

Sex positive sex education: empowering through pleasure

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» Sexual pleasure is a primary motivation for sexual behaviour, but is associated with shame; public health and sex education position the pursuit of sexual pleasure as a cause or contributor to disease — this has biased research on sexuality, sexual health and porn to be disease and risk-focused.

» Unsafe sex is the biggest risk factor for young women's deaths globally and second biggest for young men; pornography, which rarely shows safer sex, is one of the key channels for sex education for young people; while school-based sex education is limited and focused primarily on biological aspects of sexuality and avoiding pleasure.

» There are documented examples of creating safer sex porn or breaking down the sex education/porn binary to reach audiences with sexual health information in an arousing and empowering way (available at <http://thepleasureproject.org/>)

» Higher quality and unbiased research needs to explore positive and negative impact of porn while sex education needs to engage with it to ensure that viewing porn promotes safe sex choices and consent, as well as pleasure.

» The prevailing moral concern among the global public health community needs to be challenged and more sex-positive, pleasure-based approaches to comprehensive sexuality education adopted.

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sexy safe sex

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