

PROFESSOR SEX TALKS, WORKSHOPS, AND OTHER EVENTS:

This is a sampling of just some of the educational content Angel Russell and other Professor Sex educators have offered in lecture and event form over the years. (This list is not exhaustive, please continue to check for updates.) Most of these talks can be conducted as a lecture, workshop, series of educational events, or private coaching and consultations. Our model is pleasure based and influenced by higher education models. The tone of many of these talks can be adapted to be appropriate for a range of environments including corporate trainings, medical and mental health offices, academic lectures, interactive public events, and fun, more explicit events for audiences in spaces like sex or fetish clubs, dungeon spaces, or munch events.

To bring any of these talks to your campus, staff, or organization, please email info@professorsex.com.

We will also develop custom content based on your needs, so please don't hesitate to ask.

Sex Ed Speakeasy: Examining the modern prohibition against sex education.

During Prohibition in the 1920's and 1930's, people had to whisper special codes to get into backdoor establishments to drink and dance. This kind of establishment became known as a Speakeasy. As we enter the 2020's, we're seeing an entirely different type of prohibition emerge: a prohibition on any content deemed sexual in nature, including sex education. Many people still regard sex education as illicit and inappropriate, even though research shows us time and again that sex education is lifesaving health and wellness information, and prohibitive messages around sexuality do significantly more harm than good. This prohibition on open discussions of sex looks like abstinence only education, escalating censorship policies online and in other media, and other increasingly tight limitations on what we can talk about and how we can talk about it (even in adult spaces). There's a collective refusal to acknowledge that sex is pleasurable and that every human, at every age, is a sexual being (to some extent or another) and deserves medically accurate, honest, pleasure-based sex education based on their actual needs.

Sex Ed Speakeasy is about acknowledging that sex is a natural part of human existence, sexuality is an important part of human identity, and we all deserve honest, medically accurate, pleasure-based information about our bodies, our behaviors, and our relationships. We will talk about the nature of sex ed prohibition, what it looks like in modern society, how it impacts our lives, and what we can do to receive better support from lawmakers, administrators, and other professionals.

This keynote is fun, engaging, and interactive.

Code word to get in the door: [changes by event]

It's a Pleasure to Meet You! The Sex-Ed You Didn't Get Growing Up

We have classes available to help us learn to adult in all aspects of our lives from cooking to driving, from applying for jobs to applying our makeup. We live in the information age and we are inundated with How-To and DIY instructions on virtually everything. Yet, it seems that there is a desert of quality resources when it comes to reliable, medically accurate, pleasure-based education about sex and sexuality! This interactive, hands-on workshop is a great place to start. Get ready to talk about anatomy, desire, arousal, foreplay, and intimacy aids (lubricants and sex toys, yay!) and health conditions that make all this important. Learn ways to figure out what you like and how to negotiate those things with your partner(s) in a safe and affirming way (aka: enthusiastic consent). We will explore some of the tools and resources you have available to you to develop a healthy, safe, rewarding sexuality that YOU define.

Bonus: There will be free condoms, lubricant samples, and other fun giveaways.

Anything But Vanilla

Workshop/discussion about the role of BDSM in the trauma healing process for kink-oriented individuals. Full description being provided by Haideen Baier and Dwan Love. I'll be present to lead, co-facilitate, or otherwise support in any way the team feels is best. Just, let me know.

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Science of Sex Education

Due to a lack of federally mandated sex ed standards in our (US) education system (and many others), most adults never received comprehensive, sex positive sex education that met their needs. Many of us relied on the internet, *Cosmopolitan* or *Maxim* magazines, our friends, and porn or erotica to help fill in the gaps. Learning to have sex by watching porn is like learning to drive by watching the *Fast and the Furious*. It's not realistic and or representative of most of the sex and relationship experiences people have in real life. This is a sex ed class for late adolescents and adults that includes anatomy, the psychology of arousal and desire, risk awareness, consent, and more. This is a comprehensive, medically accurate, empirically based talk that emphasizes pleasure and autonomy and is delivered in a way that's inclusive and affirming of all identities and relationship styles. This can be adapted for individuals as young as 13.

Themed Sex-Education Events

These interactive events cover a wide variety of topics and be adapted for varying age groups and contexts. These events allow participants to travel throughout the space provided and visit different educators and stations set up to offer specialized sex ed content. Some examples include:

- Let's Taco 'Bout Sex
- Sex-Ed Things: A Stranger Things themed event
- Mischief Managed: A sex-ed event for muggles and magical folk

Many additional themes can be created and customized to create the perfect event for your needs. Please reach out to discuss this in greater detail.

Sex and Gender 101

This class will explore definitions, examples, and resources to help understand and familiarize learners with the differences between biological sex and gender identity.

Doing vs. Being: Separating Sexual Identity from Sexual Behavior

Approximately 75% of men who have sex with men are straight. A person's sexual orientation is not a direct indication of their sexual behavior. We know this to be true from sex research, work and outreach in queer and straight communities, and conversations with sex therapists and educators. This talk will explore sexual identity and sexual behavior, how they inform each other and the ways they can differ. Implications for medical and mental health professionals, public health officials, educators, and caregivers will be discussed.

Don't Make it Weird: How to talk to K-12 Students (and anybody else) about sexual health, identity, and behavior.

Children and adolescents often confide in trusted adults about issues relating to sex, relationships, identity, and other related things. This is sometimes mom or dad, but it also may be a favorite aunt, a chemistry teacher who makes them feel valued, a babysitter they spend a lot of time with, or anyone else they know and trust. Most times, however, these adults aren't equipped with the information or resources they need to fully support their student or child. This workshop is ideal for teachers, parents and guardians, family members, and anyone else who works with or has a caregiver/influential relationship with someone in the K-12 age bracket. I'll help you figure out how to have age-appropriate conversations with important youngsters in your life about sexual health, consent, dating and relationships, online safety, porn literacy and much more. I will also help point you in the direction of valuable resources to continue your education and help you keep up with the needs of your child as they grow and develop.

A (grownup) Toy Story: Sex Ed for Adults

In our culture we have classes to help us learn to adult in all aspects of our lives from cooking to driving to applying for jobs or applying our makeup. We live in the information age and we are inundated with How-To and DIY instructions on virtually everything. Yet, it seems that there is a desert of quality resources when it comes to quality, scientifically backed, medically accurate education about sex and sexuality!

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This explicit, but non-threatening, sex-positive, inclusive workshop is a great place to start. Get ready to talk about anatomy, desire, arousal, foreplay, and intimacy aids (lubricants and sex toys, yay!) and sexual conditions that make all of this important. Learn ways to figure out what you like and how to negotiate those things with a partners in a safe way (aka: affirmative, enthusiastic consent). We will explore some of the tools and resources you have available to you to develop a healthy, safe, rewarding sexuality that YOU define. Bonus: There will be free condoms, lubricant samples, and other fun giveaways.

(Not so) Risky Business: An interactive workshop

Risk awareness is about more than preventing STI's and pregnancy. This sex-positive, interactive workshop will cover topics like talking to your partners about getting tested (and how to access those resources), how to disclose your own STI status, and practical ways to make play time safer and sexier for everyone involved. We will talk about lubricant, condoms, dental dams, and negotiating boundaries around barriers and fluid-bonding. Whether you're an experienced player or you're new to the game, this workshop can teach you something new and useful. (Free condoms and lubricant samples will be provided to all attendees.) This talk can also be expanded to include in-depth information about **HIV and PrEP.**

Let's Talk (to our kids) About Sex: Sex-ed for parents.

One of the biggest roadblocks to comprehensive sex and sexuality education is parental involvement. Even well-meaning parents don't know where to start. Let's face it, nobody gives you a roadmap for raising kids, let alone for talking to them about things like S-E-X! This session will cover facts about sex education in America, how to know what kind of sex education your child is getting in school, when to start talking to your kids about sex at home (spoiler: it's sooner than you think), and how to get that conversation going.

BDSM and Kink - an introduction on identities, communities, and behaviors

Thanks to the popularity of *Fifty Shades of Grey* and movies like *Secretary*, BDSM has seen a surge of mainstream popularity. This influx of attention and curiosity often, however, does not translate into acceptance and understanding. Many mainstream representations of kink/BDSM perpetuate damaging and incorrect stereotypes that contribute to harmful stigma. This talk will provide definitions, discussion about the psychology of BDSM, background of the mental health community's treatment of BDSM (including its journey through the DSM), resources for better understanding members of the BDSM community, and more. This has been frequently offered to counseling and social work graduate students and members of the mental health and medical communities to help them better understand and support their kinky clients. This talk can also be expanded and adapted for folks looking to explore BDSM and power exchange in their own lives and relationships.

Polyamory and Ethical Non-Monogamy - an introduction on identities, communities, and behaviors

Humans have been in non-monogamous relationships since the dawn of our existence. In many western cultures, however, ethical non-monogamy (ENM) is not a widely accepted social norm, though it is increasing in mainstream popularity. Many mainstream representations of ENM perpetuate damaging and incorrect stereotypes that contribute to harmful stigma. This talk will provide definitions, discussion about the psychology of ENM, resources for better understanding members of the ENM community, and more. This has been frequently offered to counseling and social work graduate students and members of the mental health and medical communities to help them better understand and support their kinky clients. This talk can also be expanded and adapted for folks looking to explore ENM in their own lives and relationships.

Talk Data to Me: Science, Sex, and Mapping your Desires

We are going to talk about the neuroscience behind arousal, desire, and how to effectively approach "spicing up" your sex life. Whether you're single, newly dating, or in a long-term relationship, and whether you come alone or bring your lover(s) along, there's something in this workshop for everyone. This interactive workshop also includes a fantastic game of foreplay, creative sexuality, and self-discovery that will leave you with a menu of options for your next play time. You'll also have all the tools to go forth and recreate the magic so you can play this game alone or with as many friends and lovers as you like as often as it pleases you!

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LGBTQIA+ 101

Science, psychology, and medicine are constantly evolving as new, more complex understandings of sexual identity become available. Terminology around these issues shifts and changes based on geography, community, and other demographics, so keeping up with appropriate terminology can seem overwhelming. This talk provides definitions, examples, and resources for understanding sexual identity and diverse sexual orientation communities. This content is ideal for anyone looking to better familiarize themselves with new terminology and LGBTQIA+ issues, professionals, teachers and educators, or medical and mental health professionals looking to help update their staff's cultural competency, or parents/caregivers/family members looking to better support loved ones with queer gender or sexual orientation identities.

After-care for Activists: Self-Care tips from a queer submissive

As a member of the alt-sex community, your very existence can feel like an act of defiance. It can be exhausting to move through the world constantly making decisions about who to be out to, and how out you can be, especially when that world doesn't always value you or place you on equal footing with your heteronormative peers. Whether you're marching on city hall or sitting through PTA meetings, managing a stigmatized, marginalized identity makes you an advocate and activist just by getting out of bed every morning. This session will cover the myriad strategies that members of the alt-sex community employ regarding identity formation and impression management and how being YOURSELF is being an activist. Angel will also make suggestions – from their perspective as a queer submissive and alt-sex activist– for engaging in radical self-care and self-love so that you can stay strong.

Oral Presentation: The Science of Oral Sex

In this interactive workshop we will discuss the science of arousal, desire, anatomy, and communication, and how this information translates into a better oral sex experience for you! This will include tips, tricks, and techniques for exploring pleasure on all body types. We will also learn how to integrate a variety of barrier methods into your oral play to reduce the risk and maximize the fun! Bonus: There will be a variety of free condoms and lubricant samples for all attendees!!

Slippery When Wet: All about lube!

Choosing a lubricant can be sticky business. Different situations (and parts of your body) call for different lubes, and not all lubes are created equal. With the overwhelming number of choices, how do you choose the right one without wasting a ton of money on the wrong stuff?! Whether you're new to lube or an experienced lubester (yes, it's a word, I just made it up), this workshop will give you in-depth knowledge into how to decide which lubricant(s) are right for your play time. We will sample lots of different types of lubricants and talk about how those interact with your body, your toys, your barrier methods and more! Bonus: Everyone who attends will get samples of many different types of lubricant to take with them so you can start to play right away!

Zen and the Art of Relationships: A Buddhist approach to non-attachment, ethical sexuality, and managing your emotions.

Let's combat that common poly myth – the myth that we don't get jealous. Let's instead, embrace our jealousy – and all our other emotions – in a way that allows us to experience them without letting them rule our lives. Research shows the most important key to relationship satisfaction isn't being free from conflict, but rather, is conflict management. Conflict management starts with us. This session will cover a Zen Buddhist approach to recognizing and owning our emotions, and tips for healthy ways to communicate openly and honestly to maximize relationship satisfaction.

The Next Generation: Relationship Equality Representation on College Campuses.

Please note: This is not just for college students, faculty, and staff. This session is for anyone who is interested in supporting polyam/ENM inclusive education and resources on college campuses.

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College is a time when many young adults are discovering personal freedoms regarding identity, community, friendship, sexuality, and relationships. For many, college marks their first exposure to lifestyle and identity possibilities that expand beyond the boundaries of their youth and many of them express interest in unconventional lifestyle choices, which often includes explorations of sexual and romantic non-monogamy. It is becoming increasingly important for college students to have access to information and resources that equip them to make risk-aware, informed decisions. This search for knowledge and outside-the-box approach to self-exploration also makes college and university campuses ripe environments for social justice movements that center cultural competency issues, tolerance, and destigmatization for marginalized groups. In this session we will talk about the nature of alternative sexual and relationship identity movements on college campuses and, specifically, the unique challenges to establishing visibility and support for polyamorous/ethically non-monogamous students. We will discuss the pros and cons of a variety of university programs such as Sex Weeks, identity groups, and student organizations, as well as the limitations and options for academic and student affairs professionals, and how you – yes YOU – can support effective relationship equality movements in academic spaces.

Co-Opting or Co-Existing? A facilitated discussion about the overlap (and separation) between ethically non-monogamous (ENM) and LGBTQIA+ identities and communities.

If you are an LGBTQIA person who is also ENM, which communities do you feel most at home in, queer communities or non-monogamous communities? What should straight ENM folks keep in mind when dating LGBTQIA folks or moving through LGBTQIA spaces? Do straight ENM folks “belong” in Pride celebrations? Does being ENM make you queer?

Not everyone lives in cities that have thriving ENM communities. Often this means that ENM and LGBTQIA individuals frequently end up sharing space and resources, which is openly embraced by some and a sincere challenge for others – and all with good reason. This session is intended to be a facilitated discussion about the ways these communities overlap and the ways they do not, important considerations for members of both communities about mutual and exclusive concerns, ways our communities can support each other, and when/if it might be important to provide distinction between these communities. *Please note: This is not meant to be an enforcement of any one individual’s agenda or ideals, but a collective discussion of critical issues facing alternative sexual and relationship orientation communities. Due to the often-controversial nature of discussions like these, safe space group agreements will be established and enforced.*

Accio Feminism: A discussion of feminism in the context of the Wizarding World

History of feminism, applications from the Harry Potter/Wizarding World universe, includes discussion of the controversy around JK Rowling’s anti-transgender statements – is it possible to separate the art from the artist.

Also: Accio Privilege: What can we learn from the Wizarding World about Equality, Society, and Politics.

A variation on the Feminism class that expands to discussion of privilege, oppression at individual, social, and institutional levels. Can include additional activity ideal for groups of 10-25.

REPRESENTATIVE WORKSHOPS, PRESENTATIONS, INVITED TALKS BY TITLE*

*Please email for an exhaustive list.

Sexual Identity vs Sexual Behavior: Definitions, distinctions, and applications for healthcare providers. (Co-presented with Aaron Leedy, MA.) 2019

UF Health LGBT Competency Conference – Internal staff, administrator, and provider training, UF Health, Jacksonville FL.

Sexuality and Gender (Co-presented with Aaron Leedy, MA.)

2015 - Present

Introduction to Psychology. University of North Florida, Jacksonville, FL

The PCP’s Role in Their Patients’ Sex, Sexting, Relationships, and Health Communication: Talking

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<i>to your patients about their sex lives</i> (Co-Presented with Dr. Ashley Duggan) Tufts University School of Medicine, Boston, MA	2019
<i>BDSM/Kink, Polyamory, and other alternative sexual identities: How to best serve your clients and patients in these communities</i> Human Sexuality Counseling, Jacksonville University, Jacksonville, FL	2019
Sexual Issues in Counseling, University of North Florida, Jacksonville, FL	2019
Counseling post-doc intern group, University of North Florida, Jacksonville, FL	2019
Human Sexuality Counseling, Jacksonville University, Jacksonville, FL	2018
<i>Talking to your Patients about their Sex Lives</i> UF Health Pharmacists, Jacksonville, FL	2019
<i>The Role of Health Professionals in Community Outreach</i> Jacksonville University, Jacksonville, FL	2019
Florida State University at Jacksonville, Jacksonville, FL	2018
<i>HIV, Hep C, and STI Prevention: Risk Aware Sexual Health</i> Jacksonville Metro Treatment Center Physicians Meeting, Jacksonville, FL	2018
Club Kink, Jacksonville, FL	2018
Florida State College of Jacksonville Nursing Program, Jacksonville, FL	2018
Jacksonville University Nursing Program, Jacksonville, FL	2018
<i>Self-Monitoring in Friendship and Romantic Relationships</i> Theories of Personality. University of North Florida, Jacksonville, FL	2018, 2017
<i>Mischief Managed: A Harry Potter Themed Community Sex Education Event</i> King Street Co-Op, Jacksonville, FL	2018
<i>Accio Feminism: A Discussion of Feminism and the Wizarding World (of Harry Potter)</i> The Politics of Harry Potter. UNF Honors. University of North Florida, Jacksonville, FL.	2018, 2016
<i>Professor Marsden and Media Representation of Non-Monogamy</i> Jacksonville Public Library, Jacksonville, FL	2018
<i>Let's Taco 'Bout Sex: A Themed Sex Education Event</i> The Arc Jacksonville: Residential Community for Adults with Intellectual and Developmental Differences, Jacksonville, FL	2018
<i>Those who Can, Do! An Exploration of LGBTQ+ Mentoring Experiences and Practices</i> Florida Collegiate Pride Conference, University of Central Florida, Orlando, FL	2018
<i>The Science of Sex Education</i> UNF Sex Week 2018, Jacksonville, FL.	2018
<i>(Not so) Risky Business: A workshop about HIV/STIs, risk awareness, safer sex, and consent</i> UNF Student Union. University of North Florida, Jacksonville, FL.	2017, 2018
<i>Sex Ed Sunday with Professor Sex</i> Coniferous Cafe. Jacksonville, FL and Jacksonville Center for Sexual Health	2017-2018

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- Free Community Sex Education for Late Adolescents/Adults
- Topics including but not limited to:
 - Relationship negotiation, fantasy negotiation, and consent
 - Data and drama: A scientific approach to success in online dating
 - The science of sexual desire
 - Defining and discussing BDSM/kink
 - Defining and discussing consensual non-monogamy
 - Intentional relationship transitions and dissolution
 - Ending toxic relationships; Setting Boundaries
 - The science behind New Relationship Energy (NRE)

Accio Equality: What we can learn from the Wizarding World about power, privilege and oppression. 2017

The Psychology of Harry Potter. University of North Florida, Jacksonville, FL.

A (grownup) Toy Story: Comprehensive Sexuality Education for Adults 2017

Atlanta Poly Weekend hosted by the Relationship Equality Foundation. Atlanta, GA 2017

Alt-Sex Week hosted by UNF Pride Club. University of North Florida, Jacksonville, FL.

Sexuality Education for Individuals with Physical, Developmental, and Learning Disabilities: Why is this important and how can you, as a parent, get involved? 2017

On-Campus Transition. ARC at the University of North Florida. Jacksonville, FL.

Sexuality Education for Individuals with Physical, Developmental, and Learning Disabilities. 2018, 2017

On-Campus Transition. ARC at the University of North Florida. Jacksonville, FL.

Contested spaces: Gender, Sexuality, and Rights in a Global Context. (Panelist) 2016

International Studies Lecture Series. University of North Florida, Jacksonville, FL.

Sex-Ed in the Morning 2016

American Medical Students Association Pre-Med Fest, University of South Florida, Tampa, FL.

Gender Roles in Close Relationships 2016

Social Psychology. University of North Florida, Jacksonville, FL.