

MASTURBATION & ORGASMS

SEASON 2

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 SHIFTing the Narrative by sharing personal stories and lived experiences in their communities.

Masturbation & Orgasms

Human sexuality is a broad spectrum and involves orgasms and masturbation. For those who masturbate, it can hold different meanings (e.g. self-care), whether they have sexual partners or not, to masturbate ([“touch yourself for sexual pleasure”](#)) is something natural and normal. It has been proven that masturbation has physical and mental health benefits.

“An orgasm is what usually happens when you reach the height of sexual arousal. It usually feels really good. When you have an orgasm — aka cum or climax — sexual tension increases until it reaches a peak, and pressure in your body and genitals is released” ([Planned Parenthood](#)). Some people reach orgasms when having penetrative sex, and others don’t, some people can have multiple orgasms, and some don’t, these differences are expected, since reaching orgasms and how to, depends individually on each person. A person can also have an orgasm outside of an intimate and sexual experience.

“ I really want for pleasure to be as approachable and as accessible and as decolonized as possible, and that starts with us creating with intention a relationship with our own bodies through feeling good. ”

—Ev’Yan Whitney

NARRATIVES AROUND MASTURBATION & ORGASMS

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 masturbation and orgasms:

- “As a woman expressing her desire, you can’t blame people for thinking you are loose with no morals.”
- “You can’t talk about masturbating. Do you want people to think your partner can’t please you?”
- “Female orgasm dilemmas are solely a heterosexual problem.”

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

- Every individual can face orgasm dilemmas, and it doesn’t mean that something is wrong with you, it’s about learning what your body likes and responds to.
- Orgasms help you to sustain a healthy reproductive life and can be something you experience solo, or, in a relationship.
- You deserve to feel pleasure and sexual satisfaction, with or without an orgasm.



“ Think about the conversations you can have in an age-appropriate way to counteract the messaging that kids are getting around sex and pleasure and gender. ”

“ I was frustrated that I wasn't seeing folks that looked like me, I was frustrated that I wasn't hearing stories like mine, so I began this process of doing it myself. That's something that a lot of marginalized folks have to do. ”

Ev'Yan Whitney *(they/them)*

S2 EPISODE 7+8

Ev'Yan Whitney is a Sexuality doula®, sensualist, and author of the book, [Sensual Self: Prompts and Practices For Getting in Touch With Your Body](#). Since 2011, Ev'Yan has been dedicated to sex education and sexual activism to help folks reclaim their authentic sexuality and reconnect to their sensual bodies on their own terms. Ev'Yan's work focuses on decolonizing, unshaming, and liberating sexuality at the intersection of identity, trauma healing, pleasure, and embodiment.

From their wildly successful Sensual Selfie Challenge and Sensual Dance Meditations classes to their vulnerable essays and beloved podcast, [Sensual Self](#), throughout their career, Ev'Yan has created resources and safe spaces that have encouraged folks to explore the nuances of their sexuality. They have been featured in places such as Vogue, BuzzFeed, Rolling Stone, GQ, and more.

“ My work helps to give folks language to describe who they are, and a possibility model of what it can look like to be in this realm of sexual liberation and sexual sovereignty without these scripts we have been given about our sex lives. ”

ON THE EPISODES

This episode forms [Part 1](#) of our discussions about sex, pleasure, and sensuality. Tuning in, you'll hear our guests dispel myths around asexuality and the capitalistic implications of seeking and prioritizing pleasure. Each shares stories from their own upbringing and empowerment beyond repression and shame, weighing in on the merits of solo pleasure, sexual education, and finding pleasure within safe and self-guided boundaries.

THE EPISODES



“ As I stayed steadily committed to reconnecting to my sexuality and pleasure, I began to remember my own life force, and everything continued to transform from there. ”

Che Che Luna *(they/them)*

S2 EPISODE 7+8

[Che Che Luna](#), Pleasure Educator, is a queer, neurodivergent, trans, Latinx sex + pleasure educator, activist, dancer, and sensual embodiment facilitator. Through their offerings, they aim to bridge the gaps in pleasure accessibility and support folks in (re)building consensual, affirming, and liberatory relationships with themselves and others.

“ I think of dance as a door that can open us up to our pleasure, and pleasure as a guide that can lead us back to our expansive, joyful, erotically alive selves. ”

“ Pleasure is threatening to patriarchal capitalism, precisely, because once we unlock pleasure, we become undeniably powerful. ”

ON THE EPISODES

Following on from our previous episode with Che Che Luna and Ev'Yan Whitney, in [Part 2](#), we delve deeper into the role of mentorship and guidance on the journey to empowered sex and self-acceptance. We touch on the common experience of adultification in Black and Brown young people, the importance of finding a sex-positive therapist, and diving deep into self-questioning. We also talk about the power of teaching young people that it is safe to explore autonomously, without shame, and unpack the complex relationship so many of us have with orgasm and masturbation. In closing, our guests share the type of impact they hope to have on the world, along with some inspirational thoughts about the power of pleasure.



“ **My very earliest experiences with sexual pleasure and masturbation were just about me, and what felt good in my body. I wish I could bottle that innocent pursuit of pleasure I had when I was a kid. ”**

Krista White *(she/her)*

S2 EPISODE 9

[Krista White](#) is a writer, purpose-driven entrepreneur, and occasional actor based in New York City. She is the founder of [Kiki For The Future](#), a soon-to-be-released app that curates sex education content for the LGBTQIA+ community. She is committed to joy, pleasure, and liberation. Her first book, [Anti-Racist Leadership: How To Transform Corporate Culture in a Race-Conscious World](#), which she co-wrote with her dad, business leader James D. White, was released in 2022.

ON THE EPISODE

Krista White, believes that pleasure and the divine joy of love and connection are the purpose of being alive. This is what motivated her to create an educational app, [Kiki For The Future](#), to teach tailored sex education to the LGBTQIA+ community. Tune in to hear Krista’s story, [Empowerment and Joy Through Self Pleasure](#), and insights on sex education, masturbation, desire, and performance. Learn about the practices she hopes to embrace in her life today, with the primary goal of living joyfully.

“ **Our culture is simultaneously sex obsessed and deeply sex negative. I think we can thank the legacy of the sexually repressed Puritans for that. ”**

“ **My worth is completely unrelated from the sex I do or do not have, furthermore, the sex I do or do not have is a matter of bodily autonomy. ”**

Reflection Questions

What are the different types of pleasure you can experience during sex?

Why is it important to have a sexual relationship with yourself?

How does one overcome shame or guilt around masturbation and orgasms?

How can we have healthy conversations with children around masturbation and orgasms so shame and guilt aren't inspired?

How do we close the gaps in sex ed provided to us? By doing this, would we be better prepared for our own sexual experiences, like during sexual intercourse or while masturbating?

Is porn healthy? How can you have a healthy relationship with it and not carry the fantasy into real relationships?

How does one find pleasure after trauma?

How does someone regulate how often they masturbate in a relationship?

Follow Our Guests

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X: [@evyanwhitney](#)

Che Che Luna
IG: [@che.che.luna](#)
X: [@iamchecheluna](#)

Krista White's [LinkedIn](#)
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Guest Recommendations Topic

Pleasure: A Wellspring of Wisdom (Part 1)

- Listen to the episode [here!](#)
- Read the full episode transcript [here!](#)
- [Sensual Self by Ev'Yan Whitney](#)
- [Che Che Luna Website](#)

Pleasure: A Wellspring of Wisdom (Part 2)

- Listen to the episode [here!](#)
- Read the full episode transcript [here!](#)
- [Ev'Yan Whitney](#)
- [Sensual Self with Ev'Yan Whitney](#) Podcast

Empowerment and Joy Through Self-Pleasure

- Listen to the episode [here!](#)
- Read the full episode transcript [here!](#)
- [Krista White](#)
- [Kiki For The Future App](#)

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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