

# **Center for Positive Sexuality**

## Education Internship

**Anusha N. Maharaj**  
Bellevue College  
**Spring Quarter 2022**

## → The Organization, The Mission & The Work Being Done

# CENTER FOR POSITIVE SEXUALITY

→ **Mission:** Address social issues through sex positive research and education.

- ◆ Established in 2007
- ◆ 100% Volunteers

→ **Action:** Providing professionals and students sex positive health information.

- ◆ Research
- ◆ 8-dimension model
- ◆ Internship Programs

Established in 2007, the Center for Positive Sexuality is a 501c3 non-profit educational and research unincorporated association. Our mission is to address social issues through sex positive [research](#) and [education](#).

A sex-positive perspective acknowledges the wide range of human and sexual diversity among individuals; a multitude of sexual identities, orientations, and practices; gender presentations; and the need for accessible healthcare and education. Sex positivity also encourages open and safe communication, ethics, consent, empowerment of sexual minorities, and the resolution of various social problems that are associated with sexuality. [We define positive sexuality through our 8-dimension model.](#)

Our mission to provide information to professionals, students, and others is consistent with the World Health Organization's definition of sexual health which includes "a state of physical, emotional, mental, and social well-being related to sexuality..." requiring a "...positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination, and violence" and that "the sexual rights of all persons must be respected, protected, and fulfilled." (2002)

If you would like to know more about the individual educators, please go to our [Educators](#) page. If you would like to know more about the individual researchers, please go to our [Researchers](#) page.

The Center for Positive Sexuality is headquartered in Los Angeles, CA and has given presentations and delivered papers at various conferences and conventions across the U.S and internationally.

This project is funded personally by the volunteers as well as through public and private donations and grants. If you would like to contribute to the furthering of sex-positive information and education, please [donate today](#).

## → Preceptor(s) & Their Roles in The Organization



### Emily E. Prior, MA

Executive Director, Co-Founder Journal of Positive Sexuality

**Emily E. Prior (she/her)** is the Executive Director for the Center for Positive Sexuality. Since 1996 she has been teaching formal and informal classes about a variety of sexuality-related topics including Gender, Deviance, Relationships and Family, and Feminism. She is an adjunct professor at several colleges and universities, has over a dozen publications, and presents at conferences around the U.S. She is frequently interviewed about her research, the Center, and positive sexuality in general. She won the Vern Bullough Award for research.



### → Emily Prior

- ◆ Co-Foundress, Executive Director
- ◆ Supervisor



### Alicia Charles D'Avalon

Board Member/Education Director

**Alicia Charles D'Avalon** is the Center for Positive Sexuality's Director of Education. She directs the Education department by developing and managing the curriculum for the center, facilitating the training of new educators, supporting the education interns and helping to develop Positive Sexuality Day. Alicia is an anthropologist and the Kasike (chief) of the Yukayeke Yamaye Kokuio (Firefly Tribe of Jamaica). Her work focuses on decolonization, religion and sexuality. Her research interests include identity construction, BDSM & Kink, Indigenous and Pagan spiritualities, sustainability, phenomenology of the sacred, and the methodological idea of research as ceremony.



### → Alicia D'Avalon

- ◆ Education Director, Board Member
- ◆ Supervisor

# → Summary of Health & Wellness Work Done this Spring Quarter

**Education Internship** (January - June, 2022)

**Bellevue College:** 100 Hours

**The Center for Positive Sexuality:** 120 Hours

- Canvas Modules + Assignments
- BiWeekly Practicum Discussions + Speaker
- Observational Educational Panels
- Curriculum Development & Design Projects
- Content Review
- Advocacy
- Feedback & Evaluation

*\*Contract was updated to reflect new requirements.*

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Internship Contract

I, Anusha Maharaj, agree to the terms of the internship as follows. I understand that some of the terms laid out in this agreement are subject to change depending on the availability of myself, the supervisor, and the tasks. I understand that this is an unpaid internship and I will not be monetarily compensated for the hours I work.

Terms of the Internship

Each of the internships that the Center provides requires a minimum of 120 hours over the course of about 12 weeks to be completed. This comes to an average of 10 hours per week over the course of 12 weeks.

During this internship I, the above intern, agree to ~10 hours per week over the course of 12 weeks, for a total of 120 hours.

This internship will begin on 02/01/2022 and end on 05/01/2022.

I understand and agree that if I need more time to complete my internship program I will notify my supervisor to renegotiate some of the terms so that I can complete my internship.

I agree to respond to all CPS and affiliate communications in a timely manner, within no more than 7 days (unless otherwise agreed upon). I understand that lack of communication is grounds for removal from the internship program.

I agree to fill out the CPS Intern Check-In Google Form when it is sent out, twice during my internship.

I am entering this internship as an Education intern and agree to complete at least the minimum goals listed in the intern handbook.

My typed name below is in place as my signature.

Name: Anusha N. Maharaj  
Date: 02/03/22

Form last updated: 11/13/2021

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## → Knowledge & Skills Learned

**8 Dimensions of Positive Sexuality**

- 1 "Positive" refers to strengths, well-being, and happiness
- 2 Individual sexuality is unique and multifaceted
- 3 Multiple ways of knowing are welcome
- 4 Ethics are essential
- 5 Open, honest communication is necessary
- 6 Positive sexuality is humanizing
- 7 Peacemaking is encouraged
- 8 Positive sexuality applies across all levels of social structure

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Introducing a Multidisciplinary Framework of Positive Sexuality  
Journal of Positive Sexuality, Vol. 1, February 2015  
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- Non-Monogamy and Polyamory
- Sex Workers
- BDSM & Kink
- 8-Dimensions of PS
- 4C's Framework
- BIPOC Sexuality
- Official CPS Sex-Ed Curriculum

# → Deliverables/Projects Created

Infographic for Current  
Contraceptive Options  
for Men

## Contraceptive Options for Men (2022)

A list of contraceptives that prevent pregnancy and/or STIs, available for people who identify as men that have penises/testes

<b>External Condon</b> Type: Barrier Method Effectiveness: 98% (with lubricant) Reversibility: Frequent & Easy Frequency: Every Time Notes: External condoms can be used with other forms of contraception 	<b>Internal Condon</b> Type: Barrier Method Effectiveness: 98% (with lubricant) Reversibility: Frequent & Easy Frequency: Every Time Notes: Internal condoms can be used with other forms of contraception 
<b>Traditional Vasectomy</b> Type: Sterilization Effectiveness: 99% Reversibility: Frequent Frequency: Once Notes: A vasectomy is made in each side of the scrotum, sealing the tubes. This procedure is permanent. There is no change in the appearance of the scrotum. Major side effects are rare. 	<b>Non-Scalpel Vasectomy</b> Type: Sterilization Effectiveness: 99% Reversibility: Frequent Frequency: Once Notes: It is a minimally invasive procedure that is performed using a small incision. The procedure is permanent. There is no change in the appearance of the scrotum. Major side effects are rare. 
<b>Withdrawal</b> Type: Lactation Effectiveness: 96% (with lubricant) Reversibility: Frequent Frequency: Every Time Notes: To withdraw method, penis enters after partner has other forms of contraception. Avoid pull out and keep from your partner's genital during sex. 	<b>PiP</b> Type: IUD (Intrauterine Device) Effectiveness: 99% Reversibility: Frequent Frequency: Once Notes: PiP can be placed into the uterus or it can be placed into the uterus after a procedure. 
<b>Outercourse</b> Type: Lactation Effectiveness: 99% Reversibility: Frequent Frequency: Every Time Notes: Outercourse is defined as not having sex. The penis is kept out of the vagina or rectum. There is no change in the appearance of the scrotum. Major side effects are rare. 	<b>Abstinence</b> Type: Lactation Effectiveness: 99% Reversibility: Frequent Frequency: Every Time Notes: Abstinence is defined as not having sex. The penis is kept out of the vagina or rectum. There is no change in the appearance of the scrotum. Major side effects are rare. 

### References

<https://www.cdc.gov/STI/treatment/condom.htm>  
<https://www.plannedparenthood.org/learn/condom>

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Infographic for  
Consent Basics

## Consent

### What is consent?

As part of the AC's framework (Caring, Communication, Consent, Guidance), the Center for Positive Sexuality generally understands consent as "the process by which approval or acceptance of what is planned (by another) is acceptable or agreeable" (Williams et al., 2016). Simply put, consent means to grant permission. However, consent is a continuous learning process that we are always practicing, which helps us to recognize and redefine our boundaries. For instance, we are allowed to withdraw consent at any time (before, during, after). Consent is an essential communication skill we can use in our everyday lives to have healthy, supportive relationships with others.

### What is **not** consent?

- Being under the influence of intoxicating drugs.
- Being under the legal age of consent, defined by your country.
- Assuming there is consent because you've had sexual experiences with one another in the past.
- Assuming consent because you have a relationship with each other.
- Assuming consent because of how someone is dressed.

### How can we practice consent in a positive way?

Consent should be informed, consistent and enthusiastic (ICE)

**Informed:** Complete, clear information of the possible risks/benefits involved in what we may or may not consent to.  
**Consistent:** Reiterating asking for consent before starting a new activity.  
**Enthusiastic:** Eager participation or interest.

### Verbal & Nonverbal Examples of Consent

"Yes!" "Yes, I like that." "I'll allow that." "Yeah, I like that." "I'm interested in trying that." "Agreed!"	• Smiling, Nodding for "Yes!" • Thumbs Up, High Five, Handshake • Leaning In • Reaching Out • Maintaining Eye Contact • Reciprocating Touch
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### References

Planned Parenthood. (n.d.). *Small Consent: Learn Relationships*. Planned Parenthood Federation of America. <https://www.plannedparenthood.org/learn/consent>

RAHN, J. (2017). What Consent Looks Like: Rape, Abuse & Sexual Assault. <https://www.rahn.org/2017/03/20/what-consent-looks-like/>

Williams, D., Thomas, J., Papp, L., & Christensen, M. (2016). From "Yes" and "No" to the "ICE": Introducing a New Framework for Negotiating Sexual Participation. *Electronic Journal of Human Sexuality*, 20(1), 1-10.

## Informed, Consistent, Enthusiastic

By Anusha N. Mahalingam

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## → Questions & Answers (Q&A)

### **What was the initial plan that you formulated with your preceptor and other professionals at your site?**

We created a contract stating that I would complete the required amount of 120 hours for my Education Internship.

### **Did things go as planned?**

No, things didn't go as planned. My supervisor was absent for the majority of my internship experience. I didn't always feel connected to the organization or my peers. However, I continued to work and finish the internship.

### **Who is your target population?**

- Health Professionals
- Researchers
- Students

### **What are the potential long term impacts or benefits to your target population?**

The ability to have access to educational resources that are sex positive, scientifically accurate and

### **What prior knowledge/theories did you incorporate into your work?**

- Peer Support
- Basic Human Sexuality Education
- Person-Centered Healthcare

### **How does your work connect with health and wellness?**

- Human sexuality encompasses and influences all dimensions of health and wellness.
- Reproductive rights are currently under attack!



# References

Center for Positive Sexuality. (n.d.). About Us - Center for Positive Sexuality. The Center for Positive Sexuality. <https://positivesexuality.org/about-us/>