F*cks Given

The Sexually liberated Woman

Youtube Channels/Videos/Playlists

Sexplanations

Come Curious

Hannah Witton

Trans 101 by uppercaseChase

Instagrams

@shrimpteeth

@comecurious

@florencegiven

@sex.plained

@the.vulva.gallery