



College Student
Age 19

*I can't even talk about
"Better Than Sex"
mascara when I'm
around my parents.*

“

No one wants to talk about
sex and I wish I knew why.

sex is nat
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sex is natu
atural sex

*Information that
youth receive at home,
regarding sex, varies
from parent to parent.*

★ ★ ★

This creates a lack of consistency
between youth, regarding their level
of knowledge about sex education.

(“Sex Education in Utah”, Sponaugle)



Animal Welfare
Age 24

*The LDS church
controls the education
given and received.*

“

It's not just the church, but parents
of children who believe their kids are
“too young” or “too sensitive”.

we're doin
doing it w
wrong we
we're doin

*Due to the dominant
Mormon culture in Utah,
religious ideals about
sex stretch beyond the
confines of the Church.*

★ ★ ★

This influences an individual's sex education,
even if the individual is not religious.

(“Sex Education in Utah”, Sponaugle)



Unemployed
Age 22

*What I learned in
health class only
taught me so much.*

“

Everything else I had to learn from friends,
on the school bus, or figure it out on my
own if I didn't want to ask anyone.

we can im
improve u
we can im
improve u

*Youth not having access
to reliable information
can be detrimental to
their sexual health.*

★ ★ ★

If youth are unable to access reliable
information, they may not be able to
determine the right choice for them.

(“Sex Education in Utah”, Sponaugle)



College Student
Age 24

**There is always
someone who is
going to have sex.**



More likely than not, a lot of people will.
It's important to prepare people
with the tools they need that will help
make them healthy and safe.

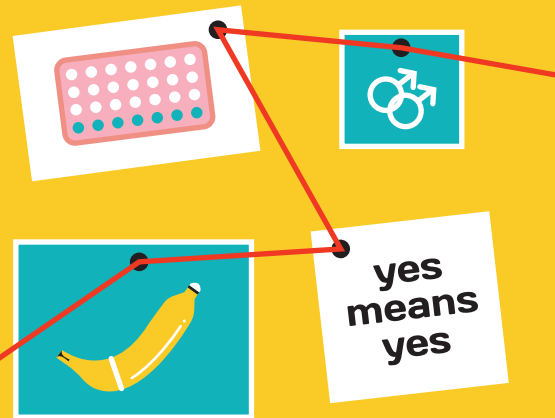
sex ed is se
lifesaving
sex ed is
lifesaving

**Sex education that youth
receive in Utah appears to
align with the beliefs of the
Mormon Church.**



Therefore, those who do not believe
in abstaining from sex until marriage
are not receiving adequate information
to make informed decisions.

("Sex Education in Utah", Sponaugle)



Mom
Age 22

**We need to be teaching
about contraceptives:
how birth control
affects the body, etc.**



Right now, Utah focuses heavily on
abstinence and we need to change.

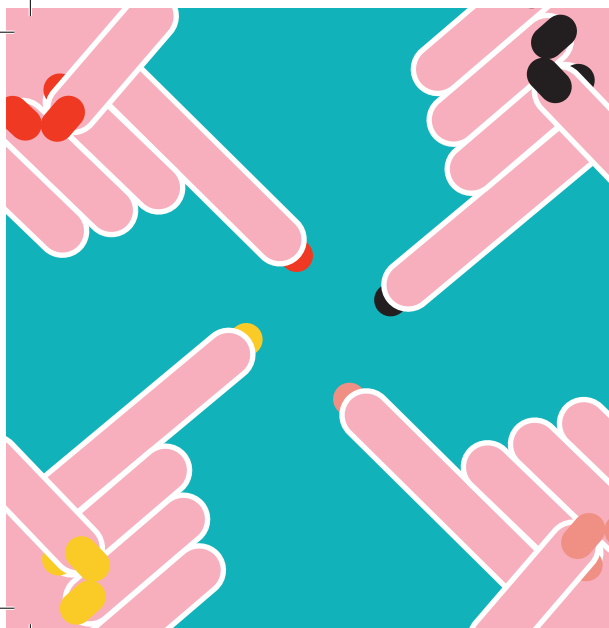
sex ed is a
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sex ed is a
nan right

**Right now, contraception
is a district decision, not a
mandated statewide topic.**



There is no guarantee that all youth will
receive information about all the types of
contraception, creating a knowledge gap
among youth who attend different districts.

("Sex Education in Utah", Sponaugle)



Animal Welfare
Age 24

**I thought that that
sexual assault was
always violent and was
done to you in an alley.**



I know now it's much more common
and not so graphic all the time.

dispel the
myths dis
dispel the
myths dis

**Women are more likely to
be victimized in their home
or in the home of someone
they know, than in public.**



Yet it is women who are treated
to suggestions about how to protect
themselves from public stranger assaults.

("Yes Means Yes", Valenti)



College Student
Age 23

**Being shown graphic
images of STDs,
was the only sex
education I received.**



I received largely no sex education at all.

we're doing it wrong
we're doing it wrong

**Graphic images of STDs
are often misguided, most
have no visible symptoms.**



Graphic images lead young people
to think that sexually transmitted
diseases are rare, when instead they
occur frequently in less visible forms.

("STD Symptoms", [mayoclinic.org](https://www.mayoclinic.org))



College Student
Age 22

**On his wedding day,
my uncle asked my dad
(as a 30+ year old man)
how to have sex. Wtf.**



I think the fact that sex is so taboo in Utah is
because of the lack of sex education.

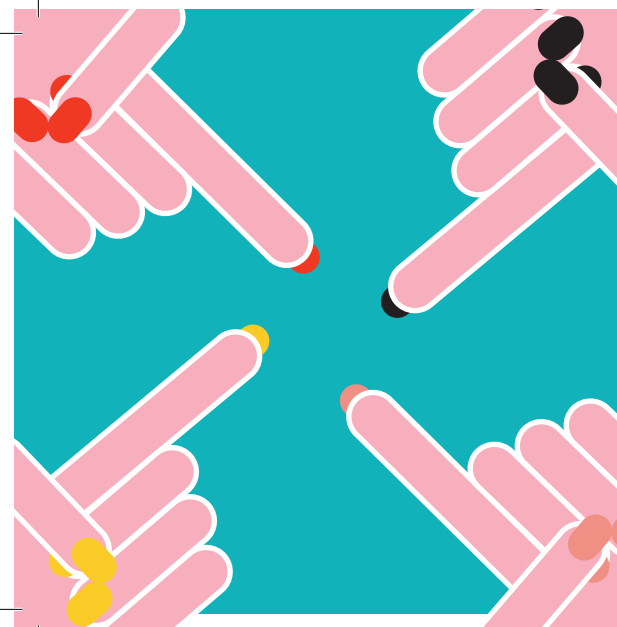
we deserve better
we deserve better

**The campaign for
abstinence in the schools
and communities may
seem trivial.**



However, at its core it is a betrayal of our
next generation, which is desperately in
need of knowledge and conversation.

(Harvard Educational Review)



College Student
Age 21

**I thought that having
sex would change how
others viewed me.**



I also thought that it would
change who I was as a person.

virginity is a social
construct
virginity is a social
construct

**Sex is not a reflection of
your value as a person.**



But to get to this place, sex must be
removed from its pedestal as a badge
of either honor or shame in our culture.

("Should've Taught Us But Didn't", Manson)



College Student
Age 21

One of my mission companions didn't know how babies were made until she was 19.

“
I tried teaching her the things she didn't know, and she told me it was “evil”.

we're doing it wrong we're doing it wrong

Some abstiners may have negative responses to sexual stimuli.

★★★
Sex-negative messages that force people into abstinence can adversely impact how people think about sex.

(“The Side Effects of Abstinence”, O'Reilly)



Mom
Age 26

I finally learned as a 17-year-old girl, that penises “grow” when aroused.


“
Can you imagine my reaction? I don't think boys and girls should be separated during puberty talks.

we deserve better we deserve better

Instructing genders separately during maturation talks can perpetuate stigma.

★★★
Both genders miss the opportunity to learn about topics from each other's perspectives when they don't discuss topics together.

(“Childhood Sexual Development”, Sellers)



Chemist
Age 22

Sex in Utah is taboo. I blame the culture curated by the Mormon church.

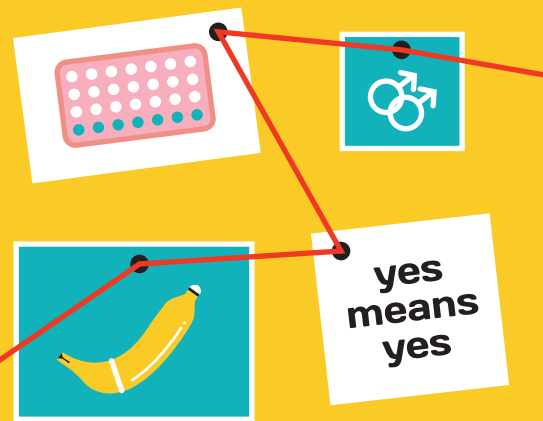
“
It's definitely a means of control. Sex education, in general, is taboo in the US but especially in Utah.

we can improve we can improve

Ideological assumptions of abstinence-only programs appear to be based on the beliefs of their authors.

★★★
Assumptions based on moral and religious beliefs are often at odds with current scientific consensus.

(“Medical Accuracy in Sex Education”, Santelli)



Stay-at-Home-Mom
Age 51

I think there would be less sexual assaults if students were taught that sex is natural.



If kids grew up talking about sex in a positive way, it wouldn't be a taboo topic.

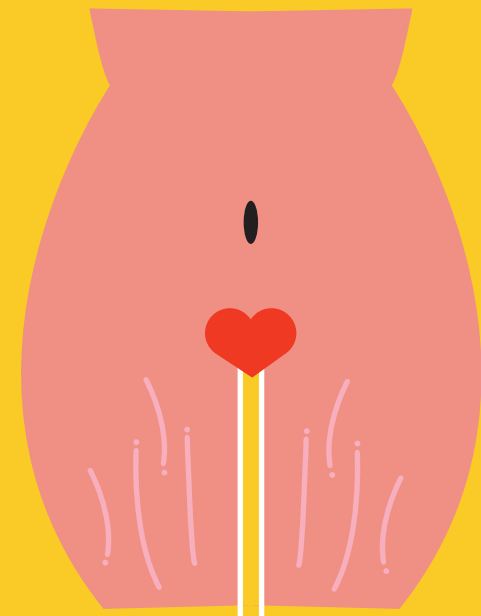
sex is natural
natural sex
sex is natural
natural sex

Failing to address pleasure during sex may have implications for sexual coercion.



Sex education may be one of the only places that young people learn that sex should be pleasurable and not used in manipulative and harmful ways.

(*"Pleasure and Sex Education"*, Kantor)



Land Surveyor
Age 31

Our bodies are such beautiful things. Why hide and suppress them?



Sexuality is part of being human.

celebrate your body
celebrate your body

Opposition to sex-ed in schools is often expressed by those who find any sexual aspect of the human body offensive.



Many who oppose also object to references to sexual vocabulary, in clinical terminology or everyday conversation.

(*"Parental Objections"*, Goldman)



College Student
Age 22

I didn't know that risk is different depending on the type of sex you are participating in.



I thought because I was having homosexual sex as a woman with another woman, I also had a high risk for HIV. This is false.

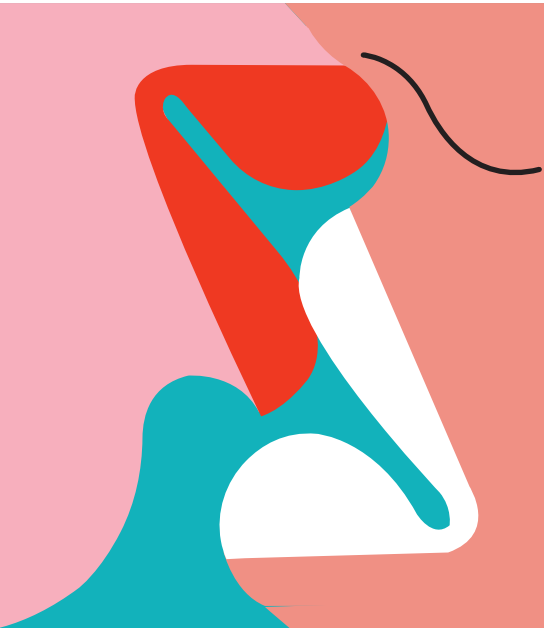
make sex inclusive
make sex ed inclusive

Too many schools fail to provide LGBTQ students with inclusive information.



Leaving out LGBT youth in sex education also implies that they are abnormal or not worthy of inclusion.

(*"Sex Education in Utah"*, Brener)



College Student
Age 21

**Sex-ed needs to teach
what sex practices are
considered risky,
for all sexualities.**

“

Utah needs to teach everybody
how to have safe sex.

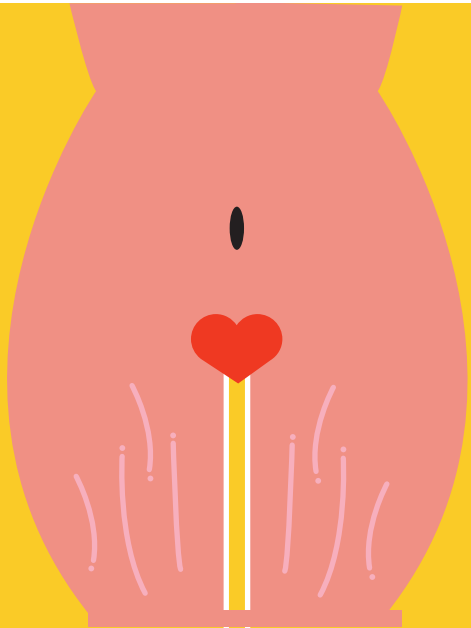
make sex
inclusive
make sex ed
inclusive

**Sexual minorities feel either
overlooked or subjected to
heterosexual information.**

★ ★ ★

Sex education programs need to ensure
that all students are taught about sexual
orientation and gender identity, and that
prevention information does not alienate
or overlook sexual minority students.

(“Pleasure and Sex Education”, Kantor)



Student
Age 22

**I just feel like an
object all the time.**

“

I don't necessarily have any body
image issues in that I dislike how I look...
I just feel like an object.

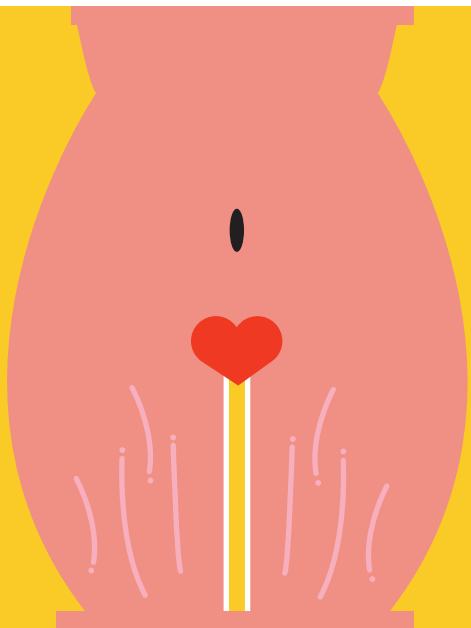
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not an obj

**According to a report, that
evaluated abstinence-only
sex education, girls are
described as dependent
and submissive.**

★ ★ ★

Girls are even discussed as objects to
be purchased or otherwise attained.

(“Yes Means Yes”, Valenti)



Life Coach
Age 38

**Before I got married,
I was taught that I was
an object to tempt boys.**

“

Until I got married, sex was always
dirty and shameful. However, now it's
all of the sudden my duty to procreate
and I owe it to my husband.

not an obj
object not a
n object no
not an obj

**High rates of sexism, and
internalized sexism, in
Utah negatively impacts
the female population.**

★ ★ ★

Gender roles and discussions about sexual
double standards must be woven into
sex education, to ensure that females
receive information that is pertinent them.

(“Sex Education in Utah”, Sponaugule)



Nail Technician
Age 20

I didn't know birth control existed until my friends started using it and informed me.



In Utah, it seems like abstinence is an expectation not a choice.

sex ed is li
lifesaving
sex ed is li
lifesaving

Birth control is not allowed to be advocated for in any Utah classrooms.



Not allowing advocacy for birth control, limits the amount of information that youth can obtain in the classroom.

("Sex Education in Utah", Sponaugle)



College Student
Age 23

I thought female orgasms didn't exist. (They certainly do.)



In general, I didn't think women had that much pleasure when it came to sex.

embrace
pleasure
embrace
pleasure

There is a deficit of formal and informal education on female pleasure.



The strictly reproductive based education available to women, suggests low rates of orgasm are related to lack of knowledge.

("The Incidental Orgasm", Wade and Kremer)



Direct Support Professional
Age 23

I thought girls felt more inside their vagina than they do.



I also thought that girls would scream when they liked something.

embrace
pleasure
embrace
pleasure

As the clitoris doesn't play a vital role in reproduction, students can leave school without knowing it exists.



Sex education students receive focuses on preventing unwanted pregnancy and STIs, based on the idea that sex is penetrative.

("The Incidental Orgasm", Wade and Kremer)



Teacher
Age 48

***I thought that sex was
always bad for women
and never felt good.***



But it was necessary for having children.

embrace
pleasure
embrace
pleasure

***The lower rates of female
orgasm in society are
symbolic of the devaluing
of women's orgasms.***



*These lower rates are also symbolic
of the unacceptable nature of the
female's sexual expression.*

("Sex, Shame, and Pleasure", Elias)



College Student
Age 23

***The revolution begins
with more orgasms.***



*We need to learn how
to embrace pleasure.*

embrace
pleasure
embrace
pleasure

***Teachers are restricted in
the amount of information
they are allowed to teach.***



*Utah's sex education allows teachers to
answer questions, as long as their answers
are medically accurate, unbiased, and
don't include any "sexual techniques".*

("Sex Education in Utah", Sponaugle)



Teacher
Age 48

***I thought that sex
was always bad for
women but necessary
in order to have kids.***



*I also thought that it was always
my fault if I was sexually assaulted.*

dispel the
myths dis/
dispel the
myths dis/

***Teaching about sex
without teaching about
pleasure is damaging...***



*- more damaging to women than men.
In fact, it reinforces old, but alive,
ideas that sex is something men
like and women endure.*

("Yes Means Yes", Valenti)



Interior Designer
Age 41

***I always thought
oral sex and any
position besides
missionary was bad.***

“

*I didn't know that sex could
be so fun and enjoyable.*

*embrace
pleasure
embrace
pleasure*

***The social pressure to
engage in certain kinds
of sex acts, as opposed to
others, is far from healthy.***

★ ★ ★

*Once women know that they are
supposed to enjoy sex and might not
enjoy certain kinds of sex, they start to feel
more confident about their sexuality.*

(“Yes Means Yes”, Valenti)



College Student
Age 22

***Abstinence?
That's some dumb
shit right there.
People are horny!***

“

*So many people don't know about the risks,
or how to make sex safe and consensual
when you are ready to enjoy it.*

*we're doing it wrong
we're doing it wrong*

***Where there is a need to
know, medically incomplete
is medically inaccurate.***

★ ★ ★

*In school-based health education programs,
in which a significant proportion of students are
sexually active or will be shortly, students need
access to education that provides accurate
information about condoms and contraception.*

(“Medical Accuracy in Sex Education”, Santelli)



College Student
Age 22

***My bishop told me
that masturbation was
a sin, and that only
men masturbate.***

“

*We turn a blind eye to men so that
we can send them on missions,
but for girls we're a lot more harsh.*

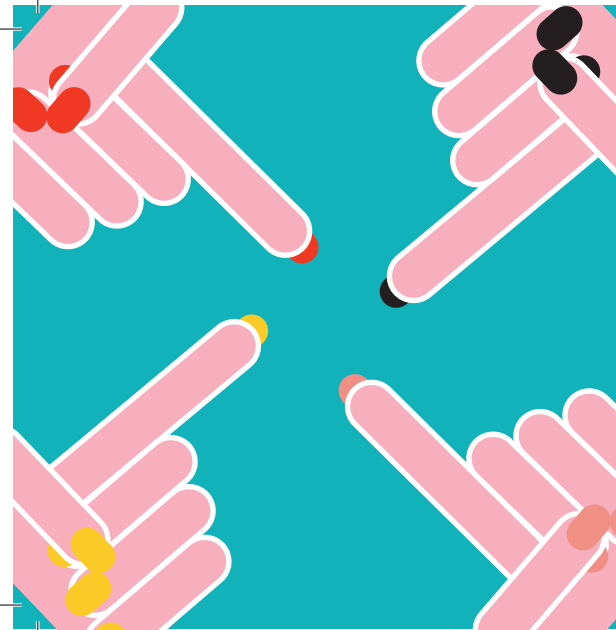
*embrace
pleasure
embrace
pleasure*

***Males' puberty is often
defined by their unstoppable
sex drive, females' is
defined by periods.***

★ ★ ★

*When do we explain the miraculous
nuances of females' anatomy? When do we
address exploration and self-knowledge?*

(“When Did Porn Become Sex”, Orenstein)



Unemployed
Age 22

I thought that if a teen girl got pregnant, it was her punishment for having sex.

“
I also thought that women only had to sex to get pregnant.”

debunk the myths debunk the myths debunk the

Females are taught through sex education that sexuality can “get girls into trouble”.

★ ★ ★

Girls are more likely than teenage boys to be associated with sexual violence, disease, pregnancy and shaming related to sexual activity.

(“The Incidental Orgasm”, Wade and Kremer)



College Student
Age 22

Abstinence only is harmful because most people eventually become sexually active.

“
People are not prepared. Education does not mean encouragement.”

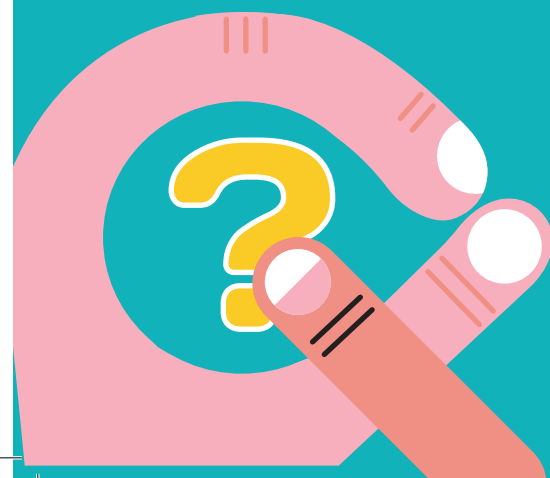
we are being we are being checked we are being cheated we are being

Failing to provide open, honest information about sexuality, fails to provide tools necessary for survival.

★ ★ ★

American policies have yet to confidently reflect any such support in adolescent sexual development for fear of condoning and encouraging sexual activity before marriage.

(“Harmful to Minors”, Levine)



City Manager
Age 21

I thought that I could never be alone with a man because they would trick me into sex.

“
Another misconception I had, was that sex was only meant for baby making.”

dispel the myths dispel the myths dispel the myths dispel the

Abstinence-only sex education creates misconceptions that stem from ignorance...

★ ★ ★

... as well as lack of skills, loss of rights, and unnecessary fear and shame about themselves and other students.

(“Parental Objections”, Goldman)



Dad
Age 40

Abstinence-only sex-ed programs lack a connection to actual human behavior.



They are a one-size-fits-all solution when the issue requires a broader approach.

*we can improve v
we can improve v*

Legislation and education policies are determining who is “right” and who is “wrong” sexually.



We teach and support only those whose lifestyle, choices, and ideals are in alignment with the national policies, and consequently shame the remaining majority.

(“The Sex Positive Approach”, Camille)



Receiving Inspector
Age 23

I didn't even know what a vagina was until high school and I have one!



I had misconceptions about everything! Whenever I'd ask my parents anything they would say, “We don't talk about that”.

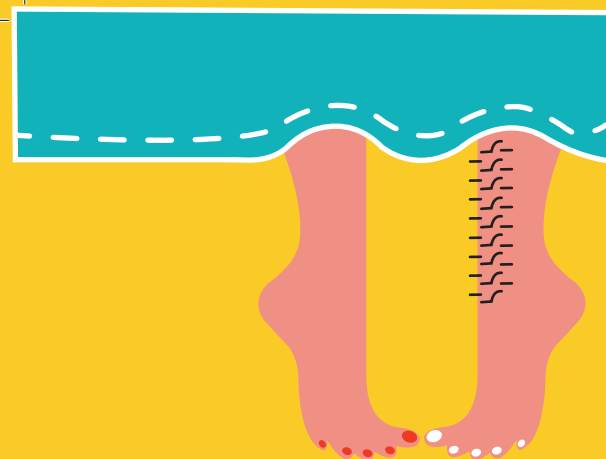
*sex ed is li
lifesaving
sex ed is li
lifesaving*

Many young people do not receive any sex education.



In addition, parents have frequently been found to be unsatisfactory providers of sexual education for their offspring. Therefore, schools become the most logical place to provide such information.

(“America's War on Sex”, Kline)



Mom
Age 25

If I had sex before marriage, I was like a dirty, used tissue.



If I wasn't a virgin, I was damaged and no man would want to marry me. If I was raped, it was because I was immodest.

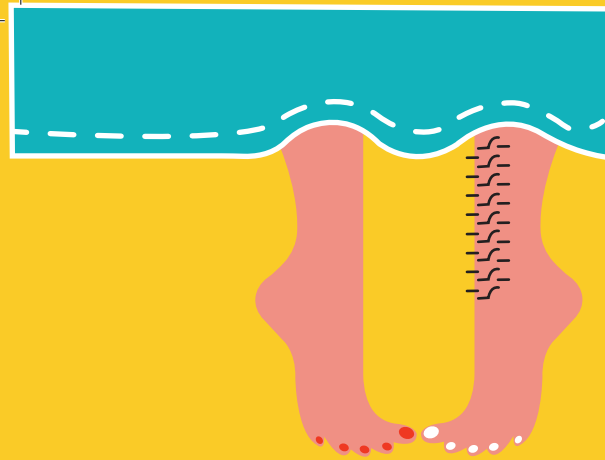
*virginity i
is a social
construct
virginity i*

Rape culture feeds off environments where sex is taboo and individuals are judged for their sexual activity.



Learning about sex-positivity is empowering. It allows us to come to an understanding of our sexual boundaries, as well as each others.

(“The Sex Positive Approach”, Camille)



Single Mom
Age 19

**Getting pregnant as
an unwed person,
I lost many friends.**



After I got pregnant, hardly any of the people in my small, Utah town would talk to me. People would also ignore me if I tried to speak to them.

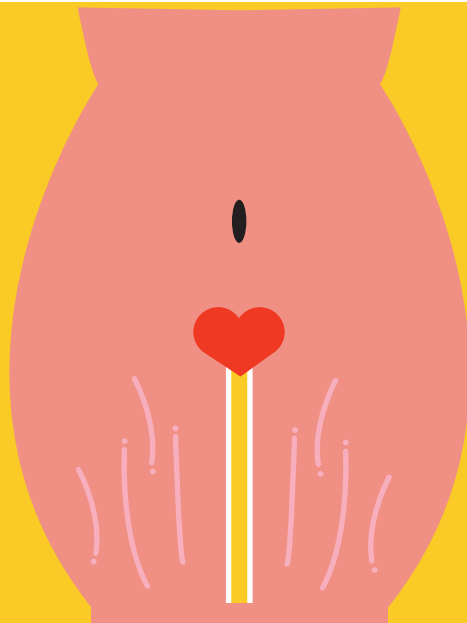
virginity i
is a social
construct
virginity i

**American society requests
girls to be “good” which
excludes the sexual nature
of a teen girl’s experience.**



Sadly, this leaves girls who choose to be sexually active separated from their family and community, because their sexual behavior is viewed as unacceptable.

(“Not Under My Roof”, Schalet)



Student
Age 22

**Being told to cover up
and not celebrate my
body made me feel
a lot of body shame.**



Growing up in the LDS church and Utah-Mormon culture, made me have very negative body image views.

celebrate
your body
celebrate
your bod

**Body shame passed on
through teachings of
sexuality can influence
one’s ability to experience
their body as pleasurable.**



An ashamed/tabooed sex education approach has a negative impact on one’s access to sexual pleasure.

(“The Incidental Orgasm”, Wade and Kremer)



HR Professional
Age 29

**I was taught that
women need to
serve their husband.**



I was taught that women should let their husbands use their bodies even if they aren’t “in the mood” or don’t like it, because that is their duty as a wife.

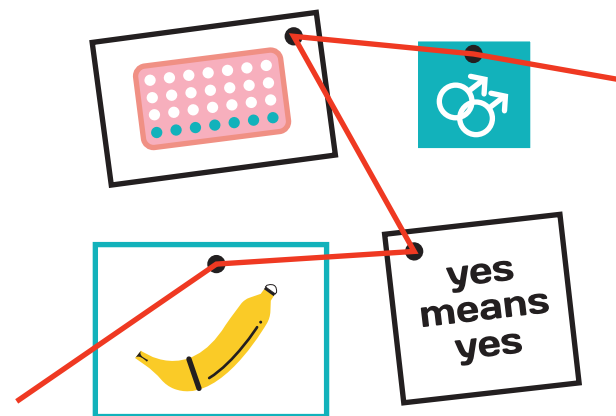
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**Ignorance and shame
lead females to have
a negative association
with sexuality.**



If American society valued female pleasure, then women would be experiencing orgasms within partner sex at a higher rate.

(“The Incidental Orgasm”, Wade and Kremer)



Model, Mom, Entertainer
Age 41

I think sex-ed needs to be a more relaxed, and openly discussed topic.

“

Students should be encouraged to talk, ask questions, read books, etc.

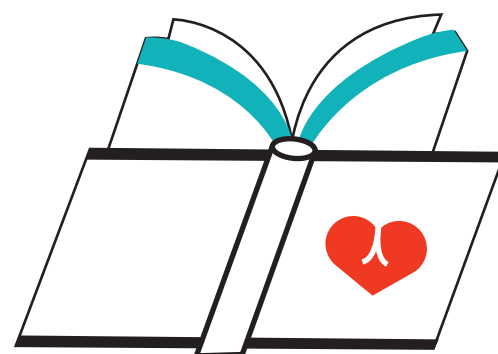
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Transitioning from secrecy and shame, to openness will lead to a society of inclusion instead of exclusion.

★ ★ ★

This is the path to relieving sexual shame and improving rates of sexual pleasure.

(“Sex, Shame and Pleasure”, Lichtenburg)



Digital Marketing Specialist
Age 23

There needs to be clarity in the role of sex educators.

“

Is it to teach about the process as it is in a math class? Or is it to assign a moral value or provide incentive/disincentive?

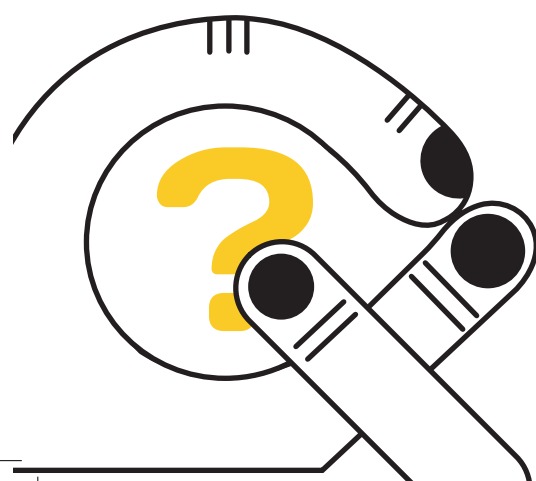
we can im
improve v
we can im
improve v

Is something wrong in and of itself, or is an act wrong simply because of its consequences?

★ ★ ★

People who are fighting over sex education are simply fighting and arguing about this overarching question.

(“When Sex Goes to School”, Luker)



Model, Mom, Entertainer
Age 41

I feel like Utah just cares about pushing their religion.

“

Instead, they should teach kids about “The Real World”, and what happens in it.

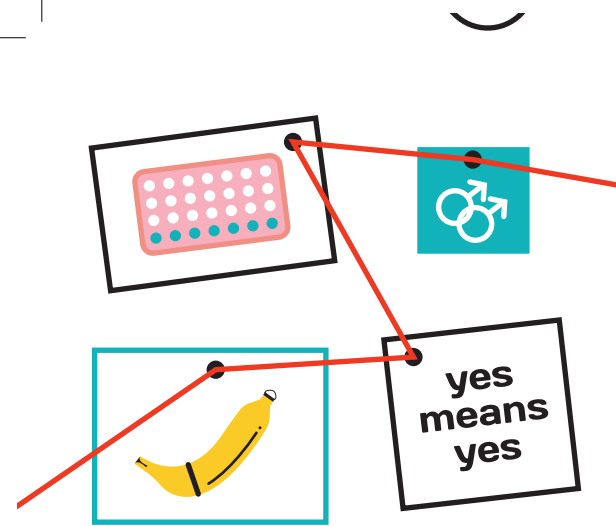
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In Utah, 62.8% of the population and 90% of its lawmakers are members of the Mormon Church.

★ ★ ★

The religiously dominant, conservative culture in Utah has led them to adopt a statewide abstinence sex education policy.

(“Sex Education in Utah”, Canham)



Mom
Age 38

In Las Vegas, we had to carry a thing of sugar as our baby!

“

I took my first sex-ed class in seventh grade in 1992. Sex-ed in Las Vegas is sex positive with consequences!

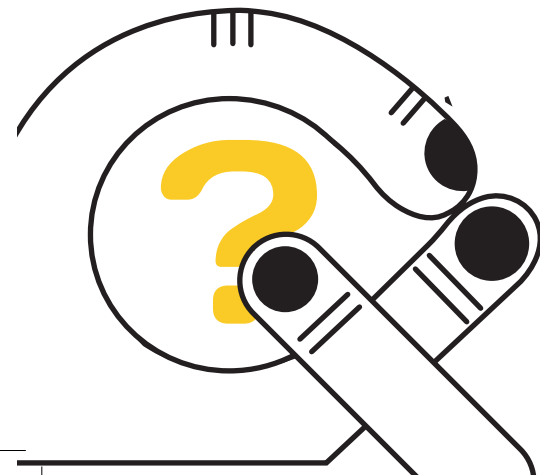
*we are bei
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we are bei*

When sex education is well designed, it is associated with delayed sexual debut.

★ ★ ★

Well-implemented sex education is associated with fewer sexual partners and more widespread use of condoms.

(“Sex Education in Utah”, Demissie)



Hair Stylist
Age 23

I thought sperm was in pee.

“

I thought that you could only have sex in a bathroom because that's where you pee...

*we deser
better we d
deserve be
better we*

In a 2017 study, participants expressed frustration at the lack of practical information provided in sex education.

★ ★ ★

More than half of the participants recalled finding answers in other, less reliable sources, such as friends and the Internet.

(“Worth the Wait?”, Hoefer and Hoefer)



Cosmetologist
Age 51

I don't recall being taught sex education in school other than maturation program.

“

I definitely recieved negative sex education, mostly from the LDS church.

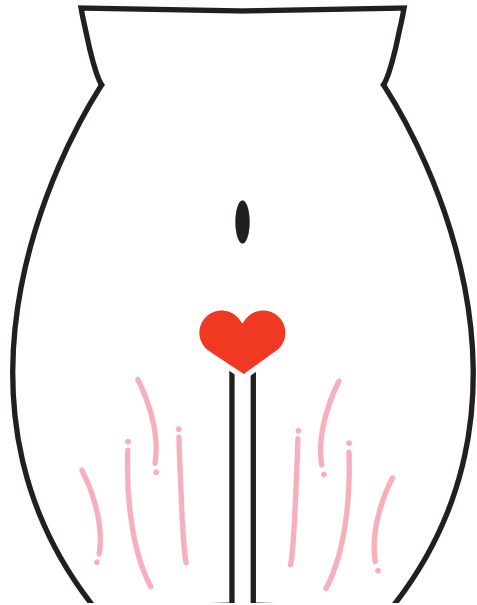
*we can im
improve v
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Maturation provides key information, but tends to be inconsistent.

★ ★ ★

Males learn about sex and withholding sexual urges while females learn strictly about their period. The separation of gender in maturation classes has led to an inconsistency in information.

(“Sex Education in Utah”, Sponaule)



College Student
Age 21

I wish everyone could recognize that your sex drive is a part of you.

“

If you deny it, you're not accepting yourself, which leads to suppression and unhealthy habits and relationships.

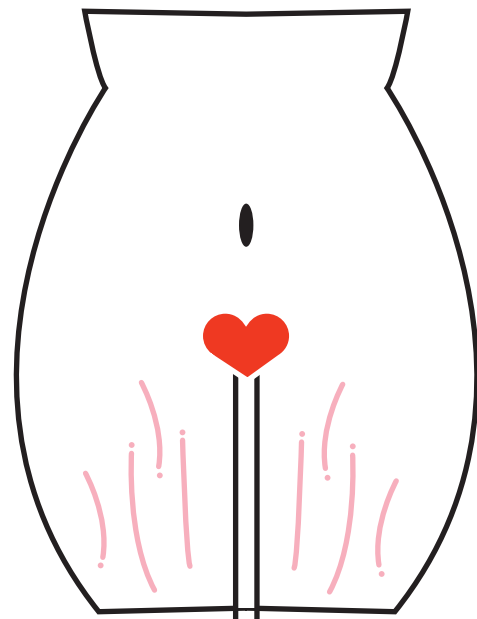
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Many young girls are not taught that developing into a sexual woman is a natural part of adulthood.

★ ★ ★

Due to the stigma around female desire, the complexities of female sexuality are not discussed, and Utah is no exception.

(“Sex Education in Utah”, Howitt)



Mom
Age 25

I've felt that I need to "please" my husband no matter what.

“

My religion taught me that I needed to always please him and be the happy wife at home: cook him dinner, do his laundry and make him happy. It should be a team.

not an obj
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Abstinence education programs have shown to reinforce male and female gender stereotypes.

★ ★ ★

In 2018, Utah was ranked as the second most sexist state in the U.S. This was determined through a “sexism index”.

(“Sex Education in Utah”, Sponaugle)



Receiving Inspector
Age 23

There is no excuse for my 24-year-old brother to not know what a period is.

“

You can't JUST teach abstinence and STDs. There is so much more to sex-ed.

sex ed is a
human rig
sex ed is a
man right

Utah can emphasize the importance of abstinence, while teaching about more comprehensive topics.

★ ★ ★

Utah has the opportunity to craft a curriculum that speaks to its dominant, religious culture, while benefiting its minority population.

(“Sex Education in Utah”, Sponaugle)



Unemployed
Age 24

Teaching abstinence is ideal but only for the perfect class.



Open conversation is needed for kids to understand sex, and then make their own decision to be abstinent or not.

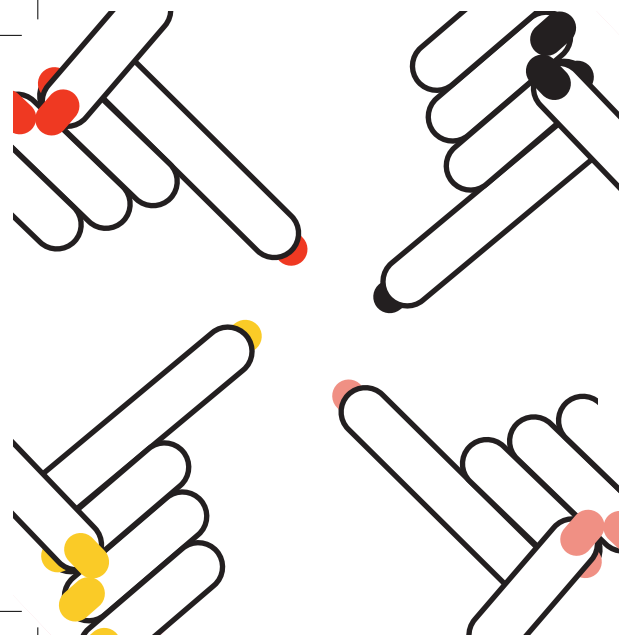
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improve v
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improve v

Utah can emphasize the importance of abstinence, while teaching about more comprehensive topics.



Utah has the opportunity to craft a curriculum that speaks to its dominant, religious culture, while benefiting its minority population.

("Sex Education in Utah", Sponaugle)



Mom
Age 23

I think abstinence-only education can cause problems, especially in cases of rape.



If a teen grows up thinking abstinence is the only important part of growing up and then is raped, it could cause mental issues.

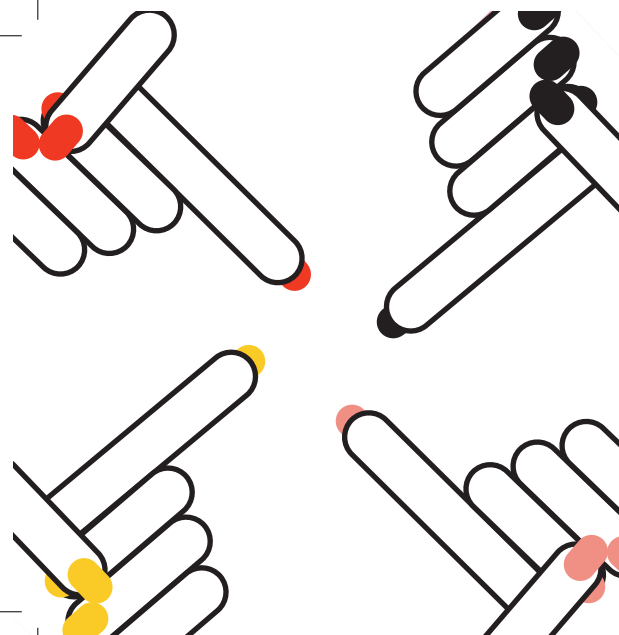
we deser
better we
deserve be
better we

Abstinence-only curricula is unhelpful and harmful to youth who have been sexually abused.



Sex education that ties premarital sex, getting pregnant or getting an STD to shame, don't leave much space for people to develop healthy views about sex.

("Abstinence-Only Education", Hall)



College Student
Age 21

I was scared I would get raped and end up pregnant, and everyone would blame me.



I grew up thinking that anyone who had sex before marriage was a bad person.

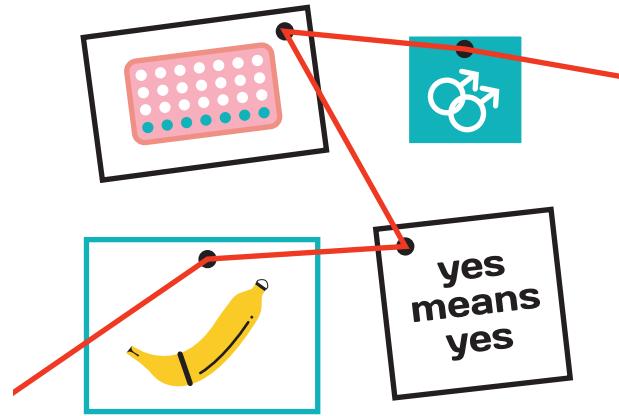
virginity is
a social c
construct
virginity i

When virginity is prized as the highest honor, those who are assaulted can feel worthless.



Victims may avoid reporting abusive or predatory behavior out of shame and confusion. Keeping children in the dark allows predators to set the narrative.

("How to Make Sex More Dangerous", Barrica)



Attorney and Mom

Age 39

Consent needs to be taught, as well as the context of porn.

“

We need to teach students how to have comfortable conversations with potential partners about sex before engaging in it.

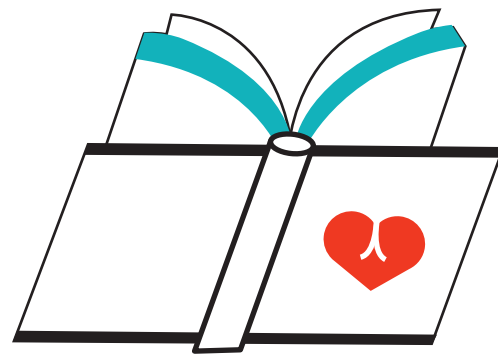
consent is mandatory
consent is mandatory

Kids who lack information and ownership over their bodies are more likely to be taken advantage of.

★ ★ ★

Abstinence education negates the possibility of consent. When children are taught that premarital sex is negative, it's harder for them to fight/report coercion.

(“How to Make Sex More Dangerous”, Barrica)



Manual Labor Worker

Age 25

They need to be choosy about who they allow teach sex-ed.

“

Not some random teacher that gets stuck with it and barely says what she has to because she's embarrassed.

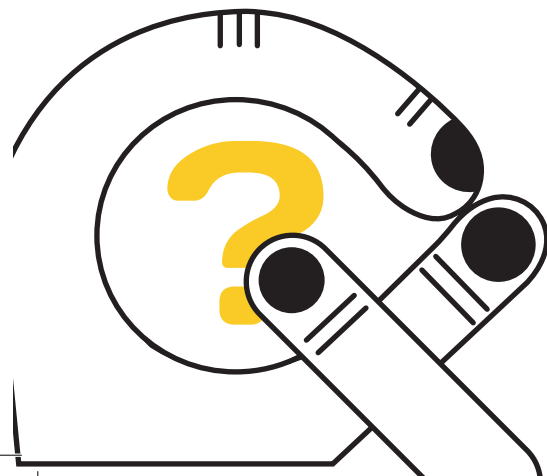
we can improve v
we can improve v

Research has shown that having a sex education teacher who is comfortable and confident is important.

★ ★ ★

Students who learn about sex in a comfortable environment are more likely to view sex in a positive way.

(National Counsel for Curriculum and Assessment)



Mom and Designer

Age 22

If you teach kids too much it could be taken the wrong way.

“

I had a lot of sexually active friends when I was a teen, this would have just gave them the idea that what they are doing is okay.

ignorance isn't innocence
ignorance isn't innocence

Knowledge about sexuality is much more likely to lead to informed decision making and responsible behavior.

★ ★ ★

Primary arguments against comprehensive education are: If they are taught about sex they will have it, and teaching about contraception means you condone sex.

(“Sex, Shame and Pleasure”, Sieccan)



Life Coach
Age 38

**I thought it didn't
matter if a woman
had a good time.**

“

I had the misconception that a woman's job during sex was to just get pregnant and that only men got off.

embrace
pleasure
embrace
pleasure

**Penile-vaginal intercourse
is taught in schools solely
because it results in orgasm
for men and procreation.**

★ ★ ★

This provides strong evidence of the female pleasure inferiority and unacceptability.

(*"The Incidental Orgasm"*, Wade and Kraemer)



Student
Age 24

**It's unhealthy to one
day just jump into
having sex without
ever learning about it.**

“

It's important to learn about sex education through school, where we can be taught the correct things in a structured, safe way.

ignorance
isn't innoc
ance isn't
innocence

**The absence of
school-based sex education
creates ignorance about
sexual behaviors.**

★ ★ ★

It also increases rates of unwanted pregnancy, sexually transmitted infections, and the loss of life opportunities for adolescent young adults.

(*"America's War on Sex"*, Kline)



Mom
Age 27

**Our culture okay
with masturbation?
Ah, hell no.**

“

When I found out my husband masturbated (before I left Mormonism), I accused him of cheating on me... with himself.

embrace
pleasure
embrace
pleasure

**Sexual conservatives feel
that accepting masturbation,
is legitimating sex based
on pleasure alone.**

★ ★ ★

To them, masturbation can focus people on the pursuit of pleasure rather than the duties of marriage.

(*"When Sex Goes to School"*, Luker)



Sales Supervisor
Age 24

**I used to think
that only men
could orgasm.**

“

I thought sex was only for men's pleasure
and not women. I also thought that every
time you had sex you would get pregnant.

embrace
pleasure
embrace
pleasure

**Females in Utah feel as
though there is a lack of
conversations about
pleasure and self-pleasure.**

★ ★ ★

Research shows, the percentage of
women in Utah who wish they knew more
about pleasure was nearly double the
percentage of men who wish they knew.

(“Sex Education in Utah”, Sponaugle)



College Student
Age 24

**Parents are scared that
if a child knows about
something, they will
become involved with it.**

“

This just breeds ignorance.

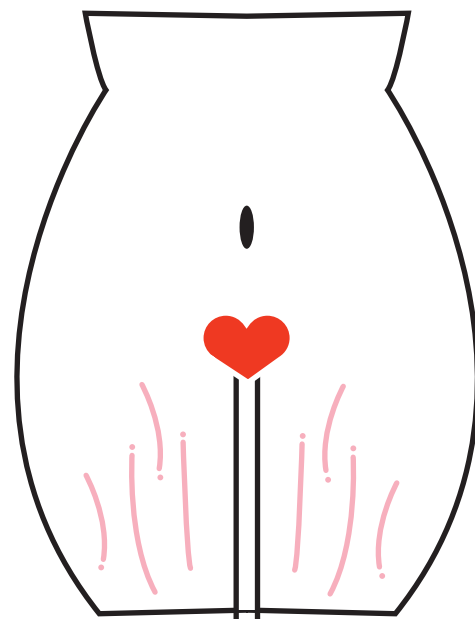
ignorance
isn't innocence
isn't
innocence

**Withholding information,
or “protecting”, leads to
ignorance, not innocence.**

★ ★ ★

Although parental and political objection
to offering comprehensive sex-education
may stem from the desire to insulate
young people from harm; research has
proven, that knowledge does not harm.

(“Sex, Shame and Pleasure”, Kline)



Manual Labor Worker
Age 25

**I've had body image
issues throughout
my whole life.**

“

I was always thought that I had to keep my
body clean and pure, and so if I had sex,
I was no longer the same value as before.

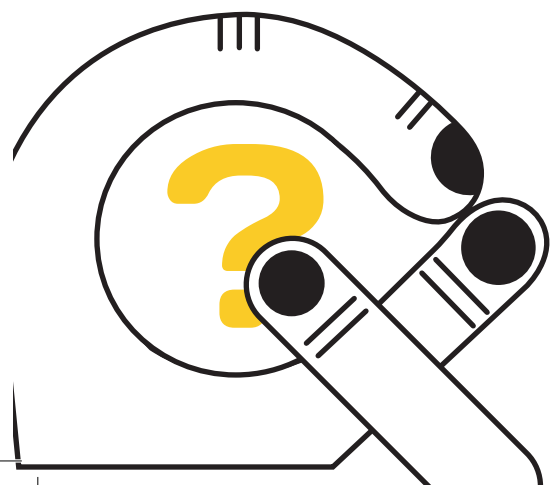
celebrate
your body
celebrate
your body

**We need to teach young
women that their worth
isn't determined by the
wholeness of their hymens.**

★ ★ ★

Empowering women to embrace their
sexuality is also about teaching them to be
responsible about their sexual choices and
protective of their reproductive health.

(“Yes Means Yes”, Valenti)



Receiving Inspector
Age 22

**“No Mom, I live with
my boyfriend but we
don’t have sex.”
Oh please.**



In Utah, sex is basically murder.

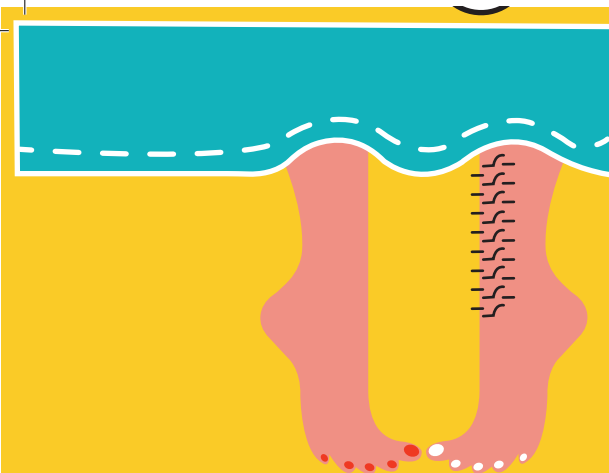
sex is natu
natural se
sex is natu
natural se

**Abstinence-based thinking
doesn’t help kids, but it
does benefit adults by
decreasing adult anxiety.**



This way of thinking helps adults convince
themselves that kids are less sexual than
they actual are and they get to maintain
the illusion that kids are not “doing it”.

(“Sex, Shame and Pleasure”, Kline)



Mom, Model, Entertainer
Age 41

**There’s few kids who
have given a vow of
abstinence, and kept it.**



Even those kids I knew who
were deep in the church life.

ignorance
isn’t innoc
ance isn’t
innocence

**It has been proven that
people do not abstain
whether they think sex is
dangerous or not...**



...whether they make public pledges
or not, or whether they think God
will be mad at them or not.

(“Sex, Shame and Pleasure”, Kline)



Teacher
Age 42

**Students should be
taught the social
construction involved
in all relationships.**



Consent, respect, and mutual enjoyment
should be the core of ALL relationships.

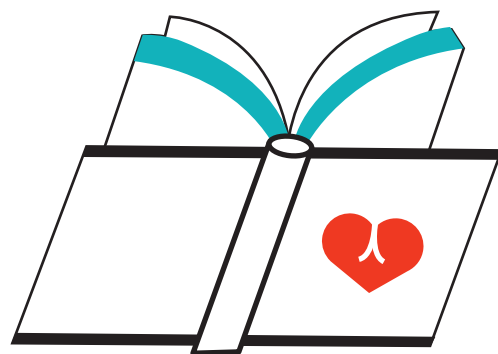
we can im
improve v
we can im
improve v

**Students need to learn
reproductive knowledge
along with psychosocial
and ethical values.**



This should include how to negotiate
relationships that are well informed,
healthy, respectful and safe.

(“Sex, Shame, and Pleasure”, Kline)



Teacher
Age 48

My health teacher gave us X-Acto knives to remove the sex-ed chapters in our books.

“

Those books were still being used 9 years later, when my brother was a sophomore at the same high school.

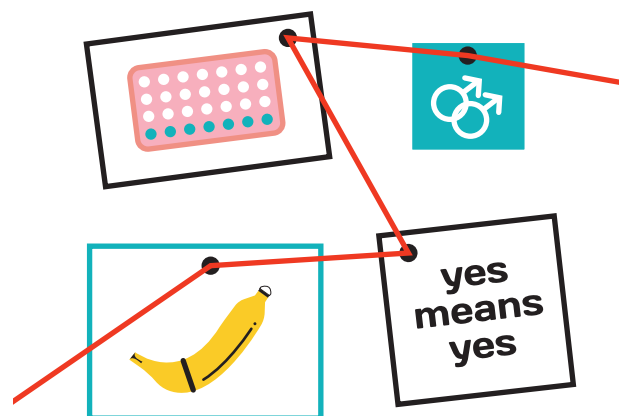
sex ed is se
lifesaving
sex ed is se
lifesaving

America's approach to youthful sexuality has been to minimize, distort, and control sexual knowledge.

★ ★ ★

This is achieved in ways such as withholding contraceptive information; criminalizing consensual teen-teen sex; and removing books that mention sexuality.

(“Sex, Shame and Pleasure”, Kline)



Office Manager
Age 51

Kids need to be taught the psychological and sociological side of sex education too.

“

Kids need to know how sex emotionally affects them and their classmates, as well as how sex affects society.

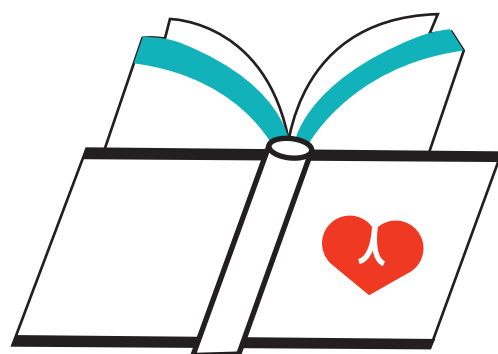
we can im
improve v
we can im
improve v

The government holds the responsibility to take care of its citizens.

★ ★ ★

The education system is then obligated to include physical health and safety, with biological and reproductive knowledge, along with the psychology of self-esteem self-confidence, and social behaviors.

(“Sex, Shame, and Pleasure”, Berne)



Nail Technician
Age 20

My teacher put glue on a ball and had us toss it around as a metaphor for how STDs spread.

“

She didn't provide us with any information on how a condom could help prevent that.

we're doin
doing it w
wrong we
we're doin

Abstinence sex education tries to misrepresent and minimize the effectiveness of contraception.

★ ★ ★

As well as, emphasizing the negative consequences of premarital sex and publicly promoting commitment to abstinence.

(“Sex, Shame and Pleasure”, Kline)



Receiving Inspector

Age 23

Abstinence was the only sex education I received, and it was the worst thing ever!



I didn't know anything!

we deserve
better we deserve
better we deserve
better we

**Comprehensive programs
counsel kids to make
good sexual decisions.**



These programs include teaching students to use contraception, to discuss sex with their parents, to develop good communication skills, and to learn more about their bodies and sexual health.

("Sex, Shame and Pleasure", Sponaugle)



Office Manager

Age 52

**Abstinence is a joke.
It's a waste of
time and money.**



The church can teach it if they want to, but schools are a place where kids should be exposed to truth and facts.

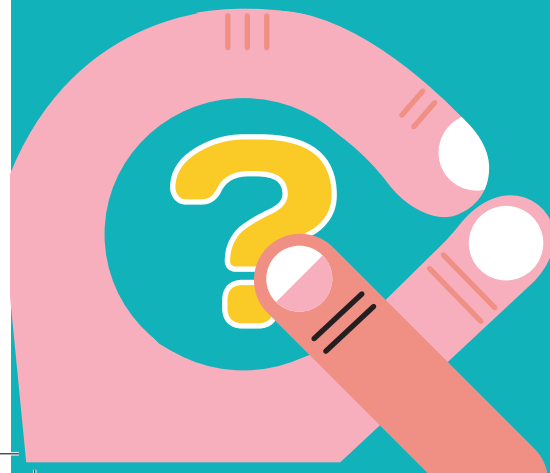
we deserve
better we deserve
better we deserve
better we

**A large amount of
abstinence sex education
is federally funded by
taxpayer money.**



Religiously oriented sex education programs receive more financial support than all people displaced by Hurricane Katrina or all handicapped people in the US.

("Sex, Shame and Pleasure", Kline)



College Student

Age 23

**Even if you aren't
Mormon, it's baked
into your culture.**



Sex is an extremely taboo topic in Utah.

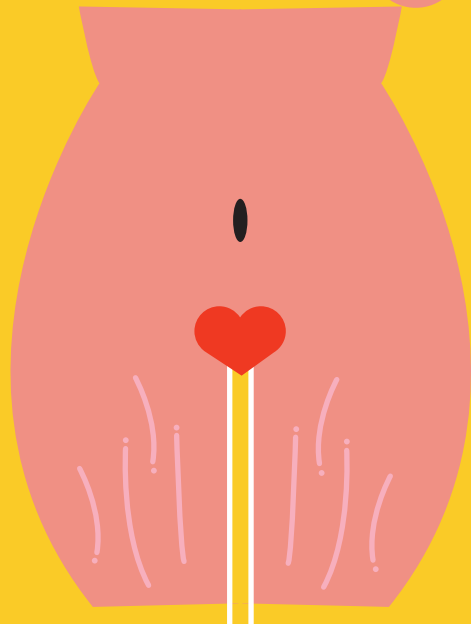
we deserve
better we deserve
better we deserve
better we

**Illuminating the historical
influences regarding sex
increases understanding
of cultural hostility.**



Whether or not one is Christian, the Judeo-Christian sexual ideology is perpetuated in the American government, education system and homes.

("Sex, Shame and Pleasure", Bullough)



College Student
Age 22

**I don't fit the standard
of beauty as a female.**

“

However, this ideal does not
impact me as harshly because
I am not seeking the attention of men.

celebrate
your body
celebrate
your bod

**Women's sexual pleasure
becomes intricately linked
with their sense of sexual
attractiveness and desire.**

★ ★ ★

The media is a major contributor to
the development of American sexual
socialization attitudes toward appearance.

(“The Incidental Orgasm”, Wade and Kraemer)



Life Coach
Age 38

**If porn is peoples'
only resource, at least
they have something.**

“

However, it would be best to know what
normal bodies look like, not everyone
makes noises or ejaculates, etc.

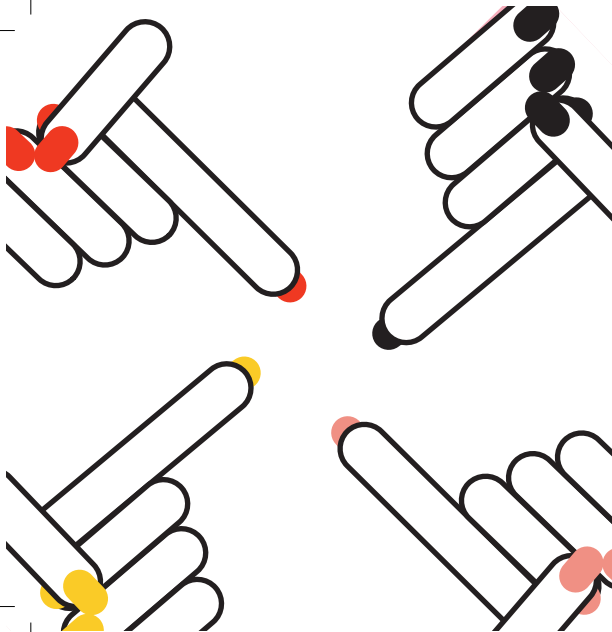
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better we (

**Lack of information in
sex education results in
students seeking answers
from other sources.**

★ ★ ★

The most popular source among students is
the Internet, where, in many cases, provides
unreliable and incorrect content.

(“Sex Education in Utah”, Butler)



College Student
Age 21

**My mom wasn't
comfortable talking
to me about sex which
made it seem scary.**

“

I was told I couldn't look up anything
myself because I would find “naughty”
things that would make me impure.

sex is natu
natural se
sex is natu
natural se

**Showing disapproval in an
attempt to curb a child's
sexual behavior has
lasting negative effects.**

★ ★ ★

The child may interpret this disapproval
to mean that he or she is the source of
shame and that their body is shameful.

(“Sex, Shame and Pleasure”, Shad-bolt)



Bookseller
Age 25

***I went to therapy
because of how much
shame I felt for having
natural sexual feelings.***



*It took a therapist to tell me that my
sexual feelings were justifiable and normal.*

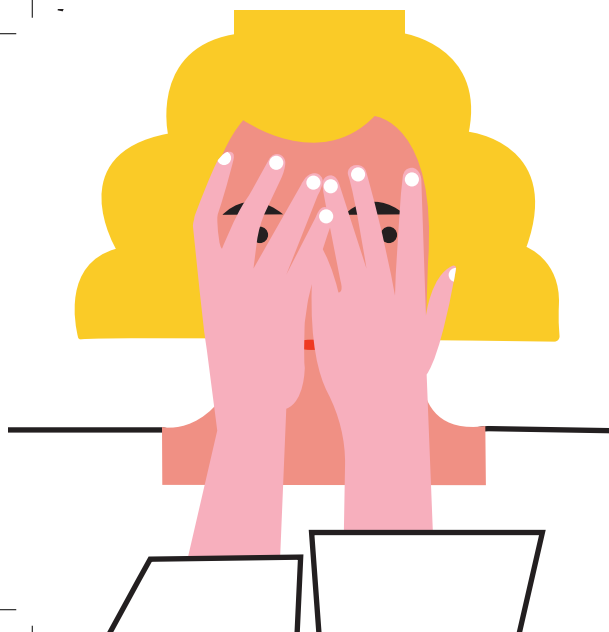
sex is natu
natural se
sex is natu
natural se

***Promoting sexual lives of
empowerment, not shame,
is important for all people.***



*If Americans insisted on sexual citizenship
that extended the rights and legitimacy
to all people whose sexual lives promote
healthy sexual expression, shame based
sexual experiences would dissipate.*

("Sex, Shame and Pleasure", Herdt)



Student
Age 22

***I felt extremely
ashamed any time
it went "too far".***



*I had premarital sex and thought that
I had to marry that person because I had
sex with them, but when that didn't happen,
I felt something had been taken from me.*

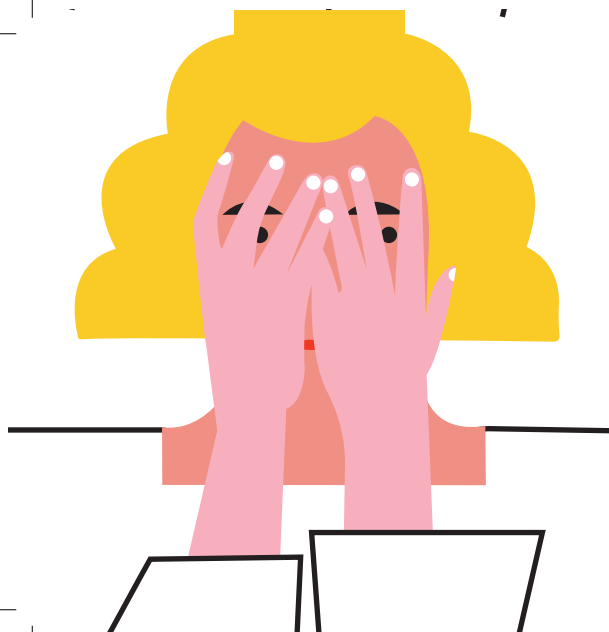
virginity i
is a social
construct
virginity is

***Suppression of sexuality
isolates 95% of Americans
who choose to have sexual
relations before marriage.***



*Society fails to provide adolescents with
necessary tools for their survival while
also shaming the majority who choose
to sexually engage before marriage.*

("Sex, Shame and Pleasure", Levine)



Digital Marketing Specialist
Age 23

***I was so scared
of someone catching
me with condoms that
I had unprotected sex.***



That was way worse.

sex is natu
natural se
sex is natu
natural se

***Families and schools
often forbid exploration
of sexuality, forcing a
psychology of separation.***



*This separation corrodes the sexual
mentality of adolescents, by conditioning
sexual impulse as unacceptable.*

("Sex, Shame and Pleasure", Shalet)



Attorney and Mom
Age 39

**Sexual shame makes
you feel less human
and less worthy of
basic human dignity.**

“
I ended up in unhealthy relationships
because I thought that was all I deserved.

sex is natu
natural se
sex is natu
natural se

**Sexual shame can have
detrimental effects on one's
personal sexual expression.**

★ ★ ★

Sexual shame can have lasting effects
through adolescence and marriage,
and can also influence future generations.

(“Sex, Shame and Pleasure”, Shadbolt)



Retail Manager
Age 29

**Sex in Utah is taboo
because of the strong
Mormon influence.**

“
Utah's religious views tend to shame
women and anyone with a different
sexuality for having a sex drive.

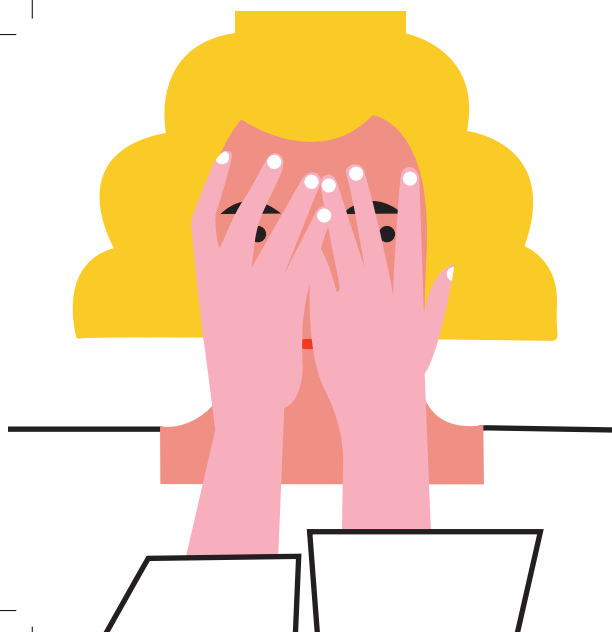
sex is natu
natural se
sex is natu
natural se

**Those who aren't members
of the LDS church are more
likely to talk about sex.**

★ ★ ★

A study conducted in Utah found that,
non-members were three times more
likely to talk about sex with their families
than those who were LDS members.

(“Sex Education in Utah”, Sponaugle)



Land Surveyor
Age 31

**I thought I'd go to hell
with the rapists and
murderers if I had sex
before marriage.**

“
My bitterness from all the repression
caused me to slingshot into relationships
focused on physical satisfaction.

dispel the
myths dis
dispel the
myths dis

**Sexual shame can
manifest itself into
destructive forms.**

★ ★ ★

Whether the shaming is external, or has
become an internalized part of one's
identity, bringing sexuality into a common,
empathetic and non-judgmental light is
the necessary step in reducing shame.

(“Sex, Shame and Pleasure”, Elias)



College Student
Age 23

Growing up, my religion made me feel scared and shameful about sex.

“
Thankfully, I’ve separated myself from my religion and have been able to form my own, new views about sex.

sex is natu
natural se
sex is natu
natural se

Religion tends to put forth a negative perception of sex.

★ ★ ★

Many Utahns have to separate or remove themselves from the beliefs of the Mormon church in order to avoid feeling shame or guilt about sex.

(“Sex Education in Utah”, Sponaugle)



Office Manager
Age 52

Most parents in Utah are scared to even mention sex.

“
This means kids will turn to their friends and the Internet to get information.

we deser
better we
deserve b
better we

Schools, unlike informal sources of sex education, have the ability to provide accurate information.

★ ★ ★

Schools are able to provide medically accurate, unbiased, consistent and timely information to a wide range of youth.

(“Sex Education in Utah”, Sponaugle)



Teacher
Age 48

I tied guilt around anything physical or sexual about myself.

“
I felt guilty about having sex while married and feeling proud of my body when I’d worked really hard to be fit.

celebrate
your body
celebrate
your body

Real sex education is about teaching comfort with one’s body and a lack of shame over desires.

★ ★ ★

It’s also about teaching students that there is more to sex for all people than sticking penises inside of vaginas.

(“Yes Means Yes”, Valenti)



Mom
Age 23

I finally find sex enjoyable.

“
For the longest time, before marriage,
I felt guilty finding pleasure in something
I was always taught was bad.

sex is natu
natural se
sex is natu
natural se

**We need to reconsider
the language we use
to avoid overlapping
shame and pleasure.**

★ ★ ★

Slang such as “losing your virginity”
promotes guilt for expressing and
acting on our natural sexual desire.

(“Sex and Mental Health”, Glover)



Mom, CEO, Flight Attendant
Age 32

**Sadly, I can only let go
of the shame and guilt
I feel while having sex
when I’m drunk.**

“
Sex should be celebrated.

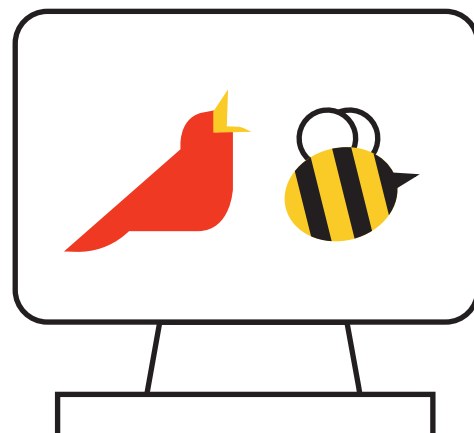
sex is natu
natural se
sex is natu
natural se

**Abstinence-only
education leaves people
with years of shame,
isolation and fear.**

★ ★ ★

Fewer students receive comprehensive
sex education now in our country than
at any time in the past twenty years.

(“How to Make Sex More Dangerous”, Barrica)



Chemist
Age 22

**Pornography to
learn about sex?**

“
That’s like watching The Longest Yard to
learn how to play football. Although, it is
better than what Utah schools taught me.

we deser
better we
deserve b
better we

**60 percent of college
students in America
consult pornography as
an instruction manual.**

★ ★ ★

Despite three-quarters saying that they
know it is as realistic as pro-wrestling.

(“Sex, Shame and Pleasure”, Spontaneous)



Unemployed
Age 22

How taboo sex is in my religion has made me want to be more open about it.

“

I will teach my children early and have conversations most parents seem to avoid.

*we can improve v
we can improve v
we can improve v*

Their safety is more important than our shame.

★ ★ ★

We can break the cycle for the next generation of young people by fighting for comprehensive sex education.

(“How to Make Sex More Dangerous”, Barrica)



Digital Marketing Specialist
Age 23

The LDS emphasis on sex as part of “the plan” builds sex up as far as expectations can go.

“

High expectations, as well as previous sexual deprivation makes the first time difficult.

*we deserve
better we c
deserve be
better we*

Religiosity both directly and indirectly predicts sexual guilt and anxiety.

★ ★ ★

Sexual guilt ruins what could be fun, exciting experiences. This guilt can even cloud sexual thoughts with shame.

(“Religious Sexual Guilt”, Hussain)



College Student
Age 21

My views on sex have made me scared to pursue relationships.

“

Because of this, I feel like I am not worthy or capable of being in a relationship.

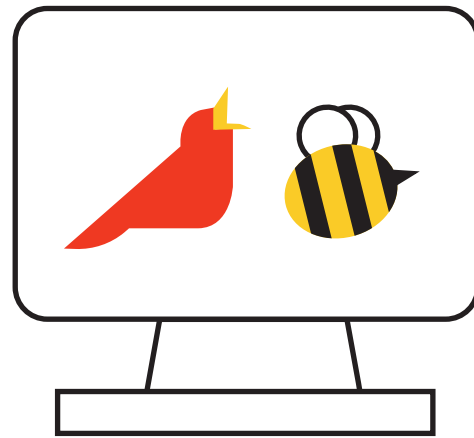
*we’re doi
doing it w
wrong we
we’re doi*

Abstinence-only education keeps people subjected to it in the dark about critical aspects of their health.

★ ★ ★

It also treats a normal part of life — sexuality, and women’s sexuality in particular — as aberrant and shameful.

(“Era of Abstinence-Only”, Strabo)



Mom
Age 26

**I thought that I'd
just bask in the glow
after I had sex.**

“
(Looking at you semen
running down my leg haha)

dispel the
myths dis
dispel the
myths dis

**It's crucial for people
to be sexually literate.**

★ ★ ★

Too many people have expectations
that cannot be met when it comes to sex.
Those expectations are often influenced
by media. Porn and movies tell us that
the stars must be twinkling every night.

(“Stay or Go”, Westheimer)



Mom and Teacher
Age 29

**I wish I was taught all
the aspects of having
a sexual relationship
with someone.**

“
Sex is so much more than passion... it's also
about connection, willingness and love.

we can im
improve v
we can im
improve v

**Teaching students about
relationship building can
pave the way for healthy
intimacy in the future.**

★ ★ ★

As well as, prevent gender bias and
stereotyping, and minimize instances
of sexual harassment and assault.

(“Sex Education Beyond Sex”, Harvard)



Direct Support Professional
Age 23

**Mormonism made
me feel so much guilt.**

“
After I had sex, I would feel depressed,
and then because I was depressed
I looked to sex to bring me a little bit
of happiness. It was a vicious cycle.

sex is natu
natural se
sex is natu
natural se

**The more frequently
students attend church,
the more likely they are
to have high sexual guilt.**

★ ★ ★

Sexual guilt intervenes with one's
sexual health and satisfaction.

(“Sexual Guilt and Religion”, Gunderson)



Sex Education Teacher
Age 28

Students are ignorant about the outcomes of sex, besides a baby.

“

The emotional consequences are hard to deal with. It needs to be an open topic.

we are being
being cheated
cheated with
we are being

Sex education should include the emotional, social and recreational reasons for sex.

★ ★ ★

It should discuss the interpersonal meaning of intercourse, setting clear boundaries and expectations, communicating desires and being responsible about protection.

(“Should’ve Taught Us”, Manson)



College Student
Age 21

I wasn’t taught about why sex is important in relationships.

“

My sex education teacher only taught us about the dangers of having sex.

we can improve
improve
we can improve
improve

When we take into account the entire human experience, we in turn create better sex education.

★ ★ ★

Mental health can affect desire, autonomy, and how pleasure is defined within sex.

(“Sex, Shame, and Pleasure”, Glover)



Homemaker
Age 24

I believe that sex is really good for my mental health.

“

The release of chemicals in the Breton can leave me happy for days.

sex is natural
natural sex
sex is natural
natural sex

A lot of the benefits of sex are not about sex. It’s also about having a connection with a human being.

★ ★ ★

Orgasm is fantastic for your brain, which is one reason why sex should be celebrated.

(Dr. Nan Wise, Sex Therapist)



Engineer
Age 25

Students should be taught how to respect their body as well as somebody else's.

“
I think this could prevent many issues in relationships further down the road.

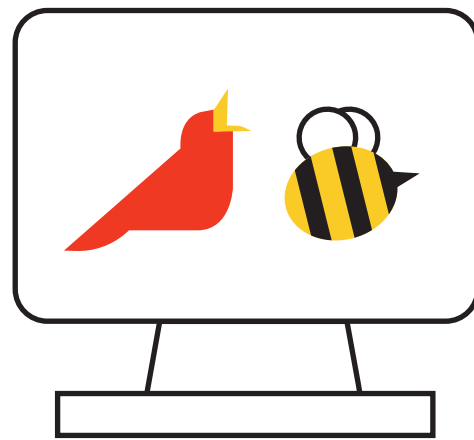
consent is mandatory
consent is mandatory

Male confusion about how to seek sex contributes to situations where rape is more likely to happen.

★ ★ ★

Example: Actively misinterpreting consent—the idea that the victim “was asking for it” because she flirted with the alleged rapist.

(“Yes Means Yes”, Valenti)



College Student
Age 22

Porn fuels the sexual exploitation and sex trafficking of many.

“
It distorts views of healthy sexuality and consent.

we deserve better we deserve better we

A limited example of what porn is has the danger of dictating what's normal.

★ ★ ★

This raises issues in one's understanding of sexual health and sexual psyche.

(“Porn Literacy”, Lee)



Office Manager
Age 52

Religious, Utah parents complain that their kids are being too exposed to the realities of sex.

“
I wish the Puritans had not been the ones to settle America first.

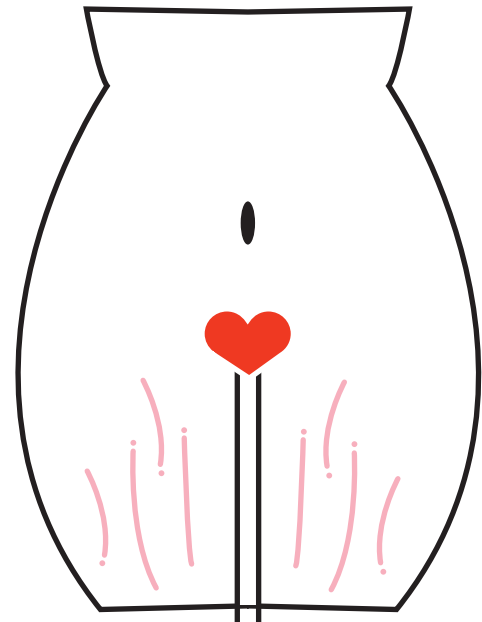
sex ed is a human right
sex ed is a human right

The battle over sex-ed isn't about what is safe for children, it is about what is comfortable for adults.

★ ★ ★

Indirectly, the well-being of our children is being surrendered so that adults can sleep better at night.

(“Sex, Shame and Pleasure”, Kline)



Mom, CEO, Flight Attendant
Age 32

I was told that if I was immodest I left nothing to the imagination.

“

This made me feel like sex was all anyone wanted me for, not me as a person.

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The gender stereotypes that abstinence curricula contain are particularly harmful to young women.

★ ★ ★

It often portrays girls as naturally chaste, and boys as constantly struggling to control their raging hormones.

(“Sex, Lies and Stereotypes”, Kay)



Mom
Age 26

I thought that I'd just bask in the glow after I had sex.

“

(Looking at you semen running down my leg haha)

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It's crucial for people to be sexually literate.

★ ★ ★

Too many people have expectations that cannot be met when it comes to sex. Those expectations are often influenced by media. Porn and movies tell us that the stars must be twinkling every night.

(“Stay or Go”, Westheimer)



Attorney and Mom
Age 39

Sexual shame makes you feel less human and less worthy of basic human dignity.

“

I ended up in unhealthy relationships because I thought that was all I deserved.

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Sexual shame can have detrimental effects on one's personal sexual expression.

★ ★ ★

Sexual shame can have lasting effects through adolescence and marriage, and can also influence future generations.

(“Sex, Shame and Pleasure”, Shadbolt)



Teacher
Age 48

My health teacher gave us X-Acto knives to remove the sex-ed chapters in our books.

“

Those books were still being used 9 years later, when my brother was a sophomore at the same high school.

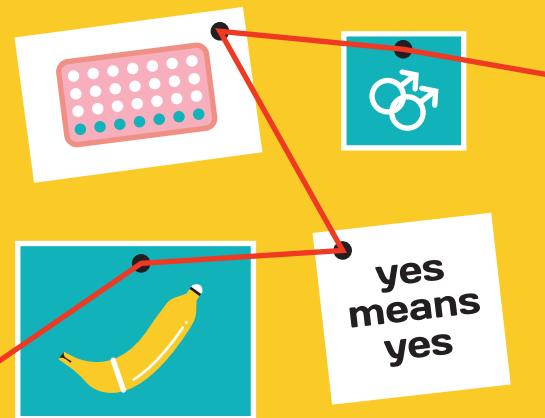
sex ed is se
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sex ed is se
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America's approach to youthful sexuality has been to minimize, distort, and control sexual knowledge.

★ ★ ★

This is achieved in ways such as withholding contraceptive information; criminalizing consensual teen-teen sex; and removing books that mention sexuality.

(Sex, Shame and Pleasure, Kline)



Animal Welfare
Age 24

To this day, 6 years after moving to Utah, I'm appalled at the lack of knowledge.

“

I assumed everyone in Utah learned everything I did in Las Vegas.

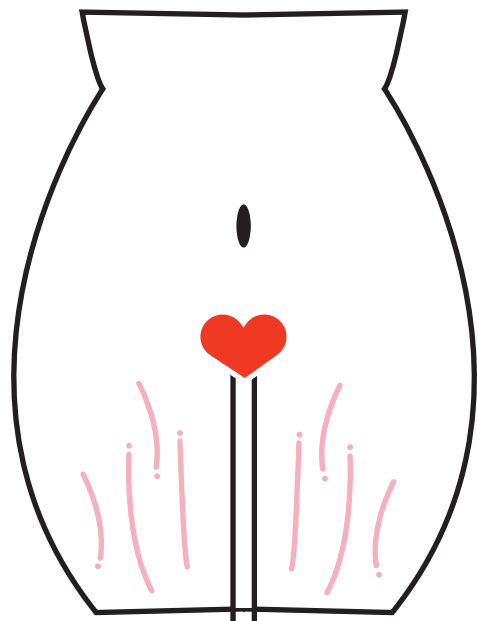
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Those who learn a repressed and dishonest representation of biological facts are affected negatively.

★ ★ ★

Such individuals grow into ignorant, embarrassed and inarticulate adults.

(“Shame, Sex and Pleasure”, Goldman)



Student
Age 22

I just feel like an object all the time.

“

I don't necessarily have any body image issues in that I dislike how I look... I just feel like an object.

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According to a report, that evaluated abstinence-only sex education, girls are described as dependent and submissive.

★ ★ ★

Girls are even discussed as objects to be purchased or otherwise attained.

(“Yes Means Yes”, Valenti)