

# How to Talk about Sexuality

KNOW YOUR BODY

**KYBK YR**

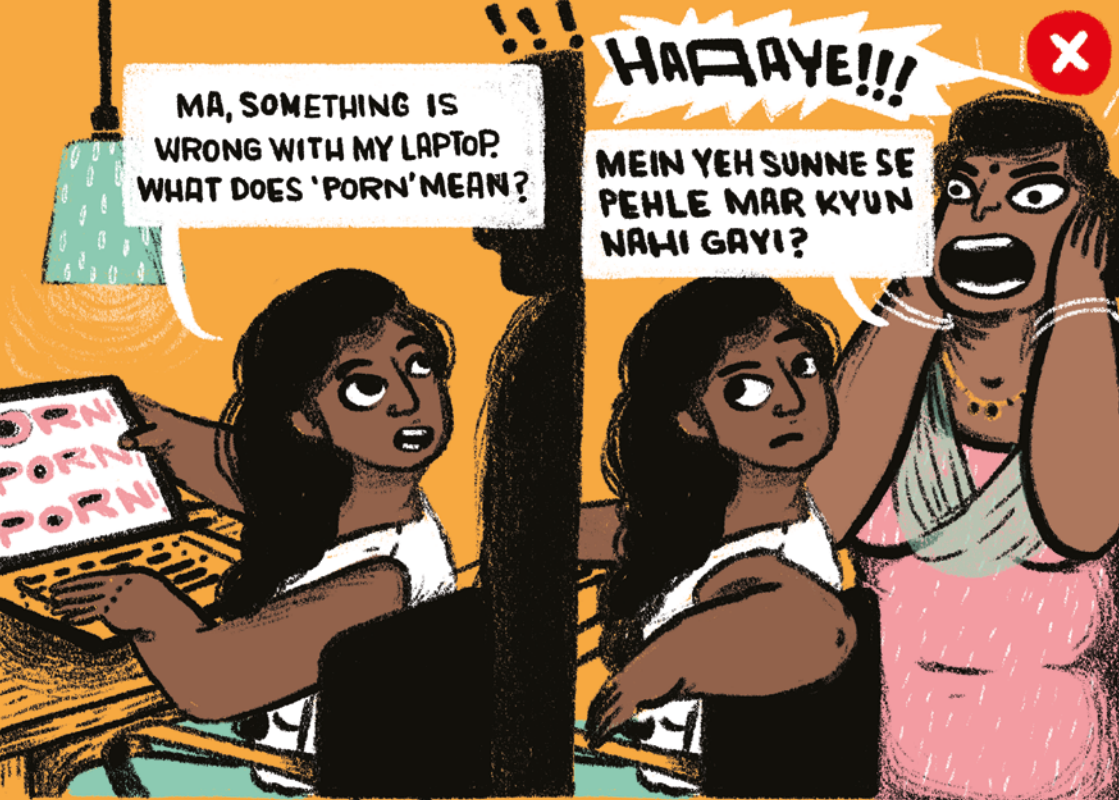
KNOW YOUR RIGHTS

## KNOW YOUR RIGHTS

When it comes to conversation about sexuality, we often avoid discussion, or even questions. As young people, we often find that conversations about sex with adults or older people we trust tend to be anything between embarrassing and horribly negative experiences.

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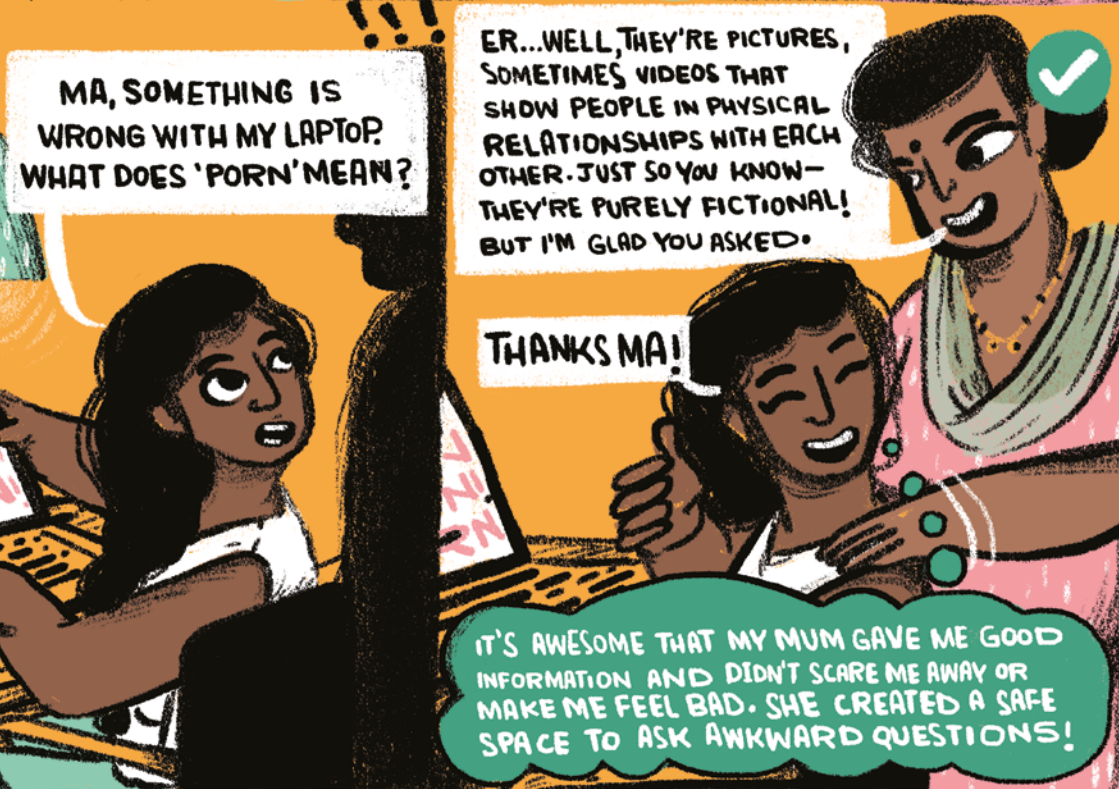
But the thing is, avoiding conversation on sex and sexuality does not stop young people from talking about it, and it does not make us any less curious! It makes us MORE susceptible to damaging misinformation! We sometimes wish these conversations went a little differently.



MA, SOMETHING IS  
WRONG WITH MY LAPTOP.  
WHAT DOES 'PORN' MEAN?

**HAAAYE!!!**

MEIN YEH SUNNE SE  
PEHLE MAR KYUN  
NAHI GAYI?



MA, SOMETHING IS  
WRONG WITH MY LAPTOP.  
WHAT DOES 'PORN' MEAN?

ER...WELL, THEY'RE PICTURES,  
SOMETIMES VIDEOS THAT  
SHOW PEOPLE IN PHYSICAL  
RELATIONSHIPS WITH EACH  
OTHER. JUST SO YOU KNOW—  
THEY'RE PURELY FICTIONAL!  
BUT I'M GLAD YOU ASKED.

THANKS MA!

IT'S AWESOME THAT MY MUM GAVE ME GOOD  
INFORMATION AND DIDN'T SCARE ME AWAY OR  
MAKE ME FEEL BAD. SHE CREATED A SAFE  
SPACE TO ASK AWKWARD QUESTIONS!



SIR I KNOW THIS IS NOT IN  
OUR TEXTBOOK BUT WHAT  
DOES INTERSEX MEAN?



THEY'RE UM... HERMAPHRODITE....  
BUT THIS ISN'T IN YOUR SYLLABUS.  
YOU DON'T NEED TO KNOW!



SIR I KNOW THIS IS NOT IN  
OUR TEXTBOOK BUT WHAT  
DOES INTERSEX MEAN?



PEOPLE WHOSE EXTERNAL OR INTERNAL  
REPRODUCTIVE ORGANS, CHROMOSOMES AND/  
OR HORMONES DON'T FIT THE DEFINITION OF  
'TYPICAL' MALE OR FEMALE SEX ORGANS.  
SADLY, THEY FACE A LOT OF DISCRIMINATION



BUT CONTINUE TO  
FIGHT FOR  
THEIR DIGNITY!

EXPANDING MY WORLDVIEW & MAKING  
ME A MORE RESPECTFUL  
HUMAN? NOW!



DIDI, CAN YOU TELL ME A LITTLE BIT ABOUT  
CONDOMS - ASHWIN AND I ARE PLANNING TO...  
YOU KNOW...?

WHAT!

WHO'S ASHWIN???



YOU'RE TOO  
YOUNG!

AND  
DUMB!

I'M TELLING  
MA!!!

!!

...

?

DIDI, CAN YOU TELL ME A LITTLE BIT ABOUT  
CONDOMS - ASHWIN AND I ARE PLANNING TO...  
YOU KNOW...?

ER...OKAY, SO...PEOPLE USE CONDOMS TO STOP  
PREGNANCIES OR SEXUALLY  
TRANSMITTED INFECTIONS.



BUT ARE YOU SURE ABOUT THIS?  
I HOPE ASHWIN MAKES YOU COMFORTABLE  
AND IS RESPECTFUL OF YOU!

YES!

AND  
YES!

THANK YOU!!  
YOU'RE THE  
BEST!!



DUDE I HEARD MY BROTHER SAY THAT WHEN GIRLS HAVE THEIR PERIOD, THEY WEAR DIAPERS AND CONSTANTLY SCREAM AND SHOUT BECAUSE THEY'RE ANGRY & MOODY!

OH I HEARD MY DAD SAY IT'S AN EXCUSE FOR WOMEN TAKE HOLIDAYS FROM WORK

YOU TWO!

STOP TALKING!

OUT!

MAYBE SHE'S ON HER PERIOD TOO!



DUDE I HEARD MY BROTHER SAY THAT WHEN GIRLS HAVE THEIR PERIOD, THEY WEAR DIAPERS AND CONSTANTLY SCREAM AND SHOUT BECAUSE THEY'RE ANGRY & MOODY!

REALLY? THAT SOUNDS LIKE A MISOGYNISTIC OVERSIMPLIFICATION OF WHAT ACTUALLY HAPPENS!

MY PARENTS TOLD ME THAT WHEN GIRLS HAVE THEIR PERIOD IT'S BECAUSE THE UTERUS IS SHEDDING ITS LINING FROM THE VAGINA. MY MUM ALSO SAID IT HURTS A LOT SOMETIMES AND IT CAN MAKE HER MOODY.

I THINK I'D BE A LITTLE IRRITATED TOO, IF I BLED FOR A COUPLE OF DAYS EVERY MONTH!



The way such questions are dealt with shapes the world view of young people. By avoiding these discussions and reprimanding young people for asking these questions, it becomes harder to talk about these subjects and even creates feelings of guilt, shame and self doubt in every one of us.

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But, by positively addressing our curiosities, you can normalize the conversation around sexuality, encourage us to think critically about these issues, and have healthy discussions with our peers. You can help us become conscious, sensitive individuals who can contribute to shaping a more open and inclusive society.

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The YP Foundation is a youth-led, feminist, and rights-based non-profit organisation based in New Delhi. Founded in 2002, TYPF works with and for young people across issues such as gender, sexuality, leadership, health, and education. TYPF's Know Your Body, Know Your Rights programme provides comprehensive sexuality education to young people from diverse backgrounds across Delhi, Uttar Pradesh and Bihar.



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[www.theypfoundation.org](http://www.theypfoundation.org)