

QUEERING

SEX

ED.

BODY POSITIVITY

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BODY POSITIVITY

INTRO

First, a few facts: All bodies are different, and important. All bodies are good, and no bodies are wrong. There is no such thing as a 'bad body'. Bodies change over time and between spaces. Everybody should have the freedom to label their body and body parts in a way that works for them. Bodies are flesh. Bodies are strong. Bodies are weak. Bodies need care. Bodies are strange. Bodies change. Bodies express feelings. All bodies are different, and all bodies are great.

BODY POSITIVITY AND SEX

What does body positivity have to do with sex?

If you are comfortable with your body you are more likely to be comfortable engaging in sex. When you're comfortable with your body, you may also find that you're more comfortable exploring what you want, expressing what you need and setting boundaries.

When we see people having sex, thinking about sex, and talking about sex in our culture, what do these people's bodies tend to look like? Usually these bodies only ever represent a very small percentage of the bodies that are out there, and this can make us feel like sex is only 'for' people with certain kinds of bodies. When we start seeing the value and sexiness of bodies that we are taught are undesirable, we can start understanding that sex is for anybody who wants it!

BODY POSITIVITY

SHAME & MARGINALIZATION

Racism, ableism, sexism, fatphobia, and ageism impact who and what we think is hot. These same systemic forces can make body positivity hard. It can take a lifetime to unlearn negative messages about our bodies and other people's bodies.



Judgment of people's bodies also happens in queer and trans communities. We make decisions about who is queer enough, who is trans enough, who is hot and who is not. Racialized bodies, femme bodies, bodies with disabilities, fat bodies, bodies of all kinds are often told that they aren't "enough". Queer and trans communities are where we should be experiencing the most acceptance for who we are, but this isn't always the case. So what can we do about it?

SELF-CARE/COMMUNITY CARE

“ SELF-CARE IS NOT ABOUT SELF-INDULGENCE,
IT'S ABOUT SELF-PRESERVATION. ”

AUDRE LORDE

HOW DO WE TAKE CARE OF OURSELVES AND EACH OTHER?

It can be incredibly hard to love yourself in a world that suggests you and your body are unlovable.

Make an effort to remind yourself that you are lovable. Remind your partner(s) that they are lovable too. Make it one of your daily affirmations.

Talking about your body with care and respect helps other people, too. Modeling self-love can open up space for other people to give themselves permission to do the same! Talk (or don't talk) about other people's bodies in the same way that you would want them to talk (or not talk) about yours.

Take some time to reflect on what kinds of bodies you find attractive; we all have preferences, but it might be worth asking yourself if you've internalized narrow ideas of who and what can be hot. Making a point to seek out images of all kinds of bodies having sex and being sexy (whether it's porn, fashion websites, whatever!) can introduce you to a whole new world of body-positive sex.

BODY POSITIVITY

SOME WAYS TO ENGAGE YOUR SENSES AND DEVELOP BODY POSITIVITY:

Get organized

If scents are soothing to you, light a candle

Give yourself a hug

Ask for support if you need it

Take an emotional risk

Challenge negative thoughts

Start something new

Read a book

Take vitamins

Listen to music

Take photos Create

Draw Get enough sleep

Dance Stretch

Eat your favourite food

Exercise Cry

Masturbate

Breathe

Watch TV

Paint

Write

Consensually hug another person

BE SURE TO CHECK OUT THESE OTHER GREAT RESOURCES!