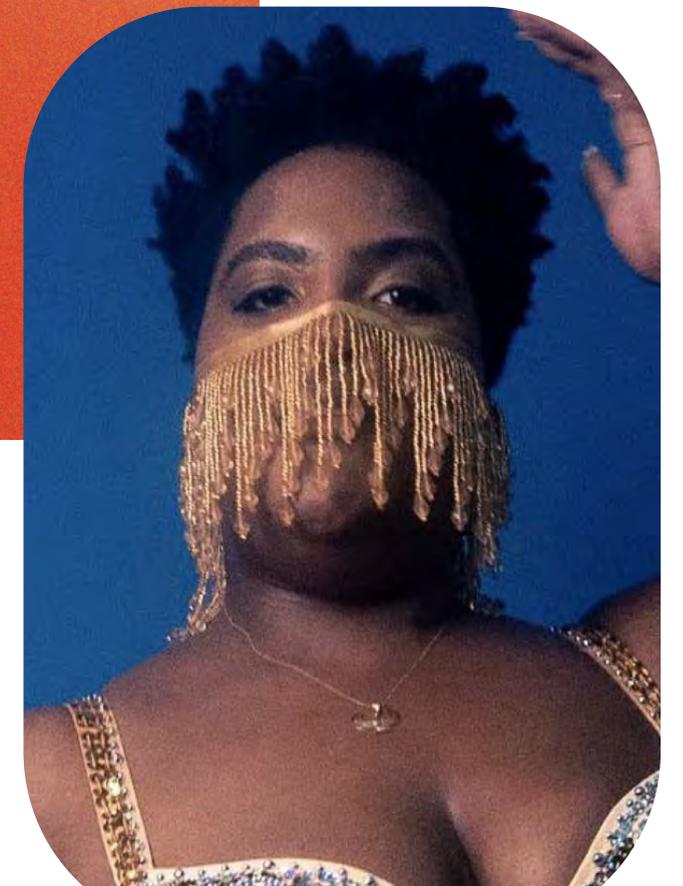


PLEASURE & TWERKING

SEASON 1

SHIFT

WITH P. S. BLOSSOM



Narrative Change SHIFT with P.S. Blossom

The US has a complex history with race, reproduction, and class, which leads to negative health outcomes for women and other birthing people of color. Dominant public narratives surrounding these health outcomes do not always reflect the perspectives, voices, or lived experiences of women and other birthing people of color. The P.S. Blossom podcast explores issues at the intersections of reproductive justice and capital with a specific focus on the autonomy of women and other birthing people of color.

SHIFT with P.S. Blossom is a guide that accompanies each topic covered in the P.S. Blossom podcast. It provides a reproductive justice approach to controversial conversations. We encourage readers to actively participate in SHIFT-ing the Narrative by sharing personal stories and lived experiences in their communities.

Pleasure & Twerking

As part of the sexuality spectrum, pleasure has been celebrated, praised, stigmatized, and shamed. Sexual pleasure can be a physical reaction to experiencing sexual arousal, stimulation of erogenous zones, thoughts, and/or dreams.

Pleasure feels different for everyone. Women's pleasure has historically been stigmatized, weaponized, and used as a form of oppressing women. Sexual trauma, taboos, lack of proper sex ed, and safe environments to explore your sexual pleasure are very real and unfortunately common. Finding a safe space and accessing accurate information can help others in their journey of healing. Healing one's relationship with pleasure helps to stop the perpetuation of harmful and disempowering narratives around pleasure and sexuality.

“Be open and understanding that the way we've learned sexuality may or may not be in alignment with who we are today, and that's okay.”

—Cindy Lee Alves

“Limiting or silencing burgeoning sexual expression limits the very healthy and basic aspect of being human.”

—Jaz Walker

NARRATIVES AROUND PLEASURE & TWERKING

Sometimes, it is difficult to identify harmful dominant narratives since they are deeply rooted in our culture. By identifying harmful dominant narratives, we can positively SHIFT social structures and behaviors.

Here are some examples of **harmful dominant narratives** around pleasure and twerking:

- “Pleasure is shameful, you should only have sex to reproduce.”
- “Your sexual partner should be enough. Something is wrong with you if you use sex toys when you have a partner.”
- “Sex-ed at school is enough, children don't need to know details about sexuality. It will lead their life down the wrong path when they know that early.”
- “Twerking is a sin. You gone get pregnant shaking your butt in front of everybody.”

Here are examples of healthier **intersectional counter narratives** that can help SHIFT harmful dominant narratives:

- Pleasure is normal, natural, desired, and necessary.
- Healthy sexual pleasure can be liberating and empowering in many aspects of life.
- Inclusive, accurate, and realistic sex ed is necessary, even for adults.
- Twerking is an empowering act of pleasure and bodily autonomy.



Cindy Lee Alves *(they/she)*

S1 EPISODE 17+18

[Cindy Lee Alves](#) is an award-winning sexologist with over a decade of experience facilitating challenging conversations with folks of all ages across the globe. Centering Black and Brown folks across intersecting system-impacted identities, they have educated thousands of people on various topics related to sex(uality), ed(ucation), and empowerment.

“ **You don't have to be body-positive to be sex-positive. However, I would hope that you're not body negative.** ”

As Founder of Ascension Institute, Cindy Lee offers workshops, consulting, and private coaching around media, pleasure, sexual shame, and thriving as a Sex(uality) Professional. As the host of the Sex on Shuffle podcast, she discusses sex(uality) using teachable moments in media and popular culture. They are also recognized for their contributions as a founding member of the Women of Color Sexual Health Network's Leadership Collective.

Cindy Lee earned their Master of Education (M.Ed.) from Widener University's Center for Sexuality Studies and a Bachelor of Arts in both Psychology and Women's Studies from Stony Brook University.

“ **A lot of us have been socialized in condition to believe that sexuality only has to do with our pieces and what we do with them, or what we don't do with them, or what we contribute to the population.** ”

“ **To me, orgasm has a lot to do with surrendering. That's something that you might want to reflect on before, during, or after, whatever surrendering means for you.** ”

ON THE EPISODES

In [The Power of Pleasure \(Part 1\)](#), we explore and discuss the importance of sexual pleasure, the value of good sex for women and People of Color, the politics of pleasure, and why educating ourselves and our communities is essential. Special guest Cindy Lee Alves is an award-winning sexologist who answers questions about the correlation between body positivity and sex positivity, sex-ed for adults, and so much more.

“ **My pleasure is political.** ”

In [The Power of Pleasure \(Part 2\)](#), we dive into the world of orgasms, sex toys, and how to talk about your needs with your partner. Cindy's got a wealth of knowledge on this subject and offers insights into fundamental ideas about sex that really deserve a conversation. She's passionate about imparting the idea that you deserve pleasure, and that pleasure is your birthright!

“ **Sex is a skill. There's a physical skill to it, but there are social-emotional skills that are involved with any partnerships, including the one you have with yourself.** ”



Jaz "Da K.O.S." Walker *(they/them)*

S1 EPISODE 19

[Jaz "da King of da South" Walker](#) is a non-binary artist, activist, philanthropist, and spiritual powerhouse that specializes in organizational development, body devotion, and creative expression to support pleasurable and thriving company & community culture. They have over 10 years of experience in the reproductive and economic justice movements. Jaz specializes in cultivating embodied leadership and values-aligned organizations that invigorate organizational operations and a nourishing work environment that reconnects us with our wildest dreams and affirms our power.

“ **Twerking just helped me feel good in my body. When I danced, nobody commented on what I looked like or monitored what I was eating. I felt most like myself.** ”

“ **While my mom told me what and where my vagina was, or stressed the importance of waiting until marriage to have sex, it was always my Black girl peers who taught me the ins and outs of my body.** ”

“ **I had my first orgasm when I was about 9 or 10 years old. It was by accident one Saturday morning watching one of those exercise programs they used to broadcast on cable.** ”

ON THE EPISODE

In [P.S Blossom Storyteller: Pleasure Principles with Jaz](#), we establish that your sexuality is your right. Despite the limits that society tries to put on the freedom of sexual expression of Black individuals, Jaz is living proof that you can break away from those constraints and the violence and shame that accompany them, find peace in your body, and connect to the fullness of your sexual pleasure. Sexual exploration and expression are natural and healthy pursuits, and through the sacred practice of twerking, Jaz is empowering themself and others to turn sexuality into something to celebrate!

“ **You deserve to be in the fullness of your sexual expression and pleasure.** ”

Reflection Questions

How would you define pleasure?

How many types of orgasms do you know?

Do you remember your first orgasm?

How important do you think stigma-free conversations are?

How do you think porn has an impact on our views and expectations around sexuality?

What are some stigmas you know about pleasure?

How do you think sexual trauma impacts someone's life?

What do you think about sex ed for adults?

Do you think sex toys can help a couple's sex life?

What do you think about them?

Follow Our Guests

Cindy Lee Alves

[LinkedIn](#)

IG: [@cindyleealves](#)

X: [@cindyleealves](#)

Jaz Walker

IG: [@jazdakos](#)

Guest Recommendations Topic

The Power of Pleasure (Part 1)

- Listen to the episode [here!](#)
- Read the full episode transcript [here!](#)

The Power of Pleasure (Part 2)

- Listen to the episode [here!](#)
- Read the full episode transcript [here!](#)
- [Cindy Lee Alves](#)
- [Sex Positive Families](#)
- [Women of Color Sexual Health Network](#)
- [Blex App](#)

P.S. Blossom Storyteller: Pleasure Principles with Jaz

- Listen to the episode [here!](#)
- Read the full episode transcript [here!](#)
- [Praise and Twerkship](#)
- [Black Feminist Thought by Patricia Hill Collins](#)
- [Sister Song](#)

“ Don't listen to porn. Porn is a fantasy. Porn is simulated. ”

—Cindy Lee Alves

Relevant Social and Platform Links

Rhia Ventures is a social impact organization with a mission to advance reproductive and maternal health equity by intentionally leveraging capital to center the needs, experiences, and perspectives of historically marginalized people in decision-making.

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Check out the P.S. Blossom Podcast on [Amazon Music](#), [Apple Podcasts](#) and [Spotify!](#)

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Sexologist
Freedom
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Sexual Exploration
Sexuality
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Porn
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Self Expression
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Twerking
Stigma
Sexology
Impact