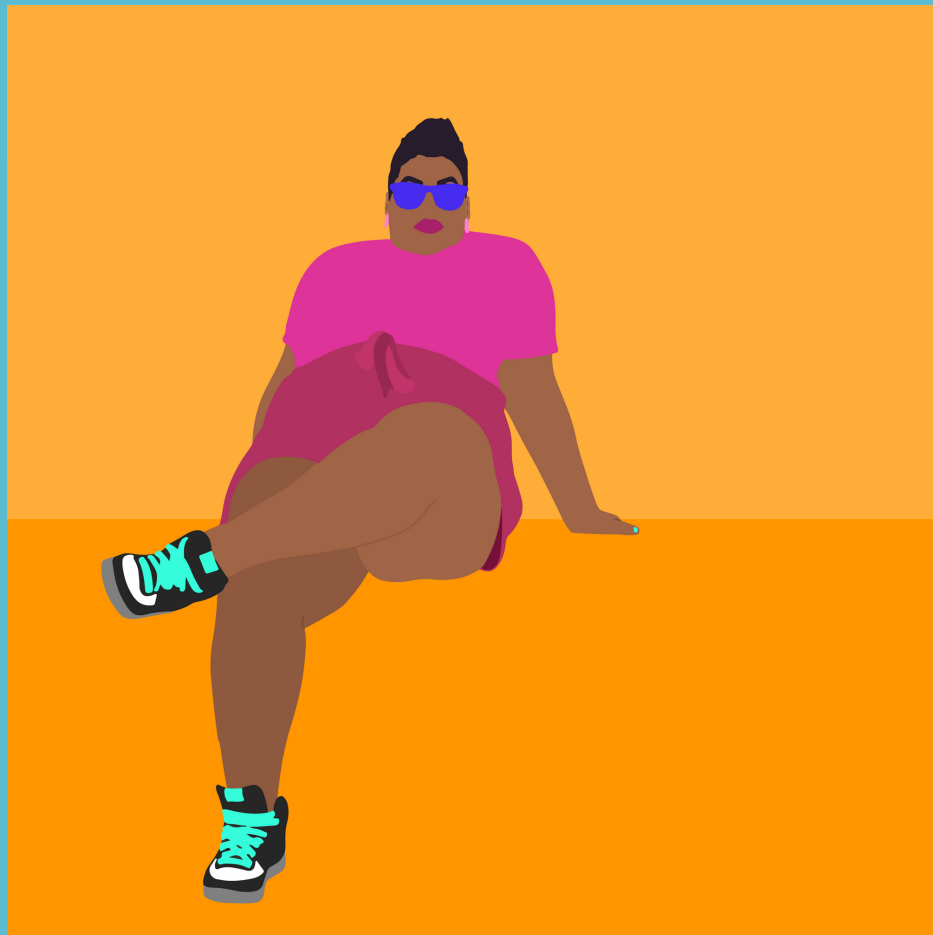


**WOKE  
IS THE  
NEW  
SEXY.™  
WORKBOOK**





The purpose of this workbook is to help jumpstart your sexual rediscovery as you move through the Woke is the New Sexy™ platform. This workbook provides you with journal space as well as directed prompts for personal reflection and idea generation regarding all things sexytime. YAAASSSSS!!! Work through the topics that resonate the most with you. If that is all of the topics, FABULOUS! If that is only one of the topics, WONDERFUL! Take this resource and make it your own! Let's get woke and sexy, my friends! – Dr. UC



# Pregnancy Postpartum

What were your expectations of your sex life before baby/kids? What are they now?

Where did your expectations come from (social media, movies, friends/family, culture, etc.)?

What role does your race, gender, religion, sexual orientation, etc., play in your expectations for your sex life from your 1st through 4th trimester? (postpartum)?

Sexy Swagger Thoughts:



# Intersectionality

What does “intersectionality” mean to you?

How have the intersections in your life (race, gender, sexual orientation, religion, etc.) influenced your sexual and gender expression?

How have the intersections in your life influenced your choice to access healthcare or mental health support to address medical or sexual issues?

Sexy Swagger Thoughts:



# Sexual Shame

What were your first messages about sex? Were they positive? Negative?

What influence do your identities (race, gender, sexual orientation, etc.) have on your views on your sexuality?

What would you tell your 16-year-old self about sex? Why?

Sexy Swagger Thoughts:

# Sexual Pleasure



What does sexual pleasure look like to you (Think BIG! There can be more than one answer!)?

What do you need for your pleasure to be maximized (clean house, clitoral stimulation, compliments, physical touch, less pain, exercise, etc.)?

What influence do your identities (race, gender, sexual orientation, etc.) have on your ability and freedom to explore and access your pleasure?

Sexy Swagger Thoughts:



# Orgasm

What are your expectations with your orgasms? Where did those expectations come from?

What are the factors that influence your orgasms the most? Stress (work or personal)? Hormones? Physical/Emotional Pain? Sex aides/toys?

Describe (in detail) the experience around your BEST orgasm. If you haven't had an orgasm, describe your most pleasurable sexual experience (solo, partnered, multiple partners, etc.).

Sexy Swagger Thoughts:



# Penis Issues

What are your expectations of your sexual performance? Where did your expectations come from?

What does the ideal sexual encounter look like for you?

How has your gender identity and sexuality influenced your sexual expression, expectations, and the way you access sexual information?

Sexy Swagger Thoughts:



# Relationships/ Communication



What are your sexual expectations of yourself in a relationship (casual, committed, monogamous, non-monogamous, etc.)? Where do those expectations come from?

What is your biggest barrier to communicating with your partner(s) about sex?

What influence do your identities (race, gender, sexual orientation, religion, etc.) have on your ability to communicate your sexual needs or desires?

Sexy Swagger Thoughts:

# General Tips



This is your space for sexual reflection. Write. Draw. Add stickers. Whatever feels natural to your discovery process. Have fun!!!

Sexy Swagger Thoughts:

Sexy Swagger Thoughts:

Sexy Swagger Thoughts: