

THE STOP CAMPAIGN

MYTH-BUSTING: SEX POSITIVITY

Sex positivity isn't just about how much sex you have!

MYTH: BEING 'SEX POSITIVE' MEANS ALWAYS BEING DTF



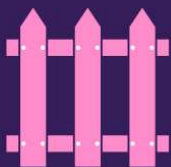
Being sex-positive is not about liking or disliking sex, or about wanting it all the time. In fact, it is about **respecting choices**, whether that be not having sex, being unable to have sex, waiting for sex or having sex (no matter the amount).

MYTH: ALL PORN IS GOOD PORN

Everyone has the right to experience authentic pleasure. Pornography can be helpful in exploring sexuality, kinks and masturbation. However, being sex positive also means recognising the high prevalence of abuse towards women in the content and production of porn. Porn is performance for personal entertainment, **not an accurate way to learn about and view the realities of sex.**



MYTH: THERE ARE NO BOUNDARIES



Sex positivity is about knowing your sex boundaries and communicating them to your partner(s). It's also about knowing your partner/s' boundaries and respecting them. Sex positivity doesn't mean that everyone has to be open, promiscuous or adventurous sexually.

MYTH: SEX IS A SIMPLE ISSUE

Everybody has a very different relationship with sex for any number of reasons. One doesn't need to be happy or 'positive' about sex all the time. Sex can also be painful, regrettable, traumatising or forgettable.



SOO... WHAT ACTUALLY IS SEX POSITIVITY?



1. Affirming that sex is normal and can be a healthy aspect of life. It should not be shamed or stigmatised.
2. Affirming people's choices regarding sex and ensuring that all sexual activity is consensual.

SEX IS COMPLEX, AND DIFFERENT FOR EVERYONE!