



SAFE SEX AND PLEASURE WORKSHOP

Participant's

Workbook

Please Her



Acknowledgment

This is a big old thank you to FRIDA for throwing the cash money our way to produce this. Thank you to Rebecca Rwakabukoza for your great editing skills and Jeannine Adams for graphic designing this so hard that we saw unicorns and stars. Thank you to Alexis Teyie for the excellent infographics and to our beautiful model, Thabile for being a part of this journey. Thank you Abigail Phiri and Tshego Senne for the words, wisdom and all the information.

We stay grateful. Now lets learn.

HOLAA! xo

Photography: Siphumeze Khundayi



HOLAA!

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We'll be

WORKING THROUGH

▶▶▶▶ *the following* SECTIONS

SECTION 1: CONSENT ----- 2

SECTION 2: DANGERS OF SEX ----- 3

For Women who have Sex with Women (WSW)

SECTION 3: TIPS AND TRICKS IN BED ----- 4

SECTION 4: SEX TOYS AND SELF LOVE ----- 8

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Intro to BDSM

Icons

used in this workbook





What are your ideas
of consent?

CONSENT

▶▶▶▶ Section 1

Let us unpack a few ideas
and examples of what
your understanding of
consent involves.



HOLAA!

CONSENT 101

Consent is mandatory. Period.
Any sexual acts in the absence
of consent is rape.

1 Consent is not just about sex

Consent is about respecting people's autonomy, bodily integrity, and right to pleasure.

2 Consent is an active choice

Consent must be made consciously and given vocally and enthusiastically. Minors or people under the influence cannot give consent.

3 Consent is given freely

Consent is based on equal power. Consent is not possible if coercion is present.

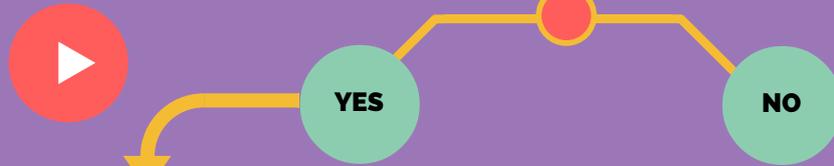
4 Consent is ongoing

Consent is both continuous and specific. Consenting to one act doesn't mean consenting to everything. Consent can be withdrawn at any time.

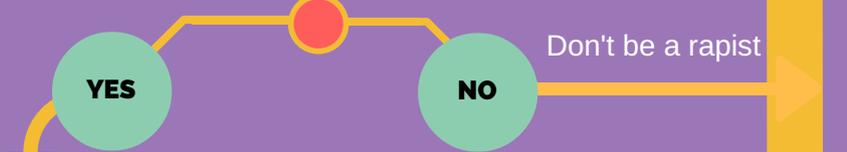
TRY: Are you OK with this? Do you like it when I... Does this feel good? I think it's hot when...

CONSENT FLOWCHART

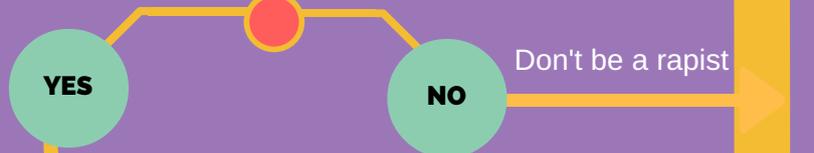
Start: Do you want to do the sex?



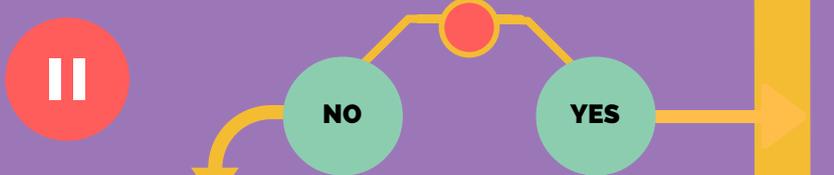
Do they want to do the sex?



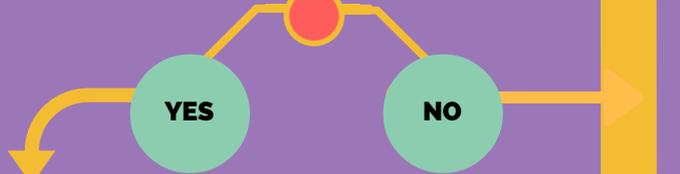
Have you asked them?



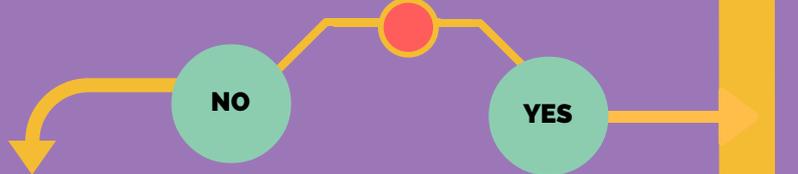
Are any of you drunk/high?



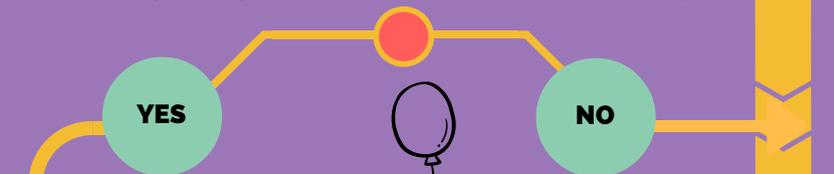
Did they answer you?



Did they say no or maybe?



Did they say YES enthusiastically?



DO THE SEX!



STOP

Wanna do something else? Go to **START**

STDs and STIs

to watch out for

▶▶▶▶ Section 2



Before you begin with this section, **let us discuss** what you consider safe sex to be.



Then move into small groups and **fill in each of the missing content and infographic labels** throughout the section.

1. _____

With very little outwardly visible symptoms in the early stages of infection, Chlamydia commonly goes untreated and transferred from one partner to another unknowingly.

As a bacterial disease, the transmission occurs even without penetration. If left untreated it causes pelvic inflammatory disease (PID) that damages the uterus, cervix and ovaries leading to infertility.

(INTERNAL) SYMPTOMS INCLUDE:

1. _____

2. _____

3. _____

4. _____



Chlamydia is, however, treatable with oral antibiotics as prescribed by healthcare professionals.

2.

There are over 100 varieties of HPV and focus is mostly placed on the strains that affect genitals, mouth and throat.

HPV is a viral infection that is passed between people through skin-to-skin contact.

WSW, in particular, are at risk of contracting and transferring HPV through unprotected cunnilingus, anilingus, tribadism as well as the immediate sharing of toys without disinfecting and using protection.

There is no known treatment for HPV in its earlier stages.

HPV can cause cervical cancer and other cancers of the genitals, head, neck, and throat.

3.

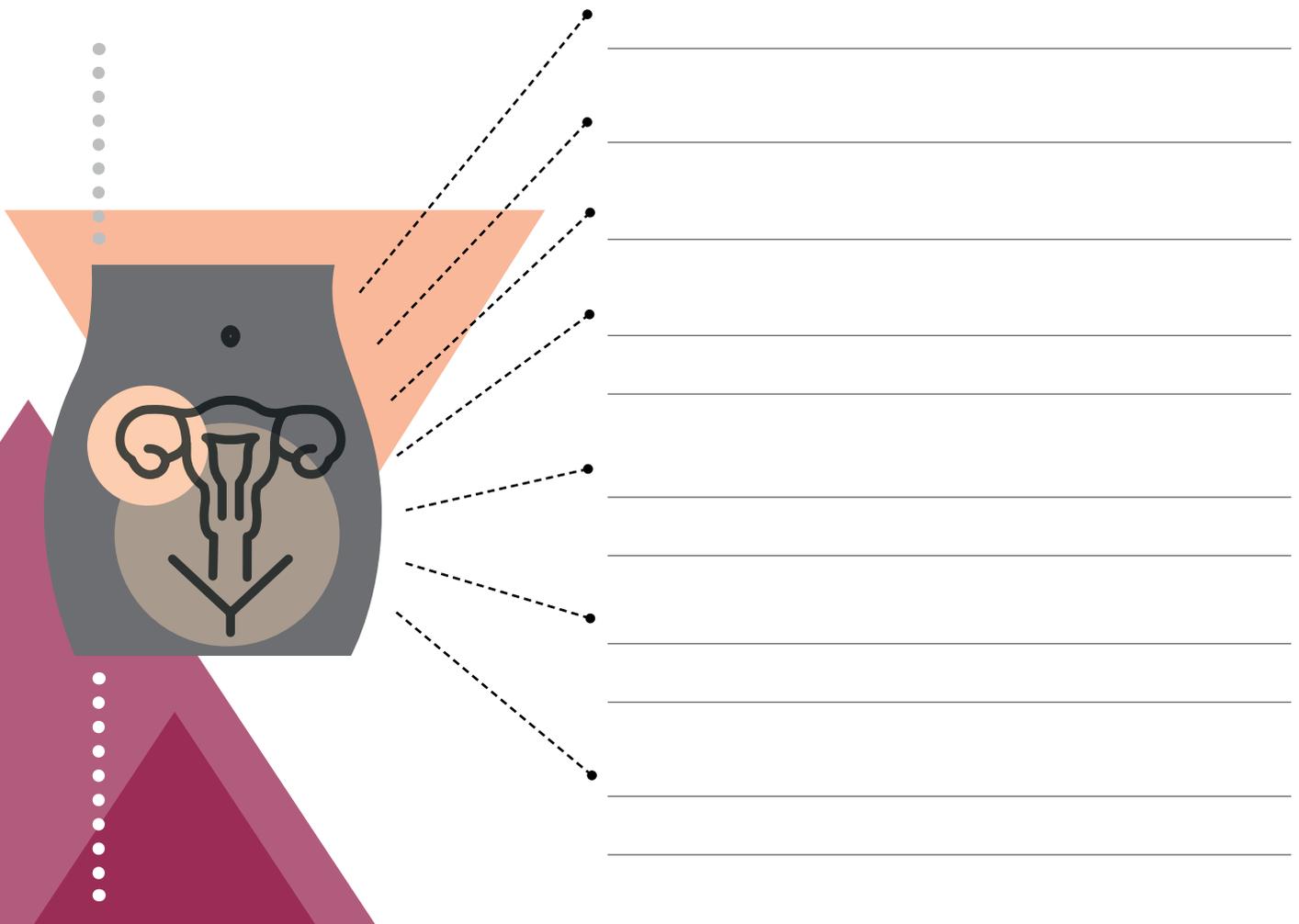
Gonorrhoea is a bacterial infection that likes to live in the warm and moist areas of the body. This includes the urethra; eyes; throat; vagina; anus; and female reproductive tract (fallopian tubes, cervix, and uterus).

WSW are at risk of contracting and transferring Gonorrhoea through unprotected cunnilingus, anilingus, tribadism, as well as the immediate sharing of toys without disinfecting and using protection.

Symptoms of Gonorrhoea in a number of women are not always visible. When they are, they may come across as mild yeast or urinary infections, making it all the more difficult to identify.

Similar to Chlamydia, severe cases of untreated Gonorrhoea cause PID and ultimately lead to damage of the uterus, cervix and ovaries, leading to infertility.

SYMPTOMS INCLUDE:





African Sexualities A READER

Edited by
Sylvia Tamale

African Sexualities

Sylvia Tamale

African Sexualities: A Reader provides a critical and groundbreaking survey of the plurality of African sexualities while also challenging the dominant heteronormative assumptions of the discipline. It provides an invaluable resource for scholars and students from a variety of disciplines, including African studies, gender studies, and African history. The book features a range of original research, critical analysis, and diverse perspectives on African sexualities. It examines the complex and dynamic relationship between African sexualities and the various structures of oppression, including colonialism, patriarchy, and heteronormativity. The book also explores the role of African sexualities in the development of African societies and the impact of globalization on African sexualities. The book is a must-read for anyone interested in African sexualities and the role of African sexualities in the development of African societies.

TIPS

IN BED

& Tricks

Safe sex for Women who have sex with Women

It is important to be open and honest with your partner(s) about any health concerns and the use of safer sex methods.

Regular STI screenings, vaginal health practices and general body awareness can keep you in the know and alert of any changes with enough time to seek treatment, as well as take the necessary steps to preventing transmission.



What are some of the ways you have sex?

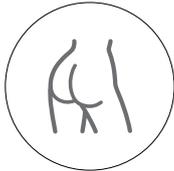


In the learner activity below, **match each of the following tricks to their corresponding protective tips.**

Trick

Tip

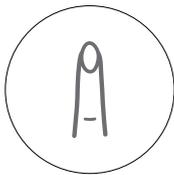
1. Safer Tribadism



- Use latex gloves and finger cots, especially if you have a cut or sore on your hands.
- Use plenty of lube for fingering or fisting, especially for the anus to avoid abrasion.
- Wash your hands before and after sex.
- Keeping fingernails short and clean.

2. Safer Fingering

Including Anal Pleasure



- Use a new condom every time sex toys are shared, or when switching partners.
- Wash sex toys before and after use and between partners.
- Apply plenty a lot of lube.
- Use sex toys carefully to prevent drawing blood.

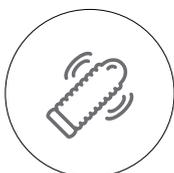
3. Safer Oral Sex

Including Anilingus



- Avoid scissoring (vagina-to-vagina contact) if you or your partner is menstruating.
- Use a dental dam, or cling wrap. In absence of either, you may or even wearing a thong as a protective barrier.

4. Safer Sex Toy Use



- Use a dental dam, cling wrap, or a condom cut open and placed between the vagina/anus and mouth.
- Avoid oral sex if you or your partner have any cuts or sores in or around the mouth, or if the receiving partner is menstruating.

GIVING HEAD:

15 Steps
to eat Pussy like a
Champ. ▶▶▶▶



Listen carefully and **fill in each of the missing words** in the below activity.

STEP NO. 1: Tell her she is _____
and mean it.

STEP NO. 2: Take a moment to
_____ her beautiful vagina.

STEP NO. 3: _____ to it: actually
whisper to her vagina.

STEP NO. 4: Use the tip of your _____
on her outer lips, inner lips then search for
her clit.

STEP NO. 5: When touching her pussy make
sure your finger is _____.

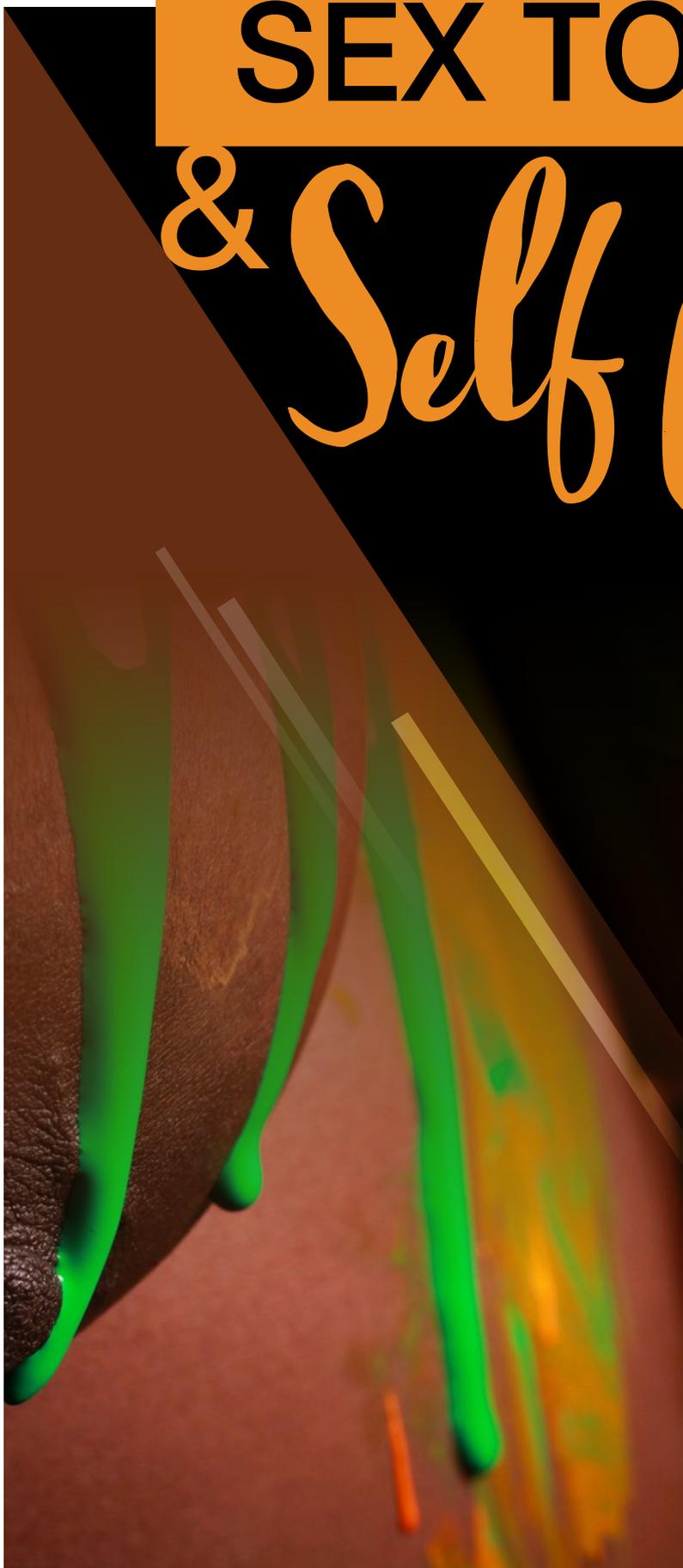
STEP NO. 6: Approach her pussy slowly,
_____ her a little bit.

STEP NO. 7: This is the time for games,
_____ with her.



SEX TOYS

& Self love



How to care for sex toys

Word Search



In the following activity you will need to **search for the words and complete the seven points** on “How to Care for Sex Toys.”

s	r	g	s	c	w	e	d	p	j
y	e	y	r	t	i	v	i	a	z
x	o	n	l	w	t	n	h	e	r
t	o	w	q	v	t	x	y	w	c
b	a	t	t	e	r	i	e	s	o
e	e	r	e	u	k	k	d	c	n
h	j	y	b	n	a	e	l	c	d
g	s	b	u	t	h	e	m	k	o
y	e	a	l	i	u	n	z	u	m
r	g	t	w	k	h	l	f	i	s

1. Always _____ your toys before sharing with a partner.
2. _____ sex toys after every use.
3. Make sure you are using the right _____.
 - Don't use silicone- or oil-based lubes with silicone toys. Go with water-based or hybrid lube.
4. Use _____ with porous sex toys.
5. You should use condoms with _____ dildos as they absorb more dirt than silicone.
6. Store your _____ wrapped in cloth or in a cloth bag.
7. Take the _____ out of your toy when you aren't using it.
 - Leaving the batteries in can actually corrode the toy and drain the battery life.

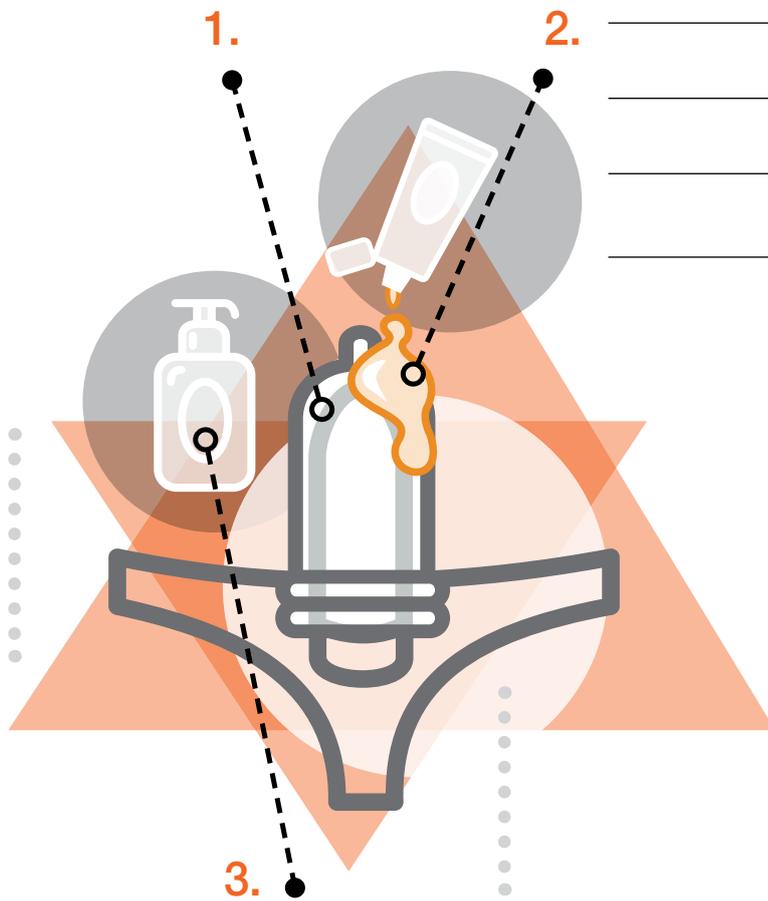
Types of sex toys and how to clean them:

- Silicone, glass, stainless steel, or wood (motorized): Use mild soap and a damp cloth to wipe the toy clean.
- Silicone, Pyrex, stainless steel, or stone (not motorized): If you want to really clean it, place it in boiling water for eight to 10 minutes, or run it through the dishwasher without soap.
- Cyberskin: Use only a little soap and warm water to clean it. Too much sudsing can damage the sensitive material.
- Hard plastic, elastomer, thermoplastic elastomer (TPR), or jelly rubber: These porous materials can still contain bacteria and STDs after washing with soap and water. Use a condom if you're going to share with a partner.

Tips for safe strap on sex:



Complete the sentence labels on the following diagram.



Tips for D.I.Y sex toys

When choosing something to use as a sex toy you need to think of a few things:

- Can it transmit bacteria or cause infection?
- Can it break off?
- Will it cause injury?

Choose objects that are smooth, durable, and are comfortable for you to hold or manipulate.

Make sure that you cover your chosen object with a condom.

Once you use a food stuff as a sex toy, do not eat it.

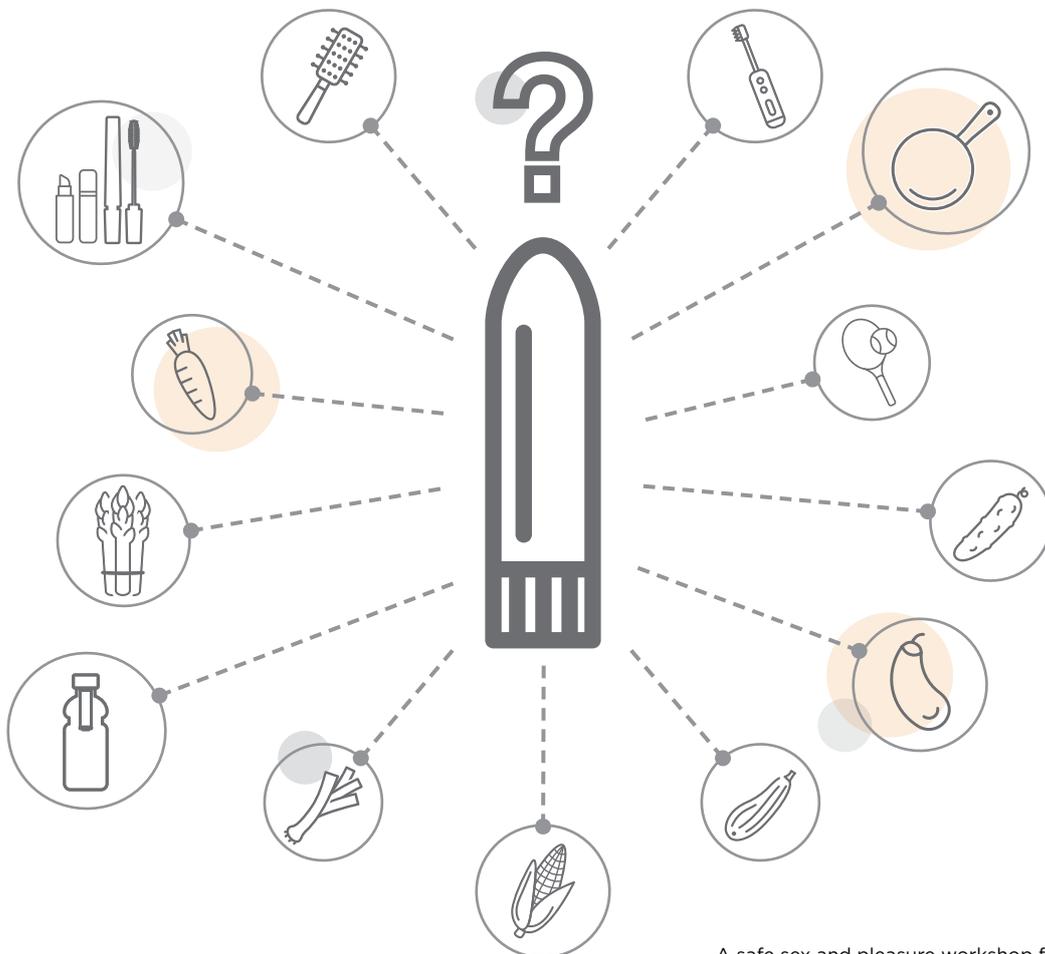
Note: If you are planning on using your D.I.Y dildo for anal stimulation, it must have a flared base.

Most of the items that you might pick up to use as a makeshift dildo are porous (have a lot of tiny tiny holes). This includes wood, rubber and even fruits or vegetables, which means you cannot completely kill all the bacteria. This is where the condom comes in.

A list of objects that can be used as dildos:



As the facilitator works through the list, **write out the name of the object alongside the icon** in the below infographic.



NB: do not use!



DO NOT use a peeled banana, or a banana in general. A banana is a bad choice for a dildo because it gets soft and this is not a good look. DO NOT use anything that creates suction inside e.g. an empty bottle.



KEY TIPS:

The vibration from a phone can be a semi vibrator. Just make sure you clean it first. And try not to get it too wet. If you can cover it in a condom.

.....

Put a condom on it

.....



- Cover any and all objects used with a condom
- No objects with sharp edges or pointy bits
- Do not use anything that could possibly shatter, splinter, or break off inside you
- Objects with electrical currents are for outside use only
- Do not use anything that belongs to or that you share with another person
- Do not use electric objects in the tub or shower



Let's Get Kinky



Section 5

Introduction to BDSM for WSW

BDSM

stands for:

Bondage,
Discipline/**D**ominance,
Sadism/**S**ubmission and
Masochism.

Some of the activities involved in kink are probably things most people have done with sexual partners to an extent, without actually calling it kink or BDSM.

▶ **AT THE VERY CORE OF BDSM AND KINK IS EXPLICIT CONSENT.**



KEY PRINCIPLES OF BDSM:



List the following key principles of BDSM in the spaces provided.

It is important for kinksters to practice full disclosure of fetishes, history as well as any medical concerns.

Remember: typical gender-roles and sexuality labels do not apply to BDSM.

▶ **BDSM IS MORE ABOUT WHAT GETS YOU OFF, WITHOUT SHAME OR JUDGMENT.**



Fill in the missing key words throughout the section. You will also get into pairs, **think** of both Bondage and Discipline examples and **note them down**.

1. Bondage and Discipline

Bondage: _____ of a person's body or parts using one's hands, rope, chains, ties, silk scarves, etc.

Discipline: Involves the social and psychological altering of behaviour through _____ and/or _____.

The severity of both Bondage and Discipline, along with every other BDSM act, is discussed and agreed upon by both the receiver and the giver prior to play or in rare cases, given as once-off consent (See: Master and Slave Dynamics).

Provide examples of Bondage and Discipline in the spaces below.



Bondage examples



Discipline examples

2. Dominance and Submission

Dominance and Submission is also known as _____ .

It is the _____ to a certain degree, where the sub will **yield a certain amount of authority and control over to the Dominant sexually, erotically and sometimes lifestyle wise.**

Not every D/s arrangement will involve sex or play, which is why it's important to know your kinks and find a dynamic that is suitable for you. The Dominant will exercise given control over the sub within the agreed upon _____.

This sort of arrangement can be for a shorter term, all the way up to a long-term Mistress/Master and slave arrangement where the Mistress/Master has earned full control over their slave(s).

D/s arrangements do not necessarily represent a person's outward demeanour, as one can be submissive while dominant in their professional and family life.

It's all about **exploring** _____.

3. Sadomasochism

A sadist is one who **finds pleasure** in _____, while a masochist **finds pleasure** in _____.

All within **mutually agreed upon boundaries.**

As the more physical extension to a D/s arrangement, can be purely for the sensation of giving and receiving pain as pleasure, an arrangement based on the **use of pain to enhance pleasure within an erotic context.**

The build-up and release of adrenalin and endorphins from an S and M 'play session' increases the state of euphoria and can be described as a "High" or sub/bottom-space for the receiving partner and Top/Dom-space for the giving partner.

As simple as the slight pain of your partner's bite on your neck that you ended up finding so enjoyable, S and M can also include spanking your partner's bare bottom during sex. At its most advanced level, S and M includes the use of _____ and other implements to **exert pain.**

4. Play sessions or Scenes

A play session is a period that is **mutually agreed upon** by all participating people, to **explore their**

_____.

It is often thought of as a form of entering a different realm entirely, where you assume your **desired role and partake in the activities involved.**

Because of the fantasy nature of a play session, it can be easy for Tops or Dominants to get carried away, which is why they are required to adhere strictly to the _____ **set within their arrangements.**



Fill in the missing key words in the content below.

Elements that may be involved in isolation or combinations of a play session:



- _____ (such as cuffs, suspension and even artistic rope work)



- _____ (such as blindfolding and gagging)



- _____ (using sensations such as hot/cold, sour/sweet and rough/soft)



- _____ (such as masking and choking)



- _____ (such as nurse/patient, cops/robbers and teacher/student)



- _____ (such as floggings, paddlings, whippings, scratching)



- _____ (such as cross-dressing, derogatory name calling and other humiliating acts)



- _____ (such as feet and heels, stockings and latex bodysuits)

▶ **SAFETY, SANITY AND CONSENT IS THE PINNACLE OF BDSM.**

This means that:

- Every participant be aware and consent to the play.
- Ensure that safety measures are taken, such as keeping a fully stocked first aid and aftercare kit nearby before a play session begins.

KEY TIPS:

A fun activity would be for the Dominant to establish a safety ritual that requires the submissive to check whether all toys, tools and kits are clean and within reach in the case of an emergency like tying the rope too tight.

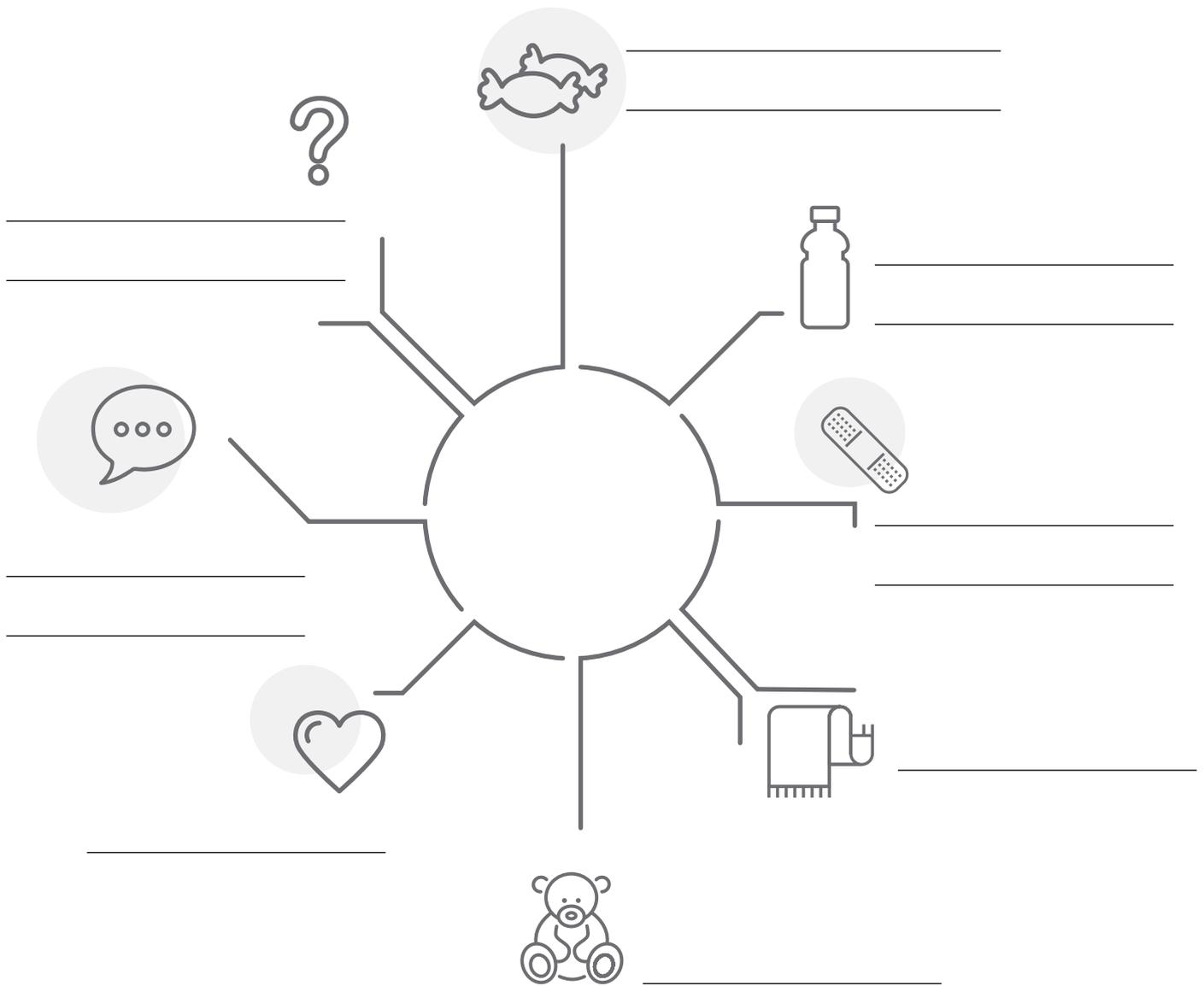


Numerous bottoms and submissives note a period of 'subspace', where they feel completely euphoric in their state of submission during a play session. Dominants can also feel the same sensations from the power dynamics of the play.

5. Aftercare

The cuddles, the pillow talk and the smoke break that comes often after sexy time is the aftercare of a play session, used to tend to the decline from subspace or the end of a session.

Aftercare needs vary from person to person, and include:



Find out what your person needs!

NOTE: It is important to know or have had a list of what your partner may need as aftercare as most submissives and bottoms find it hard to communicate clearly whilst in or declining from subspace.

