

## CSE Harmful Elements Analysis Tool

The CSE Harmful Elements Analysis Tool<sup>1</sup> was created to help parents, school administrators, educators, and other concerned citizens assess, evaluate, and expose harmful elements within comprehensive sexuality education (CSE)<sup>2</sup> curricula and materials. For more information, visit [www.stopcse.org](http://www.stopcse.org).

### Analysis of **Positive Peers Website** Based on 15 Harmful Elements Commonly Included in CSE Materials

#### CSE HARMFUL ELEMENTS SCORE = 15 OUT OF 15

**The Positive Peers website** contains 15 out of 15 of the harmful elements typically found in CSE curricula or materials. The presence of **even one of these elements indicates that the analyzed materials are inappropriate for children**. Having several of these elements should disqualify such materials for use with children.

**Program Description:** The Positive Peers website teaches young people living with HIV how to have so-called safer sex and fails to encourage the only behavior that is guaranteed to prevent the spread of HIV and other STIs – abstinence. In fact, it claims that an abstinence-only outlook never works and only increases STIs because young people who become sexually active are uninformed. This website not only promotes every imaginable sexual behavior and means of sexual pleasure, but it does so in an explicit and vulgar way.

**Target Age Group:** Ages 13-34

For the complete text of *Positive Peers* see: <https://positivepeers.org/>

HARMFUL CSE ELEMENTS	EXCERPTED QUOTES FROM CSE MATERIAL
<b>1. SEXUALIZES CHILDREN</b> <i>Normalizes child sex or desensitizes children to sexual things. May give examples of children having sex or imply many of their peers are sexually active. May glamorize sex, use graphic materials, teach explicit sexual vocabulary, or encourage discussion of sexual experiences, attractions, fantasies or desires.</i>	<p>“If you’re on an app, that may be the <b>best place to get the dirty talk started</b>. If you’re feeling the vibe, let your thumbs get to work. Let them know what you want. Apps can free up tension or embarrassment while sharing wants and desires. We’re here to tell you to go for it! That way, if you both want the same thing, you all can take things offline.” (<a href="https://positivepeers.org/the-plus-side/blog/how-to-talk-dirty-without-being-awkward/">https://positivepeers.org/the-plus-side/blog/how-to-talk-dirty-without-being-awkward/</a>)</p> <p>“It can be as easy and hot as ‘Baby, I’m about to f*** you silly.’ Or how about ‘I’m going to put just the tip inside of you <b>until you beg me to give you all if it</b>. But I’m going to do it so slow you’re going to squirm’ or ‘I can’t wait to have you inside of me.’” (<a href="https://positivepeers.org/the-plus-side/blog/how-to-talk-dirty-without-being-awkward/">https://positivepeers.org/the-plus-side/blog/how-to-talk-dirty-without-being-awkward/</a>)</p>

<sup>1</sup> The CSE Harmful Elements Analysis Tool was created by Family Watch International. Family Watch is not responsible for the way in which the tool is used by individuals who do independent analyses of CSE materials. Visit [www.stopcse.org](http://www.stopcse.org) for a blank template or to see analyses of various CSE materials.

<sup>2</sup> CSE programs are often labeled as comprehensive sex education, sexual education, sexuality education, anti-bullying programs, sexual and reproductive health education, Welcoming Schools programs, and even family life, life skills or abstinence plus education programs, etc. Regardless of the label, if program materials contain one or more of the 15 harmful elements identified in this analysis tools, such materials should be categorized as CSE and should be removed from use in schools.



[\(https://positivepeers.org/the-plus-side/blog/spicy-sex-how-to-keep-sexy-time-fun-fresh/\)](https://positivepeers.org/the-plus-side/blog/spicy-sex-how-to-keep-sexy-time-fun-fresh/)

“What is outercourse and does it protect me from HIV?

**Dry humping, pants burning** 💧, **petting, frottage** – all these words describe some kind of outercourse, which is just one of many ways that people have sex! Yes, that’s right! As you may know, intercourse, AKA penetrative sex, is a thing. This involves one body part going into something (or someone ☺) else. However, not all sex involves penetration!” (<https://positivepeers.org/the-plus-side/blog/what-is-outercourse/>)

**“Outercourse is *non-penetrative* sex** and involves all those activities we just mentioned. While outercourse usually doesn’t describe any kind of penetration, some people do consider fingers and sex toys to be outercourse, as well.

To keep it simple, we’ll be talking about activities like:

- Touching
- Kissing
- **Rubbing**
- Massages
- External toy play
- Some **BDSM activities**” (<https://positivepeers.org/the-plus-side/blog/what-is-outercourse/>)

“Not to worry! **Naked bodies rubbing together** can be a low-risk activity. Just remember that when you introduce any form of physical contact, you open the doors to possibly getting a sexually transmitted infection (STI). STIs are typically passed along through blood, semen, vaginal discharge, and anal secretions. Some STIs, like HPV, MPox and Herpes, can be transmitted through skin-to-skin contact too.” (<https://positivepeers.org/the-plus-side/blog/what-is-outercourse/>)

“Let’s cut to the chase – **outercourse can be a safe way to enjoy sex!** The best way to keep things safe is to keep your clothes on during outercourse. We also get that telling you to keep your clothes on isn’t everyone’s cup of tea.” (<https://positivepeers.org/the-plus-side/blog/what-is-outercourse/>)

“And for those that think outercourse is too vanilla? You might just not know about all the potential out there. The sky’s the limit – **consider bringing some restraints into the mix.** Outercourse can involve as many strokes or slaps as you

both feel comfortable with. Like we said earlier, light BDSM elements are a great fit for outercourse. Just make sure everyone's on the same page and consenting to what their limits are before getting started." (<https://positivepeers.org/the-plus-side/blog/what-is-outercourse/>)

"In the end, by learning more about you and your partner, you might even find yourselves growing closer. Outercourse isn't just about having safer sex, it's also an **awesome new aspect of sex** you might never have thought to explore." (<https://positivepeers.org/the-plus-side/blog/what-is-outercourse/>)

"The experts have spoken! Here are seven (yes, seven) **reasons why people tend to have sex in winter more often**:

1. Socks > stockings  : Did you know that a person with a vagina is 30% more likely to orgasm if they keep their socks on while having sex? Yeah – socks. Not silk stockings. Wardrobe change!
2. Your social battery needs warming, too  : Wearing extra layers is okay, but clothes don't exactly make us feel like we're wrapped in the arms of our boo. Turns out **sex is a very effective warmth generator**, both physically and socially.
3. It's part of a weight maintenance conspiracy  : That's right – winter isn't great for anyone's waistline (hello, holidays), but sex might be the answer. When the weather makes it difficult to exercise outdoors, you might be tempted to get some sexercise inside instead.
4. The culprit is sperm  : The sex pistol  has endured a long, hot summer. And, it turns out, its sperm has been getting impatient. Fall brings on all the feelings of ...well, relief, and sperm begins to multiply at a higher rate. No wonder that experts have found people are more fertile during November and December.
5. You're trying to stay healthy  : Apparently, sex boosts our immune systems – so, just by 'playing doctor,' you can keep colds and the flu at bay. Time for a checkup!
6. You were just cuddly  : Snuggling up to our favorite person gets oxytocin moving (also known as the love hormone). When are we most likely to cuddle? In the heat of summer? Yeah, no.
7. Absence makes the heart grow fonder  : More clothing means you're seeing less of someone, which makes them more attractive. The less we show, the more we glow. This one might be a stretch. **Time to strip down for science!**! (<https://positivepeers.org/the-plus-side/blog/why-we-love-to-have-sex-in-winter/>)

## 2. TEACHES CHILDREN TO CONSENT TO SEX

*May teach children how to negotiate sexual encounters or how to ask for or get "consent" from other children to engage in sexual acts with them.*

**"Consensual sex is happy sex**

The most important component to a satisfied sex life is making sure you're getting **enthusiastic, repeated yeses all throughout sexy time**. As long as you and your partner(s) consent to what's on the menu, enjoy and have fun!" (<https://positivepeers.org/the-plus-side/blog/spicy-sex-how-to-keep-sexy-time-fun-fresh/>)

**"Consent is sooooo sexy** and should be a part of whatever you do – even talking

*Note: "Consent" is often taught under the banner of sexual abuse prevention. While this may be appropriate for adults, children of minor age should never be encouraged to "consent" to sex.*

dirty. Ask if you can talk dirty with a little touch. A rub on the thigh or a back massage can ease things." (<https://positivepeers.org/the-plus-side/blog/how-to-talk-dirty-without-being-awkward/>)

### **“What is consent exactly?**

Consent is a form of permission. It's given by **everybody involved in a sex act** and means each person wants it of their own free will. Consent cannot be given when someone is under the influence of alcohol or other drugs. Nor is it cool to coerce or pressure somebody into doing something they normally wouldn't agree to, or to simply force yourself on somebody. These acts are illegal and unethical." (<https://positivepeers.org/the-plus-side/blog/what-is-consent-and-why-is-it-important/>)

“Ideally, consent is verbal – you ask for consent and you get it, or you cool it if you don't. However, there are times a partner might not vocalize what they're feeling. If you're seeing that look in your partner's eyes that says, **‘Let's heat things up now,’ that's usually the go-code.** But why not ask ‘do you like this?’, ‘does this feel good?’, ‘are you cool with...?’ If you see even a hint of fear, anxiety, or reluctance in your partner's body language, then it's a no. Of course, a verbal signal at any time of ‘no’ or ‘stop’ also means it's a no. Instead of waiting for a ‘no’ – **why not go for an enthusiastic ‘yes!!!’?!**” (<https://positivepeers.org/the-plus-side/blog/what-is-consent-and-why-is-it-important/>)

### **“There is an age of consent**

Sex with anybody under a certain age is not consensual in the eyes of the law: It's statutory rape. In Ohio, the age of consent is 16. An adult who has sex with somebody under 16 can be charged with a crime even if the partner says yes. A ‘close-in-age’ exemption (also known as the Romeo and Juliet law) makes it **legal for minors aged 13-17 to have consensual sex** without committing a crime." (<https://positivepeers.org/the-plus-side/blog/what-is-consent-and-why-is-it-important/>)

### **“Great sex is consensual sex**

We're totally sex positive at Positive Peers. We want everybody getting as much sex as they want, whether it's every day or every three years. But we don't think sex should be imposed on people. **Consent is the foundation of good sex**, and it can't be amazing, breathtaking, orgasmic sex if somebody isn't sure they should be doing it at all." (<https://positivepeers.org/the-plus-side/blog/what-is-consent-and-why-is-it-important/>)

## **3. PROMOTES ANAL AND ORAL SEX**

*Normalizes these high-risk sexual behaviors and may omit vital medical facts, such as the extremely high STI infection rates (i.e., HIV and HPV) and the*

“This topic is a fun one, so we're going to \*dive straight in.\* But, as you'll soon find out, that's the exact opposite of what you should do! ☺ **Lubricants, lubes...** there are so friggin' many of them out there! You'll often see articles about the **‘17 Best Anal Lubricants’** (or something like that), and there are just too many to choose from. Heck, most of us can't decide between two restaurants for dinner. How are we supposed to choose from a bunch of seemingly identical gels? We just want to know what'll work best!”

oral and anal cancer rates of these high-risk sex acts.

(<https://positivepeers.org/the-plus-side/blog/anal-lubricant-a-non-friction-love-story/>)

### “Friction vs. Stimulation

Why do we even need anal lubricant? 🤔🤔 We've got **erogenous zones** all over our body – areas that are pleasurable to stimulate. Our genitals are a given, but outside of that, the **anus is full of nerve endings, making it feel good when touched, tickled, and rubbed**. But(t)! 🤪 Anal play can cause both stimulation and friction, and there's a huge difference between them. One feels great, whereas the other can cause pain or even injuries.”

(<https://positivepeers.org/the-plus-side/blog/anal-lubricant-a-non-friction-love-story/>)

### “What causes friction?

- Tightness: The anus is, on a structural level, tighter than a vagina.
- Lack of lubrication: Unlike a vagina, **the anal canal doesn't self-lubricate**.
- Texture: Things used to create anal friction have different textures. Condoms and sex toys are usually made of rubber, which can have more texture than the skin of a penis!
- Tension: The anus has a muscle that **must relax for penetration to be comfortable**.

All four combine to create an environment that, if approached incorrectly, can do more harm than good.” (<https://positivepeers.org/the-plus-side/blog/anal-lubricant-a-non-friction-love-story/>)

“Here's how to avoid unwanted friction: **You want to use lube. Lube and more lube**. Lots and lots and lots of it. 💋💋💋💋💋💋💋💋 It's actually a win-win situation! Wet and slippery intercourse is not just more comfortable, it's also more pleasurable. We'll be getting into the best types of anal lubricant below, but as a rule of 🤪, you want to **choose a thick and long-lasting lube**. When it comes to anal sex, if you feel like you're using too much, you're probably using just enough!” (<https://positivepeers.org/the-plus-side/blog/anal-lubricant-a-non-friction-love-story/>)

“Alright, we've done the studying, now let's get into it. We've got three types of lubes to choose from:

- **Water-based lubes** 💋 These have the advantage of not damaging condoms or sex toys and are suitable for vaginal penetration or masturbation. They're free of parabens, glycerin, silicone, and oil, so they can be used for all sorts of sexy stuff. But for anal... well, we'd suggest...
- **Silicone-based lubes** 💋 These have a thicker consistency than water-based lubes and are a leading choice for booty pleasure enthusiasts worldwide. They require less lube and last longer than their water-based counterpart. They're also **great for shower sex** 💋 as they don't wash away easily. BUT(T)! And it's a huge but(t): you shouldn't ever use silicone-based lube with silicone-based sex toys. 🤪 They can break down the rubber over time; no one wants that (sex toys are expensive, y'all). Last but not least, we've got...

- **Hybrid lubricants**  +  Those lab-coated geniuses  have combined water-based and silicone-based lube. The result? A gel free of alcohol, glycerin, dyes, parabens, gluten, and fragrances! And, it's safe for use with latex AND polyisoprene condoms." (<https://positivepeers.org/the-plus-side/blog/anal-lubricant-a-non-friction-love-story/>)

“Which lubes should you avoid?

Imagine that our crush came over for the first time, the mood's right, the consent is there, everything's going great, we reach for the lube, and... it's expired. **Expired lubes are bad for you**, your partner; they're bad all around! And yes, lube does expire!” (<https://positivepeers.org/the-plus-side/blog/anal-lubricant-a-non-friction-love-story/>)

“We also want to avoid numbing lubricants. These contain benzocaine or lidocaine. (Yes, that's the same stuff the dentist uses if you need a filling!) While those substances might desensitize your backend, they also **keep you from feeling if something's wrong ~down there~**. So, you can't tell if you need to say, ‘Hey, stop, I'm in pain.’  This'll make any sort of microtears in the anal skin worse and can lead to injuries you don't want to get!”

(<https://positivepeers.org/the-plus-side/blog/anal-lubricant-a-non-friction-love-story/>)

“And, both last AND least, there are **oil-based lubricants**.  These **aren't safe to use with latex condoms**, and oils increase the chances of a condom tearing during sex. In fact, here's a quick list of some desperate ideas we might've considered at some point but should absolutely, avoid, with a capital DO NOT USE:

- Butter
- Baby shampoo
- Baby oil
- Hair gel
- Soap
- Shampoo
- Mayonnaise
- Honey
- Vegetable oil
- Water
- Yogurt

The list really does go on and on. If unsure, don't use it, and stick to a hybrid-, water- or silicone-based anal lubricant.” (<https://positivepeers.org/the-plus-side/blog/anal-lubricant-a-non-friction-love-story/>)

“In the end... (get it? )

Ah, yes, the dreaded, but VERY important, aftercare.  Once the fun is done, your behind will probably be a little more sensitive than usual. Our suggestion? Run a soothing, warm . Throw in some Epsom salts, put on a little Al Green, and just relax. **Any discomfort from anal sex should go away soon**. If you're still

feeling a little tender, take ibuprofen – it'll help if you're experiencing inflammation. After a few hours or so, if it hurts to go number two, you should inspect any stool for blood. ☺ A little can be expected, but if there's excessive pain, bleeding, or discharge, you may want to contact a physician. The same goes for any pain that lasts a few days after having anal sex. Go see a healthcare provider 🚑 to make sure everything's fine and nothing's been injured. Also, ensure you don't have more fun ☺ before fully healing.”

(<https://positivepeers.org/the-plus-side/blog/anal-lubricant-a-non-friction-love-story/>)

“We're talkin' about butt stuff: **Anal health and pleasure**

Anal sex can be super fun and full of pleasure, but some people don't like to talk about it. Maybe they should though, because more talk could lead to more understanding, more knowledge, more pleasure, and less pain! People won't **become anal sex pros** overnight, but let's get the conversation started. Here are a few points everybody should know about anal sex.”

(<https://positivepeers.org/the-plus-side/blog/a-forward-look-at-sex-from-behind-anal-health-and-pleasure/>)

## Anal sex is normal

POSITIVE PEERS 4 HIV CARE

(<https://positivepeers.org/the-plus-side/blog/a-forward-look-at-sex-from-behind-anal-health-and-pleasure/>)

“First and foremost, **anal sex is a normal, pleasurable, and acceptable way to have sex** no matter your gender and sexual identity. Okay, now that we are clear about that, let's continue... Everyone's rectum has a ton of nerve endings. These can cause pleasure or pain, depending on how you and your partner do ‘the do.’ Nobody likes a pain in the arse, so let's aim for the pleasure.”

(<https://positivepeers.org/the-plus-side/blog/a-forward-look-at-sex-from-behind-anal-health-and-pleasure/>)

“To keep things loose and fun, try these four things:

1. **More foreplay** around the rim of the anus
2. Deep breaths - relax. Embrace the moment and be at ease
3. **Don't just ram it in there! Go slow, ease it in**
4. Use lots of lube” (<https://positivepeers.org/the-plus-side/blog/a-forward-look-at-sex-from-behind-anal-health-and-pleasure/>)

“Pro-tip: Inserting the penis/toy at a 45° angle will help you hit all the right spots. Is it getting hot in here or is it just us? 💦 Remember, **anal sex should**

**start slowly.** The receptive partner should be relaxed before they get ‘The D’ – one inch at a time. And PS, the receptive partner **ALWAYS** has permission to say ‘stop.’ Sex is consensual, at all times - no excuses.”

(<https://positivepeers.org/the-plus-side/blog/a-forward-look-at-sex-from-behind-anal-health-and-pleasure/>)

**“Lube is key to good anal sex!** It reduces friction, improves pleasure, and reduces any chance of harm to the bottom partner. Less chance for harm, less chance to spread HIV or other STIs! Lube around the anus, on the condom, and a drop inside the condom for extra pleasure.” (<https://positivepeers.org/the-plus-side/blog/a-forward-look-at-sex-from-behind-anal-health-and-pleasure/>)

“Sex should be what you want it to be

You are in control of your sex life. No one should ever force you into putting up with unwanted pain or bleeding. Nor should they make you feel bad for doing it in the butt. **It’s natural, it’s pleasurable, and it’s not your fault they’re missing out ;p**” (<https://positivepeers.org/the-plus-side/blog/a-forward-look-at-sex-from-behind-anal-health-and-pleasure/>)

“Can I really get (or transmit) HIV through oral sex? Public health professionals get this question all the time. The simple answer is: It’s possible, but extremely unlikely. **It’s basically next to impossible to get HIV from oral.** But how difficult is it? Look at it this way, if somebody living with HIV ejaculates in your mouth AND you have open sores or bleeding gums AND their cum comes in contact with the sores or bleeding areas, you MIGHT get infected. That makes the odds extremely low, like 0-.04% low. And if the person you’re giving oral to is living with HIV but virally suppressed, you can’t get HIV...period.”

(<https://positivepeers.org/the-plus-side/blog/protection-necessary-oral-sex/>)

“Despite the low risk of HIV transmission during oral, it’s still worth it to consider **using some form of protection** anyway. Here’s why:

- You can still get infected by other sexually transmitted infections (STIs) – herpes, gonorrhea, chlamydia, syphilis – from **unprotected oral sex**.
- You’re also at risk from the human papilloma virus (HPV).
- If you’re living with HIV, getting infected with a sexually transmitted infection can make it harder for your meds and your body to control the virus.

Bottom line: **Oral sex can be amazing**, but it’s still a good idea to consider protecting yourself.” (<https://positivepeers.org/the-plus-side/blog/protection-necessary-oral-sex/>)

“You can shower together (which is hot!) and think you’ve gotten your **private bits clean enough to eat off of**, but there still can be germs down there. When it comes to having **smarter oral sex**, the goal is maximum pleasure with minimum contact to viruses, bacteria, and anything else that can make you sick.”

(<https://positivepeers.org/the-plus-side/blog/protection-necessary-oral-sex/>)

“Luckily, there are many ways you can **reduce your risk during oral**. Here are

	<p>some of our favs!</p> <ol style="list-style-type: none"> <li>1. Get tested together! This is really freaking cute and it helps you both to know where you're starting from. If neither of you have any STIs and you're not seeing anyone else, then your risk is way lower! If one or both of you test positive for an STI, then you can take action to treat or cure it.</li> <li>2. <b>Don't let them cum in your mouth.</b> While it might seem sucky (no pun intended), your risk for certain STIs is much lower if there's little to no exchanging of fluids.</li> <li>3. Reduce the <b>number of people you go down on.</b> The fewer people you go down on, especially those with unknown STI statuses, the lower your chance of getting an infection.</li> <li>4. If you're 'S'ing that D', try throwing a <b>flavored condom</b> on the recipient of your mind-blowing technique 😊</li> <li>5. If you're <b>going down on your partner's vagina or booty, try a flavored dental dam!</b> It's basically a super thin sheet of rubber that lets you do what you do best all while keeping you safe and your tongue dancing happily to the flavor of paradise punch or French vanilla."</li> </ol> <p>(<a href="https://positivepeers.org/the-plus-side/blog/protection-necessary-oral-sex/">https://positivepeers.org/the-plus-side/blog/protection-necessary-oral-sex/</a>)</p> <p>"Probably the most important thing to remember: Consent is the first rule of sex. Don't just assume your partner wants oral. <b>It's tempting to think 'who on earth doesn't want oral?'</b> But some people just aren't into it. We recommend asking first. And if you don't like oral, you don't have to let somebody force it on you. No means no." (<a href="https://positivepeers.org/the-plus-side/blog/protection-necessary-oral-sex/">https://positivepeers.org/the-plus-side/blog/protection-necessary-oral-sex/</a>)</p> <p>"Oral requires practice – listen carefully to how your partner responds. Make sure you know <b>which sounds are giving you the 'go' code.</b> Do more of that, but don't get carried away with one technique. We suggest having several tunes on your playlist. Remember that everybody's parts are different. What sends one partner to the moon might turn another one's stomach."</p> <p>(<a href="https://positivepeers.org/the-plus-side/blog/protection-necessary-oral-sex/">https://positivepeers.org/the-plus-side/blog/protection-necessary-oral-sex/</a>)</p> <p>"Oh, and one last bit of advice...don't brush or use mouth wash right before giving head! Brushing can cause small cuts on your gums that HIV and other STIs can get into and mouth wash often has alcohol in it which makes your mouth super dry. <b>No one likes a dry blowjob.</b>" (<a href="https://positivepeers.org/the-plus-side/blog/protection-necessary-oral-sex/">https://positivepeers.org/the-plus-side/blog/protection-necessary-oral-sex/</a>)</p> <p><b>Note:</b> This website fails to mention that there is only one condom approved by the FDA for anal sex.</p>
<p><b>4. PROMOTES HOMOSEXUAL/BISEXUAL BEHAVIOR</b></p> <p><i>Normalizes or promotes acceptance or exploration of diverse sexual orientations,</i></p>	<p><b>"Sexual orientation</b></p> <p>While gender is about who you are as a person, sexual orientation is all about the people you're romantically, sexually, and emotionally attracted to. There are a bunch of identities associated with sexual orientation:</p> <ul style="list-style-type: none"> <li>• <b>Straight or heterosexual:</b> People who're attracted to a different gender</li> </ul>

*sometimes in violation of state education laws. May omit vital health information and/or may provide medically inaccurate information about homosexuality or homosexual sex.*

(for example, someone who identifies as a woman and is attracted to men)

- **Gay/lesbian:** People who are attracted to people of the same gender identity.
- **Bisexual:** People who are attracted to both men and women
- **Pansexual:** People whose attractions span across many different gender identities (male, female, transgender, genderqueer, intersex, etc.)
- **Asexual:** People who don't feel sexually attracted to anyone, but might emotionally be attracted to people.” (<https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/>)

“Another myth is that men who have sex with men must be gay or bisexual. That’s just not true and here’s why: **Men having sex with men is a behavior, not an identity.** Remember, sexual orientation is about more than who you have sex with; it’s about being emotionally, romantically, and sexually attracted to someone. For instance, some guys might not care about the gender identity of someone who goes down on them, but when it comes to who they are capable of being emotionally and romantically in love with, it’s only women.” (<https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/>)

“If it’s a burden to keep your sexual orientation or gender identity a secret, then **coming out can feel like the biggest weight being lifted off your shoulders.** It’s hard work to hide your authentic self. Life gets easier when you don’t need to keep pretending to be something you’re not. At the same time, coming out doesn’t mean you won’t have any more struggles in the future when it comes to your sexual orientation or gender identity.” (<https://positivepeers.org/the-plus-side/blog/you-just-came-out-now-what/>)

“In a way, **coming out is a lifelong journey.** Even when you’ve come out to all your friends and your family, there are still new people you’ll come in contact with and new friends that you’ll make over the years. Some people decide **they want the whole world to know that they’re part of the LGBTQ community,** and some are more private about their orientation and gender identity, being okay with just their close friends and family knowing. When you come out to people in your life, it can help to remind yourself that your sexuality or gender identity does not define you. It’s an important part of what it means to be you, but it’s not everything.” (<https://positivepeers.org/the-plus-side/blog/you-just-came-out-now-what/>)

## 5. PROMOTES SEXUAL PLEASURE

*Teaches children they are entitled to or have a “right” to sexual pleasure or encourages children to seek out sexual pleasure. Fails to present data on the multiple negative potential outcomes for sexually*

“**You 🌟 deserve 🌟 pleasure!** 🌟 Read that again.

There are several types of orgasms, so let’s talk about them.

1. **Blended orgasms:** This can come from stroking both ends of the clitoris, the outer part between your labia (a.k.a. the lips), and the inner part at your G-spot. Doing this long enough – with calm breathing – can give the feeling of a blended orgasm. Because of the feeling, it’s sometimes called a combination orgasm.
2. **Multiple orgasms:** This is back-to-back orgasms in short time.

active children.

3. **Pressure orgasms:** Applying a heavier-than-usual touch on one body part and cause great sensations throughout the body when you least expect.
4. **Relaxation orgasms:** Picture yourself in a deep relaxed state with no worries on the mind. Then picture that time with intense kissing, touching, fingering, or licking. The Big O may be yours.
5. **Tension orgasms:** This is made possible when you apply pressure to a specific area directly to inspire that pleasure principle.”  
(<https://positivepeers.org/the-plus-side/blog/types-of-orgasm-and-how-to-achieve-them/>)

**“Don’t hold back on the lube.** The wetter, the better. 💦 Lube is ideal whether you’re flying solo or with a co-pilot. It’s a rather handy tool to have around. It reduces uncomfortable friction and allows you to safely engage in a wider range of acts, techniques, and positions. And it also can **lead to more arousal and pleasure.** Water-based lube or silicone-based lube, you decide! Have fun with it!

@@ Oh, and **don’t snooze on lube for nipple play.** A little dab of lube on your finger can be the difference between hand-on-nipple stimulating feeling irritating and feeling mind-blowing. (Trust us on this one!)”

(<https://positivepeers.org/the-plus-side/blog/types-of-orgasm-and-how-to-achieve-them/>)

**“Fantasize.** Let your mind wander off to the shores of pleasure. You deserve this and it shouldn’t come with guilt. **Fantasies can help you** forget about the anxieties of day-to-day life, feel more secure, and **focus in on your pleasure.** Fantasy offers an alternative to real-life but can inspire what happens in the near future.” (<https://positivepeers.org/the-plus-side/blog/types-of-orgasm-and-how-to-achieve-them/>)

**“Fingers, Toys & Dick!** We would be buzzkills if we didn’t **mention butt play**, too. You have options here: toys, fingers, or dick. Remember, choose your own adventure. In either of these three options, we suggest lube. Whether you’re top/bottom/vers, **this can bring lots of pleasure.**”

(<https://positivepeers.org/the-plus-side/blog/types-of-orgasm-and-how-to-achieve-them/>)

**“Tickle your taint** – Technically, it’s the perineum. It’s the strip of skin between your balls and your butt. This area is packed with nerve-endings, so it feels really sensitive. Some guys say that by applying pressure to this area, **they’re able to have multiple orgasms** – which is probably because you can stimulate your prostate gland externally via your perineum. During sex, ask your partner to place a finger here and press onto it until the pressure feels just right.”

(<https://positivepeers.org/the-plus-side/blog/types-of-orgasm-and-how-to-achieve-them/>)

**“Find your G-Spot** (prostate) – You can find the G-spot in the prostate. You can stimulate it externally by applying pressure to your taint, but **if you’re interested in maximizing pleasure**, use a finger (or two) with some lube. Lube up the soft pad of a finger and stick it about 2 inches inside your butt. You’ll know the spot

when you feel it: it's a small, chestnut-sized lump that feels super sensitive. Once you get there, apply some pressure and enjoy."

(<https://positivepeers.org/the-plus-side/blog/types-of-orgasm-and-how-to-achieve-them/>)

**"Don't forget about the G-Spot for women!** You've probably heard of the G spot, along with how it's the 'key' to achieving an earth-shattering vaginal orgasm (because it's true, y'all!). It's not a separate spot in your vagina, the G-Spot is actually part of your clitoral network. This means that when you're stimulating the G-Spot, **you're actually stimulating part of your clitoris!** YEPPPP, it's true! Turns out, the pea-sized nub where the inner labia meet is actually only the tip of the clitoris and divides into two 'roots' that can be about four inches long. Plus, this region can vary from woman to woman which explains why it can often be difficult to locate. Is your mind blown yet?"

(<https://positivepeers.org/the-plus-side/blog/types-of-orgasm-and-how-to-achieve-them/>)

**"Toys can make everything about sex more fun.** There's a lot to look forward to if you've never tried them. But if you're thinking about trying sex toys (or maybe you already have a sizable collection), we suggest talking to your partner(s) first. To some, sex toys are unknowns and can creep them out. Others think their **fingers, lips, hands, and tongue are all the sex toys they need.** Breaking out your sex toys without talking about it first can send some lovers running for the door like they're suddenly competing in a 100-meter dash. It's important to never play without asking for permission." (<https://positivepeers.org/the-plus-side/blog/5-sex-toys-spice-things-up-bedroom/>)

### **"5 kinds of sex-toy fun**

1. **Rings** – These go around the base of the dick, **increasing pleasure during an erection.** The most sensible rings are made of rubber, latex, or another flexible material that will adjust to the size of your equipment. Rings made of metal are for expert users only – a ring with no flex can cause major pain down there. You put a ring on before your penis is fully erect; you don't want to try to apply one with a full hard-on.
2. **Vibrators** – If your sex life needs some buzz, a vibrator will definitely bring it. The real trick is figuring out which kind works best for you. It can get confusing because there are so many shapes, sizes, configurations, and price tags. Vibes are **mostly designed to get women off** – and the word on the street is they work like a charm – but there are guy-oriented models that go safely into the anus to stimulate the prostate.
3. **Butt plugs** – These guys take a bit of practice to get used to, and you really need to lube them up and start out with smaller versions. Butt plugs are **equal-opportunity pleasure devices:** men and women can both enjoy them...
4. **Dildos** – Dildos can be large or small, hard or squishy, and every color of the rainbow. Some vibrate and include attachments for **extra-sexy stimulation.** They are designed for penetration, but, of course, it's not required. Sometimes it feels great to just rub the dildo against certain sensitive body parts...

5. **Bondage** – Handcuffs, ropes, blindfolds, and many more devices can add to the pleasures of bondage. It's **not all about whips and chains**, by the way. It's about trust and communication – warning your partner not to go too far and your partner backing off the moment you say so. Agree on a 'safe' word because saying 'no' might be part of the bondage fantasy. We suggest you take it slow and **consider getting a bondage kit.**" (<https://positivepeers.org/the-plus-side/blog/5-sex-toys-spice-things-up-bedroom/>)

"Since we just brought up bondage, it's a good time to talk about consent. The whole point of bondage is **both sides getting equally hot and moist** from the experience. Some people are **turned on by the contrast between erotic stimulation and pain**, and that's OK. Both sides just need to understand the limits, create boundaries, and agree to tell each other exactly what they like. **Bondage is a sexual fantasy with pleasure**, restraint, dominance, and submission – but it has to be make-believe for both parties. If it's not make-believe and there's no consent, then it's a sex crime."

(<https://positivepeers.org/the-plus-side/blog/5-sex-toys-spice-things-up-bedroom/>)

"Moral of the story: **Sex toys are fun!** Choose the right toys for you, keep them clean, and make sure you and your lover are always on the same page. Happy shopping!" (<https://positivepeers.org/the-plus-side/blog/types-of-orgasm-and-how-to-achieve-them/>)

"Well if you're reading this because you're interested in taking a deep dive into the **fabulous world of sex toys**, you've come to the right place.   Trust us when we say buying your first toy can be exciting but also sort of frustrating, too. Between the 'which one should I get??' and the 'is this safe for my body??' questions  that pop in your head – our hope is that this blog guides you in the right direction and answers some of these questions!"

(<https://positivepeers.org/the-plus-side/blog/buying-your-first-sex-toy/>)

"Ask one of the store's consultants if they have demonstration or **display models of the toys you're interested in**, along with batteries to test them out.  By feeling what the toy actually feels like in your hand or against your skin, you can decide if it's something you think would feel good for you in private. There are different textures to each one and they don't all feel the same. You can **feel the power of vibration** and the different gears and hear how loud it is. The people working in the store are a resource. They know a lot, so ask them all of your questions because they want to help you! And listen, we know it might be a tad awkward , but no one is judging you! **There's no shame in pleasuring yourself!** Think about it, if they felt judgmental about sex toys, they wouldn't be working in that shop!" (<https://positivepeers.org/the-plus-side/blog/buying-your-first-sex-toy/>)

"Don't Limit Yourself

The world is big, and **your options are endless** from a vibrator to a didlo [sic] to

cock rings. The sky is truly the limit, and you'll quickly learn that the second you walk in the store. Explore your options and your body!"

(<https://positivepeers.org/the-plus-side/blog/buying-your-first-sex-toy/>)

"Bigger doesn't always mean better. Consider what works for you and your pleasure parts. Also, **your toy doesn't have to look like a dick**. If you like dick shape sex toys, please go for it – we encourage you! But also make sure to explore the design-centric sex toys, too – both big and small. You actually might find way more comfort and pleasure using these types, too!"

(<https://positivepeers.org/the-plus-side/blog/buying-your-first-sex-toy/>)

"Choose Your Desired Stimulation

For anal play, you'll need one with a flared base. If you'd like to start smaller, **try a set of anal beads**. Curved toys are ideal for G-spot or prostate stimulation. And of course, there are endless dildos that can be used!"

(<https://positivepeers.org/the-plus-side/blog/buying-your-first-sex-toy/>)

"Y'all know our motto here at Positive Peers:  **the wetter, the better.**  Lube comes in a wide variety from water-based to oil-based to silicone-based to **bubble gum-flavored**.  The most important thing to remember is that oil-based lubes should never be used with latex condoms, and that you should be careful using silicone-based lube with certain toys, as the toy may experience some wear and tear, making it more difficult to keep clean. 

(<https://positivepeers.org/the-plus-side/blog/buying-your-first-sex-toy/>)

"We at Positive Peers pride ourselves in the pleasure principles of life. In short, **get a cock ring and grab some lube right now!** Cock rings have multiple uses but our main goal for y'all is to enhance your sexual experience. As a sex toy, the cock ring can be used to restrict blood flow from flowing out of the penis while hard. Once it's on, you can expect **longer-lasting, harder erections**. They can also serve a sexual health purpose by preventing erectile dysfunction (because E.D. is no fun!)." (<https://positivepeers.org/the-plus-side/blog/helpful-suggestion-put-a-ring-on-it/>)

"The best part is that there are **several types of cock rings** for you to choose from!  There are adjustable cock rings, O rings, vibrating cock rings, and non-stretchy, firm cock rings. Yes, there are differences between them, but let's discuss the benefits of using a cock ring first. Make no mistake, there are also benefits of your partner(s) wearing one. Here's a quick rundown especially if you're new to this world:

- C-Ring: Stronger Erections – I mean, isn't this the main reason for wearing one? The blood flow to the penis from soft to semi to full-on can stay in the penis and keep the party going. The rings can **make your erections feel harder, last longer**, and even can give a slight temporary boost to your penis size.
- C-Ring: Amazing Sensations – Increasing the amount of blood present in your penis tissue means increasing oxygen as well. This has the effect of super-charging your nerves and leads to an increase in physical

	<p>sensation. Simply put, cock rings <b>make the pleasure feel more pleasurable</b> and the pain more electric, if that's your thing.</p> <ul style="list-style-type: none"> <li>• C-Ring: Saluting at Attention, Sir – That extra blood and oxygen being present in your penis has a practical benefit beyond increased stamina and firmer erections. It can actually promote erectile health in general by opening up the blood vessels and allowing oxygen to reach places that might otherwise have been deprived. This all adds up to an overall gain in erectile function as well as general physical health.</li> <li>• C-Ring: Confidence Boost – If you're wearing the cock ring and you look down, <b>you're sure to be pleased with your package</b>. This surely will lead to increased confidence and overall hotter sex for you and your partner.</li> <li>• C-Ring: Total Package – Another amazing benefit of wearing a C-ring is <b>giving your partner even more pleasure!</b> There's enhanced pleasure during sex for the person who isn't wearing the ring when the ring-wearer's balls bounce off the back. ☺ The balls are cupped, so they're not hanging loosely like sex without the ring. That way, the pleasure extends beyond what's happening inside.”</li> </ul> <p>(<a href="https://positivepeers.org/the-plus-side/blog/helpful-suggestion-put-a-ring-on-it/">https://positivepeers.org/the-plus-side/blog/helpful-suggestion-put-a-ring-on-it/</a>)</p> <p>“Yes, outercourse is safer, but it can also just be... better, depending on who you are. In any case, it's a great opportunity to explore what you like, with or without a partner! For many people, penetration isn't the best way to achieve orgasm (you might've figured that out for yourself already). By simply stimulating the clitoris, nipples, or even bringing in feathers and toys, you might find a way to achieve <b>super super-high arousal and mind-blowing orgasms</b>. For all you know, outercourse might bring you even more pleasure than you expect! It all just takes some preparation, such as bringing in lube <b>during naked dry humping</b> to lower the risk of friction or rug burn.”</p> <p>(<a href="https://positivepeers.org/the-plus-side/blog/what-is-outercourse/">https://positivepeers.org/the-plus-side/blog/what-is-outercourse/</a>)</p> <p>“How about playing around with textures, temperatures ☺ ☺, pressure, or even a light touch? It can be super intimate to bring hot packs or ice cubes into the relationship, and just plain enjoyable, too. Vibrating toys are perfect for outercourse as well. Finding one with <b>different intensity settings</b> can make a massive difference (especially if you bring a blindfold into the mix ☺). Lube, massage oil, or other changes in friction are great for exploring, too!”</p> <p>(<a href="https://positivepeers.org/the-plus-side/blog/what-is-outercourse/">https://positivepeers.org/the-plus-side/blog/what-is-outercourse/</a>)</p>
<p><b>6. PROMOTES SOLO AND/OR MUTUAL MASTURBATION</b></p> <p><i>While masturbation can be part of normal child development, encourages masturbation at young ages, which may make children more vulnerable to pornography use, sexual addictions or sexual</i></p>	<p><b>“Masturbation is a totally fun way to get to know yourself and what you like.</b> Because we allllllll need a little (or a lot, hehe ☺) of that, too. If you're fortunate enough to be able to touch another person and you both have consented, I hope you've had some time to give each other deep-tissue, oiled up action! ☺” (<a href="https://positivepeers.org/the-plus-side/blog/you-can-master-erotic-massages-for-your-partner/">https://positivepeers.org/the-plus-side/blog/you-can-master-erotic-massages-for-your-partner/</a>)</p> <p><b>“Make it a point to masturbate.</b> This is truly self-love and it gives you time to please yourself. You can gain more comfort with your body this way (and more</p>

exploitation. May instruct children on how to masturbate. May also encourage children to engage in mutual masturbation.

confidence). Masturbating can help you learn more about what feels good. That way, you can give your partner better instruction if they're curious. Toys are sooo much fun and we definitely recommend at least trying them out!" (<https://positivepeers.org/the-plus-side/blog/types-of-orgasm-and-how-to-achieve-them/>)

"One of the best ways you can always **get the love and pleasure you deserve is to masturbate**. It's a great way to escape the everyday pressures of simply adulting. And, it's super healthy for you." (<https://positivepeers.org/the-plus-side/blog/do-you-talk-about-masturbation/>)

"Did you know that getting it on solo is excellent for both your physical and mental health? Check out the **top health benefits masturbation has to offer**:

1. It's safer than any other type of sex. If you are doing it alone, there is absolutely no way to get an STI or HIV and no way to transfer the viruses or bacteria that cause them (unless you are using a toy that you may use on someone else later on).
2. Having an **orgasm releases endorphins** — those are the feel-good chemicals in your brain that make us feel 'high.' When you experience sexual pleasure, it helps boost your immunity and promotes healing. Plus, it makes you feel happy and safe.
3. For men, it can decrease the risk of prostate cancer.
4. Whether it's anxiety or side effects from meds, insomnia is a common problem for those living with HIV. Getting those good feelings in your nether regions can help you **relax and fall asleep faster**.
5. Exploring your body and **learning how to pleasure yourself can feel empowering**, boost your self-image, and improve your mood. So, if you are dealing with chronic depression or just a bout of sadness, try to make yourself feel good down there and see if your mood improves.
6. As a good form of **exercise for your pelvis**, it helps keep it firm and slim. Think about that: having sex, even with yourself, can keep you looking sexy!" (<https://positivepeers.org/the-plus-side/blog/do-you-talk-about-masturbation/>)

"If you don't think masturbation act can live up to the real deal, here are five fabulous tips for **making it the hot and steamy moment** you crave.

1. Start by making the scene intimate and treat yourself – and your genitalia – right. Straighten up your bedroom, throw out the empty pop cans, break out the silk sheets, and light a candle. Turn on the tunes – sex and music pretty much go hand-in-hand. Pun totally intended.
2. We all know the end goal but take things slow and get into the whole experience. Take your time and, little by little, build up the action - **getting closer and closer to orgasm**. Allow yourself time to feel a whole range of sensations.
3. **Don't cheat. Use both hands.** While one hand is tugging on or tickling your love muscle, run your free hand softly over your skin in other places. If you are right-handed, try letting your left-hand tiptoe through your lady garden for a little while. Tease yourself, like a good lover would. Be sure to treat yourself like you would want a lover to treat you.

	<p>4. <b>Switch positions.</b> Try leaning up against your bedroom wall, sit in a chair, or get down on all fours. Different positions can create different sensations. Maybe you'll even discover one that is more satisfying and you can share it with your next partner.</p> <p>5. <b>Rub it out with a fun (and safe) object</b>, try out a new sex toy, or experiment with various lubricants. Like the saying goes, 'the wetter the better.' Experiment with lubes that warm up or have a cooling sensation. Consider using a blindfold to restrict your eyesight and allow your other senses to take over." (<a href="https://positivepeers.org/the-plus-side/blog/do-you-talk-about-masturbation/">https://positivepeers.org/the-plus-side/blog/do-you-talk-about-masturbation/</a>)</p> <p>"The important thing here is to make sure you keep your sex life alive and kicking, especially if you are single. Self-stimulating helps keep your genitals flexible, strong, and healthy. And <b>the more you learn from your solo-sexy time</b>, the better you'll be able to show off your sexy side on the next date." (<a href="https://positivepeers.org/the-plus-side/blog/do-you-talk-about-masturbation/">https://positivepeers.org/the-plus-side/blog/do-you-talk-about-masturbation/</a>)</p>
<p><b>7. PROMOTES CONDOM USE IN INAPPROPRIATE WAYS</b></p> <p><i>May inappropriately eroticize condom use (e.g., emphasizing sexual pleasure or "fun" with condoms) or use sexually explicit methods (i.e., penis and vagina models, seductive role plays, etc.) to promote condom use to children. May provide medically inaccurate information on condom effectiveness and omit or deemphasize failure rates. May imply that condoms will provide complete protection against pregnancy or STIs.</i></p>	<p>"There are <b>so many different kinds of condoms!</b> More condom choices let you be the master of your sexy time and subtract the risk of pregnancy and sexually-transmitted diseases. That, and everybody's different. No two people experience sex the same way. So, the more kinds of condoms, the better." (<a href="https://positivepeers.org/the-plus-side/blog/6-types-of-condoms-for-your-pleasure-and-protection/">https://positivepeers.org/the-plus-side/blog/6-types-of-condoms-for-your-pleasure-and-protection/</a>)</p> <p><b>"Novelty condoms</b></p> <p>Giving a whole new meaning to the concept of swallowing, some condoms are edible. <b>You roll one on and your partner licks it off like a lollipop.</b> Can you say 'pop'?! 'French ticklers' have little points on the end to, you guessed it, tickle your mate's naughty parts. These kinds of condoms are lots of fun – but there's one unfun thing about both of them: They don't prevent pregnancy or STDs. Another fun condom is the <b>glow-in-the-dark condom</b>. Take it out of the package, expose it to light and you guessed it: It glows like a lightsaber (electric swishing noises not included)! Now who's your daddy Luke Skywalker? Hint: not me, because the Night Light brand is FDA-approved for preventing pregnancies and avoiding STDs." (<a href="https://positivepeers.org/the-plus-side/blog/6-types-of-condoms-for-your-pleasure-and-protection/">https://positivepeers.org/the-plus-side/blog/6-types-of-condoms-for-your-pleasure-and-protection/</a>)</p> <p><b>"Pleasure condoms</b></p> <p>Ribs, bumps, and chemical reactions, oh my! All of these condoms improve sensation when you're having fun between the sheets. Some have ribs on the side or bumps on the tip. One condom brand even places the bumps strategically on one side near the tip to <b>improve the pleasure of the person thrusting</b>. Need some tingling? There's a spearmint condom that'll improve the sensation for both partners. And <b>warming condoms</b> have a lubricant that heats up on contact with bodily fluids." (<a href="https://positivepeers.org/the-plus-side/blog/6-types-of-condoms-for-your-pleasure-and-protection/">https://positivepeers.org/the-plus-side/blog/6-types-of-condoms-for-your-pleasure-and-protection/</a>)</p> <p><b>"Flavored and colored</b></p> <p>Strawberry, cherry, mint – flavors give your tongue a joyride. <b>Colored condoms</b></p>

**come in a rainbow of colors.** If you want to try a fun challenge, you can even use a different color for each day of the week. Check the labels on flavored and colored condoms to make sure they are approved for birth control and STD prevention. Also: Flavored condoms sweetened with sugar might cause yeast infections in women, so avoid those **when having anal or vaginal sex!**" (<https://positivepeers.org/the-plus-side/blog/6-types-of-condoms-for-your-pleasure-and-protection/>)

#### **"Internal condoms**

These can be inserted **into the vagina or anus before having sex.** They give the person receiving more control of their sexual health. And, using an internal condom could prevent embarrassing fumbling around when the big moment arrives, because it can be put in up to a few hours ahead of time!"

(<https://positivepeers.org/the-plus-side/blog/6-types-of-condoms-for-your-pleasure-and-protection/>)

#### **"What matters most with condom use**

Studies have found that FDA-approved condoms are free of leaks and do what they're supposed to do. The trouble is human error:

- Not enough lube
- The wrong kind of lube
- Opening the wrapper with your teeth and damaging the condom
- Putting it on inside out" (<https://positivepeers.org/the-plus-side/blog/6-types-of-condoms-for-your-pleasure-and-protection/>)

#### **"How to Use Condoms in Seven Simple Steps:**

1. Gently squeeze the condom package to make sure it's still airtight. If the seal is broken, toss it out and use another condom.
2. Open the condom package with your fingers. Do not use any sharp objects – including your teeth – to open it. You don't want to puncture the condom before you start.
3. Take the condom out and hold onto the rim that will unwrap around the penis. Pinch the tip of the condom to **make it look like a small wizard's hat for the penis.** You're a wizard hairy! See what we did there?
4. With the tip still pinched, **place the condom on an erect penis** and slowly unroll it down to the base. For added pleasure, add just a drop of lube to the inside of the condom before rolling it on...
5. **Have some awesome sex!** If using lube, make sure it's water or silicon based only! Oil based lubes will eat through the condom causing it to break and you and your partner unnecessary stress.
6. Once finished, the **erect penis should be pulled out slowly** and carefully. It's important to remove the condom while the penis is still erect. This makes the removal process so much easier and helps prevent any spills – that's never a fun oops.
7. Tie it off and throw it in the trash. Avoid the toilet – condoms will clog your plumbing." (<https://positivepeers.org/the-plus-side/blog/how-to-use-a-condom/>)

**“Condoms are for oral sex, too.** Some sexually transmitted diseases such as Gonorrhea and Syphilis can be transferred during oral sex so it’s important to protect your mouth as well. Pro tip, **try flavored condoms**, there are so many options out there for your taste buds (and your partner) to enjoy!” (<https://positivepeers.org/the-plus-side/blog/how-to-use-a-condom/>)

“For oral sex involving a vagina and/or anus, unroll a condom all the way down, cut the head off and make one vertical cut down the middle to create an elastic rectangle. You can **stretch this rectangle over your partner’s anus or vagina and go to town**. You can also buy a product called a ‘dental dam’ to do the same thing without all the cutting and crafting.” (<https://positivepeers.org/the-plus-side/blog/how-to-use-a-condom/>)

**“Try out a bunch till you find the ones you like best.** Condoms are available in all sorts of sizes, shapes, and flavors. There are even internal/female condoms which are worn by the receptive partner! Find the style you like best before you buy it in bulk. Always have extras available in your bedroom and other places where you’re prone to getting romantic.” (<https://positivepeers.org/the-plus-side/blog/how-to-use-a-condom/>)

“Get some practice time. **Use a condom by yourself a few times** to figure out exactly how it works. Using a condom means you don’t have to worry so much about STIs or unplanned pregnancies (a condom isn’t fool-proof, but it’s one of the best tools out there).” (<https://positivepeers.org/the-plus-side/blog/how-to-use-a-condom/>)

## 8. PROMOTES PREMATURE SEXUAL AUTONOMY

*Teaches children they can choose to have sex when they feel they are ready or when they find a trusted partner. Fails to provide data about the well-documented negative consequences of early sexual debut. Fails to encourage sexually active children to return to abstinence.*

“Now, as we know, **young people have sex!** (Who would’ve thought? 😊)” (<https://positivepeers.org/the-plus-side/blog/lets-talk-about-horribly-harmful-conversion-therapy/>)

“Super important: **get regularly tested** for sexually transmitted infections (STIs). The CDC has some helpful guidelines about STI testing. A good rule of thumb: go get tested, and/or ask your doctor about getting tested. And we’re all about it! It makes it so much **easier to have fun, stress-free sex if you know you’re completely healthy** and good to go. 💋 It’s even better when your partner is on the same page.” (<https://positivepeers.org/the-plus-side/blog/a-safer-sex-guide-for-a-stress-free-mind/>)

“Beyond getting tested, there are a couple **other things you can do before and after sex** to make sex safer. The obvious one is condoms. They help prevent pregnancy and STIs, have very few side effects, are easy to access, and should be pretty cheap.” (<https://positivepeers.org/the-plus-side/blog/a-safer-sex-guide-for-a-stress-free-mind/>)

“To give everyone **even more peace of mind**, you should look into the medical wonders that are PrEP and doxy-PEP... They’re just more tools to have in your belt.” (<https://positivepeers.org/the-plus-side/blog/a-safer-sex-guide-for-a-stress-free-mind/>)

	<p>“So what does sex-positivity look like instead?</p> <ul style="list-style-type: none"> <li>• <b>It’s about communication:</b> Being sex-positive means feeling free to discuss sex and everything around it. Some people might only like a certain position or have an insecurity that they want to get off their chest. Others may even only want to do outercourse, which is a perfectly valid way to have sex that many people don’t know about...</li> <li>• <b>It’s about being kind:</b> A good practice is to use sexual affirmations, like saying you adore your body, or deserve to feel pleasure during sex. That goes for how you talk to others, too.</li> <li>• <b>It’s about respect:</b> People have different kinks, different likes, dislikes, and everything in-between. Something that someone else enjoys might not float your boat, and that’s ok – talk about it together!</li> <li>• <b>It’s about knowledge:</b> Arm yourself to the teeth with knowledge about sexual health, how to prevent things like pregnancy, and anything else to do with sex. There’s nothing taboo about knowing your stuff.”</li> </ul> <p><a href="https://positivepeers.org/the-plus-side/blog/a-safer-sex-guide-for-a-stress-free-mind/">(https://positivepeers.org/the-plus-side/blog/a-safer-sex-guide-for-a-stress-free-mind/)</a></p> <p><b>Note:</b> The entire website is based on the premise that young people with HIV deserve to continue having sexual relationships and need to know how to prevent transmission. A return to abstinence is not addressed.</p>
<p><b>9. FAILS TO ESTABLISH ABSTINENCE AS THE EXPECTED STANDARD</b></p> <p><i>Fails to establish abstinence (or a return to abstinence) as the expected standard for all school age children. May mention abstinence only in passing. May teach children that all sexual activity—other than “unprotected” vaginal and oral sex—is acceptable, and even healthy. May present abstinence and “protected” sex as equally good options for children.</i></p>	<p><b>“Sexpositive sex is safer sex</b></p> <p>Being sex-positive is about getting rid of useless shame and judgment. Ever heard the term abstinence-only? Yeah, <b>that’s never worked.</b> 😞 It only leads to more STIs and overall, more negative feelings about sex.”</p> <p><a href="https://positivepeers.org/the-plus-side/blog/a-safer-sex-guide-for-a-stress-free-mind/">(https://positivepeers.org/the-plus-side/blog/a-safer-sex-guide-for-a-stress-free-mind/)</a></p> <p><b>“Undetectable sex is safer sex</b></p> <p>If you’re living with HIV and taking medicine and undetectable, U=U (Undetectable + Untransmittable), so you don’t have to worry about transmitting HIV to your partner(s). We still <b>recommend other barriers</b>, such as condoms, dental dams, water-based lube and internal condoms (also called female condoms) to reduce the risk for other sexually transmitted infections (STIs).” <a href="https://positivepeers.org/the-plus-side/blog/spicy-sex-how-to-keep-sexy-time-fun-fresh/">(https://positivepeers.org/the-plus-side/blog/spicy-sex-how-to-keep-sexy-time-fun-fresh/)</a></p> <p><b>“Spicy sex: How to keep sexy time fun &amp; fresh</b></p> <p>You already know that we are all about sex here 😊, especially the adventurous kind! Who doesn’t like a little afternoon snack? 😊 <b>Adventurous sex can be super fun</b>, and we are about to break down some ideas for spicing things up in the bedroom (idea #1 – do it somewhere besides the bedroom! Kitchen counter, anyone?).” <a href="https://positivepeers.org/the-plus-side/blog/spicy-sex-how-to-keep-sexy-time-fun-fresh/">(https://positivepeers.org/the-plus-side/blog/spicy-sex-how-to-keep-sexy-time-fun-fresh/)</a></p> <p><b>“Describe – in detail – what you want to do to your boo</b></p>

It can be a major turn-on to talk about what you'll do during that sexy time. Building up anticipation is part of the fun! It keeps you and your lover dreaming about what's to come (cum?! ;). Will there be food involved? **Possibly watching some kinky porn** to get your lover in the mood? How about a **third party** to make things more adventurous? Whisper the details in their ear, text them little sexy things all day long, and keep up the 'dirty' (why do we call it that?! It should be 'flirty' 😊), descriptive talk all the way through until climax. Your biggest sexual organ is your brain – so engage the mind as well as the body. 😊" (<https://positivepeers.org/the-plus-side/blog/spicy-sex-how-to-keep-sexy-time-fun-fresh/>)

### **"Practice very long foreplay**

We all love some type of foreplay. Whether you like a little romance, or like to get down and dirty, foreplay can be a fun tease for everyone involved. This definitely builds that sexual tension up! **Instead of going right down on them**, slowly kiss and tease their inner thighs, breathe some soft breaths on their most intimate parts, you get the picture....a little teasing can be one of the best parts of leading up to sex, Amirite?" (<https://positivepeers.org/the-plus-side/blog/spicy-sex-how-to-keep-sexy-time-fun-fresh/>)

### **"Sex toys, duh**

Sex really encompasses many things, such as **oral, anal sex, sexual spanking, fetishes** and more! So, why not add some sex toys to accompany you and your lover in bed? A soft silky tie to bind their hands together? A little butt pug [sic] to get them ready for what's next? **A vibrating cock ring** (you can even get these babies at Target!)? Before we go any further, we know what you may be thinking. What about HIV? Can sex toys spread HIV? The short answer is it's very unlikely! HIV can't live very long outside your body, so even if it comes in contact with a sex toy, it dies so quickly it can't get much of a chance to infect. We still recommend **washing sex toys** with good old soap and water after each use and before sharing. If you're not into sex toys really, your fingers, tongue and mouth work as great too." (<https://positivepeers.org/the-plus-side/blog/spicy-sex-how-to-keep-sexy-time-fun-fresh/>)

### **"Fantasies are fun**

Having sexual fantasies is a normal part of human sexuality. Some people prefer to keep them fantasies, but others might **like to act out those fantasies**. Remember what we said about using your brain for sex? It can be extremely sexy for your lover to hear about your fantasies, and who knows, they may even want to help you carry them out – if you're both into that!" (<https://positivepeers.org/the-plus-side/blog/spicy-sex-how-to-keep-sexy-time-fun-fresh/>)

"Let's run down a few of the techniques that may work wonders:

- A Body-to-Body Massage (also known as 'Nuru,' which translates to 'slippery' 💧 in Japanese). Both you and your partner **get naked and rub oil all over** (of course, give each other a hand) **then rub your bodies together**. Try to be present for what that feels like.

- **A penis massage can be one glorious hand job.** 🤴 The massage includes the shaft, balls, and the taint. Be gentle and use plenty of oil.
- **A prostate or clitoral massage definitely pleases.** There are never enough times to get it right and perfect your technique.”  
(<https://positivepeers.org/the-plus-side/blog/you-can-master-erotic-massages-for-your-partner/>)

### “Get into position(s)

There are lots of sexual positions out there. (They literally wrote a book on it!) To get started, **here are a few sexercise positions for staying fit:**

- 🌸 Lotus: Sounds cute and simple, right? You might be surprised to hear it's one of the more physically challenging positions. Start with one partner sitting cross-legged on the bed, or with their legs straight out. The other partner sits on their lap. This **involves lots of grinding**, no thrusting. It can be a major workout!
- 🚶 Standing splits: **Standing sex** isn't the right fit for everyone, but it's an amazing way to get a good workout! It's perfect for partners that are around the same height. One person stands in front, lifting or wrapping a leg around their partner, or up over their shoulder. This one will work up a sweat in no time.
- 🌟 The golden arch: This position is similar to the lotus. One partner sits on top of the others' lap, **thrusting by raising their legs and arms**. That'll turn this into a strong triceps and shoulders workout.
- 🐸 Leap frog: One partner rests on the soles of their feet in a squatting position. It's a tricky balancing act, with the other partner using their arms and wrists to hold them in place from behind.
- 🏃 Missionary plank: Bored of missionary? Add a plank to it! It's a workout for the partner that's on top, as they stay in push-up position **while thrusting with their pelvis**. If that sounds like a fun time, then have at it, boo!
- 📚 The butter churner: It's a funny name, but when it's done right, it's an awesome workout. One partner lies down on their back with their legs past their head, while the other squats down from above. Squeeze those glutes and you'll feel like you're on fire.

There are so many more positions, it's mind boggling. If none of these are doing it for you, keep looking! We're sure you'll find one that's both fun and great for staying fit.” (<https://positivepeers.org/the-plus-side/blog/sexcercise-the-best-sex-positions-for-staying-fit/>)

## 10. PROMOTES TRANSGENDER

### IDEOLOGY

*Promotes affirmation of and/or exploration of diverse gender identities. May teach children they can change their gender or identify as multiple genders, or may present other unscientific*

### “Part 1: Sex assigned at birth

What do we mean by sex? Sex is about joining your parts with your partner's parts for fun, pleasure, entertainment, and even – if you're totally old-fashioned – making babies, right? Yes, but in this case, that's not the definition of sex we mean here. 😊 In this case, we are talking about sex as the biological label people are given **based on the parts they're born with**. This is known as someone's sex assigned at birth.

- **Male** – If your sex assigned at birth is male, then you were born with a penis and testicles.

and medically inaccurate theories. Fails to teach that most gender-confused children resolve their confusion by adulthood and that extreme gender confusion is a mental health disorder (gender dysphoria) that can be helped with mental health intervention.

- **Female** – If your sex assigned at birth is female, then you were born with a vagina, uterus, ovaries, and breasts, etc.
- **Intersex** – When a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male.” (<https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/>)

“Now, if you’re born with a dick, you’ll grow up to be a man, or if you’re born with a vagina, you’ll grow up to be a woman, right? Not exactly. That’s a function of gender.” (<https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/>)



(<https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/>)

## “Part 2: Gender

Here are two simple ways to look at and understand gender thanks to our friends over at the Human Rights Campaign: gender identity and gender expression.

- **Gender identity:** An individual’s most heartfelt understanding of themselves and what they call themselves. One’s gender identity can be the same (cisgender) or different (transgender/gender queer) from their sex assigned at birth.
  - **Cisgender:** A person whose gender identity matches their sex assigned at birth. For example, a person born with a penis that identifies as a man.
  - **Transgender:** A person whose gender identity doesn’t match their sex assigned at birth. For example, a transwoman is someone who was born with a penis but who identifies as a woman.
- **Gender expression:** The outward appearance of one’s gender identity, usually expressed through their behavior, clothing, haircut or voice, may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine. Contrary to popular belief, **gender isn’t binary – there are more than 2 options!** (<https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/>)

“Sometimes, society’s assumptions and expectations about gender can feel like

a prison, especially those whose gender differs with society's understanding of what's 'normal.' This can have horrible consequences for people's health and wellbeing. For many reasons, **people might (or might not!) choose to undergo gender transitioning.**" (<https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/>)

**Gender transitioning** is when someone takes actions to align their gender identity with their outward appearance. There are several ways people might do this, such as dressing differently and using names and pronouns that match their gender identity. Others undergo **physical transitions** in which they modify their bodies through medical interventions." (<https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/>)

"Concerned you might misgender someone? One terrific way to respect and be supportive of someone's gender identity is to introduce yourself and your pronouns before **asking them their name and what pronouns they use**. Such a simple thing can mean the world to someone. ☺ Here's an example from Positive Peers' Research Coordinator, Josh: 'Hi, I'm Josh, and my pronouns are he, him, and his.' Some people like to **use gender-neutral pronouns like they, their, and them.**" (<https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/>)

"One common misunderstanding is that all trans people identify as gay – but that is not always the case. Because sexuality is separate from gender, **transmen and transwomen** can be straight, gay, lesbian, bi, or whatever identity suits them best." (<https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/>)

**No matter what your gender identity**, how you express it, or who you love, remember that you're beautiful and there is nothing wrong with you. We realize that living one's gender identity and orientation openly can sometimes be a challenge. Some people think your identity at birth is all that matters – but they aren't the ones occupying your body, thinking with your brain, and acting with your heart... **It all comes down to you being true to yourself.** That's all anybody has a right to expect of you." (<https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/>)

## **11. PROMOTES CONTRACEPTION/ABORTION TO CHILDREN**

*Presents abortion as a safe or positive option while omitting data on the many potential negative physical and mental health consequences. May teach children they have a right to abortion and refer them to abortion providers.*

"You have the option to link to your social media profiles and list your HIV status and sexual orientation. It also asks **what you're doing to help out with issues like:**

- **Condom/contraceptive access**
- Sex education
- LGBT rights" (<https://positivepeers.org/the-plus-side/blog/apply-2017-national-youth-hiv-aids-awareness-day-nyhaad-ambassador/>)

<p><i>May encourage the use of contraceptives, while failing to present failure rates or side effects.</i></p>	
<p><b>12. PROMOTES PEER-TO-PEER SEX ED OR SEXUAL RIGHTS ADVOCACY</b></p> <p><i>May train children to teach other children about sex or sexual pleasure, through peer-to-peer initiatives. May recruit children as spokespeople to advocate for highly controversial sexual rights (including a right to CSE itself) or to promote abortion.</i></p>	<p>“If you think people just like you – young, strong, and living with HIV – should <b>have a greater voice in how things get done</b>, here’s a chance to do something about it: apply to be an Ambassador to National Youth HIV &amp; AIDS Awareness Day (NYHAAD) and let your voice be heard!” (<a href="https://positivepeers.org/the-plus-side/blog/apply-2017-national-youth-hiv-aids-awareness-day-nyhaad-ambassador/">https://positivepeers.org/the-plus-side/blog/apply-2017-national-youth-hiv-aids-awareness-day-nyhaad-ambassador/</a>)</p> <p>“Speaking up – for yourself, for your friends, for everybody living with HIV – is a great way to break the silence and <b>change up how the world thinks about HIV</b>. It used to be people didn’t talk about whether gay people should have the legal right to get married like everybody else. Now gay marriage is approved by the Supreme Court because thousands of people stood up and spoke up. If you’re comfortable <b>speaking up to end the hate and silence around HIV</b>, this is your chance to turn up. You can even invite your friends to join you. <b>There is power in community!</b>” (<a href="https://positivepeers.org/the-plus-side/blog/apply-2017-national-youth-hiv-aids-awareness-day-nyhaad-ambassador/">https://positivepeers.org/the-plus-side/blog/apply-2017-national-youth-hiv-aids-awareness-day-nyhaad-ambassador/</a>)</p>
<p><b>13. UNDERMINES TRADITIONAL VALUES AND BELIEFS</b></p> <p><i>May encourage children to question their parents’ beliefs or their cultural or religious values regarding sex, sexual orientation or gender identity.</i></p>	<p>“Unfortunately, there are times when <b>religion can create barriers to HIV prevention and care</b>. This can look like <b>supporting abstinence-only teaching, opposing family planning or abortions</b>, or demonizing LGBT folks, drug users, and sexually active women and youth. 💔 Such stigmatizing beliefs can be harmful to those raised within a certain religion, not only increasing feelings of guilt and shame but also adding to the isolation a newly infected individual can experience.” (<a href="https://positivepeers.org/the-plus-side/blog/faith-spirituality-connections/">https://positivepeers.org/the-plus-side/blog/faith-spirituality-connections/</a>)</p> <p>“Did you know one in nine Americans has been <b>in a polyamorous relationship</b>? 🤯 Having more than one lover might sound like it’s still pretty rare, but it’s actually way more common than you might think. And that’s super important to keep in mind! Sometimes, it seems like <b>society says that monogamy is the only option</b>, or, at least, the only ‘normal’ option. However, for many, <b>being in polycules</b> – a connected network of non-monogamous relationships – is an authentic and affirming way of life.” (<a href="https://positivepeers.org/the-plus-side/blog/are-polycules-safe/">https://positivepeers.org/the-plus-side/blog/are-polycules-safe/</a>)</p> <p>“The difference between polyamory (poly = multiple) and monogamy (mono = one) is how many romantic and/or sexual partners you have. Polycules, on the other hand, describe the ways in which different relationships connect and merge. <b>A polycule might consist of a few people who have consensual sex with each other</b>. This can look like a whole lot of things! Sometimes, this might be two partners that decide to add a third to their relationship. Then, maybe that third person brings along someone else, or another couple. Maybe, some of those partners with a degree or two of separation <b>decide to have sex</b>, or maybe some of the group ends up living together!” (<a href="https://positivepeers.org/the-plus-side/blog/are-polycules-safe/">https://positivepeers.org/the-plus-side/blog/are-polycules-safe/</a>)</p>

[side/blog/are-polycules-safe/\)](https://positivepeers.org/the-plus-side/blog/are-polycules-safe/)

“What we’re saying is that there are **lots of ways a polycule can exist**. The common theme? Their relationships – sexual and romantic – connect them. Ultimately, it’s about what you truly want:

- If you’ve committed to only having one partner, but you’re always going to bed wondering if the grass is greener with other people, then **maybe monogamy isn’t fulfilling you**.
- The same is true for people in a polyamorous relationship – if jealousy is a big struggle for you, or you want the steadiness of a single partner, then it might be time to leave polyamory behind.

The biggest thing is that whatever you choose, if everyone consents, then **it’s totally, completely, and 100% normal.**” (<https://positivepeers.org/the-plus-side/blog/are-polycules-safe/>)

“What we must talk about is **whether it’s safe to have multiple sexual partners at once**, and that’s where honesty and clear communication come in... Some common guidelines for polycules are:

- Think about you in the whole : Polycules are made up of multiple people, but you are responsible for your own sexual health. Getting tested regularly is super important, but also **informing your pod** if you’ve come into contact with an STI is crucial. The last thing anyone wants is an STI to spread through the pod, and it can take several months to a year for a whole pod to clear a sexual infection.
- Over communicate : The reality is that people in polycules have multiple partners, so everyone needs to be on the same page. Before having sex, **make sure you’ve talked about sexual histories**. How active are they? When was the last time they were tested? It all starts with communicating.
- Trust comes first : Having sexual partners that you trust, and that trust you back, is huge. You want to be with someone who understands why a visual check is important, who understands **how to differentiate between infected hair follicles and genital warts**, and who respects boundaries set by the entire polycule. If you don’t trust your partners, then your polycule might not be the right fit for you.”

[\(https://positivepeers.org/the-plus-side/blog/are-polycules-safe/\)](https://positivepeers.org/the-plus-side/blog/are-polycules-safe/)

“Sure, there are many more aspects to polycules! How to handle birth control, staying educated on recent developments in sexual health, the list goes on and on. But don’t stress! **Each polycule is different, just like each monogamous relationship is different**. You can decide for yourself what you feel safe in and set your own rules. Remember, everything works if there is room to be honest with your partners. Without honesty, the whole game can fall apart. Honesty prevents resentment from building, keeps things safe and fun, and means sex won’t be ruined by secrets. Basically, **just speak your truth!**”

[\(https://positivepeers.org/the-plus-side/blog/are-polycules-safe/\)](https://positivepeers.org/the-plus-side/blog/are-polycules-safe/)

“Will I face judgment for being in a polycule?

Monogamy may be the standard right now, but **polycules are filled with people that have found their group and are happy being their true selves...** Yes, there will likely be challenges to overcome for those in a polyamorous relationship. Because it isn't as common, there might be judgment from people who don't understand the basics. Still, try to **be confident and proud**, because, in all honesty, you deserve to be happy. Overcoming these challenges can be hard, but it is also a way for you to stand up for yourself, find out who you are, and achieve peace of your own. Everyone deserves that."

(<https://positivepeers.org/the-plus-side/blog/are-polycules-safe/>)

"Thinking about sex can cause you to feel all sorts of things—excited, intimidated, you name it! Sometimes, these attitudes toward sex depend on the people involved, or where in the world you're hanging out. And, other times, sex comes along with substance use. You might be familiar with this, or it might be new to you! Maybe it begins with a glass of wine before a sexy evening or smoking a joint to 'get in the mood.' For those who love to go out clubbing to mingle, **they might find themselves combining sex and methamphetamines**, for what is commonly known as meth sex. Meth sex is also known as *chemsex* or *PnP*, short for 'party n' play.' Meth makes people less inhibited and enhances all the sexy feelings. Combining meth and sex is more common and widespread in the LGBTQ+ community – we're talking about **the circuit scene and in-home group sex parties.**" (<https://positivepeers.org/the-plus-side/blog/meth-sex-chemsex-and-pnp/>)

**Note:** *This page outlines the negative outcomes of using meth and encourages people to consider whether they have a meth addiction and need recovery. However, it does not come straight out and tell people that meth sex should absolutely never happen for the sake of their health and well-being.*

"The subject is a painful one for many, but we do feel it's extremely important to talk about. We hope you take away at least one huge point: conversion therapy is unacceptable and harmful... **Conversion therapy involves any attempts to try and change a person's sexual orientation or gender identity.**" (<https://positivepeers.org/the-plus-side/blog/lets-talk-about-horribly-harmful-conversion-therapy/>)

**Note:** *By this definition, voluntary religious counseling on overcoming same-sex attraction would qualify as harmful conversion therapy.*

"Nowadays, we **know that sexual identity is fluid**. Some might say it exists on a spectrum. Trying to forcibly change it causes incredible harm. It makes people feel as if who they are isn't who they should be, and that only results in pain and rejection. ☹ According to many reports LGBTQ+ young people subjected to conversion therapy are more likely to:

- Attempt suicide
- Be depressed
- Use illegal drugs
- Be diagnosed with HIV and other STIs" (<https://positivepeers.org/the->

	<p><a href="https://positivepeers.org/the-plus-side/blog/lets-talk-about-horribly-harmful-conversion-therapy/">plus-side/blog/lets-talk-about-horribly-harmful-conversion-therapy/</a></p> <p>“Nearly every major medical group has come out against trying to change people’s sexuality or gender identities.  Lately, <b>we’ve also seen legislation come into play</b>, helping protect LGBTQ+ youth from conversion therapy. So far, 14 states have banned conversion therapy <input checked="" type="checkbox"/>, while Canada and at least six other nations have also outlawed conversion therapy.”</p> <p><a href="https://positivepeers.org/the-plus-side/blog/lets-talk-about-horribly-harmful-conversion-therapy/">(https://positivepeers.org/the-plus-side/blog/lets-talk-about-horribly-harmful-conversion-therapy/)</a></p> <p><b>Note:</b> These laws often include bans on pastoral or other efforts to help people overcome unwanted same-sex attraction or gender dysphoria.</p>
<p><b>14. UNDERMINES PARENTS OR PARENTAL RIGHTS</b></p> <p><i>May instruct children they have rights to confidentiality and privacy from their parents. May teach children about accessing sexual commodities or services, including abortion, without parental consent. May instruct children not to tell their parents what they are being taught about sex in school.</i></p>	<p>“Knowing if you should <b>tell your parents may be more complicated</b> if you’re a teenager. How come? Because your parents are responsible for your health. If they have health insurance that covers you, the insurance could help pay for the cost of your treatment.” <a href="https://positivepeers.org/the-plus-side/blog/young-positive-tell-parents/">(https://positivepeers.org/the-plus-side/blog/young-positive-tell-parents/)</a></p> <p>“It’s understandable that you <b>might hesitate to tell your parents</b> because you don’t want them to worry about you. Others feel their parents don’t accept their sexual orientation, making the idea of sharing your HIV status a difficult one. Only you can make this decision. The good news is there are ways to make it easier to answer that question:</p> <ul style="list-style-type: none"> <li>• Talk to a counselor at the clinic where you were tested. Ask them what other people like you have done, and how they did it.</li> <li>• Talk to other young people living with HIV and ask what they did. You’re not the first person to deal with this problem. Your counselor or social worker should be able to <b>put you in contact with a support group for other teens living with HIV</b>. Attend their meetings and ask what they did. And ask them how their parents reacted.</li> <li>• Ask yourself how your parents would react to this kind of news. If you think they’ll take it hard and start hollering at you, kick you out of the house or get violent, telling them yourself might not be the best way to go.” <a href="https://positivepeers.org/the-plus-side/blog/young-positive-tell-parents/">(https://positivepeers.org/the-plus-side/blog/young-positive-tell-parents/)</a></li> </ul> <p>“So, <b>what should you say?</b> Think about how you reacted when you heard the news that you were HIV-positive. You were scared at first, but the more you learned about HIV treatments, the more you calmed down and realized you could live a long healthy life &amp; it would be OK. You found out there are medicines available, and there are programs to make sure you can get your meds even if you don’t make much money. <b>Your parents might not know any of this. You have to be the one to explain it all to them.</b> Sure, it’ll be tough for them. But you’re the one who has to live with your diagnosis.”</p> <p><a href="https://positivepeers.org/the-plus-side/blog/young-positive-tell-parents/">(https://positivepeers.org/the-plus-side/blog/young-positive-tell-parents/)</a></p>
<p><b>15. REFERS CHILDREN TO</b></p>	<p>“You can <b>find free condoms</b> at places like:</p>

## **HARMFUL RESOURCES**

*Refers children to harmful websites, materials or outside entities. May also specifically refer children to Planned Parenthood or their affiliates or partners for their lucrative services or commodities (i.e., sexual counseling, condoms, contraceptives, gender hormones, STI testing and treatment, abortions, etc.)*

*Please Note: A conflict of interest exists whenever an entity that profits from sexualizing children is involved in creating or implementing sex education programs.*

*(For more information on how Planned Parenthood sexualizes children for profit see*

[www.WaronChildren.org](http://www.WaronChildren.org) and  
[www.InvestigateIPPF.org](http://www.InvestigateIPPF.org))

- **Planned Parenthood** health centers

- Your doctor's office
- Family planning clinics
- Local health departments
- Community centers
- College health centers" (<https://positivepeers.org/the-plus-side/blog/a-safer-sex-guide-for-a-stress-free-mind/>)

["The 13 Coolest Queers on ~The Internet~ That You Need to Follow ASAP"](https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/)  
(<https://positivepeers.org/the-plus-side/blog/assigned-sex-gender-identity-everything/>)

**Note:** Virtually every article on this site refers readers to outside sources and articles on all manner of sexual topics, similar to the example listed here.