We agree with Valenti saying, “taking control of your body by making informed decisions about your sexuality” is the key to feeling liberated, because limiting one’s options doesn’t help anyone. The more you know about yourself the more confident you are and comfortable you are with yourself and the space around you. If you don’t start with knowing yourself then you’ll never be able to know anyone else or their sexual needs.

Like Valenti said, if you’re making responsible and informed decisions then who cares?

Going to the gynecologist is stigmatized but it’s the healthiest thing you could do for yourself. It’s inclusive because it’s solely about yourself and it’s not worrying about anyone else, educating yourself on your body and your voice is the most important part to sexual health.

The difficulty of becoming educated and internet usage limits individuals. The sexual education provided to students ignores the facts and doesn’t address both sides of the conversation. Everyone has the same end goal, an orgasm, so why don’t we teach a way that students and everyone else can reach that goal without compromising their intelligence on the subject.

Take responsibility for women and other women, helping other girls and women doesn’t limit yourself. “Whether we’re married, single, gay, young, whatever – we all want orgasms.” (34) It’s not effective and because people will remain curious and they will explore the other options regardless where they’re getting the information from. Providing the information in schools will allow students to be curious in the safest way possible.

In the stereotypical heterosexual relationship, the “double-standards game” and its “flawed logic”, if women have sex they’re sluts but if men have sex they’re experienced and in power. Men must get their education from somewhere so who’s the woman he was first with? This brought up the topic of porn and how many people get their education from porn, especially men, because it’s thought that women shouldn’t watch porn. It’s flawed logic because it’s bullshit, whenever you’re in a situation where you overhear someone slut shaming you can stop the conversation and be direct about why people have sex and end the stigma. This reinforces the stigma that sex for women isn’t natural and there is no in between.

“Sorry, it just makes me crazy that whether I’m a whore is completely dependent on cock” (36).

If things aren’t going to change then Valenti suggests, “We have to take power out of the sexual insults like ‘whore’ and ‘slut’.” (37)