



CREATING SAFE SPACES

# Sexual Preferences and Practices



# Establish class values



- We will be talking about sexuality, gender, pleasure, abuse and safety in these sessions. What will make this class a safe space for everyone to share, express their views and discuss freely?
- How do we want others to behave?
- How will we behave?

- Intercourse - penetrative sex
  - Vaginal sex
  - Anal sex.
  - Oral sex
- Outercourse - sexual stimulation to orgasm without penetration
  - different from foreplay - which almost always leads to an act of penetration
  - Includes a myriad of sexual acts
- Masturbation - *Self, Partner, or group.*
  - *Pornography*

# Casual Sex



- Our society tells us that sex outside of marriage or a committed relationship has always been considered a taboo. Persons, esp. women who have such sex are often shamed and labeled as characterless.
- However, we have long established traditions of casual sex being accepted. For example: devadasis, sex workers, courtesans, mistresses.
- Norms are changing slowly though and sex for the purpose of pleasure, without the promise of emotional commitment is seen without judgement in some circles.
- Casual sex can be with a stranger one has met on some forum or with a friend, in arrangements like “friends with benefits” or “booty calls” or swinging arrangements

# Use of sex toys



- Sex toys are objects or aids, used to enhance sexual experience between partners, for masturbation, for non-binary persons to affirm gender identity and have fulfilling sexual experiences, or for medical purposes
- People have ambiguous views about the use of sex toys -
  - because it is an inanimate object used for an intimate act
  - may suggest that one's partner isn't a good enough sexual partner
  - may suggest one's sexual needs are unnaturally high
- In India, no explicit law prohibiting sale of sex toys, but sections in law that ban sale of 'obscene' items. With increasing demand now, manufacturers ensure packaging and display of these items are not explicit or seen as 'obscene'

- A fetish is an intense sexual attraction to an inanimate object or a body part that is not traditionally considered as sexually attractive. The most common involve body parts such as feet, or body features, such as obesity, piercings, or tattoos, followed by body fluid, body size, and hair
- Havelock Ellis who studied human sexuality re-conceptualized fetishism as an expression of "individual taste in beauty."
- Stigma continues to be attached to fetishistic desires - it is often pathologized. Fetishistic disorder has been listed in the *DSM-5* as a form of dependence on the object of desire to the extent that sexual arousal and gratification can only be achieved with the particular body part in focus or the object of desire.

- An umbrella of sexual acts which can be described as three categories - Bondage/Discipline, Dominance/Submission, and Sadism/Masochism.
- BDSM in the larger population is often misunderstood and considered painful rather than playful
- Informed consent is the foundation of BDSM acts. It is complete only when participants understand all the conditions and risks associated with the activity, each partner's limits and safety requirements, and acceptable activities and safe words to use to indicate when to stop or withdraw from the activity.
- Healthy BDSM relationships demonstrate trust, caring, and an ongoing commitment to mutual growth, which are all valid indicators of any positive relationship.

# Public Sexual Behavior



- One or more people having sex in a public place, or in a private place which can be viewed from a public place
- People with such inclinations may be turned on by
  - the thrill of taking risks
  - breaking the routine
  - being watched by others or exposing oneself to others to watch.
- Engaging in sexual acts that are livestreamed using a webcam is also an act of public sex. These are usually governed by checks for safety and confidentiality



- Sexual acts involving more than two participants, of any sexual orientation or genders
- May take different forms including
  - threesomes where a couple may admit another person into their sexual experiences,
  - swinging where people in open relationships choose to have sex with other couples or individuals,
  - orgies where multiple participants engage in free and unrestrained sexual activities with any consenting other member of a group,

This PowerPoint is part of a project to prevent gender based violence. This project is supported by Ford Foundation.



CREATING SAFE SPACES

**Thank You!**

ENFOLD PROACTIVE HEALTH TRUST

+91 802552 0489 | +91 99000 94251 | [enfoldindia.org](http://enfoldindia.org)



**SURAKSHITH APP**

Information, stories on personal safety for children.



**BAL SURAKSHA APP**

Information on answering children's questions,  
managing child sexual abuse.



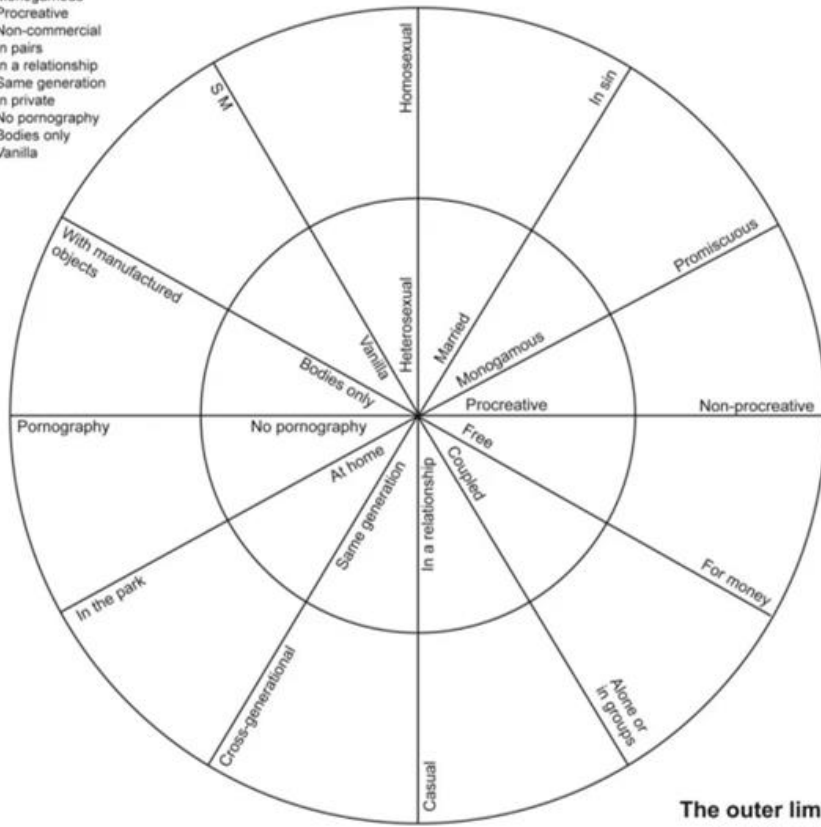
**STRI SURAKSHA APP**

On crimes against women, laws, interventions and  
healing techniques.

All Apps in 10 languages, free on android Developed with UNICEF and MeitY (CDAC Hyderabad)

**The charmed circle:**  
Good, Normal, Natural,  
Blessed Sexuality

- Heterosexual
- Married
- Monogamous
- Procreative
- Non-commercial
- In pairs
- In a relationship
- Same generation
- In private
- No pornography
- Bodies only
- Vanilla



**The outer limits:**  
Bad, Abnormal,  
Unnatural, Damned  
Sexuality

- Homosexual
- Unmarried
- Promiscuous
- Commercial
- Alone or in groups
- Casual
- Cross-generational
- In public
- Pornography
- With manufactured objects
- Sadomasochistic

# Sex hierarchy - the charmed circle



Gayle Rubin, in her paper 'Thinking Sex' referred to our cultural view of sex as being good, natural and acceptable only if we say within the forms listed in the inner circle and bad, dangerous, wrong and deviant if we stray outside of it