

Sexual *Pleasure*

by: *Zoe Zong*



ILLUSTRATED BY
IPSITA



What topics do most sex education programs focus on?

Go to wooclap.com and enter event code **"OYYZLX"**

What patterns do you notice?

Prevention, danger, risk, negative consequences.
All of which are important, but...

What topics in
sexuality are missing?

(Hint: what is the title of today's class?)

Yes! Sexual Pleasure.

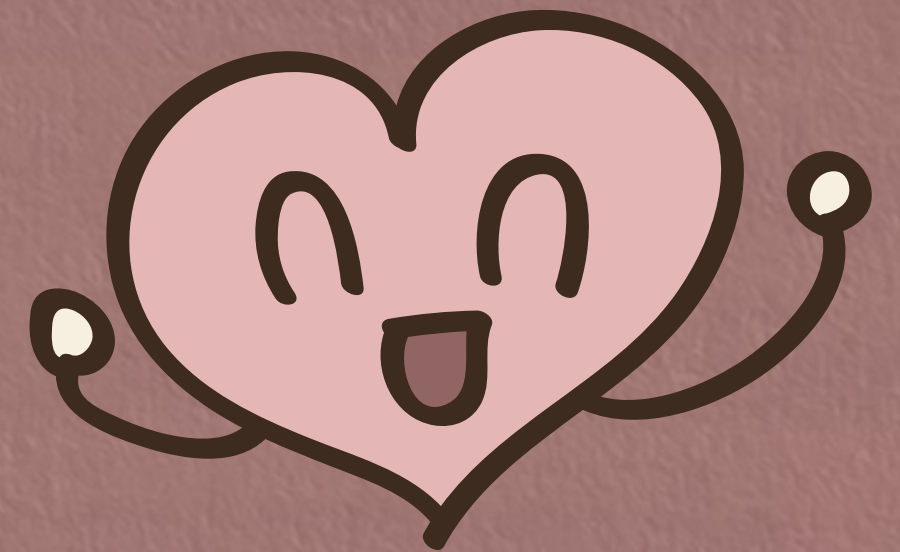
Many sex education programs focus heavily on avoiding negative outcomes, which are very important (hence why we have also talked about them)!

But sexuality is not only about **having children, not getting pregnant, avoiding infections, or avoiding danger.**

People also pursue **connection, intimacy, affection, curiosity, orgasms, and... Sexual pleasure!**

Why talk about sexual pleasure?

- **Primary Motivator:** Most people have sex for pleasure, not just for reproduction or avoiding disease.
- **Physical & Mental Health Benefits:** Sexual pleasure is associated with improved health, pain management, stress reduction, and increased self-esteem!
- **Effective Sex Education:** Sex-ed programs that include pleasure messages actually **increase** condom use & safer sex practices compared to fear-based programs.

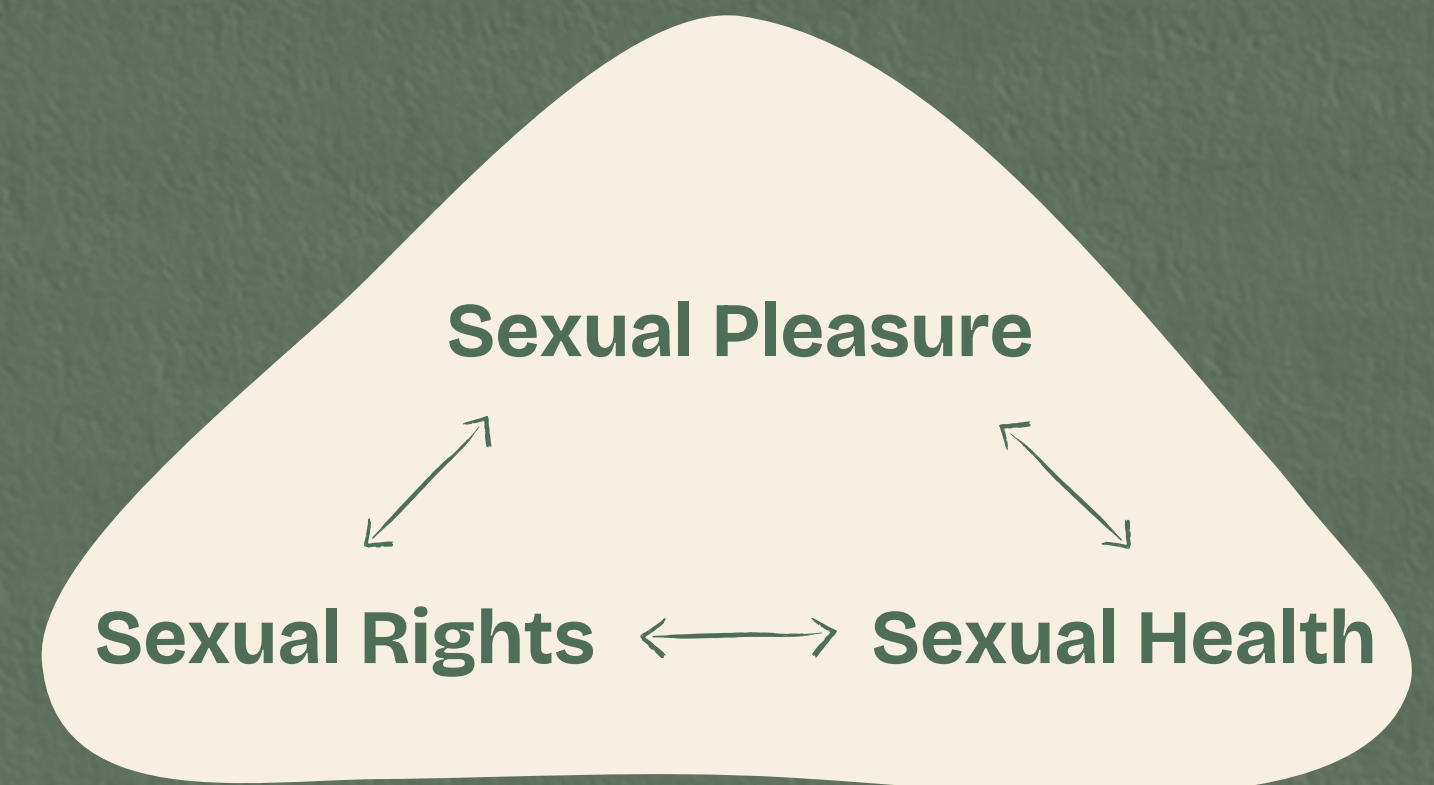


What is Sexual Pleasure?

- **Definition:** The physical and/or psychological satisfaction and enjoyment derived from solitary or shared erotic experiences.
- **Includes:** thoughts, fantasies, dreams, emotions, feelings,
- **The “Triangle”:** Sexual Pleasure, Sexual Health, and Sexual Rights are indivisible.

The “Triangle”

- **Rights as the Foundation:** Autonomy, privacy, & consent are building blocks that create the safety required for pleasure.
- **Pleasure as the Motivator:** Centering pleasure makes sexual health more relatable.
- **Health as the Holistic Outcome:** Not “absence of disease,” but a state of holistic wellbeing achieved when rights are protected & pleasure is fulfilled.



State vs. Trait

Sexual Pleasure as a State:

- A momentary positive emotional experience during a sexual activity
- Involves pleasure derived from **anticipating, attaining, and consuming** rewards during sexual experiences

Sexual Pleasure as a Trait:

- An individual propensity to experience sexual pleasure across different situations
- Influenced by both **external** (contextual likelihood to encounter sexually rewarding experiences) & **internal** (capacity to enjoy sexual activities)

Types of Sexual Pleasure

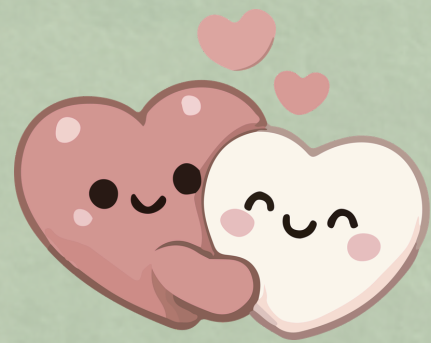


1. Sensual Pleasure

- **Definition:** Level of experienced sexual pleasure through **sensory stimulation** and its **psychophysiological consequences**
- **Focus:** How the physical body responds to sensory input (touch, sight, sound, taste, and smell).
- **Examples:** physical arousal, experience of orgasm, soothing sensations, stimulation...



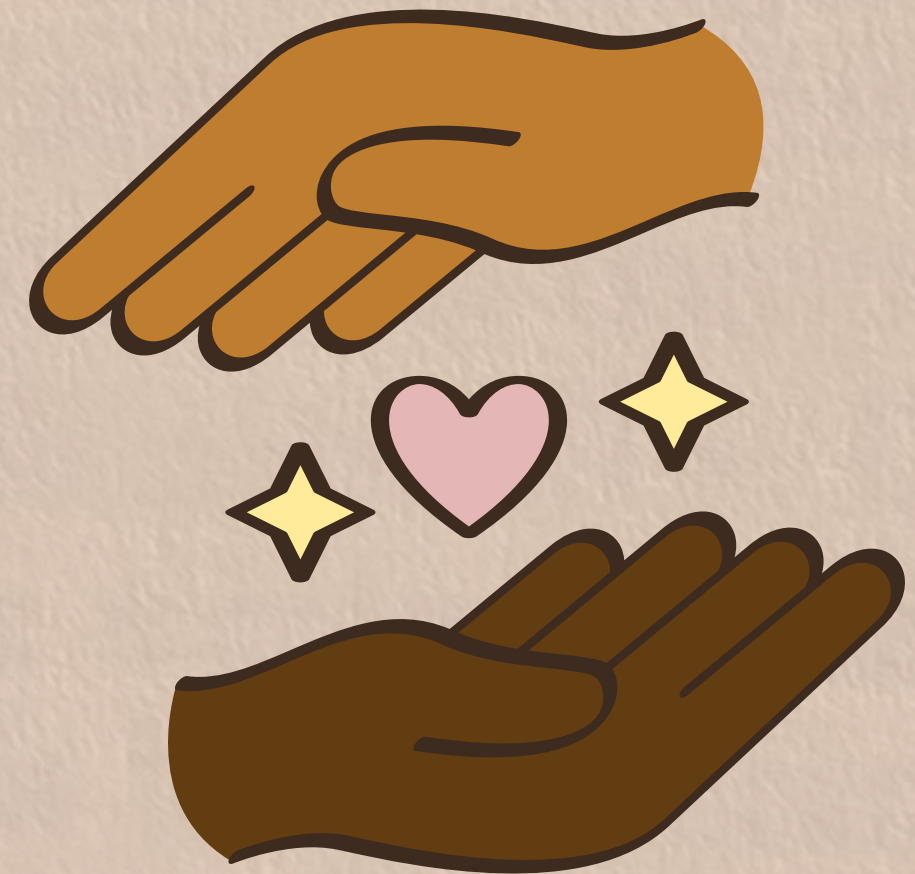
2. Bonding Pleasure



- **Definition:** Level of experienced pleasure through feelings of **closeness, affection, safety,** and **security** during sexual interactions.
- **Focus:** The **intimacy & emotional attachment** aspects of the sexual experience.
- **Examples:** Being physically close with a partner, experiencing intimacy, feeling safe & cared for...

3. Interaction Pleasure

- **Definition:** Level of pleasure experienced during **sharing pleasure** and from **interaction with a sexual partner**.
- **Focus:** Characterized by **reciprocity** (giving & receiving), **mutual interaction**, and **beneficence** (perception of having a positive impact on another)
- **Examples:** Joy from witnessing partner's pleasure, sharing pleasure at the same time...



4. Pleasure- Related Validation

- **Definition:** Level of **perceived worthiness** to experience positive sexual experiences and **experienced self-validation** during sex
- **Focus:** Internal empowerment, esteem, & self-esteem
- **Examples:** Feeling desirable, sexy, confident, and deserving of a positive sexual experience



5. Pleasure-Related Mastery

- **Definition:** Level of **experienced mastery** in creating pleasurable sexual activities.
- **Focus:** Characterized by **sexual confidence, knowledge, and skills.**
- **Examples:** Using communication skills to tell a partner about one's preferences, knowing how to use tools to enhance experiences...



Now that
you know...
How might you
answer this
reddit post?



The image is a screenshot of a Reddit post. At the top left, there is a back arrow icon, a profile picture of a person with a lightbulb icon, and the text "r/NoStupidQuestions • 2y ago" and "zednjay". To the right of the post title are icons for a comment bubble and a three-dot menu. Below the title is a "10" icon followed by "NSFW". The main text of the post is: "Am I weird for not needing to orgasm during sex with my bf to enjoy it?". Below this is a paragraph: "I am NB but born F. Sex with my boyfriend is great. I've never orgasmed during it, which I have no issues with. I enjoy the sex and the fact that my partner does orgasm and has a good time. I feel like I am weird for not being disappointed by the lack of an orgasm. Like, he had a good time, which makes me super thrilled and satisfied...". Below that is another paragraph: "So would you say I am weird for feeling this way?". At the bottom of the post is a paragraph: "I am asking this question in good faith. Thank you all". At the very bottom, there is an edit: "EDIT : NB means non-binary".

←  r/NoStupidQuestions • 2y ago
zednjay

10 NSFW

Am I weird for not needing to orgasm during sex with my bf to enjoy it?

I am NB but born F.

Sex with my boyfriend is great. I've never orgasmed during it, which I have no issues with. I enjoy the sex and the fact that my partner does orgasm and has a good time. I feel like I am weird for not being disappointed by the lack of an orgasm. Like, he had a good time, which makes me super thrilled and satisfied...

So would you say I am weird for feeling this way?

I am asking this question in good faith. Thank you all

EDIT : NB means non-binary

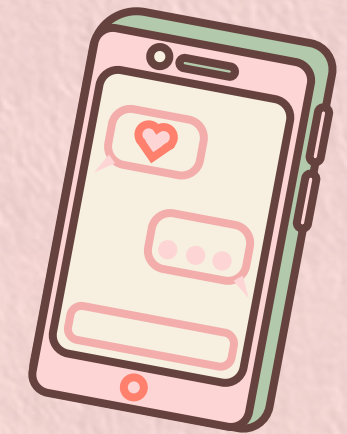
The Diversity of Pleasure: No “One-Size-Fits-All”

- These categories are not exhaustive
- Everyone is the expert on their own body
- Experiences of sexual pleasure can change/evolve over time
- People value different types of pleasure differently
- Not everyone prioritizes sexual pleasure, and that is valid!





Designing “Bad” & “Good” Sex



Go to wooclap.com and enter event code **“OYYZLX”**

Sexual Pleasure is Multidimensional.

It is not just physical. It is also shaped by emotional, interpersonal, cultural, and structural factors.

According
to Black
Individuals,
“Good Sex”
is...

1. Passionate	11. Exciting
2. Intimate	12. Liberating
3. Fun	13. Loving
4. Pleasurable	14. Spiritual
5. Satisfying	15. Sensual
6. Reciprocal	16. Communicative
7. Connected	17. Wet
8. Consensual	18. Safe
9. Orgasmic	19. Relaxing
10. Nasty	20. Comfortable

Final Takeaways on *Sexual Pleasure*...

- **Multifaceted & Complex:** Sexual Pleasure is both a state of “feeling good” and a trait that evolves over time
- **No “one-size-fits-all”:** From sensual/bonding/interaction pleasure to validation & mastery, sexual pleasure is subjective and unique to every person
- **Pleasure & Health are connected:** Centering sexual pleasure improves mental & physical health, communication, & consent and makes **safer sex** more effective
- **Complex Interplay:** Sexual pleasure is shaped by individual, interpersonal, cultural, and structural factors (from physiology to legal rights)
- **A Site for Empowerment:** Claiming sexual pleasure is an act of agency & empowerment!



Thank
You!