Episode 8 Sex-tra Credit, with Jordina Quain

SIX WAYS IN

for the trusted adults

Openers for the subject most of us postpone. Jordina's position is that **the adult's discomfort is the obstacle** and that when we put the optics first, the gap gets filled by porn, peers, and a chatbot that answers at 3am.

1

"DO YOU KNOW WHAT IT'S ACTUALLY CALLED?" – ASKED AT FOUR, NOT FOURTEEN.

NOT ONE TALK - a hundred small ones

Jordina and Maddie both land here: anatomical names from the beginning, no nicknames. Shame is learnt, not built in. A girl who can say vulva can tell a doctor what hurts, can be taken seriously if someone hurts her, and later can say what she does and doesn't want.

2

"I'M GOING TO BE AWKWARD ABOUT THIS, AND I'M DOING IT ANYWAY."

THE DISCOMFORT IS YOURS TO CARRY - not hers

Jordina couldn't say the word sexology when she started, and trained herself in front of a mirror until she could. Her read on why adults skip the subject: they can't say the words without flinching. The flinch is the thing to work on.

3

"WHAT DID THEY ACTUALLY COVER AT SCHOOL?"

THE ORDER YOU'RE BRACING FOR IS WRONG - and the data says so

In the SSASH survey of 4,396 teens, touching came first at about 14.8 and oral sex at 15.6, before intercourse at 15.9. Jordina says oral sex barely appears in the curriculum beyond safer-sex mentions. The talk you're dreading isn't the first one she needs.

4

"IF YOU EVER SEE SOMETHING THAT SCARES YOU, YOU CAN TELL ME."

SAID BEFORE IT HAPPENS - not after

77% of the teens surveyed were shown porn unintentionally by about 11; 74% sought it out by 13. Jordina's concern is what it teaches when nothing counters it: sex as something done to someone rather than with them.

5

"WHAT WOULD MAKE IT EASIER TO ASK ME THINGS?"

80% GET THIS FROM FRIENDS - 34% from a parent

Jordina doesn't think peers are the problem. What sends girls elsewhere is being shut down, told it's inappropriate, told they shouldn't be thinking about it. And the alternative now answers at 3am and never judges.

6

"I'D RATHER YOU KNEW THAN GUESSED."

THE FACT THAT CHANGES THE ARGUMENT- it delays, it doesn't accelerate

Jordina is unambiguous: comprehensive sex education has been shown to delay a young person's first sexual experience, because an informed girl is harder to pressure, coerce, or talk into everyone's doing it. She says she wishes parents knew, most would be far more on board.

WHY THE WORDS MATTER

Jordina Quain, on using anatomical names from the start

- Health care: she can tell a doctor what hurts, and where
- Protection: if she can name what happened, the report is far more likely to be taken seriously
- Pleasure: you can't ask for what you want, or refuse what you don't, in a word you've never said
- Shame is learnt. It isn't just in our DNA
- The vulva is on the outside. The vagina is inside. So many people get this wrong
- "What we do know from decades of research is that the more you teach and talk about sex, the safer you're likely to be.

This is designed as a conversation starter, **not sex education or clinical advice**.