

Healthy Relationships

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[music].

>> Welcome to "Inside Out," this is DJ Discovery.

>> This is DJ excellence, welcome.

>> You're listening it to KCUO Columbia 88.1.

>> 3:00 p.m. on Thursday. This is "Inside Out.."

>> We are here for real talk on basic topics facing the LGBT and ally folks of Mizzou. We will hear a quick word from the sponsor and introduce the guests this week.

>> Chris, can you put the video game controller down for a second?

>> I can talk and play. I'm totally annihilating the kid punk in Nebraska.

>> I feel like you're not acting like a grown-up in our relationship.

>> Am too, am too.

>> You know you still ride your skateboard to work, there's the comic book collection, race car bed.

>> Look, I'm young at heart and put money to the

401(k) pay check and picked up savings tips at feedthepig.org and I have control of my financial life and that feels pretty grown-up.

>> Putting some money from every pay check into a savings accounts or contributing to your 401(k) can make a big difference later.

>> Ways to save go to feedthepig.org.

>> That's feed the pig.

>> .org.

>> So I bet I look like a grown-up to you now.

>> Except for the foody pajamas I would have to agree.

>> This message brought to you by the certified public accountants.

>> You're listening to KCUO 88.1 FM.

>> This is "Inside Out" and I said a word from our sponsors but I don't think sponsored by the University of Missouri.

>> Check back on the website.

>> I will take it.

>> About we did play that little thing and talked about relationships in maybe we wouldn't have and part two of healthy relationships started with media coverage of relationships and spend most of the day talking about consent and sex and introduce our guests so far. Then let's talk about the ad. Let's mention it. What did it say? What did it like, what did we not like? I'm DJ Discovery.

>> This is DJ Excellence.

>> I'm DJ Shane.

>> I'm Danica Wolf from the RSVP Center.

>> Welcome.

>> I want to call you DJ Momma D.

>> That works.

>> Only with your consent.

>> Consent jokes rule.

>> So the ad I think it is interesting that we randomly chose what we go ahead and play on air because we like to do PSA's and promos during the radio show.

>> I am DJ Excellence. I have ADAD. I don't remember the ad. (laughter)

>> Okay. Good call. Ad talking about financial responsibility.

>> Always good.

>> Which we are all about. Kind of made the joke being the opposite of financial responsibility is --.

>> Being a child, having a race car bed. I don't know. That's what I call it.

>> Race car bed -- I think what we found it interesting in the studio and giving the ugh face -- hopefully you know what that means. It like was a woman just kind of dogging on the man how he was living his life. If a deal breaker is the race car bed, going back to part one, you got to state that ahead of time. Figure that out. If you need someone that's not going to read comic books but

read the New York Times, figure out how playful or not you want to be in the relationship.

>> Absolutely. Have the money conversation early. That was another thing that's worked for me, maybe a little deeper. You know, go ahead and have that conversation. How are we going to save? Who is going to be responsible for the finances, are we splitting it, are we merging accounts, are we able to merge accounts? What are the -- who's going to be responsible which that might sound scary talking about that in college but it is real and that's what it brought up for me as well when I figured out what the ad was actually about.

>> Absolutely. And also like just making sure you cover with your partner talking about what money even means to you, what finances mean to you because it might not be on someone's radar and that's probably a problem, especially if you're in college and using student loans you should understand what the money is coming from and how it works just so you understand your financial obligations and -- not everybody views financial responsibility the same, and it is so important to have the conversation so you guys know where you're at.

>> One thing that I talk about when I'm talking about queer relationships and talk about the awesomeness of it is we have advantage, which maybe we don't have a

ton of advantages in the world. We have advantage of stereotype isn't there that the man pays and woman doesn't because we don't have a man and woman together most of the time. We have the advantage identify the genders how far they do and -- however they do and who then pays. Urge them to have the conversation but I think we are forced to and forced to also with like housework. Who's going to do the dishes and who's going to mow the yard. It is not like you have two women together the lawn never gets mowed. I think with money and support I think it is also, you know, marriage isn't legal and so I think that's usually a step when finances get merged in serious relationships is at the point now we are married, now we have the house together, now we have the bank accounts together and whole thing and needs to be a communication when are we merging 50 we are going to merge the bank accounts and who will have access to the money and simple things if in college and having a good time and not ready to merge bank accounts and who pay for dates, who will pay for rent, who will pay for utility, are you splitting it equally?

>> Absolutely.

>> Get into one person graduated, one isn't, are there equal expectations but realistically I make eight times the amount of money that you do so splurge for dinner on Friday. People have different ideas on money and it

is important that you talk about it and what you think may make sense, and they might think why are you taking advantage of me? Whatever they are thinking.

>> I think that's key.

>> There's a lot to be said. As far as queer relationships go, you touched on this but there's a lot of flexibility because, you know, there are no like standard rules for us like set in society, so we get to kind of trail blaze those ourselves and very individualized to every person's relationship and that can be a source of contention, that can be really hard because with that variety and variability comes questions.

>> DJ Shane, I hope you perk up throughout and going communication is key.

>> Communication is key.

>> It totally says.

>> At you get one message from the healthy relationships, I hope it is communication is key.

>> In everything. Whether we are talking financial obligations or getting back to consent and sex. You know, we need to --.

>> Got to hear your partner out. Talk about it. Make sure everybody understands how everyone else feels in the situation.

>> Yeah.

>> Make no assumptions.

>> So let's jump right into it. What is consent?

>> Momma D?

>> Enthusiastic participation.

>> Woohoo.

>> Right?

>> Yeah. I love that definition of consent. I think it is fabulous. Explain what that means.

>> So consent is really -- it is more than the no means no conversation. It is more, you know, those kinds of severe conversations, I guess that have a lot of messages around them, especially when we are talking rape and assault. It is really about asking for permission to take things further, to initiate any kind of physical contact. I mean there's a whole movement around kind of the can I kiss you movement. Consent is sexy. You know, these whole ideas around people just assume that people are okay with kissing but maybe that's not where you are or where your partner or somebody you're just meeting is, maybe they are not okay with the random make-out or random hookup, so asking for consent any time something physical will happen is really the ideal, socially realistically we know that doesn't happen, but it should be. It should really be -- doesn't have to be awkward, doesn't have to be this well, can I kiss you now kind of thing? You know, there's a whole -- all kinds of possibilities how to ask for consent and do it clearly and not make assumptions because like DJ Shane says communication is key, we

have to communicate. If we can't communicate about kissing, how are we possibly supposed to have deeper conversations of communication around sex and what that means. We will get to all of that later but we have to be talking about it is where to start.

>> I agree. I want to go back to what you said about consent being sexy and the whole movement.

>> Totally.

>> I feel that's the coolest thing I have ever heard because consent is so sexy and just like the status quo and what's happening and like you said, I know that's not exactly the reality but, you know, what's cooler than two people that are down to do the same thing and I talked about it and like let's do this, and it is a lot more fun and it is a lot more open and we all know that open communication is key. (laughter) Open communication about this stuff I mean --.

>> Enthusiastically participated and enthusiastically should be fun and exciting and can be also romantic. Doesn't have to be giddy all the time but can do that, and I think it is important -- consent is also is this okay, was that okay, can we do this?

>> Is it still okay? Something might have been okay at one point and now it is not. You may have agreed to do something but, you know, when you get into it, it is like no, no, nevermind, changing my mind.

>> Right.

>> The partner should feel comfortable voicing that and saying that and it is also the partner -- other partner's responsibility to check in and that's so important.

>> Yeah. No, I think unfortunately there's the stigma if you ask it is really weird and unromantic.

>> Not at all.

>> really exciting.

>> What's sexier than hearing you're desired. That's amazing. That's what everybody wants. Why not check in.

>> Also what you were saying is continually checking in, and that's not just like, you know, you guys agree to do something and then you check in the next time you want to do it. It is like no, check in while you're doing it, whatever that may be. Like -- check in several times. Like it is cool. It works. It is not weird. It doesn't have to be like stop, is this okay, may I continue? Whatever is like your guys relationship and what works for you and what is natural to you. Do it. If that means like checking in 15, 20 times, is this okay, that's great, and that's so sexy.

>> Like you said, saying do you like this? That's healthy communication and learning about the other person. Do you like this, does this feel good, is this what you want, is this what you're talking about? Whatever that looks like, those are also ways to check in and ask for consent and it doesn't sound like you're

asking for a verbal contract.

>> Right.

>> Also you can give consent.

>> Yeah.

>> I really like that.

>> That feels really good. This is really good. I like what you're doing. You can say that. Wow, I really like kissing you.

>> Or stop it! (laughter) .

>> Yeah. You can voice not consent.

>> Also communication is so broad and I know this is a broad statement, but also body language I think is really performance. Someone making that face that was talked about earlier, maybe you should kind of ask them, do you still like this, something that I should continue to do? Again, doesn't have to be like can we stop and do you still like this? Awkwardly, it can be very fluid.

>> Are you okay? You know, they could be awkwardly sitting on something. I don't know. Let's decrease it. Make sure it is comfortable and enjoy it.

>> We are not robots and set to the same tune and different stuff will feel different. You know, I think like DJ Shane is saying, just keying it real and however that's real to you and what's genuine and in the moment and getting concept, giving consent, it just makes for a really good time.

>> Absolutely. It is important to know that there are some legal issues around this as well. You know, in Missouri like the law is that you can't consent to sex when you're intoxicated and that's something that we know -- that's on the books as the law, and socially it happens all the time. So it is important to know that that law is not in place to disempower someone or to try to, you know, dictate what people can and can't do with their own bodies. It is in place to protect those who are preyed upon by people who are intentionally trying to get them intoxicated so that they can do something that that person would have never agreed to sober or so that they can get them to a point where they are so impaired they can't possibly fight back or speak back. I guess I probably should have done a trigger warning but there are times consent even though it might seem like somebody is saying yes or styling or, you know, whatever if that person is too intoxicated, it is always better to, you know, avoid and talk about it in the morning. Talk about it the next day. That's kind of -- I will speak on that as kind of my personal stance on it, I guess, and how I have seen that play out the professionally. And then, of course, there are -- you know, there are ages and things like that to take into consideration, and that varies by state. So that's something that's porn to look up, just making sure that all the ages of consent are there but, yeah, those are

also points I wanted to pop in there.

>> Definitely, no, I think it is really important. I think, you know, it is key to talk about as we talk about consent, we also talk about what it means when there's not consent there and what it can feel like, so I think maybe we should do a blanket trigger warning for the listeners. A lot of it sadly occurs all the time. Anybody feels like maybe they are not in the space to hear talking about consent and what occurs when we don't have consent, we focus on how to give, how to get, why it is positive, what else occurs, what you need to give and get consent for but inevitably the side of that coin will happen in the conversation, so feel free to check out the if you need to, I didn't know this was upsetting, please come talk to us or LGBTQ or it makes wow, I thought I did give consent and I didn't. We are here to talk about issues three to four and this is what we should be talking about, so join us, talk to us, tweet at us @MULGBT. Check the FaceBook. We want to start the conversation on air and continue it how you need be.

>> Absolutely. Also like you can find the podcast at LGBT and so like if you want to -- really want to listen to the conversation and take it at your own pace, press pause, play, eat a sandwich, stuff like that, take notes. I don't know, whatever. You know, you can may the

podcast so to kind of go along with that.

>> One thought I did after last week that's off topic, setting those communication, boundaries, deal breakers, a lot of thing we talked about in part one this week, if you missed DJ excellence, listen it with the partner, pause, whatever you're going to say, I can't believe they say that. What do you think, honey? You can say whatever you want about us but use as at lift to have the conversation about here are deal breakers they had, and this is how they define cheating, are we on the same page, how far you can define communication, communication is key, and hopefully the show can be a good catalyst for that to start. So before we move further with consent, I'm wondering if DJ Momma D, you okay with that?

>> I'm good.

>> Especially with us like get us meaning the queer community, like get that consent on what we call each other on what's okay, what is not okay, what are terms of endearment, what aren't, society is hey, girl, but a lot of people don't want to be called girl. So get consent.

>> Hey, sweetie, all of those kinds of things. Some people are like I'm not 12.

>> Ask questions. And genuinely ask it. Don't ask it in some ignorant way that will offend someone, genuinely ask the question. People don't get offended if you ask with pure curiosity.

>> Be ready. If you ask us, queers what's up about something.

>> We will be honest.

>> Some won't be. Respect that.

>> DJ Momma D, what's the green dot thing, that has something to do with consent or something.

>> Absolutely. Great question. Green dot is the prevention strategy and the prevention program and RSVP Center and picture map of campus, any incident of violence would be a green dot -- so sorry. Any incident of violence would be a red dot. Not green.

On the campus map. If that's the case, anything someone does to prevent the violence from happening would be a green dot. So the basic ideas that we want to see more green than red on that map, it is a figurative map. Don't put red dots on maps on here but do put green dots on, so you want. If you want to brag about your green dot, dry erase board, you can tweet at us, you can e-mail us. There's a little form on our website as well, and we get those all the time, love to hear about the good stuff. So green dot is fantastic. And it also looks at, you know, trying to make sure that we are being proactive as well as reactive, so having these conversations now, having these healthy conversations about consent and, you know, what you want out of a relationship, those kinds of things, and having those conversations with friends too is a way to be proactive

about it so that if maybe one of your friends sees something happen with your relationship that they know per your conversation earlier you're not okay with, they will feel more empowered to step in and say something. They will feel like okay, I know that this was the deal breaker for this person and I'm going to check in on it. I'm going to make sure they're okay. You know, things like that. Those can also be really, really powerful green dots throughout.

>> Yeah, I think that's a really interesting and fascinating point about consent that we don't usually think about is kind of like periphery consent, so like if you and all of your friends are getting ready to go out that night and say to your friends, all right, friends, no matter how attractive that person is, I don't want to make out in the middle of the dance floor. I don't want to do that. I have made the bad choice of doing that before, don't want to do that. It is not -- it is not that you're with the person you may not end up making out with but by giving it to your friends ahead of time, the people you will be with, like I don't want to go home with anybody except the four people in this room and get that consent with each other and that way you can all look out for each other and take care of each other and 100% green dot and consent.

>> I want to go out and have a few drinks and finding somebody to go home with tonight. Like done. So

they know that in advance and they are not trying to check in. They will check in because they are good friends. They will say is this still something you want to do, fantastic, but they're not going to be, you know, worried about you and pull you out of the situation either because you already said this is what I want to happen and that's fantastic. Also know that consent can be -- it can be retracted at any time, I think that's the ride word, so if you are originally okay with something and that changes, it is okay to say I'm not okay with this any more, don't want to hook up any more, whatever that looks like, so don't feel like it is a binding verbal contract, it is totally not.

>> Communication is key.

>> Absolutely.

>> Bring it home, DJ Shane. Bring it home.

>> Do green dots.

>> Do green dots. Give and get consent. I want to reiterate what DJ Momma D said it is ongoing, it is every moment, it is live and if I continued and Danika says I don't like DJ Momma D, can't call her that even though they said yes, that's okay, any point you can say I don't want to any more or doesn't feel good any more or anything like that and you cannot do that.

>> Thanks. Shameless plug, if you don't feel like you know enough about green dot from just that little half messed up explanation that I gave, feel free to get

online, register for our green dot conference at the end of the month. September 29th, it is a Saturday, nine to three, so plenty of time to go home, sleep, go out and do more green dots, we will give you free food, give you T-shirt, and all of the green dot knowledge you can handle. It is a blast, interactive, not listening to me the whole time and pumped about it, so I hope you will be there, hope I get back on the computer and there's like all of these registrations.

>> We will put the info on that on our post on the website where you can podcast that and take your friends, take the student organization, sisters and brothers.

>> Partner.

>> Floor mates. All of that. We have the next guest so welcome back to the show.

>> Thank you.

>> Who are you? (laughter) .

>> You don't remember from last week?

>> Of course I do. Like to let people introduce themselves.

>> Dr. Heather Eastman-Mueller.

>> We randomly assigned Danika a DJ name.

>> What is it?

>> DJ Momma D.

>> That's fantastic. I get one too.

>> Do you have one?

>> No. Isn't that your job?

>> I will come up with one and get back to you.

(laughter) .

>> This is "Inside Out" on Thursdays from three to KCOU Columbia. Consent is all the time, enthusiastic participation.

>> And telesexy.

>> Also consent is sexy. 100% believe that. So for what do we need consent?.

>> Great question. You know, like I said, there are a lot of different kind of schools of thought on this. And, you know, one starts with any kind of physical contact. You know, can I hold your hand, I really want to hold your hand right now, is that okay? Can I kiss you? Whatever that looked like all the way up to are you okay with us having sex? Can we do this? Let's talk about having sex. Those kinds of things. Because there's a lot of other conversations that should be happening with that. Looking at DJ Dr. Mueller -- I don't know what to call you.

>> DJ doc?

>> DJ doc.

>> Done.

>> And it is situation start with hand holding, start with everything nice and early, everything, and hopefully talk a little bit more about this with sex but, you know, people might say like do you want to hook up and what

the heck does that mean? You know, what does hooking up mean? What am I agreeing to when I say yeah, I do, absolutely. For one person that might be, you know, having coffee, for one making out, for somebody else it might be having sex. What does that mean? I know we will get to a lot of conversations but don't assume that kind of blanket statement is asking for consent because it is not even clear what that would be. So I hope that the answer to that would be I don't know, what do you mean?

>> Absolutely. We should kind of jump right in and first I want to get to the holding hands made me think of it, and we talked about this a little last week and really thinking about within the queer community, safety issues and outing issues. How out are we? How out are you? How out am I and going to be together?

>> And where?

>> And which places? So hand holding, you know, it is a big thing to decide. Maybe doesn't seem that way because it really is large thing to decide, are we going to hold hands, are we going to hold hands on campus, in town --.

>> With the family?

>> hold hands at the gay bar? I was in a relationship with someone that didn't want to hold hands at a gay bar.

>> Communication is key.

>> Talk about it and PDA and where you're at and consent no matter where you are and in the queer community getting consent where we are for what we are going to do because of those outing and safety issues. We are going to talk on future episodes about coming out and when to be out and outing in general but if you're having questions, just remember that being out or not is a legitimate concern for very real reasons so try to -- if your partner does not want to be out with you, remember that there's real reasons behind that and safety concerns behind that and try to have empathy and figure out is that a deal breaker or not? If you want to be out and they don't, probably not about necessarily the romantic feelings toward you but a lot about their level of outness and safety and comfort with that.

>> I would just also expect other people to respect that. If someone decides they don't want to be out to a certain group of people or certain place, if you're their partner and truly care about them, you will respect that and allow them to come out on their own time and in their own way.

>> Absolutely.

>> I was going to piggyback off that because the first thing I think of and how this relates to me and my personal life has been related to a survivor of sexual violence and the first thing I want to do is I'm a hugger and first thing I want to do is hug somebody and show

them that my love and show that I care, well, again, that's a safety issue too because that person just got violated and the first thing that I learned from Danika and predecessor and everybody that deals with sexual violence you ask and communicate because that's a merge trigger for some people, so not only is it a safety issue, it is a personal space issue, some people aren't huggers and another it might be traumatizing to others, so I really think that having the wherewithal to ask somebody and goes right back to that respect for other people and what they consider safe and what they consider not safe. And I think the first thing I think of it is the survivor.

>> Absolutely. And at the beginning there we started for what do you need consent, so I think that's, you know, like a touch of love, you still need consent for that, and I think we can't forget touching and physical touching is so culturally wound up or not like what religion are you in? Who and how much you can touch and what gender and how do you express the gender? I remember I have been talking about consent for a number of years now and this past spring we had Kate Borenstein on campus and she said are you a hugger or handshaker and I felt show respected and open and that no matter how I wanted to express that I could because it is my personal space, how close do I feel to this person and how do I not, and if it is a

masculine presenting person, we shake their hands and feminine presenting person we hug them and I think that says a lot about gender in the community and especially for the LGBT community and queer community we need to express the gender expressions and sometimes wanted to express that by shaking hands in meeting or not hugging or shaking hands and having the respect there.

>> Absolutely.

>> Anybody have other ways that consent might look different in the LGBT community?.

>> Hypothesize, not LGBT but everything in getting consent for just because you say you're going to engage in maybe oral sex doesn't necessarily mean you're okay with anal sex or you're okay with anal sex but not necessarily okay with penetrative sex with a sex toy. That in my field is very important for anybody who's engaging in any kind of sexual activity is getting those consents from each one of those activities that you're willing to do and not willing to do and what are the personal boundaries for yourself and your partner?

>> I think you hit on a really good point. There's a lot of diversity in our sex, queer sex in general and queer sex is not in the queer community. Heterosexual person can have queer sex. Piggybacking off what you were saying is with that amount of queer sex and queer diversity and whatnot comes a much more complicated

conversation sometimes. So, you know --.

>> Communication is key.

>> Yeah. So make sure you're having those conversations and like, you know, getting into the details with your partner or person you're looking up with to make sure you know what you're talking about and, you know, again that does not have to be like robotic conversation that is all sterile and in a hospital room and scary.

>> Or a contract. Or can be a contract.

>> Exactly. Whatever you want to do.

>> Foreplay.

>> I think that's extremely important. I think we are here in the middle of Missouri, so a lot of our listeners are in the middle of Missouri and where did we all go to school and what did we learn about sex? What did our teachers teach us, churches and TV.

>> Or didn't.

>> Not teaching us what that means about queer sex. What DJ Momma D was saying earlier, what does hooking up mean, what does sex mean? What does that mean if I say yes, I want to have sex with you? Who knows. Who knows.

>> You have to break it down and talk about it. I think actually it is -- let's break it down. Let's talk about it a little. We are going to give you listeners brief overviews, not going to go into technique or anything.

This is not the place for that, but we want to make sure that as we are talking about sex, you may have an idea, haven't heard it anywhere else, different types of sex, what that means, what you should be having the communication with your partners about this is what I mean when I would like to have sex with you, maybe I would like to try this but not sure I would like it.

>> I think the reason this topic is so relevant because like we have already talked about -- people don't talk about queer sex. We don't turn on the 5:00 sitcom and there's a joke about queer sex. I mean it is just not happening and there's no like -- just not modeled a lot. Like even like PG scenes of like whatever, it is just -- you don't see a lot of like queer representation. So it is so important we have the conversation so like people know what we are talking about when we are talking about queer sex. Queers know what we are talking about and everybody and give it more media attention.

>> Like what you and your partners --.

>> I think people in the bedroom or living room or wherever it is happening. But make sure whatever is happening, you two are talking about. And I think DJ Excellence, you bring up excellent point. I remember if we take it pop culture, Modern Family Cam and Mitchell were going to have first kiss on air and couple who adopted a kid and, you know, it was a big deal they

were kissing and they lived together and had the house together and part of the family, so I think it is important that we do talk about kind of what we mean or don't mean. We are not going to try to define what sex is or types of sex people are having and different acts that are important to make sure you get above and beyond every physical touch. Kissing, we think you should get consent and give consent for kissing.

>> Too much tongue? Those are things you can ask.

>> How? What does that mean? What is kissing all about for you and what do you like? Like you said, too much tongue, what does that mean?

>> I think -- we have a list of things of what consenter in sex, and I think one of the things oftentimes, at least this population, this population meaning, quote unquote, college students is they consider oral -- oral sex not sex. So oral --.

>> Right.

>> And I think having an understanding about your personal views about what sex is is sex something that allows for pregnancy or is it sex for procreation, sex for pleasure, sex for enjoyment, sex for STI transmission prevention, what does that look like? And I think oftentimes because pregnancy -- you can't get pregnant from having oral sex, therefore it is not sex. But there are a lot of STI's that can be transmitted through oral sex. Chlamydia, gonorrhea, herpes, hepatitis B, HPV.

They are actually doing throat cultures now and finding cancer in college-age students as a result of having oral sex as it relates to HPV, so they are doing biopsies on it.

>> A lot it goes back to college-age, some of us didn't have any sex ed. I went to Catholic school for 12 years -- I don't know, a long time, and we did not have sex ed. We had a health class. I don't remember what was covered and it was a lot of scare tactics, and we -- in general just speaking from my personal experience. I love my high school. Nothing like that. It was just -- when you don't have that sex ed and like you said, you are living with this idea it is oral sex, doesn't count. It does count. There are health risks. I'm not trying to take the fun out of it --.

>> But it is real.

>> It is real. It is also a legitimate form of sex and we can't stand here and like popo's people way of having sex and say that's not real. It is real. Everyone's decision how they get to define sex, and that's especially true in the queer community. That's kind of one of the cool things about it is like I get to say what my sex is and you can't tell me what it is not because I don't care what you think. Just kidding. (laughter)
You know that's just kind of the whole idea. Can't tell me it is not --.

>> So how do we do that safely?

>> Oral sex or any kind of sex?

>> Oral sex and we will get to the others.

>> Finish going through to safety?

>> On this list it says manual sex and I'm assuming what that means is digital sex, so manually stimulating somebody's clitoris, vulva, anus, anything manually with fingers either by yourself or to somebody else. Oral sex is actually putting your mouth on somebody else's body part. So for instance -- manual sex to protect about any kind of transmission would be you want to make sure you're cutting your fingernails, no sharp objects, so therefore not stimulating with underneath. Oral sex, use a dental dam, those are in LGBT area, that is a sheet of latex, put water based lubricant and whatever body part you perform oral sex and perform the oral sex and make sure when you're performing oral sex with a latex condom you're not actually using the same oral dam on different body parts. Vaginal sex, that goes for lesbians, any kind of penetrative sex, make sure there's some sort of barrier method there. That could with a sex toy, make sure you're cleaning your sex toys -- own your own sex toy and use it on yourself and have the partner use it on yourself or use a condom and make sure you're washing it according to the instructions because some sex toys are made of certain things and silicone and you just want to make sure you're cleaning it appropriately so the bacteria not

transmitted, different parts of the body but not transmitting the fluid to another person. Is that where you're wanting to go with this?

>> Yes. Wonderful, thank you.

>> You're very smart.

>> DJ Doctor, you're lighting my life with all of this information. (laughter) .

>> Sorry not putting a lot of enthusiasm into this but it is sex. I talk about it everyday. People do things and it is their own expression and good for them. My job is to make sure you're doing it safely. Go ahead.

>> Yeah, I was just going to say as you're going through and listing out how to be safe while doing the acts, I think it is really informative and also I think ties back into consent because, you know, while there are risk factors like if you're in a long-term relationship, maybe all of this doesn't apply to you, and that's a conversation you need to have. That's the most important part. It is okay if you don't want to use barriers as long as you talk to your partner about it. And I think it is always kind of the best idea, especially when you're first hooking up with somebody and, you know, you don't have your STD check and check-in about that and best to refer to barrier methods and be safe, and DJ doc mentioned all the places you can get these barriers, so have it at it.

>> Okay. So there are safety products all across campus, and I know this is maybe being premature,

badumb pump. (laughter) .

>> On our website for the episode we will have listed all the place you can get --.

>> Thank you. LGBT resource center, student center, women center, BCC, RSVP -- where?

>> Thinking residents halls.

>> Bingam hatch, center south, laws, Gillette. If you download S Health a mobile app you can get long and lat directions and real-time direction where is those are.

And those are other opportunities to get female condoms, oral dams what we were talking about with the oral sex and male condoms, lubricant with instruction. Anal sex, I think we were to that part.

With anal sex, it is not my job to tell people what they can and cannot do, and that's what we talked about.

Some people enjoy anal sex. Heterosexual queer sex, anybody, and the anus and rectum -- some people enjoy anal sex, sturdy as the vaginal canal and not as much lubrication, much more vascularization and opportunity for tears, there's not a lot of the actual anal ring is -- doesn't allow for much different in stretching as the vagina does, so with anal sex you want to make sure that you are safe and using as much lubrication as you can around the anus and in the rectum but also using some form of barrier protection and it is riskier when looking at risk continuum for STI's because there's not a lot of give with the musculature, but also

you don't have the lubrication that a vagina actually would have during penetrative sex.

>> Excellent. Thank you.

>> I want to echo what you said earlier about we are putting it all out there, and you need to be checking in with yourself and with your partner about what you feel comfortable with or don't feel comfortable with and continually check in with each other and yourself about how I never wanted to do what they're talking about on the radio show or wow, I'm interested in trying that, and again, you can use the show as catalyst. Listen to it with your partner and engaging the activities and here is what they said, talked about what they haven't done yet, what do you think, or start the conversation on your own or use communication as key.

>> Absolutely.

>> You took it away from me.

>> I think the main thing is it is not endorsing one thing or another because everything is their own person and not endorsing and promoting all of these kinds of sex and these are options available for people. If they so choose to be sexually active. Abstinence is good as well. Mutual masturbation. Using sex toys, outer stimulation, all of those things are different forms of expression and intimacy between one or more partners. And so my job on this campus is just to make sure that everybody that does engage in any kind of sexual

behavior then does it safely, so that's what my job is.

>> We are also not trying to assume that everyone has heard these terms before.

>> Absolutely.

>> So if this is new, if this is like wait, what are they talking about, like learn more or if Heather said something and you thought well, wait a minute, I thought that anal sex was this but maybe it is something different --.

>> Different from somebody else.

>> Look it up. Figure out what that means. Get educated. Get more information. Information really is key, especially when we are talking about sex and all the different kinds of ways to enjoy.

>> yeah. Definitely. And I think we pretty much also went over safety for all of those. Did we miss anything?

>> I think the main thing is just recognizing that barrier methods communication and understanding your body and what's normal and what's not is the most important and what are base lubricants verses oil base and really protecting yourself because I respect you, I want your partner to respect you and so therefore we want you -- sex is about enjoyment if you choose to have sex or intimacy, and sitting there worrying about STI or unintended pregnancy cannot be that fun to be thinking about stuff like that when you should be

worrying -- thinking about pleasure and enjoyment and so my thing is do it safely so you don't have to worry about it and thinking about pleasure and partners and go with it and explore and figure out what is sex, what does oral sex mean to you?

>> When you figure out all the stuff before, you get to be present during sex and that's way more fun than like you said, worry about all these things, I really we should have talked about that. Guess what, you can still talk about it. You get to interrupt whatever you're doing and be like let's revisit this, I'm not okay or whatever, and you know, that's the ongoing conversation.

>> Absolutely.

>> Get tested. You know, get tested together. You know, if you're comfortable with that, and what a great way to open up that door for these conversations. You know, making sure that everything is looking good physically and, you know, having the opportunity to ask for consent and talk about what do we want to do, what do we not want to do, what do we want to try, explore, whatever, maybe want to save for later or when we are more committed. You know, those are -- that's a great time to have the conversations and, of course, revisiting it because you're getting tested often.

>> So one thing I maybe want to go back to because we were talking about maybe we all didn't get the greatest sex ed before is you listed off whole bunch of diseases.

Does that mean I am done for forever. I got one.

Everything is over. Or no big deal, doesn't matter.

How and where do we learn more about those and, you know, what -- you know, what does it mean to have an STI and how different is it per STI. Kind of thought like STI equals STI and there's a lot of different kinds out there.

>> Absolutely. I think what you're trying to get to bacteria versus virus. Bacterial, some STI's are transmitted usually an exchange of fluid, and some that are caused -- STI's bacteria can be treated with antibiotics. Getting regular tested three to six months, every year or with any new partner and can easily be treated. Now, if you don't get those regular check-ups or regular treatment they can turn into pelvic inflammatory disease which is basically scarring of the fallopian tubes or epididymitis which is a inflammation where the sperm is produced and matured, and all of those things are important, so I think the whole point of the conversation and what was said is there are bacteria caused STI's that are created and cured and done with and there are viruses that can cause STI's. Now, the viruses are a little bit more tricky because those don't necessarily go away. They stay latent in your body, they come out wherever they want to come out. I think the key basically is getting the regular testing, checking out with your partner, with your friends

what those look like, and most of the time unfortunately sexually transmitted infections are asymptomatic which means they don't demonstrate any symptoms or they mimic the flu or cold or some other things, and so that's why they are called the, quote unquote, silent epidemic because you may have one and you don't even know about it, so unless you get checked on a regular basis, you could be transmitting it to somebody else.

>> I was wondering like sometimes when I go to like student health center to get like STD check and stuff, there's like one standard one they give and would you also like to get tested for -- I know there's other two or three that you have to pay more for and -- I feel like you should get tested for everything and check all of them, and can you speak to that?

>> Yes. Common misperceptions about STI testing and well women exams or pap and even lesbians if you're not going to be pregnant or queer should get a annual exam or pap because what you're looking for abnormal skin cells and cancer cells and important even if you have never been with a man or won't be with a man. When you get the pap, well woman's exam, looking for abnormal cells, don't necessarily get tested for STI's. Don't assume they are testing for STI's and don't assume I'm here for STI for testing they will do the full work-up because at the student health center there's

a separate charge for each one. The rudimentary usually what they do is provider will make it as cheap as possible for the patient but they also want to protect you and listen to the history of sexual past, sexual history and ask you how many partners have you been with, what have you done with what body part and where, and that's basically what they're looking at. They are looking for risk and potential transmission of different types of STI's. Chlamydia is very common bacterial infection, number one basically of this age group, and that's why we have been doing the get yourself tested, get yourself talking because that's a standard test they would do. Other tests that you could do would be HIV test. That can be oral or finger stick. Another thing they could be doing, not they as student health center, but providers that see college students is syphilis test. Providers catch it early enough multiple different stages you can get rid of it with antibiotics. It is passed or transmitted via blood, so with HIV you're at risk for syphilis, and syphilis there was a recent outbreak in St. Louis and the school is feeder for that and you should be informed and self-advocate about what are you doing, why are you doing it, this is my risk, this is what I have been doing, and kind of have that negotiation, that conversation with your provider because you don't know what's being tested. Now, if you have private insurance, a lot of that is covered, so if

you do go get like annual exam for whatever -- screening test, they will probably do the full panel if you want it because that's already covered by your insurance. Now, different places, different not for profits are sliding scale and not necessarily free, so they will look at okay, which one are you most at risk for, and if you have chlamydia, which is bacterial, chances are we may or may not have other bacterial infections and that can be treated with antibiotics, they will treat you, give you test for bacterial infection, chlamydia, gonorrhea and treat you with antibiotics to maintain the cost and also reduce the risk.

>> Absolutely. As far as the paps go, those go for transmin as well and I was hoping you could speak to a little bit about the transresources at the student health center and just kind of like how that's changed with like insurance and whatnot as far as getting those STD checks and talking with your provider.

>> Yes. We have in the last year probably year and a half we have really come across and noticed and recognized that transgender patients really have unique needs and address at the student health center so we created transfirming health center and changed the forms to include preferred name, preferred pronoun, marital status, we have also -- our director is advocated for getting hormone replacement therapy covered through the student insurance, which is now system

wide covered as it is deemed medically necessary, you know, as, quote unquote, air pumps and then also sexual reassignment surgery is also covered, so that whole thing, and we also have a gender neutral bathroom now in addition to calling patients by their last name and first initial. We explored many different options so that we wouldn't, quote unquote, out people in the waiting room because we do have to verify their legal -- the patient's legal name in order for HIPAA so we are not breaking HIPAA but how we have kind of come across that and we found that this might be the way to go. Pilot testing by calling patients by just their last name and first initial and then asking the patient in a private space is this -- what is your preferred pronouns, what is your preferred name and then writing it on the chart and every time you called back you should be called by the preferred name so hoping to build a really safe space one in which transgender patients and all patients actually want to come and utilize the services.

>> That's awesome. We are starting to wrap up. We are reaching that 4:00 hour, and as you know this is "Inside Out" three to 4KCOU and a couple things to wrap up as -- I mean go Mizzou.

>> Heck, yes.

>> Yes.

>> We have the student health center and we have DJ Dr. Here from shape and we have DJ Momma D from

the RSVP Center. We have resources on the campus that is not available to everyone, so use them. Use access that you have. This is a great school we go to with amazing resources. Check them out. All the resources we talked about specifically on the show we put on the podcast -- we will try to put on the website with the podcast and a couple other quick notes I wanted to make before we finished, and this is a listener that let us -- concern is just because something is curable, is not the same as getting the flu and taking a Z pack. Use the barrier methods. Not like no big deal, I will get a bacterial infection. Don't like it lightly and I don't think that you are, but it is worth mentioning and reiterating you should be practicing the safest sex you can practice and that includes barrier methods, communication and consent, so just use those and we plan to have another episode soon about gender identity, gender expression, trans stuff, what that means and doesn't mean, so know that's coming and again, tweet at us, tell us what you want to hear. @MU LGBT and inside out the.

>> And tweet at the RSVP Center. @rsvpcenter. Do green dots and get consent.

>> I want to thank our guests for coming. It has been a blast the last two weeks, and full of wisdom and knowledge and visit the RSVP Center and talk to Dr. Heather Eastman-Mueller.

>> Became a shape peer if you want to impart to other students.

>> Download community.

>> Download the app.

>> Come to sextacular we will have that -- links to that on our post.

>> Become RSVP educator. Info session the 24th.

>> I think the biggest take away from today is get sexy consent.

>> Yeah.

>> Do it.

>> Do it.

>> Communication is key. (laughter) .

>> Dave, what are you doing?

>> Sending a gift to Dave 2037.

>> Who?

>> Me in the future. I save money for the future for Dave 2037 to buy antigravity boots or a hologram doberman. What are you getting Steve 2037?

>> Steve 2037 will be fine.

>> Don't expect to borrow my antigravity boots.

>> Put away few bucks, feel like a million bucks. Go to feedthepig.org.

>> That's.

>> Feed the pig.

>> .org.

>> This brought to you by the American Institute of

Certified Public Accountants and the Ad Council.

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