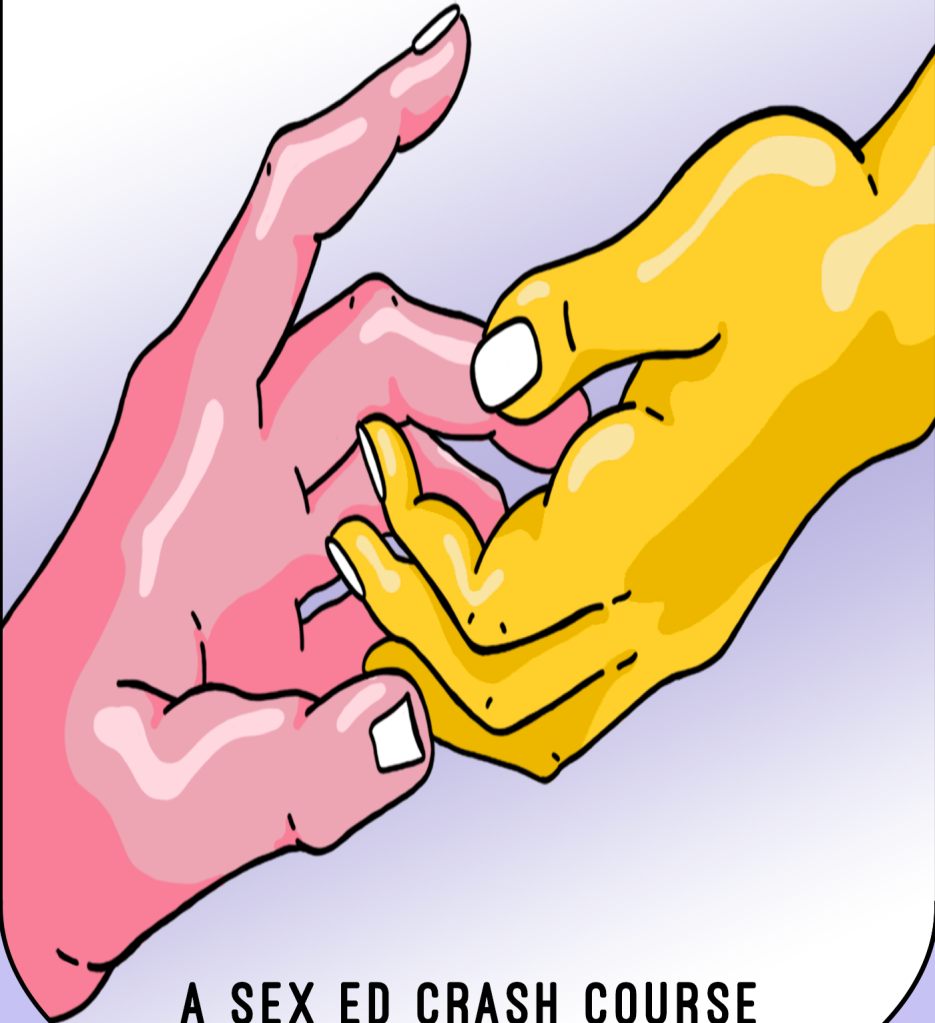


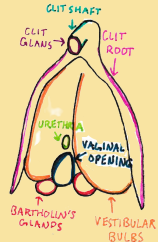
KNOWLEDGE
2.0



**A SEX ED CRASH COURSE
VIRTUAL EDITION**

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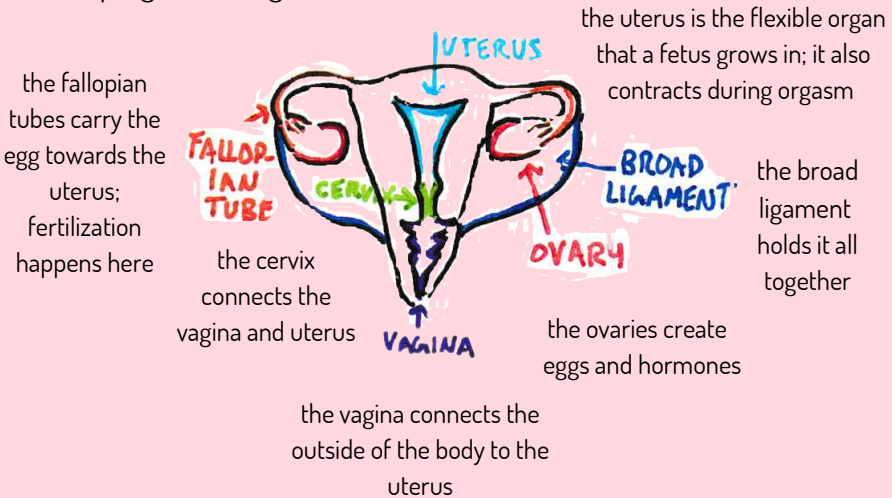


VULVAS, UTERUSES, VAGINAS & OVARIES*

*these are all parts of a typically "female" body; but trans people and intersex people can also have these parts and not be female! everyone should feel included in conversations about their bodies.

the big picture

generally, the "female" reproductive system is expected to include a vulva (which includes the vaginal lips, or labia, and pubic hair), a vagina, a uterus, 2 ovaries, 2 breasts, a urethra (for peeing), and an anus (for pooping). this system usually menstruates monthly** from puberty to menopause, when estrogen and progesterone hormones are most active. they are able to become pregnant and give birth.



the cervix

is a small sphincter connecting the top of the vagina to the uterus. during monthly menstruation (the period), it will soften and lower to let out blood & tissue. during ovulation, when an egg is being formed in the ovaries and can be fertilized by sperm, the cervix is higher and tighter. it feels like a puckered hole about 3 inches into the vagina.

VULVAS, UTERUSES, VAGINAS & OVARIES

continued!

the vulva

is the outside part of this reproductive system, including the glans of the clitoris, the labia majora and minora (the "lips"), the vaginal opening, pubic hair, and opening to the urethra.

the glans of the clitoris' primary purpose is to provide sexual pleasure

the urethra is where urine leaves the body

the vaginal opening is the entrance into the vagina. it's sometimes covered or partially covered by a thin tissue called the hymen. this does not determine whether someone is a virgin



the mons pubis is a fat pad above the vulva that grows hair after puberty

the labia majora are the thicker, outer "lips" that grow hair

the labia minora are the thinner, more sensitive inner lips that do not grow hair; these are sexually sensitive, often wrinkly, and can be much darker than the labia majora

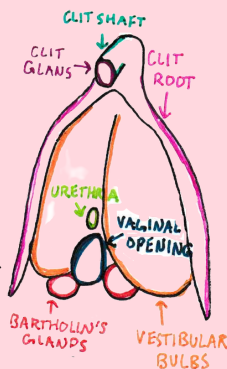
the clitoris

extends inside the body & around the vulva; the glans, "bean", or "button" visible beneath a hood in the vulva is just part of the clitoris. the entire clitoris is sexually sensitive and is still being researched. the clitoris comes from the same fetal tissue as the penis, so it becomes erect ("hard") when aroused.

the glans is the visible part of the clitoris

the vagina

is the tube that connects the outside of the vulva to the uterus. it's usually collapsed & relaxed & about 3 inches long. when aroused, it lengthens, "balloons" near the top, & becomes wetter. it has a specific pH & yeast culture, and can become infected when these are disrupted by stress, douching, scented soaps, and flavored lubricants.

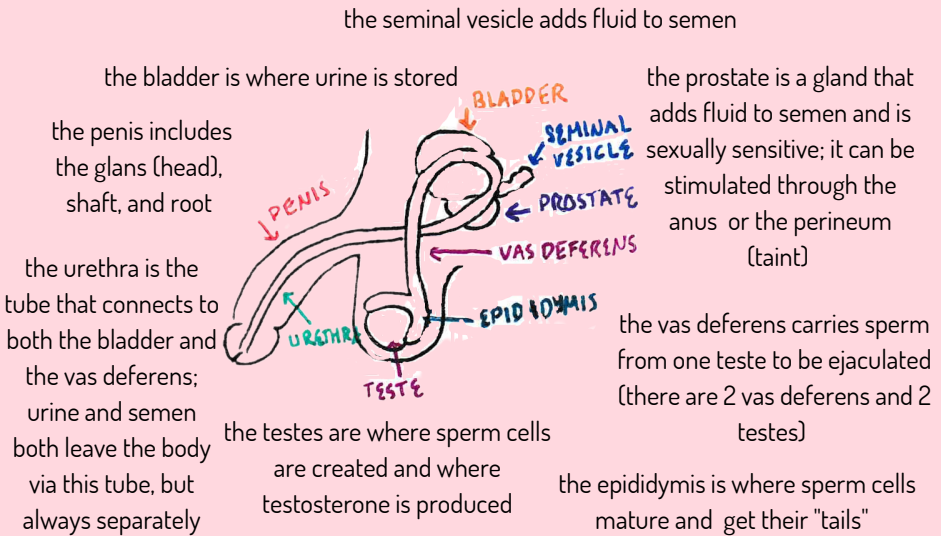


PENISES, PROSTATES, & TESTES *

*these are all parts of a typically "male" body; but trans people and intersex people can also have these parts and not be male! everyone should feel included in conversations about their bodies.

the big picture

generally, the "male" reproductive system is expected to include a penis, a urethra (for peeing), 2 testes, a scrotum, a prostate gland (and various other glands), and an anus (for pooping). this system usually produces sperm from puberty until death, when testosterone hormones are active. sperm cells can fertilize egg cells, which may result in a pregnancy.



the scrotum and testes

are what are commonly referred to as "balls". the testes, or testicles, are where sperm cells are created and testosterone is produced, and the scrotum is the sac of skin that holds the testes. sperm need a cooler temperature than body temp, so the testes usually hang outside of the body. the scrotum is sensitive to temp, and will adjust towards the body if it's too cold, and away from the body if it's too warm.

PENISES, PROSTATES, & TESTES

continued!

the foreskin

refers to a hood-like section of skin that covers the glans of the penis. many people, especially in the USA, are "circumcised", or "cut", which means that their foreskin has been removed, usually as an infant. this leaves a scar on the shaft of the penis. the majority of people globally are "uncut" or "uncircumcised." there is no evidence that either option is safer, more hygienic, or more pleasurable as long as you keep it clean.



circumcision
scar

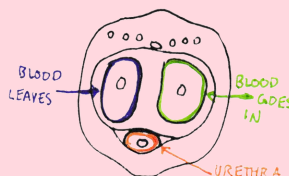
the prostate

uncircumcised circumcised

is a walnut-sized gland that contributes fluid to semen. it's also sexually sensitive, and many people find stimulating the prostate pleasurable. it's often accessed through the anus- a few inches up and towards the stomach- but can be accessed externally by pushing up on the perineum (aka the "taint", the section of skin between the scrotum and the anus).

the penis

is the sexual organ most people associate with the male body and can be used to penetrate a partner during sex. it is a shaft of vascular tissue that fills up with blood to become erect when aroused. it does not contain any bones. the penis has a "root" inside the body, a shaft outside of the body, and a glans at the tip. the opening at the glans of the penis is where semen and urine leave the body. the penis is formed from the same fetal tissue as the clitoris.



a cross section of the penis



WHAT'S INTERSEX?



the big picture

"intersex" is an umbrella term that describes the estimated 2% (or more) of people whose bodies don't fall into biologically "male" or "female" categories. this is different from "transgender", which describes a person whose gender identity does not correlate with their assigned sex. however, many intersex people also identify as transgender.

intersex people may have chromosomal differences, hormonal differences, or differences in reproductive organs or secondary sex characteristics (like body/facial hair or breasts). some people may have a vulva, but testes instead of ovaries. some may appear to go through the "wrong puberty." still others will never know they're intersex. There are a wide variety of intersex experiences. sexual variation is a healthy part of every species! intersex people do not need to be "fixed" to live full, healthy, happy lives. however, many intersex infants are operated on in unnecessary "normalizing" procedures.

the term "hermaphrodite" is considered both inaccurate and offensive. It is not medically possible to have an entire male and an entire female reproductive system.

you probably know someone who is intersex, & you may be intersex yourself! many people never know, or only find out if they have their chromosomes analyzed or their internal organs looked at. for some people, their intersex status is hidden from them by their parents and doctors, and only becomes apparent during puberty or when trying to reproduce.

what do intersex people look like?

intersex people can look like anyone! because "intersex" is a broad term, there isn't one single answer to this question. some intersex people educate on this. do a quick google search and learn for yourself.

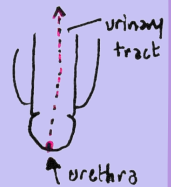
URINARY TRACT INFECTIONS (UTIS)

UTIs happen when bacteria gets into the urethra, causing swelling, irritation, & pain while peeing. Anyone can get a UTI, but vulvas are more prone than penises. If left untreated, UTIs can infect the kidneys.



symptoms

- feeling like you constantly have to pee, but when you try, not much comes out
- pain when urinating
- discomfort or itching while sitting or walking
- flushed or swollen urethra



avoid by



- peeing after sex/masturbation
- peeing after swimming, mudwrestling, or sweating a lot
- avoiding tight clothes that don't breathe well
- staying hydrated

treat by

- going to a doctor! [Knox Health Services](#) can provide medicine for UTIs
- drinking (& peeing) lots of water to help flush out bacteria, & peeing every time you feel like you have to, even if only a little comes out
- acidic drinks (like cranberry or orange juice) & vitamin C



YEAST & BACTERIAL INFECTIONS

Both vaginas & anuses have specific bacteria & yeast balances. When this gets disrupted (by bacteria or sugars in the vagina or anus), it can cause infection. In vaginas, these are both considered forms of "vaginosis".



what's the difference?

both are infections with similar symptoms, but they're caused by different things. that means they have different treatments! go to the doctor to find out what exactly is going on before trying any OTC treatments.



symptoms

- white, clumpy (cottage cheese-like) discharge
- itching inside of the vagina or rectum
- redder, flushed, or swollen anus or vaginal opening

vaginas
&
anuses



can both
become
infected

avoid by



- keeping things out of your vagina/anus that don't belong (e.g. unsanitized toys, flavored lube/condoms, douches, whipped cream, dirt)
- changing your diet & habits gradually instead of abruptly, so your vaginal/anal flora can adjust

treat by

- going to a doctor! [Knox Health Services](#) can provide treatment or refer you
- antibiotics/antifungal treatments/creams (these are NOT INTERCHANGEABLE between types of infection, & the treatment for one can make the other worse; see a doctor first)

HEMORRHOIDS

Hemorrhoids are swollen blood vessels that can create sacs in/around the anus. Sometimes they disrupt bowel movements, causing constipation. They can be painful, irritating, or go entirely unnoticed. They're often recurring, & sometimes create "skin tags" when they do subside.



symptoms

- constipation
- anal itching, swelling, or bleeding when you poop
- appearance of hemorrhoids (pink lumps protruding from the anus, or around the anus)



avoid by

- eating more fiber
- staying hydrated
- taking breaks from sitting down



treat by

- going to a doctor!
- sitz baths (or a gentle, warm bidet)
- hemorrhoid cream/suppositories
- (maybe) witch hazel, apple cider vinegar
- surgery to remove the hemorrhoids (in serious cases)



PREGNANCY & BREASTFEEDING

Pregnancy is the process of building a fetus that happens inside the uterus. It requires an egg to be fertilized by sperm during the 24 hours of ovulation & for the fertilized egg (zygote) to implant into the uterine lining ~6 days later. Sperm cells attempt to find an egg in the fallopian tubes; the egg chooses which sperm is allowed to breach the cell wall, & the cell wall closes to all other sperm.



some things to know

~1/2 of fertilized eggs never implant & never become pregnancies.



pregnancy lasts 9 months, but gestational age is counted from a person's last period (up to 4 weeks before implantation), so a full term pregnancy often lasts "40 weeks."

after birth, the placenta (protective & nutritious tissue surrounding the fetus) must also be birthed. it can be scraped out, which is efficient but can cause infection.



many people experience vaginal bleeding for up to 6 weeks after birth, and may have difficulty using toilet paper.

anyone can breastfeed with the right hormone supplements, including males, as long as their nipples and breast tissue are intact.



some people with inverted nipples may experience difficulty breastfeeding or getting an infant to "latch", but it is still possible.

ABORTION

There are 2 ways to have an abortion: an in-clinic surgical procedure or an at-home abortion pill. Both procedures are common & not considered dangerous.



in-clinic procedures

- suction abortion is performed around 14-16 weeks into pregnancy and takes 5-10 minutes
- dilation & evacuation (D&E) is performed after 16 weeks and takes 5-10 minutes

at home pill



- the pill is used before 10 weeks into the pregnancy; after 10 weeks, an in-clinic procedure is necessary.
- Mifepristone ("Mife") stops progesterone production, ceasing the pregnancy
- Misoprostol ("Miso") is taken up to 48 hours after Mife, and causes cramping and bleeding, similar to an early miscarriage or heavy period

Abortion pills can sometimes be obtained at plancpills.org and aidaccess.org. See page 27 for services near Knox College or use the QR code to browse the [Knox Sexual Health Resources page!](#)



MENSTRUATION

Menstruation (periods) happens to most people with a uterus, ovaries, & active estrogen & progesterone hormones. This means that menstrual cycles don't start until puberty (~age 12) and don't end until menopause (~age 51). However, certain medications, procedures, and hormone supplements can influence this.



some things to know

the typical menstrual cycle lasts 28 days, with ovulation lasting 24 hours halfway through the cycle, and menstruation (bleeding out of the vagina) lasting 3-10 days.



PMS (an umbrella term for a variety of symptoms caused by hormone changes before a period) is a normal part of having fluctuating hormones. Birth control can help manage this.



cramping, PMS, & irregular periods are a normal part of adolescence & young adulthood. However, if symptoms are too much or continue into adulthood, talk to a doctor.



managing bleeding

there are lots of options to collect blood! here are a few:



disposable

internal options

- tampons (6-8 hrs)
- disposable menstrual cups (12 hrs)
- menstrual cups (12 hrs)
- sea sponges (6-8 hrs)



external options

- pads (6-8 hrs)
- reusable cloth pads (6-8 hrs)



reusable



BIRTH CONTROL

There are a LOT of options when it comes to contraceptive tools and medications. Some are effective for years, & others have to be taken daily. They each have different side effects and affect everyone differently. Here are a few common options:



barrier methods

- condoms (internal & external) & diaphragms make great birth control! see pages 17-18
- nonhormonal



the ring

- a flexible silicone ring that sits in the vagina, near the cervix
- replaced monthly
- estrogen-based



the patch

- a condom-sized patch that sticks to the skin
- replaced weekly
- NOT estrogen based



IUDs

- inserted into uterus by doctor
- hormonal (NOT estrogen) IUDs
 - effective up to 5 years
- non-hormonal copper IUD
 - effective up to 12 years
 - works as emergency contraception



the implant

- a matchstick-sized rod inserted in the upper arm under the skin by a doctor
- effective up to 3 years
- NOT estrogen based



the shot

- injected in arm or butt every 3 months by a doctor
- NOT estrogen based



pills

- "the pill"
 - once-daily oral pill
 - estrogen based
- the "mini pill"
 - once-daily oral pill
 - NOT estrogen based
- Emergency Contraceptive (Plan B)
 - up to 72 hrs after exposure
 - NOT estrogen based



spermicide

- vaginal cream used before sex
- only 75% effective
- can cause yeast infections

SEXUALLY TRANSMITTED INFECTIONS (STIS)

The 4 most common STIs in the United States are HPV, chlamydia, gonorrhea, & herpes. The most common symptom of an STI is no symptoms! Get tested every 3 months to know your status and use condoms to prevent infection.

HPV (human papillomavirus)



- can be vaccinated against
- usually goes away on its own with no health issues, but can cause genital warts or cancer
- there is no hpv test (other than for cervical cancer HPV), and most people do not show symptoms
- possible symptoms: genital warts, cancer



chlamydia

- easily treated with 1 dose of antibiotic
- passed by touching mucus membranes (genitals, mouth, anus)
- possible symptoms: burning when peeing, lower stomach pain, pus from the penis, anal bleeding/discharge

gonorrhea

- easily treated with 1 dose antibiotic, usually
- passed by touching mucus membranes (genitals, mouth, anus)
- can be genital or oral
- sometimes mistaken for strep throat
- possible symptoms: burning while peeing, discharge, redness

herpes

- can be oral (HSV-1, aka cold sores) or genital (HSV-2), usually not both
- both are lifelong, but often remain dormant for long periods of time
- nearly everyone already carries herpes, even if they never have symptoms
- not curable, but still treatable



HUMAN IMMUNODEFICIENCY VIRUS (HIV)

HIV is a virus that attacks the immune system. If untreated, it can lead to AIDS (Acquired Immunodeficiency Syndrome), which can eventually lead to death. However, effective treatments for HIV make living with the virus possible, and medication to prevent contracting HIV now exists. Get tested every 3 months to know your status and use condoms to prevent transmission.



HIV

- passed through blood, semen, pre-ejaculate, rectal fluids, vaginal fluids, and breast milk
- is the virus that causes AIDS; but not all people with HIV have AIDS
- treatment can make a person "undetectable" and "untransmittable", so it cannot be passed to others
- possible symptoms: flu-like symptoms (fever, chills, muscle aches, sore throat, fatigue), rash, swollen lymph nodes, mouth ulcers

PrEP (pre-exposure prophylaxis)



- PrEP is a daily preventative pill that is 99% effective
- there are 2 kinds of PrEP: Truvada for people at risk through needles/drug use, and Descovy for people at risk through anal or oral sex (excludes vaginal sex)
- it is possible to get prescribed PrEP by your primary care provider or sometimes online from sites like nuRx.com

PEP (post-exposure prophylaxis)



- PEP is a medicine that prevents HIV after exposure
- it must be started within 72 hours of exposure & taken for 28 days
- PEP is for emergencies, not regular use; talk to your doctor, or go to the emergency room or urgent care as soon as possible if you've been exposed

BARRIER METHODS

Barrier methods are types of physical protection against STIs or pregnancy, like condoms. They are the only type of birth control that also prevents STIs. These are some of the most common and how to use them.



storage

- do not freeze- if kept overnight in a car, throw it away
- do not store in places with high friction: pockets, wallets, etc
- remember to check the expiration date
- do not store in extreme temperature of sun

external ("male") condoms



- these are the classic & most easily accessible condom applied to the penis or a toy
- they come in many sizes, flavors, textures, & materials, but are usually made out of latex
- do not use flavored condoms inside vaginas or anuses- they can cause yeast infections

to put on



to take off

- squeeze package to test for holes & check expiration date
 - tear (don't cut) package
 - pinch the tip to keep the air out & allow room for semen
 - roll down shaft
 - do not roll over scrotum
- hold on to the base
 - pull out & up, away from partner- don't spill!
 - twist closed and toss (don't flush)

BARRIER METHODS

continued!

internal ("female") condoms



- these are slightly larger than traditional condoms, can be placed in the vagina or anus* before sex begins, does not require an erection for placement, & protects more of the vulva from contact
- they must be held in place during intercourse, and are often expensive

to put on



- squeeze package to test for holes & check expiration date
- tear (don't cut) package
- in a vagina: fold silicone ring, place inside the vagina near the cervix
- in an anus: remove ring, place inside anus using fingers/dildo/penis/etc

to take off

- hold on to the base
- pull out & up, away from partner- don't spill!
- twist closed and toss (don't flush)

*use extreme caution using an internal condom in an anus; it is very easy to lose inside the body & may require hospitalization

dental dams



- these are thin sheets of latex/polyurethane that sits over the vulva or anus to protect against STIs during oral sex, and are often flavored
- these can be purchased or made from a cut open condom or glove
- these must be applied with lube & held in place
- to use: apply lube to back of sheet & apply to surface. do not flip over or drop. do not flush

SEX TOYS & LUBE

Toys & lubricant are important parts of many people's sex lives & sexuality. Unfortunately, because neither are monitored by the FDA or Health Administration, many lubes & sex toys are not body safe (more at badvibes.org/safe-shopping-list/).



safety cheat sheet

- toys should be made of non-porous materials like 100% silicone, glass, sealed ceramic, & medical grade plastics; avoid "jelly" toys, silicone blends
- flavored lube is not for use inside of people; it can cause yeast infections
- avoid lube & toys that smell like chemicals
- look for "body-safe" labels; for more information about common ingredients, visit badvibes.org/whats-in-your-lube/
- boil silicone toys to clean them; otherwise, wash with soap & warm water, sanitize with alcohol



lube

- lube is a safer sex material; its VERY important, especially for anal sex
- some lube is not body safe, so doing your research is important
- lube should not itch or sting
- OIL BASED LUBE
 - Vaseline, coconut oil, extra virgin olive oil, etc
 - do not use with condoms; the condom WILL break
 - stays slippery longer

SEX TOYS & LUBE

continued!



lube continued



- SILICONE BASED LUBE
 - not compatible with most silicone toys; apply a small amount of lube to test for degradation
 - stays slippery longer
- WATER BASED LUBE
 - these lubes can be absorbed into the body better, so make sure you're comfortable with the ingredients first
 - dries out quickly, but can be reactivated by adding water or saliva

toys



- these include vibrators, dildos, butt plugs, anal beads, nipple clamps, cock rings, sleeves (like the flashlight), & much more
- anal toys must have a flared base to be safe for use; anuses tend to suck things in
- always use condoms on toys when used in multiple bodies/holes, & when you do not know the material of the toy/the toy is porous
- do not use toys in the shower, bath, or hot tub unless they are waterproof & disconnected from a power source
- do not store toys in extreme temperature or sun
- boil silicone toys to clean them; otherwise, wash with soap & warm water, sanitize with alcohol
- never use food items, raw wood, or stone as sex toys without a condom. these are porous, can contain harmful bacteria, & are impossible to sanitize



GENDER

Gender, unlike sex, is a personal identity, not a biological definition. Anyone can be any gender. Many people do not identify with the gender they were assigned at birth, & instead define their gender using other terms. These are some helpful terms to know!



transgender

refers to someone who doesn't identify with the gender they were assigned at birth. It's an adjective, not a noun ("a transgender person" not "a transgender"). Transsexual and transgendered are not generally appropriate unless specified by the person. Some trans people elect to transition medically or surgically, but not all do.

trans woman

a woman who was assigned male at birth



trans man

a man who was assigned female at birth

nonbinary

an umbrella term to describe identities outside of the typical gender binary (male/female)

cisgender

refers to someone who does identify with the gender they were assigned at birth: a woman assigned female at birth, a man assigned male at birth

pronouns

the words you use to refer to someone when they aren't there. she/her, he/him, they/them, & ze/hir are common examples of personal pronouns

SEXUAL/ROMANTIC ORIENTATION

Orientation refers to the words you use to describe your attraction (bisexual, homosexual, etc). Some people differentiate between romantic & sexual attraction, & use different words for each (heterosexual, biromantic). Not everyone uses this "split attraction model", however.

Orientation doesn't necessarily equal behavior. Someone may be sexually attracted to men, but still have sex with women for a plethora of reasons. Someone may experience romantic attraction, but choose not to ever have a romantic relationship.



straight, heterosexual/romantic

refers to attraction exclusively to a gender other than your own (e.g. a man attracted to women)

gay, lesbian, homosexual/romantic

generally refers to attraction exclusively to the same gender (though gay & lesbian have a lot of historical nuance)

bisexual/romantic, pansexual/romantic

refers to attraction to 2 or more genders, including nonbinary genders. these also hold a lot of historical nuance.



asexual/romantic

refers to a lack of attraction. both of these are umbrella terms for a wide variety of identities! they are not disorders or illnesses.

HORMONE CARE (HRT)

Hormone replacement therapy (HRT) is a term referring to a variety of hormonal treatments used to help change & stabilize a person's hormones. Many transgender people elect to use hormone care to transition, as well as middle aged people looking to supplement their hormones.

feminizing hormone care

usually involves spironolactone (an androgen inhibitor) and estradiol (an estrogen). "spiro" is a pill, & estradiol can be taken as a pill, gel, patch, cream, injection, or spray. This can soften the skin, redistribute fat, encourage breast growth, change your senses, & have emotional & sexual effects, among other things.



masculinizing hormone care

usually involves testosterone (an androgen). It comes in gel, patch, or injection. This can redistribute fat, lower the voice, increase sweat production, encourage genital growth, & have emotional & sexual effects, among other things.



puberty blockers

are administered to prepubescent children who wish to delay the development of certain secondary sex characteristics (breasts, facial hair, voice changes, etc). It usually involves either histrelin or leuprolide, and sometimes androgen blockers.



see the [Knox Sexual Health Resources](#) page for info on care near you; [Planned Parenthood Illinois](#), [Howard Brown Clinics Chicago](#), & some endocrinologists may offer hormone care.



SAFE SEX TIPS!

These are a just few tips based on common issues around safe sex that may not have been mentioned. As always, do your own research & visit the [Knox Sexual Health Resources](#) page for more info.



Pee after having sex or masturbating to avoid a UTI!



Period sex is perfectly safe!



NEVER "double bag" your condoms- it increases friction that can cause it to break.

Get tested every 3 months! It's the only way to know for sure if you have an STI.



Yeast and bacterial infections can spread between sexual partners.

The pull-out method is risky, but can have 80-90% accuracy- it's better than nothing.



Your vagina &/or anus are self cleaning. Your vulva, scrotum, & penis are not. Wash yourself with unscented soap & moisturize if necessary with unscented lotion.

Use lube if you decide to use an enema.

Be careful with soap suds enemas: consult a doctor & use mild soap.



Never use an oil based lubricant with a latex condom!

Sanitize sex toys regularly & between partners!



SEXUAL HEALTHCARE NEAR ME

These are some services near Knox College in Galesburg, IL. For resources on remote healthcare, turn the page.

clinics providing abortion



- Planned Parenthood Fairview Heights (Fairview Heights, IL)
 - Lakeland Square, 4529 N Illinois St, Belleville, IL 62226
 - 618-277-6668
- Abortion Access National Healthcare
 - 7405 N University St D, Peoria, IL 61614
 - 309-691-9073

sexual health clinics

- Family Planning Service of Western Illinois (Galesburg, IL)
 - 311 E Main St, Suite 409, Galesburg, IL, 62401
 - 309-343-6162
- Planned Parenthood Peoria (Peoria, IL)
 - 2709 N Knoxville Ave, Peoria IL, 61604
 - 309-681-0350
- Howard Brown Health (Chicago, IL)
 - multiple locations
 - 773-388-1600



services provided by knox

- free condoms/lube, located in Knox Health Services or through the Condom Hotline
- pregnancy testing through Knox Health Services 
- birth control through Knox Health Services (prescription cost not covered) 
- some treatments for UTIs, yeast infections
- 1 free exam or STD test per year through Family Planning Service of Western Illinois

REMOTE SEXUAL HEALTHCARE

These are some ways to find healthcare resources wherever you are (some may be exclusive to the USA). For general health information, flip to page 33 or visit the [Knox Sexual Health Resources page](#).



AidAccess: Abortion Pills

<https://aidaccess.org/>



Plan C: Abortion Pills

<https://plancpills.org/>

Bedsider: Birth Control

<https://aidaccess.org/>



NURX: mail-order birth control, PrEP, testing



<https://www.nurx.com/birthcontrol/>

<https://www.nurx.com/prep/>

<https://www.nurx.com/>

**consult a doctor before taking
any over-the-counter or mail-
order medications**

HELP/QUESTION LINES



Knox Dare to Care peer educators

Follow [@knoxdaretocare](#) on Instagram!



TKS's sex ed advice column "Pillowtalk"

email sex.ed.answers@gmail.com or [submit questions](#) during the school year using the QR code below!

sex ed message boards

<http://www.scarleteen.com/bb/>

sex ed livechat

http://www.scarleteen.com/our_live_chat_service

sex ed textline






http://www.scarleteen.com/text_scarleteen



all lists and resources available on the [Knox sexual health resources](#) page!



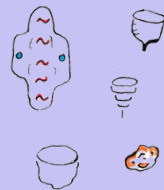
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SOURCES



most information in this zine can be
found on:

scarleteen.com

plannedparenthood.com

badvibes.org

familytreeclinic.org

sexetc.org



sources by topic can be found on the
[Knox sexual health resources page](#)



<https://www.knox.edu/title-ix-at-knox/sexual-health-resources>