S11E12- Let's Actually Talk About Sex- For 16+

this is a transcript from a podcast. do not make changes to it at all. the only changes i need is putting this in proper paragraphs with 3-4 sentences. fix radability and punctuation ONLY

📍📍 Okay, so let's talk about sex. No, not the Salt-N-Pepa song that we heard in the '90s. But what we wanna do today is Talk about sex for listeners age 16 and over. In this podcast, we talk honestly and directly about sex, what it is, what healthy looks like, what pornography gets wrong, and some practical information about contraception and STIs.

If you're under 16, please come back to this one when you're older. There are other episodes in this season made specifically for you right now. And if you're a parent, thank you for being here. Please listen to this episode first before sharing it with your teen. It's honest, it's direct, and that is entirely intentional.

If you decide to share it, that's a great decision. If you wanna listen together, that's an even better one. If you're 16 and over, and you're listening on your own, this one's for you. Let's go. Hey, welcome. Welcome to the final episode of season 11. This season has been building to this one. We started with conversation parents needed to have.

We talked about puberty and periods and consent and bodies and what healthy relationships look like, and now here we are, an episode that talks about sex directly, honestly, without the cringe, without the clinical distance. Because you deserve that. You deserve actual information, not a biology lesson dressed up as sex ed, not a list of things to be afraid of, not the version that leaves out everything that really matters.

So this is what this is, the real version, the one that's gonna be useful. Are you ready? Let's go. So what sex actually is. Let's start with a definition because one of the most people are given is incomplete, and the gap between the definition and reality is where a lot of confusion lives. Most sex ed class define sex as a penis entering a vagina, and we're already there.

Come on, we've gotta get to it. We're there. So that is it. That's the whole definition, and that has some serious problems, in my opinion. It excludes a huge proportion of human experience. It puts one specific act at the center of everything and treats everything else as either warm-up or an add-on, and that's not right.

And it means that lots of people have sexual experience that feel significant and real and confusing and have no language for them because the word they were given doesn't seem to fit. So let me give you a more honest definition Sex is any sexual activity that involves your body and another person's body, or your own body for that matter.

It includes kissing, touching, oral sex, mutual masturbation, penetrative sex of various kinds, and other forms of sexual activity, and it exists on a spectrum. There is no single act that counts as the

real thing and everything else is lesser. All of it is real. All of it carries the same framework of consent, of wanting, and of being a choice that you are making freely.

All of it, every single part of it should involve the same question underneath, " Do both people genuinely want to be here?" And that question is not the beginning of a conversation, it is the conversation. Everything else sits inside that. So what does healthy sex look like? This is the part that most sex education classes leave out entirely, and it's the most important part.

Healthy sex is not defined by what you do, it's defined by how it happens, and here is what healthy looks like. Both people genuinely want to be there. Not going along with it, not doing it because they feel like they have to, or because it was easier than saying no, or because another person has been more persistent

Genuinely Actually, is what I want, wanting to be there. What else? Well, Both people feel free to stop at any time without consequence, without the other person getting angry or sulking or making them feel guilty. Stopping is always an option for both people at any point, full stop. Both people's pleasure matters. This sounds obvious, but it isn't.

A significant amount of sexual experience, particularly for girls and women, involves one person's pleasure being treated as a goal and the other person's as an afterthought, and that's not healthy. Healthy sex is mutual. Both people's bodies and how they m- feel matter equally. Communication is part of it.

Healthy sex involves people actually talking to each other, checking in, asking, noticing, saying what they want and what they don't. This does not have to be a formal conversation, but it does have to be a real one. The idea that good sex is wordless, instinctive, and you just know that's a myth. Real intimacy involves real communication.

It's gotta feel good, and not just physically. Healthy sex does not leave you feeling ashamed or used or like you did something wrong. It does not leave you feeling worse about yourself than you did before. If it does, that's information you need to be paying attention to. And one more thing about healthy sex that I want to say clearly because it does not get said enough.

You are allowed to want it. Your desire is not shameful. It's not something you suppress or hide or be embarrassed about wanting it. Wanting sex when you're ready with somebody that you trust in a situation where both of you are genuinely choosing it is completely normal part of being human. The shame that gets attached to desire, particularly for girls, particularly for anyone outside a very narrow cultural scripts about who is allowed to want what, is not accurate.

It's not deserved, and it can cause real harm. You're allowed to want sex. You are also always allowed not to. Both are valid. Both deserve to be respected Okay, what does pornography get wrong? So let's talk about porn because if you're 16, the chances are you've encountered it. Not necessarily you went looking for it because it's everywhere, because it finds people on phones, on social media, in group chats long before most people have any framework or understanding of what they're seeing.

And I want to be honest with you about what porn is and what it is not, because the gap between the two is enormous and if you don't know what the gap is, porn becomes your default education and that causes harm, real lasting harm. Pornography is a performance. It's content made for entertainment, for adult entertainment by professionals in controlled environments using lighting, editing, camera angles designed to create specific effects.

It's no more realistic depiction of sex than an action film is a realistic depiction of a fight. Here is what porn is not. It's not what real bodies look like, it's not what real sex looks like, and it's not what real intimacy feels like. And it's absolutely not reliable guide to what any partner of yours will want, expect, or enjoy.

Specifically, here's what porn consistently gets wrong. Bodies. The bodies in porn are not representative of real bodies. They are selected, altered, and presented in ways that bear very little relationship to the range of bodies that us humans actually have.

If you've looked at porn and felt that your body doesn't measure up, the feeling is a response to something that is not real. Your body is real. The comparison is not fair.

Consent. Porn almost never depicts consent in a way that actually works. It does not show the conversation, does not show anyone checking in. It does not show anyone stopping to ask if the other person is okay.

The absence of that in porn is not because consent doesn't matter in real life, it's because consent is not what porn is designed to show. Carrying those expectations into real life and real relationships can cause harm.

Pleasure. Pornography depicts pleasure in a very specific, very performed way that's designed to be visually appealing on screen. It does not reflect how most people actually experience pleasure, particularly female pleasure, which porn consistently misrepresents, minimizes, and ignores entirely.

If your understanding of what your partner will enjoy is based primarily on pornography, it's likely to be wrong. Sorry to break that news.

What is normal? Pornography increasingly depicts acts that are extreme, aggressive, or degrading as standard. They are not standard. They are not what most people want, and the normalization of those acts, the sense that this is just what sex is, one of the most concerning things about way porn is shaping young people's expectations, particularly over the last decade.

Now, none of this means porn has destroyed you or that there's something wrong with you for having seen it. It means you deserve to know what it is so that you can look at it with accurate eyes rather than looking as if it's a window into reality. It's not a window. It's a performance, and real life looks very different from that.

Into the practical bit. Practical information because no episode about sex is complete without it. Contraception. So this is how you prevent unintended pregnancy.

There are several options, and it's worth knowing about all of them because this is a mutual responsibility. Condoms are the only form of contraception that also protects against sexually transmitted infections or STIs. They go on an erect penis before any sexual contact and are highly effective when used correctly. Correct use matters.

Check the instructions. Check the expiry date. Use the right size.

The pill. The combined contraceptive pill or the progestogen-only pill is taken daily and prevents pregnancy by stopping ovulation or affecting the conditions in the uterus, but it does not protect any of you against an STI, a sexually transmitted infection.

Long-acting reversible contraception, including the implant, the coil, the injection, are highly effective methods that do not require daily action. They're available through GP surgery and sexual health clinics and are free on the NHS.

Now, I'm gonna give you a bit of a heads-up with both of those, the pill and the long-acting reversible contraception. They are hormones that will affect your mood and affect your libido. Most of those are taken by girls and women, and it can have a profound effect on how you feel.

So if you are thinking of going on it, try it, see, have very open and frank discussion with either the sexual health clinic nurse or your doctor because what we don't want you to do is feel like rubbish, have no libido, 'cause what's the point of being on it? And when I say libido, it's that, the kind of urge, the wanting to have sex.

Emergency contraception, sometimes called the morning after pill, can be taken after unprotected sex to reduce the risk of pregnancy. It's available free from sexual health clinics, some pharmacies, and some GP surgeries. I would check out the First Pharmacy.

So Google First Pharmacy in your area if you needed it. It's the most effective the sooner it's taken. It's not an abortion. It prevents pregnancy from occurring, so actually taking hold.

Again, none of these are 100% effective. Condoms are the most effective against STIs, and then you have others that will prevent pregnancy.

The most important thing to know about contraception is this: using it responsible is exactly what it's there for. Preparing for sex is not the same as expecting it to happen. It's the same as wearing a seatbelt. It is what is sensible, self-respecting people do.

If you're unsure of what's right for you, and this might be a conversation you want to have now, but you might not be in a relationship, so you might not need these, but you just wanna know what the options are, Brook Clinic are really good. NHS Sexual Health Services offer free confidential advice to young people. You do not need your parents' permission to go, and you will not be judged.

And when I say that, I actually know some of the nurses in these clinics, and they are amazing. And for them, it's just like you walking into Sainsbury's. It's just their job. You walk into a supermarket and pick up a meal deal.

That's the way they see it because this is their job, and they would rather give you loads of information and support you than you then getting yourself into a situation that you can't handle.

So let's just talk a little bit about STIs. Sexually transmitted infections are infections passed between people through sexual contact. They are common. They are treatable in most cases, not all though, and they are nothing to be ashamed of, but they are something to be aware of.

The most common STI in young people in the UK is chlamydia, gonorrhea, herpes, and genital warts. Most STIs have no obvious symptoms, which means you cannot tell by looking at someone whether they have one, and you may not know yourself.

The important thing to know is that condoms significantly reduce the risk, and they are the only contraception that does. Using them consistently is the single most effective thing you can do.

Testing is easy, free, and confidential. Sexual health clinics, GP surgeries, and many pharmacies offer STI testing. You can also order a free home testing kit online through the NHS.

Testing is not something only people who have done something wrong do. It's something that responsible, sexually active people do regularly.

If you test positive, it's not the end of the world. Most STIs are easily treated with antibiotics or other medication. What matters is finding out and getting treated and not carrying the shame around with you.

Now, I haven't mentioned AIDS here. This is treatable, but peoples can still die of AIDS, and so using a condom will help with that. If you use a condom, you are less likely to get any sexually transmitted infections, including AIDS.

Things like chlamydia can cause infertility. Now, mentioning that, mentioning AIDS is not to scare you, but these are real. These are real diseases that are out there. And so absolutely you can have sex, just protect yourself.

Make sure you're protecting yourself. As well as being healthy and choosing somebody you want to have sex with, make sure that you are protecting yourself and them.

So a few things worth knowing. The first time doesn't have to be anything in particular. There's enormous cultural pressure around losing your virginity. It should be special.

It should be perfect. It should be with the right person at the right moment. The reality is messier and more human than that. It might be awkward.

It might not live up to expectations, and that's normal. What matters is that there is a choice that you've made freely with somebody you trust and you felt safe with.

There's no right age within the legal framework. The age of consent in the UK is 16. Below that age, sexual activity is illegal regardless of what both people say they want. Above that age, there is no socially correct moment.

People have sex for the first time at 17, at 30, at older, and every age in between. The only timeline that matters is yours. You don't have to rush into this.

You are allowed to change your mind before, during, and after. At any point, regardless of what you've said before, regardless of how far things have gone, regardless of what the other person thinks, you're allowed to stop always.

And the big one: sex does not define your worth. Having it does not make you more mature, more desirable, or more grown up. Not having it does not make you immature, strange, or behind. It's one part of life.

It's not a measure of anything else except itself. You decide. You make sure you decide when you are ready and with somebody who respects you and vice versa. What anybody wants is for a young person to experience a happy, healthy, safe sex life.

So this is the last episode of our sex education, and I want to end it the way every episode, season, has tried to work: honestly and with you. We've covered lots of ground: puberty, periods, consent, bodies, what healthy looks like, what porn gets wrong, what do you do when something online feels wrong, and now sex, the full picture.

You did not have to listen to any of this. The fact that you did tells me something about you. It tells me you are someone who wants to understand, who wants to do this well, to treat yourself and other people with the care that they deserve, who is not content with the version of this conversation and that leaves everything important out.

That matters more than here is what I want you to take from this whole season. Your body belongs to you. Your desire is absolutely natural and normal. Healthy sex is mutual, communicative, and good for everybody involved.

Porn is not reality. Consent is not a formality, it is the foundation of a relationship, whether that lasts one night or years. And if anything ever happens that doesn't feel right, you're not alone, it's not your fault, and there's always somewhere to turn.

That is the whole season. That's all of it. Take care of yourselves, take care of each other, and thank you genuinely for being here.

And that's a wrap. The talk, all the episodes. If this season has been useful, please share it with a friend, a sibling, a parent, someone who needs it. The more we talk about this stuff, the less alone everyone feels, and feeling less alone, as we've established across the episodes, is rather the point.

It's really important that we talk about this for our young people involved. We want them to grow up having a happy, healthy sex life and keeping themselves safe, and they can only do that if they have all the facts.

All the resources, research references, and further reading are in the show notes, and if anything in this season has brought something up for you, please reach out to the organizations listed. They are there for exactly that.

Until next time, take care of yourselves and lots of love.