Sex Needs a New Metaphor:
(Less Baseball...More Pizza)

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Who Is This Guy? What’s His Agenda?

I am:

• Your Guest

• An Educator (not a Therapist or Clinician)

• Trained in Human Sexuality Education

• An Advocate of Progressive, Comprehensive Sexuality Education

• Here to Raise Questions, Increase Awareness, and Offer Ideas
The New York Times Magazine
Nov. 11, 2011

TED Talk: Sex Needs a New Metaphor (over 1 million hits)

TEDxYouth Talk: What’s Your Sexual Footprint?

For Goodness Sex (Harper Collins) Sept., 2014
My Working Assumptions

1) Sexuality is a **good** and **positive** force in the universe.

2) Although our society does not promote healthy sexuality, young people can make responsible, healthy decisions about their sexuality and sexual activity given enough information, attention, care, and skill reinforcement.

3) Honest communication is the foundation of healthy sexuality.

4) A positive, supportive relationship with adults, especially parents, is essential helping young people develop healthy sexuality.
Finding Our Focus:

[Text that is not clearly visible due to image quality]
“We [Americans] are sexually repressed to the point of being sexually obsessed.”

- J. Zippo
“The Disaster Model”
Plumbing, Pimples, and Problems
"The Porn Model"
I’m Not Talking About *That!*
“The Nourishment Model”
Necessary, Normal, and Natural

The Genderbread Person

Gender Identity
- Woman
- Genderqueer
- Man

Gender identity is how you, in your head, think about yourself. It’s the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.

Gender Expression
- Feminine
- Androgynous
- Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

Biological Sex
- Female
- Intersex
- Male

Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.

Sexual Orientation
- Heterosexual
- Bisexual
- Homosexual

Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.
My Goal:
Reframing Sexuality and Sexuality Education
Reframe #1

Baseball vs. Pizza
“pitcher” / “catcher”

“first base, second base, third base”

“score” or “hit a home run”

“strike out”

“bench warmer”

“bat” / “nappy dugout”

“a glove” / “catcher’s mitt”

“switch-hitter”

“plays for the other team”

“If there’s grass on the field, play ball”

“The Baseball Model”
“Batter Up!”
“Round the Bases!”
“Play to Win!”

“Am I Hungry?”
“What’s Your Pleasure?”
“Are We Satisfied?”
Benefit #1 - Equitable Sexual Activity:

Sexual Activity / Having Sex = “being involved with your own or someone else’s body with the purpose of bringing sexual pleasure”
Benefit #2 - Revise Genital Expectations

Decrease Penis Arrogance

Increase Vulva Awareness and Pride
Benefit #3 - Deliberate is De facto

It’s about choice
Not choosing is making a choice

When in doubt, use “Mr. V’s underwear test”
Benefit #4 - Normalizes Communication:

If you can’t look someone in the eye and talk about it, you shouldn’t do it with them.
Reframe #2

Sexually Healthy Skill Set

I GOT SKILLS
Can Young People:

1) Clearly articulate their values.
   - Be clear on fact vs. opinion vs. value

2) See sexuality as an integrated rather than isolated part of their life.

3) Use a variety of options for expressing passion, romance, intimacy, love, and pleasure.
4) Plan options if unwanted or high risk situations occur.

5) Communicate hopes not fears
   - Keep the long term vision in mind
Reframe #3

Sexuality Education as Social Justice Education
What is Social Justice?

“...A way of seeing and acting aimed at resisting unfairness and inequity while enhancing freedom and possibility for all. It pays attention to how people, policies, and practices may be used to liberate rather than oppress...”

http://education.csuci.edu/justice-conference/faq.htm
Human Dignity
Do our beliefs, words, and actions threaten or enhance the life and dignity of the human person?

Do we see our hook-ups and sweethearts as people or objects?

Community, Solidarity, Participation
How do we strengthen relationships among people at all levels to promote the well being of all?

Are we inclusive of the spectrum of sexuality in our words and actions?
Rights and Responsibilities
Are human rights protected and responsibilities are met in ways that promote human dignity?

Do we acknowledge the right (for ourselves and others) to be fully sexual, worthy of love, and to make choices about our bodies and actions?

Priority for the Poor and Vulnerable
Do we consider the needs of those most at risk a priority so that choice and opportunity can be expanded?

Do we consider how we use power in our own sexual encounters and relationships?
Promotion of Peace
We are called to promote peace and non-violence at all levels – within families, communities, society and globally.

Are my sexual encounters and relationships free from abuse and violence?

"You need Power only when you want to do something harmful. Otherwise, Love is enough to get everything done."

-Charlie Chaplin
"The world changes according to the way people see it, and if you can alter, even by a millimeter, the way people look at reality, then you can change the world."

James Baldwin
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certified by Al V. Smart, Sexy, and Savvy!