Episode 8 Sex-tra Credit, with Jordina Quain

HOW TO START THE CHAT

for the girls

Six things worth saying out loud from Episode 8. **You will feel awkward saying most of them**, Jordina's whole point is that awkward is part of it, not evidence you're doing it wrong.

1

"I WANT TO SAY SOMETHING AND I'M GOING TO BE AWKWARD ABOUT IT."

SAY IT TO - whoever you're with, before anything happens

Jordina calls it three seconds of bravery. You only have to start the sentence — once you're in it, you finish it. She is clear that you will feel embarrassed, and that this isn't proof you're doing it wrong. "I hope that makes sense" is a perfectly good way to land it.

2

I'M NOT READY FOR THAT."

SAY IT TO - your partner, at whatever point you mean it

Then watch what they do. Jordina's whole test sits in the response: do they lean in and ask more, or lean away and make you feel small? You already know both of those feelings — you've told a friend something hard and had it go both ways.

3

"NOBODY ACTUALLY TAUGHT US HOW ANY OF THIS WORKS. CAN YOU?"

SAY IT TO - your trusted adult, your GP, Aunt, older sister - someone you trust

Jordina says most sex ed stays abstract, things like "you'll know when it's right", and skips the practical part, which is exactly why people end up asking the internet, their friends or watching porn instead. Her line: a lot of common sex ed doesn't have much sex in it.

4

"IT'S A VULVA, NOT A VAGINA."

SAY IT TO - anyone who gets it wrong, adults included

The vulva is on the outside; the vagina is inside. Jordina trained herself in front of a mirror before she could say the words out loud. Her point: you can't tell a doctor what hurts, be taken seriously if someone hurts you, or ask for what you want, in words you've never said.

5

"I SAW SOMETHING THAT SCARED ME."

SAY IT TO - your trusted adult, even if you weren't meant to be looking

In the SSASH survey, 77% of teens were shown porn unintentionally by about 11, and 74% looked it up by 13. Jordina's worry isn't that you saw it, it's that nobody's there to say free porn is not how most sex goes. No consent asked, no condoms, no stopping.

6

"WHY ARE WE TALKING ABOUT HER LIKE THAT?"

SAY IT TO - your friends, in the middle of it

Jordina says rape culture rarely arrives in big obvious ways. It's the small conversation where everyone agrees someone is a bad girl, and everyone listening quietly decides I can't be her. It costs the girls doing the talking too.

THERE IS NO "RIGHT WAY" *Jordina Quain on the good girl/bad girl trap*

- Have sex and you're a slut; don't and you're a prude. Jordina: "give the gals a break", there's no version of this you can win.
- Virginity is a social construct. It changes by country, culture, family and century, so there is no right or wrong, only what you want and what you don't.
- Your worth is not tied to your sex life. It took Jordina until her mid-twenties to work that out, and she says she is still learning it.

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

litHERacy
litheracy.com