

Maiden Voyage Curriculum 2020:

Location: 757 Garden Road, Second Floor, 43214

Jan 11: Unit One: Intro to class and sex ed/Amazing bodies

Lessons:

- The Sorry state of sex ed in the US
- Gender versus sex: What are your pronouns?
- Everything's interconnected: All systems affect other systems.
- The male reproductive system
- The female reproductive system
- Intersex folks
- Menstruation & your monthly cycle
- The clitoris & G Spot
- Body Image and the Media

Jan 25: Unit Two: Caring for your body

Lessons:

- Cleanliness & Hygiene
- Dieting, Fashion, and Makeup
- Nutrition, Movement, and Body Love
- The Importance of Sleep
- Menstrual Care
- Stress and its Effects on the Body
- Self Love and Self Care
- Acne
- Drugs and Substances

Feb 8: Unit Three: Gender & Sexuality, Part One (People and Sexual Identities)

Lessons:

- Cissexual people
- Transsexual people
- Non-Binary People
- Straight (heterosexual) people
- Queer (Lesbian, Gay, Bisexual, Pansexual, Sapiosexual, Asexual people, Omnisexual...) people
- Asexual people

Feb 22 & Mar 7: Unit Four: Sexuality, Part Two (The Mechanics)

Lessons:

- What is "sex" anyway? What is NOT sex?
- Masturbation
- Oral, Anal, Manual or Digital Sex
- Toys and Props

Emissions & Orgasms

Safer Sex

Kinks, BDSM and Power Play: What's that about?

Sex is for all people, all bodies (Fat folks, disabled folks, etc.)

Unintended possibilities:

STIs (Prevention, Treatment)

Pregnancy (Prevention, Planning, and Elimination)

Penis & Vagina Sex Issues (Yeast Infections and UTIs)

Injury

Mar 21 & Apr 11: Unit Five: Sexuality, Part Three (The Cultural Baggage)

Lessons:

The legacy of patriarchy

Celibacy, Virginity, and all that Jazz

Religious views of sex

Porn, is it good or bad?

Sex jokes

Pressure to have Sex or Abstain

Cultural Views of Abortion

Myths and Truths about Sex

Those Words and Slurs

The Internet, Sexting, and Cyber Matters

Pedophiles, Ephebophiles, and Creeps

Sexual Assault, Harrassment, Incest, Rape, and What to Do

Apr 25: Unit Six: Relationships

Lessons:

What makes a good relationship? What are Red Flags?

Boundaries, body autonomy, and consent

Monogamy, Polyamory, and other arrangements

Asexual Relationships

As the need for new lessons arises, they will be added. Lessons will be kept up-to-date and modern. This will be offered eventually as an online class as well.