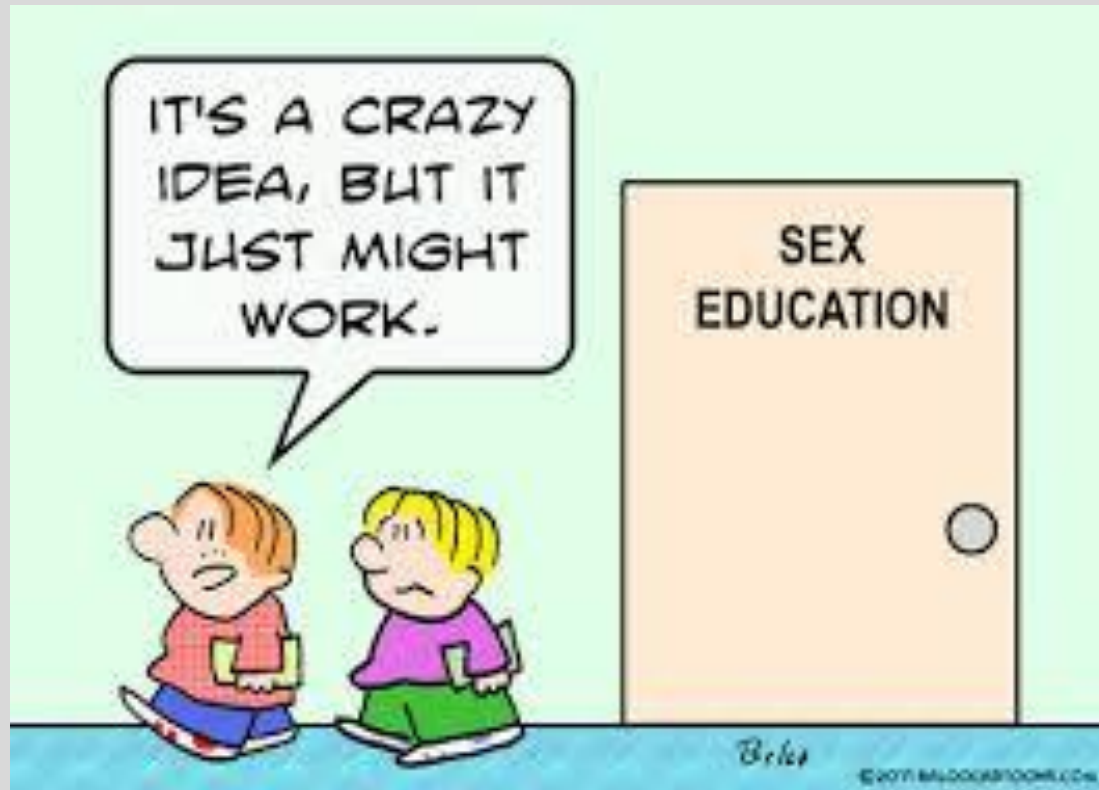


Sex Needs a New Metaphor: (Less Baseball...More Pizza)



Al Vernacchio, M.S.Ed.
Sexuality Educator and Consultant

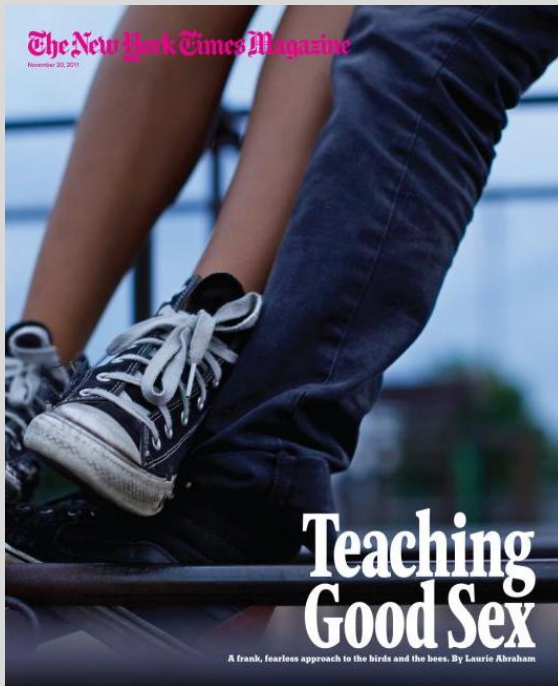
© Al Vernacchio, 2014. All Rights Reserved

Who Is This Guy? What's His Agenda?

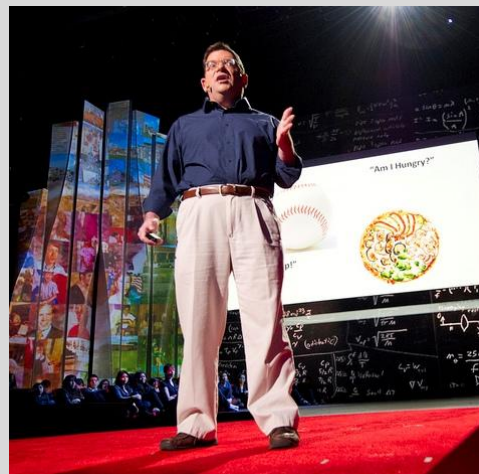
I am:

- 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





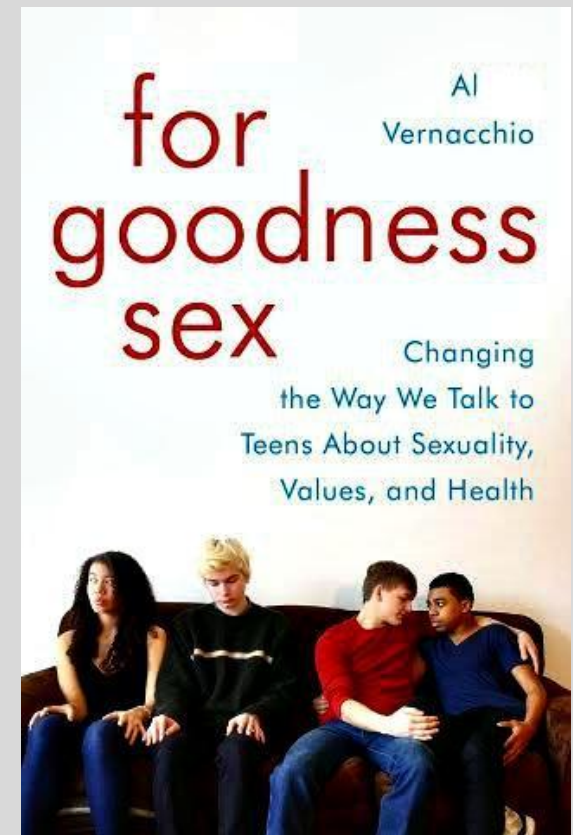
***The New York
Times Magazine
Nov. 11, 2011***



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



**TEDxYouth Talk:
What's Your Sexual
Footprint?**



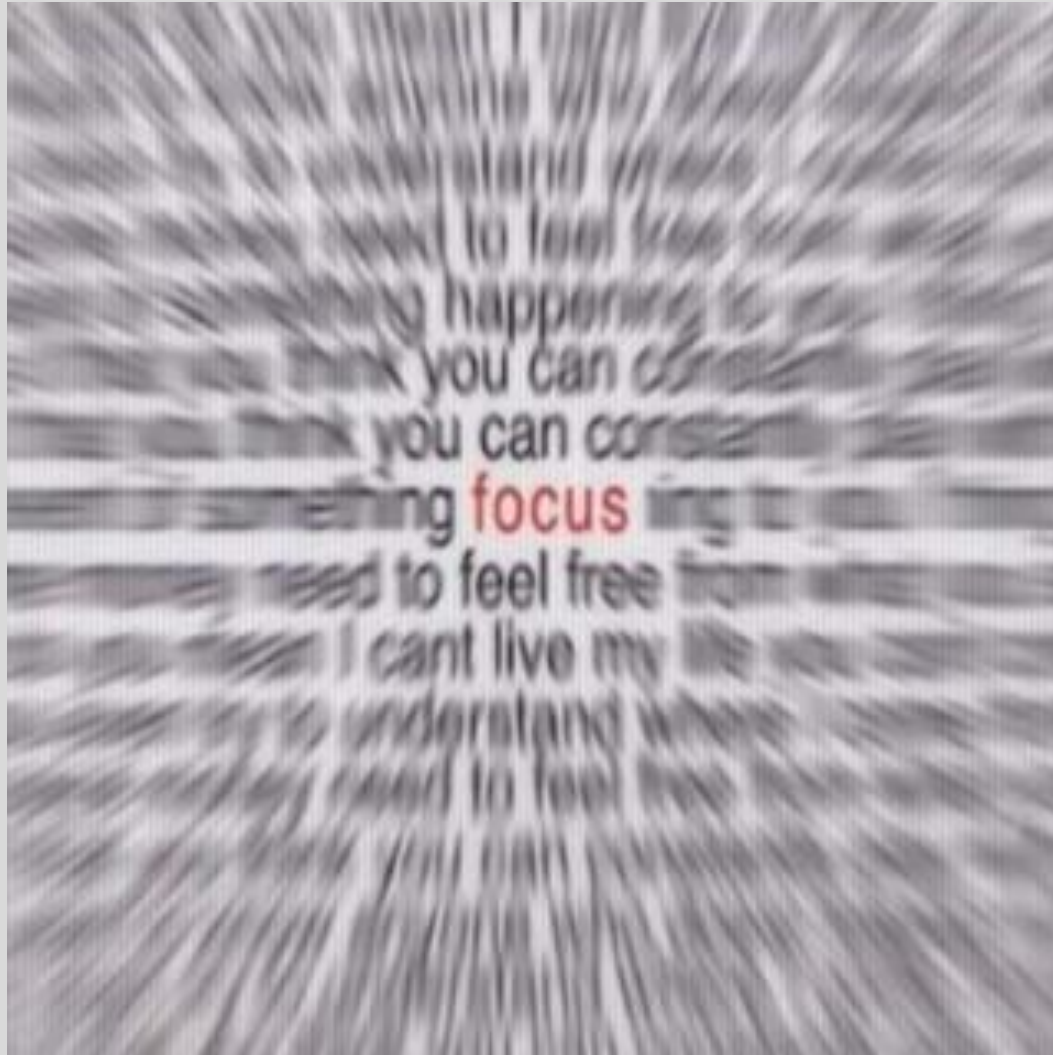
***For Goodness
Sex (Harper
Collins) Sept.,
2014***

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.

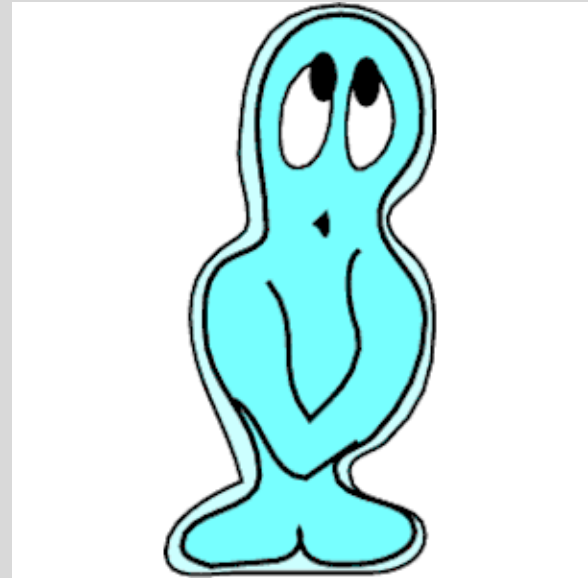


Finding Our Focus:



**“We
[Americans]
are sexually
repressed to
the point of
being
sexually
obsessed.”**

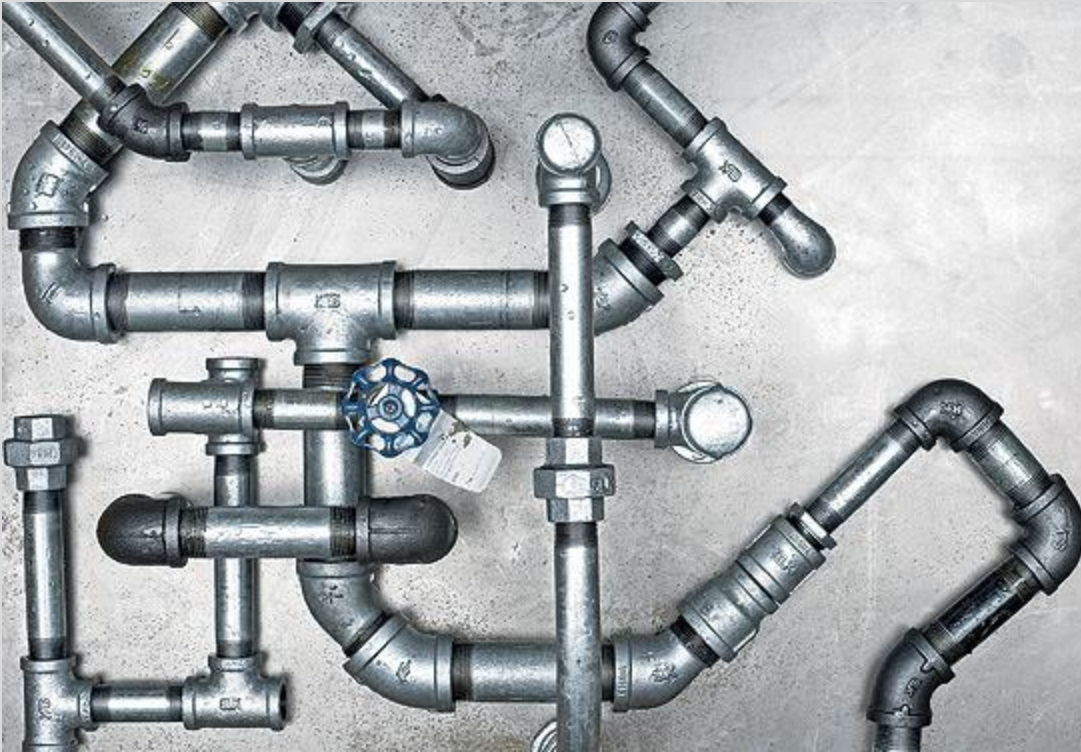
- J. Zippo





“The Disaster Model”



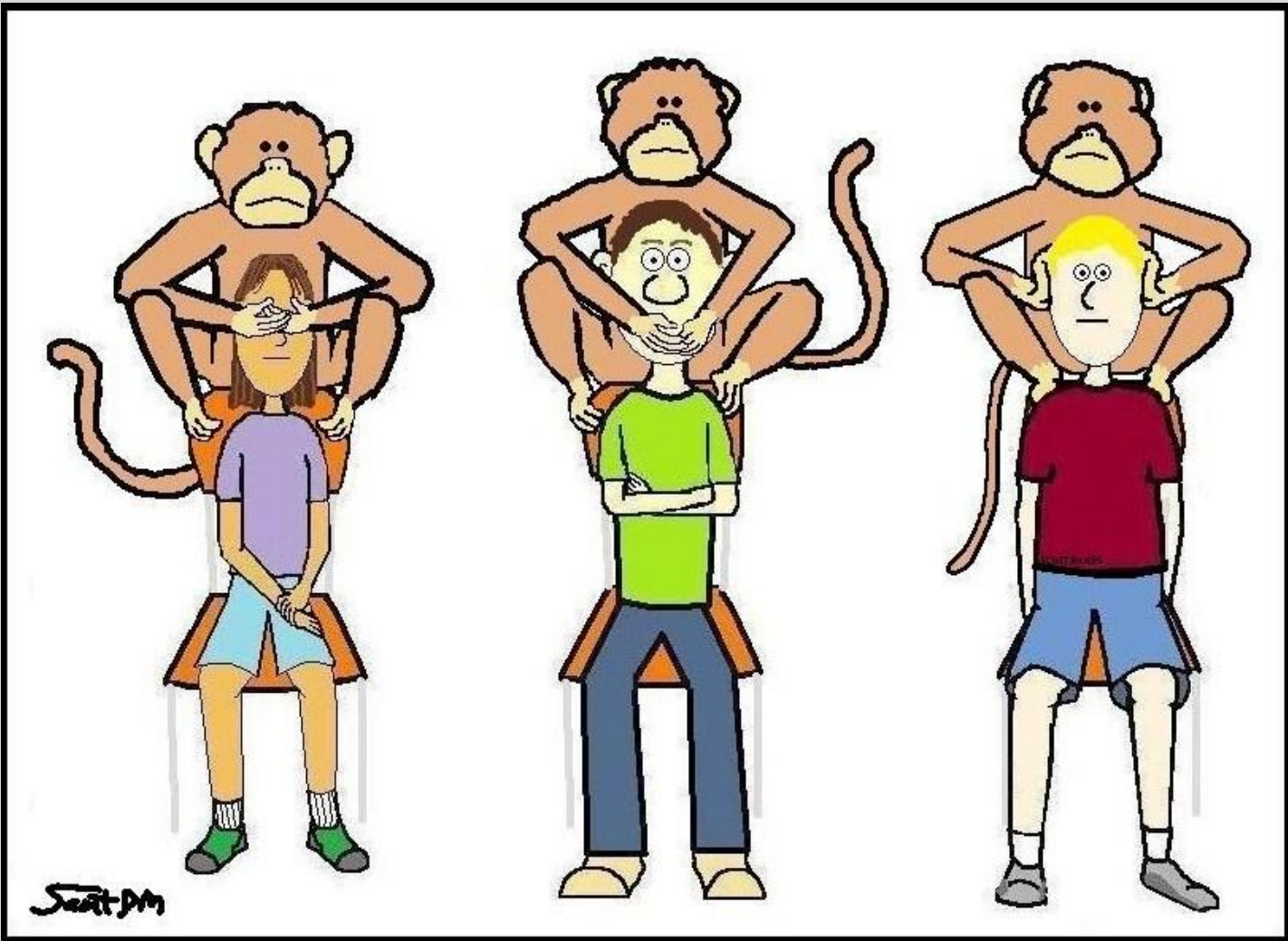


**Plumbing, Pimples,
and Problems**





“The Porn Model”



**I'm Not Talking
About *That!***

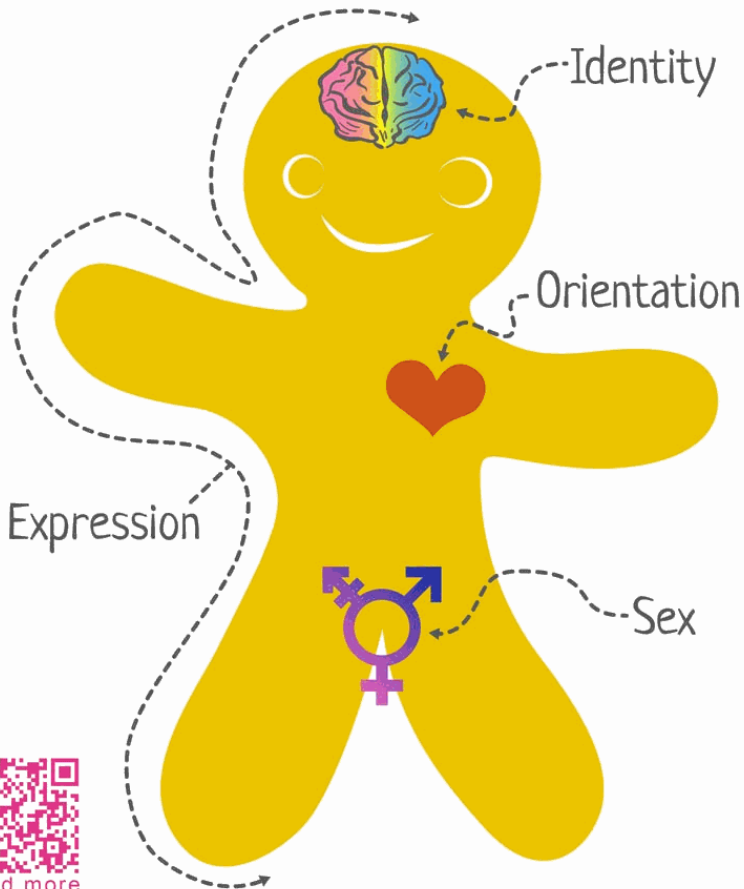
“The Nourishment Model”



Necessary, Normal, and Natural

The Genderbread Person

by www.ItsPronouncedMetrosexual.com



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



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 is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.



read more

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”



“Am I Hungry?”

“What’s Your Pleasure?”

“Are We Satisfied?”

“Batter Up!”

“Round the Bases!”

“Play to Win!”



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

Penis

≠



Increase
Vulva
Awareness
and Pride



=



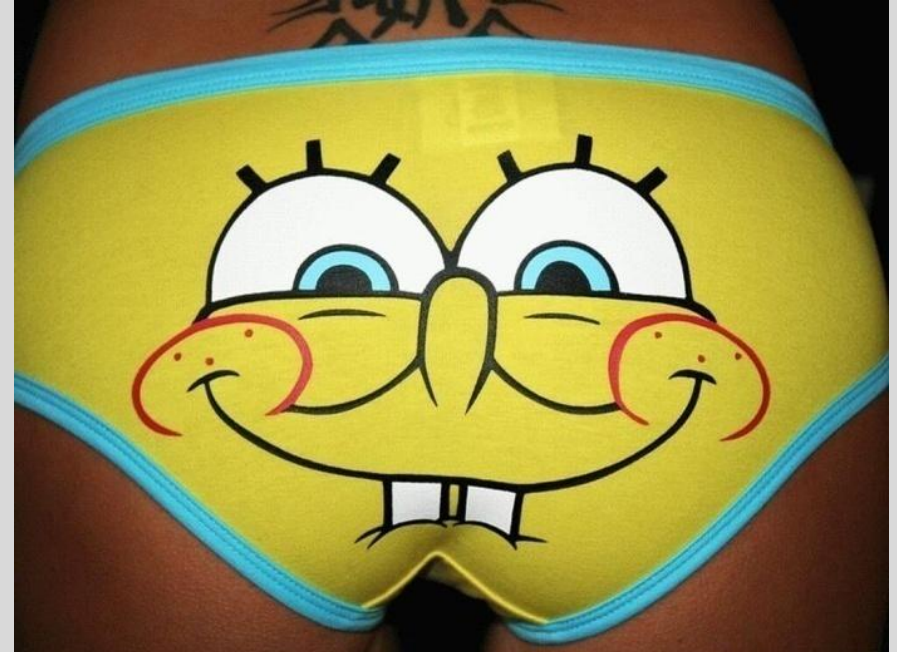
Benefit #3 - Deliberate is De facto



It's about choice

Not choosing is
making a choice

When in doubt, use
“Mr. V’s underwear test”



Benefit #4 - Normalizes Communication:

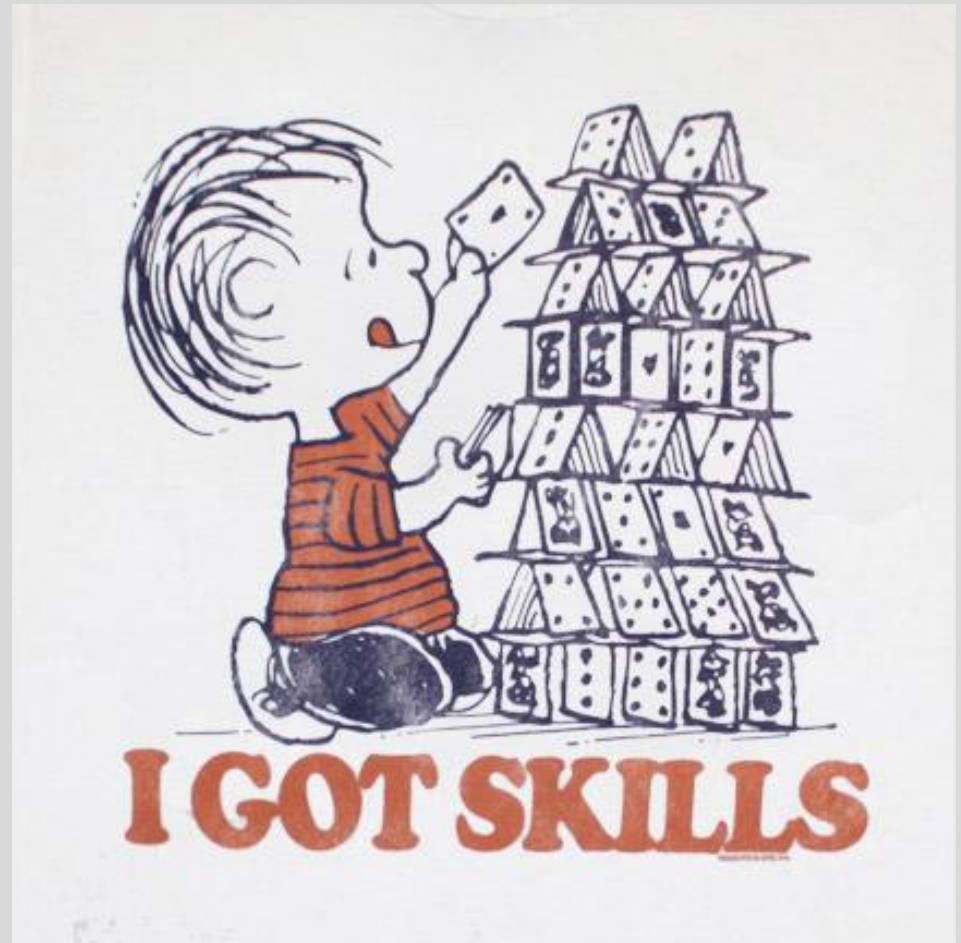
If you can't look someone in the eye and talk about it, you shouldn't do it with them.



Flickr Photo: brothergrimm

Reframe #2

**Sexually
Healthy
Skill
Set**



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.

**Yes...
I Can!**



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 YOUNG PEOPLE NEED

PROGRAMS THAT
TEACH SKILLS LIKE
CONDOM USE AND TALKING
ABOUT HIV WITH A PARTNER
A VOICE
IN DECISIONS THAT
AFFECT THEM
TO BE
HONORED AND VALUED
FOR WHO THEY ARE
COMMUNITY
HEALTH EFFORTS THAT
INCLUDE YOUNG
PEOPLE

YOUNG
COMPREHENSIVE,
SEX EDUCATION
YOUTH FRIENDLY
AND AFFORDABLE
SERVICES

LBGT
PEOPLE
TO BE
HONORED AND VALUED
FOR WHO THEY ARE



APRIL 10 IS
YOUTH AIDS DAY
YOUTH AIDS DAY
YOUTH AIDS DAY

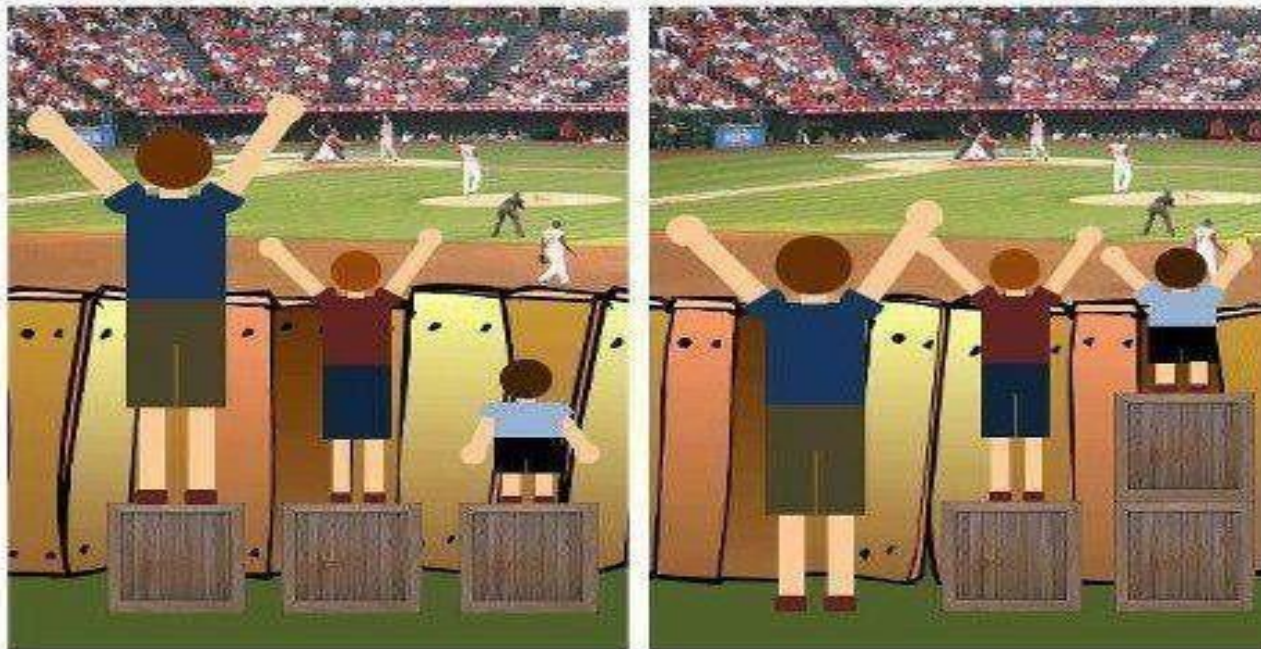


What is Social Justice?

“...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>

Equality is not always Justice



This is EQUALITY

This is JUSTICE

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?

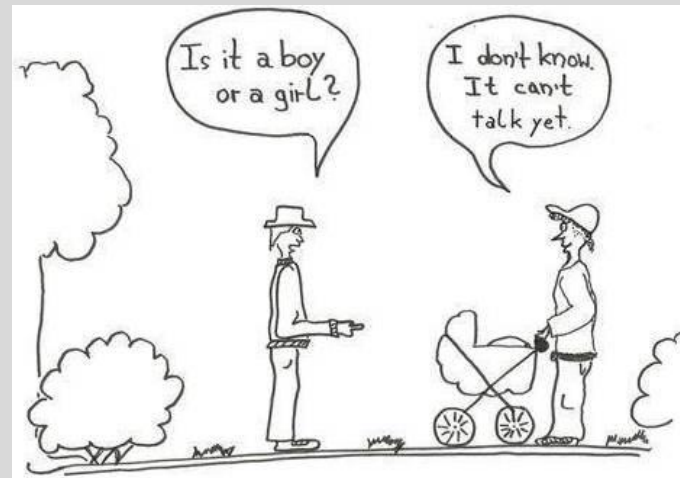
Do we acknowledge the right (for ourselves and others) to be fully sexual, worthy of love, and to make choices about our bodies and actions?



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?

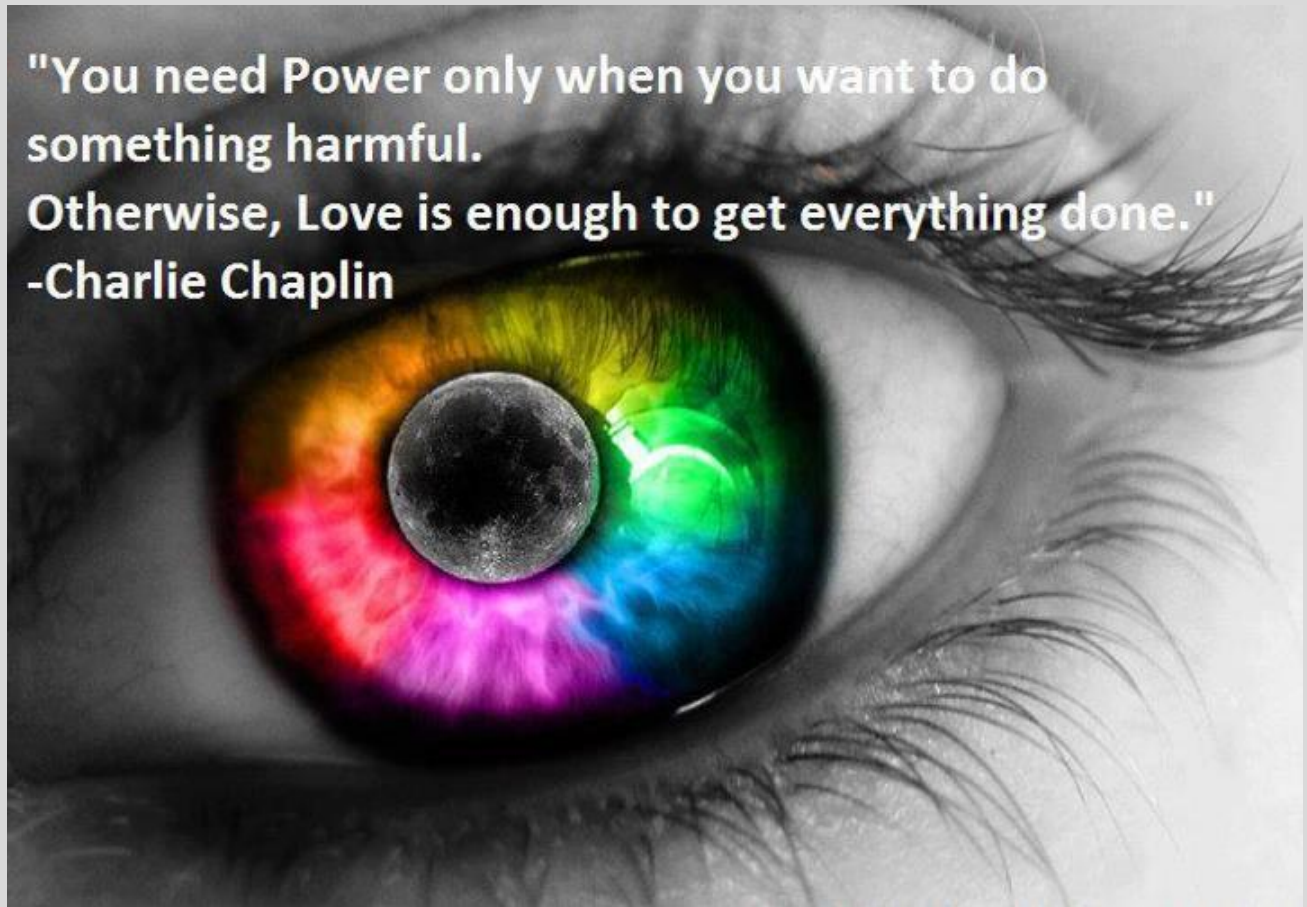


Promotion of Peace

**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



Email:

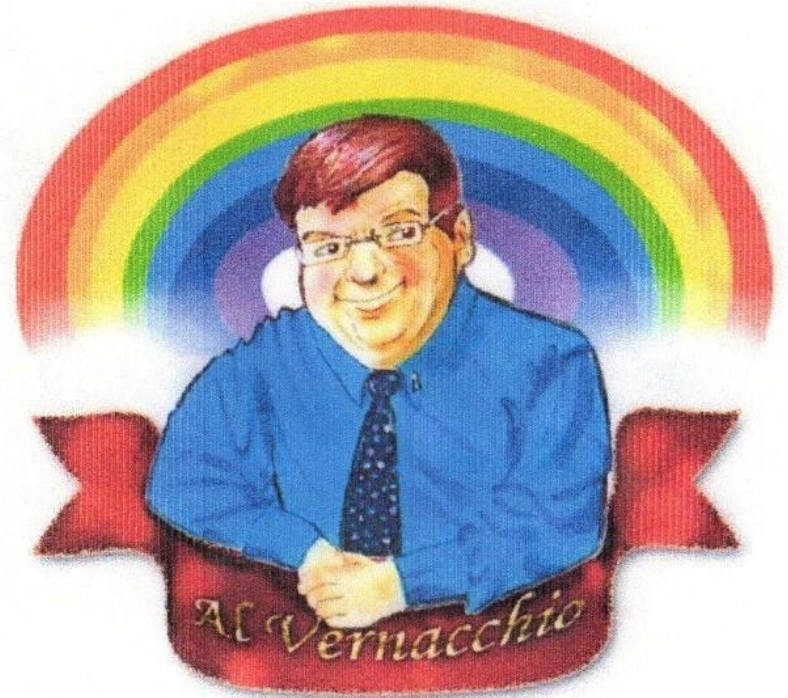
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Facebook:

**Al Vernacchio,
Sexuality Educator**



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