



AFROSEXOLOGY

EDUCATE. EXPLORE. RECLAIM.

Less Oppression
More Orgasms

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Hi love,

Less Oppression, More Orgasms is our motto to challenge oppressive messages that are too often internalized and leave us feeling as though we are unlovable, unworthy, and devalued. In a society that promotes capitalism, racism, sexism, heterosexism, ableism, and many other “-isms”, we believe that we can continue to resist and reclaim our agency by rebuilding our relationship with our bodies! Experiencing pleasure and orgasms, whether that looks like dancing to our favorite songs, reading poetry, masturbating, writing affirmations, or having kinky sex affirms that we deserve to live healthy, pleasurable, autonomous lives. Lives in which we are connected to our bodies, empowered to ask for what we want, and refuse to settle for unpleasurable experiences from our lover(s) or oppressive culture.

So, we created this guide to go along with our workshop, “Less Oppression, More Orgasms” to enhance your experience with the content as you take notes, complete the activities, and create new ideas and revelations of your own. We hope that you enjoy!

In peace, power & pleasure,

Dalychia + Rafaella

Less Oppression

Identifying Oppressive Systems

Sexism

Racism

Classism

Heterosexism

Cissexism

Sizeism

Ableism

Colonialism

Capitalism

Adultism

Ageism

Nationalism

Texturism

Colorism

Featurism

Elistism

Directions: Use this chart to explore how oppressive systems or “-isms” have impacted you.

What “-isms” have impacted your sexual life? *Example: Racism, sizeism, sexism*

How can you tell that the “-ism” is impacting your sexual life? *Example: My concern about being labeled as hypersexual or a ‘ho’ limits my sexual expression.*

How have your internalized “-isms” impacted someone else’s sexual liberation? Ex. I have slut shamed someone else.

What other barriers prevent centering your pleasure more or at all? Example: I do not have the financial resources for toys, workbooks, or attending community events around sexuality.

Confronting Oppressive Systems

Acknowledge the source of the message

Be compassionate with yourself

Challenge the message

Develop Pleasure Practices

08

For example:

The oppressive message: Fat bodies are not desirable.

A - Society's beauty standards, lack of diverse body representation in media, comments from family/friends, punchlines in movies and jokes, plus size section being in the back of stores.

B - Acknowledge the hurt. "I am human and allowed to have vulnerable moments."

C - I will Intentionally surround myself with messages that promote body neutrality/ acceptance and supportive people.

D - I will give myself compliments, massage myself, dance naked in the mirror to a great song to affirm my body.

Directions: Use this section to complete the A-B-C-D model for confronting oppressive messages.

Acknowledge the source of the message or belief.

Be compassionate with yourself.

Challenge the message.

Develop pleasure practices.

More Orgasms

Working through Shame

Shame is an emotional experience or thought that attempts to make you feel or believe you are inadequate, flawed, lonely, embarrassed, and disconnected. This learned state of being and response can cause you to hide your authentic self, avoid certain situations, or overcompensate in another way. Addressing feelings of shame requires intentionality and perspective since it is experienced in the context of others' messages, beliefs, and responses. Whenever any of these unwanted thoughts and feelings come up, you can take deep breaths, acknowledge them, and decide if you want to affirm or release them. You are breaking through generations of interpersonal and institutional sexual shame that has been used to separate you from our erotic self & erotic power.

Directions: Use this chart to explore where shame currently sits in your life.

What shame about your sexual and non-sexual self are you carrying with you?

When did you learn it? How does it show up today? What does it feel like?

How would releasing shame about your erotic self help you create different experiences?

What are helpful phrases or mantras that challenge the shameful thoughts/feelings?

Things to remember...

- What other people think and feel about you are likely about them, not you.
- Shame is passed down and you have every right to let it pass you by.
- Being willing to feel your authentic feelings allows you to better nurture yourself.
- Acknowledging your shame gives you space to challenge and re-define its meaning.
- Empathy and creating affirmations help diminish the impact that shame has.

Boundary Setting

Living in an oppressive society means that you will grow up with unjust restrictions, boundaries, and laws placed on you. You may have difficulty negotiating these boundaries or enforcing your own if you do not hold a position of power. Over time, you may hesitate to speak up for yourself, second-guess meaning behind harmful actions, or ignore signs of being uncomfortable and hurt all together. It's time to get in tune with your mind, body, and power by identifying and re-asserting boundaries of your own.

What are your boundaries? Think about past situations when....

You felt dismissed:

Something bothered you:

You felt uncomfortable around someone:

Your gut was sending a message:

What if the boundary isn't firm?

It's also important to remember that your boundaries can change based on the people you interact with and the situation you are in. However, those exceptions are up to you to make. Thinking about some of these ahead of time can be helpful in decreasing self-judgement or shame that may surface.

What are things that you do not like, but would tolerate, depending on the circumstances?

What beliefs or values are connected to this exception?

What to do when your boundaries are crossed?

Understanding the factors leading to the boundary being crossed puts you in a better position to maintain them in the future.

1. Were you aware that you had this boundary? If so, how did you express it?	2. Has the person who overstepped the boundary done so repeatedly?	3. Is there an outcome you would have preferred or a reaction you would have shown?
4. Are you able to talk to the person in a productive, affirming, and loving way? What could you say?	5. Is the person able to engage in the conversation in a productive, affirming, and loving way? How could they respond?	6. Reflect on the meaning of the boundary. How do you plan to maintain the boundary? How will you share this with others?

How to heal after boundaries are crossed?

When you realize that you have not maintained healthy boundaries, you may become overly critical of yourself. Practice self-compassion as you challenge messages that told you to ignore your gut, compromise, and be non-confrontational.

Affirm that you:

1. Have a right to establish and enforce your boundaries.
2. Deserve to be in spaces with people that help you grow and not hurt you emotionally.
3. Have permission to cut ties with toxic people.
4. _____
5. _____

Have you ever crossed someone's boundary?

Understanding how we cross boundaries helps with building empathy and understanding. You may not always share a person's boundaries, but it's still important to respect them by changing the behavior or honoring their decision to no longer engage with you. Take some time to think about both verbal and non-verbal cues that indicated someone's discomfort, frustration, and non-consent to what was happening.

Exploring & Centering Pleasure

PLEASURE IS MY...
RIGHT
RESPONSIBILITY
RESISTANCE

Think about the very last pleasurable thing you did. How much did you enjoy what you were doing? Were you present and mindfully in the moment or were you thinking about the next thing you had to do? The truth is that when you are too busy, overwhelmed, and distracted to enjoy some of your favorite things, you are not prioritizing your pleasure. When you are not centering pleasure with yourself it can be difficult to expect or request pleasurable experiences from others. Although you may make exceptions about how to spend your time in the context of relationships, pleasure is yours -- to explore, affirm, and own!

Directions: Think of your 5 senses and list things that arouse you, both sexually and non-sexually, or helps your mood. *Ex. taste- whip cream, smell of rain or lavender, the sound of laughter or jazz music, etc.*

	Sensually	Sexually
Sight		
Smell		
Sound		
Taste		
Touch		

It is important to know what turns you on & off, not only regarding partnered or solo sex but in general. This knowledge can help you prioritize and improve your interactions, surroundings, and prevent undesirable situations or actions.

Directions: List your turn-ons/ turn-offs and remember they can include situations, behaviors, as well as things. *Ex. turn-on-spanking, a nice breeze, turn off-bad breath, arrogance*

Turn-ons

Turn-offs

Amplify your Erotic Voice

Directions: List out 10 sensual or sexual things that you want to do more of. Refer to the previous activities about your five senses and turn-ons if needed. Ex. Take scenic pictures while hiking, masturbate in the shower, read while in the park, buy scented massage oil, etc.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Portal of Pleasure

Pleasure is a form of resistance. In a system that was built on and benefits if we are disconnected from our body and our erotic power, if we do not love ourselves and feel powerless, and if we internalize all of the “-isms” -- reclaiming our pleasure is a method of dismantling systems of oppression.

Directions: Remember, pleasure is your right *and* your responsibility. Use these questions to explore your current relationship to pleasure and areas to continue working on.

- What is your definition of self love?
- What is your favorite scent?
- When you're having a stressful day what are 3 things you do to feel better?
- What is something you've wanted to say yes to in your life but haven't?
- What is something you've wanted to say no to in your life but haven't?
- What is one of your favorite childhood activities that you wish you did more often?
- What is your favorite genre of music?
- What makes your body feel sexy?
- What are 3 turn ons?

- What are 3 turn offs?
- What makes you feel connected to your body?
- What is one sexual myth that you wish didn't exist?
- What is one of your self love practices?
- What is 1 thing you wish you did less of?
- What is your favorite thing to eat?
- What is one thing you do to prioritize your needs?
- What do you love most about yourself?
- What is the sexiest thing about you?
- What do you need more of?
- What does sexual liberation mean to you?

Self-Love and Pleasure Practices

It is important to intentionally unpack and challenge negative, false messages that lead to self-doubt, low self-esteem, and poor self-care. Throughout your day you may do things that do not bring you pleasure or turns you off. Pleasure Practices are things that can be incorporated into your everyday life routine to increase the amount of pleasure you experience.

Directions: Complete the sentence stems below. What is your current relationship to...

Self-love? (think about definition of self-love, your beliefs about yourself, relationship you have with your body, ways you learned to love yourself, patterns of self-care, etc.)

Pleasure practices? (think about your beliefs about pleasure, actions that feel good to you, frequency of action, level of comfort with action, etc.)

Is there anything that you would like to change about your current relationship with self-love and pleasure practices?

Yes, because...

No, because...

Envision your new relationship with self-love pleasure practices. What will that look like? How will it feel? (changes in beliefs, new definitions, different patterns in behaviors, increased comfort with actions, etc.)

Pleasing yourself is important for your overall health and wellbeing.

Directions: Create action steps that will lead you to experience pleasure with intention and frequency.

How Will You Get There?

1.

2.

3.

4.

5.

Resources

Resources

Resources

Resources

Resources

Resources

Resources for Your Liberation Journey

Books

[Come as you are](#) by Emily Nagoski

[Gender Outlaw](#) by Kate Borstein

[Healing Sex: A Mind-Body Approach to Healing Sexual Trauma](#) by Staci Haines

[Pleasure activism](#) by adrienne maree brown

[S.E.X.](#) by Heather Corinna

[The Body is Not An Apology](#) by Sonya Renee Taylor

[The Body Keeps the Score](#) by Peter Levine

[What You Really Really Want](#) by Jaclyn Friedman

Websites

[Intercourse Project](#) by Afrosexology

[O.School](#)

[Scarleteen](#)

[Sex Positive Families](#)

[The Body is not An Apology](#)

Podcasts/Youtube

[About Consent](#)

[AMAZE Org](#)

[Pleasure Mechanics](#)

[Sex Gets Real](#)

[Sex Out Loud](#)

[Sexplanations](#)

[The Sexually Liberated Woman](#)

[Trauma Queen](#)

[Vagesteem](#)

What Would 9 Days of Intercourse Do for You?

Check out our video series, [Intercourse Project](#), exploring the sexual experiences of 10 Black people of various ages, gender, sexual orientation, size, and class identities. Through their vulnerable stories we learn that we're not alone when it comes to our sexual desires or sexual trauma. And, there is a 9-day challenge to go along with each video! This challenge is not only about beginning conversations you wish you had -- we want to challenge behaviors and messages that promote bullying, miseducation, silence, shame, and toxicity.

intercourse

[ˈɪn(t)ər,kɔːrs] noun

1. **communication** between individuals or groups
2. short for **sexual** intercourse



Hi love,

Your pleasure is important to us and we want to know your experience with this workshop and workbook. [Visit this link](#) share your feedback with us and to receive a discount code to use in our [online store](#).

We appreciate you and are excited for your Sexual Liberation journey. To stay connected with us, follow us on [instagram](#), [facebook](#), [twitter](#), and [youtube](#).

With peace, power, and pleasure
Dalychia + Rafaella