

Social Justice Watch 0209

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Heather Corinna @heathercorinna · 15h ▾

Hey, everybody. I had a rough day today. One part was extra awful. I want to talk about it in this thread. It's about why it matters how you regard, talk about and treat sex workers. (There's some hard stuff in here from someone being fairly awful about women and sex, just FYI.)

17

199

455



Heather Corinna @heathercorinna · 15h ▾

A user came into our text line today saying he felt ashamed about being in his 20s & hasn't had sex with anyone else yet. I tried to help them offload that shame in a few ways, but they ultimately just felt the answer is for them to have sex. I disagree, but it's not my decision.

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Heather Corinna @heathercorinna · 15h ▾

They said they wanted not to "waste their 20s" and wanted to have sex with several women. I said a few things to counter some of the yuck in that, then also affirmed it was totally okay to want sex and sexual partners.



Heather Corinna @heathercorinna · 15h ▾

I asked them if they had sexual interest in anyone in particular. They didn't. I said, then, that meeting people was the way any of this starts and talked about that a bit. This led to them telling me they didn't want to deal with women at all aside from wanting sex with them.

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Heather Corinna @heathercorinna · 15h ▾

They asked how they could manipulate women by "faking" care about or interest in them so they could "just get what I want." I said the things you probably would imagine a good sex educator who works to help people have healthy relationships and interactions would say.

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Heather Corinna @heathercorinna · 15h ▾

I shared a link to this fantastic piece we published by Thomas MacAulay Miller: Ethical Horniness, Or How To Find A Partner In An Enthusiastic Consent World



Heather Corinna @heathercorinna · 15h ▾

But ultimately, they told me they weren't interested in any of that. They didn't want to have to care about people (they asked why they even had to care about other people after I had set a boundary with them and logged off for the day).

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Heather Corinna @heathercorinna · 15h ▾

You may be unsurprised to know that in the context of all this, they told me they'd "been thinking about just paying for it." The why is right there: he doesn't want to have to care about people he has sex with. He thinks he does not have to care about people who are sex workers.

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1 ↘ 12

167



Heather Corinna @heathercorinna · 15h ▾

There are many reasons why sex workers suffer so much violence and other kinds of harm. But this — that at the crux of things, people, lots of them, believe that what sex workers provide is sex where you do not have to treat them like people — is at the heart of most of them. ❤️



Heather Corinna @heathercorinna · 15h ▾

This is not at all the first time I've heard/seen something like this in the decades I have done this kind of work (or when I was doing sex work). I've heard a range of this very common idea in our direct services, and not just from dudes, or dudes that sound this maladjusted.

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Heather Corinna @heathercorinna · 15h ▾

I hope I don't have to tell you this is wrong. This is NOT what sex workers provide. Sex workers provide sexual opportunities, but still absolutely should be — and must be, if you're not engaging in abuse — treated w/courtesy, care and consideration like, I hope, everyone else.

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Heather Corinna @heathercorinna · 15h ▾

This guy didn't come up with this on his own, or likely get this message from one person (or porn, etc.). He got this message from EVERYWHERE, which is where so many people get it from. How could he miss it? How could anyone?



Heather Corinna @heathercorinna · 15h ▾

I'm going to be real clear: if you do not want to treat anyone like a human being in the most basic ways but want to have sex, seeking out a sex worker is NOT what to do. Because sex workers ARE PEOPLE. Sex workers must be treated like people.

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394



Heather Corinna @heathercorinna · 15h ▾

(If that's what you want, then what you should do is stay in your own room without interacting with other people until and unless you can treat them like people. I also vote for treating yourself like a person, but that's your choice.)

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Heather Corinna @heathercorinna · 15h ▾

Here's my ask: this guy got this from so many people's words and actions. It's omnipresent. And you can perhaps see, I hope, how this idea is totally fuels violence against sex workers, fuels and sustains all kinds of inhumanity about and against sex workers.



Heather Corinna @heathercorinna · 15h ▾

If this is anywhere inside of you, this idea that sex workers are not people, are less than people, or that it's okay to treat them with any less care and consideration than other people? BURN IT DOWN. Be done with it utterly and completely.

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Heather Corinna @heathercorinna · 15h ▾

Make sure in the ways you talk about, regard or treat sex workers (and vote!), your words and actions all contain and project the clear, unwavering message that sex workers are people that everyone needs to care about deeply and treat with that care as we should all people. ❤️

2

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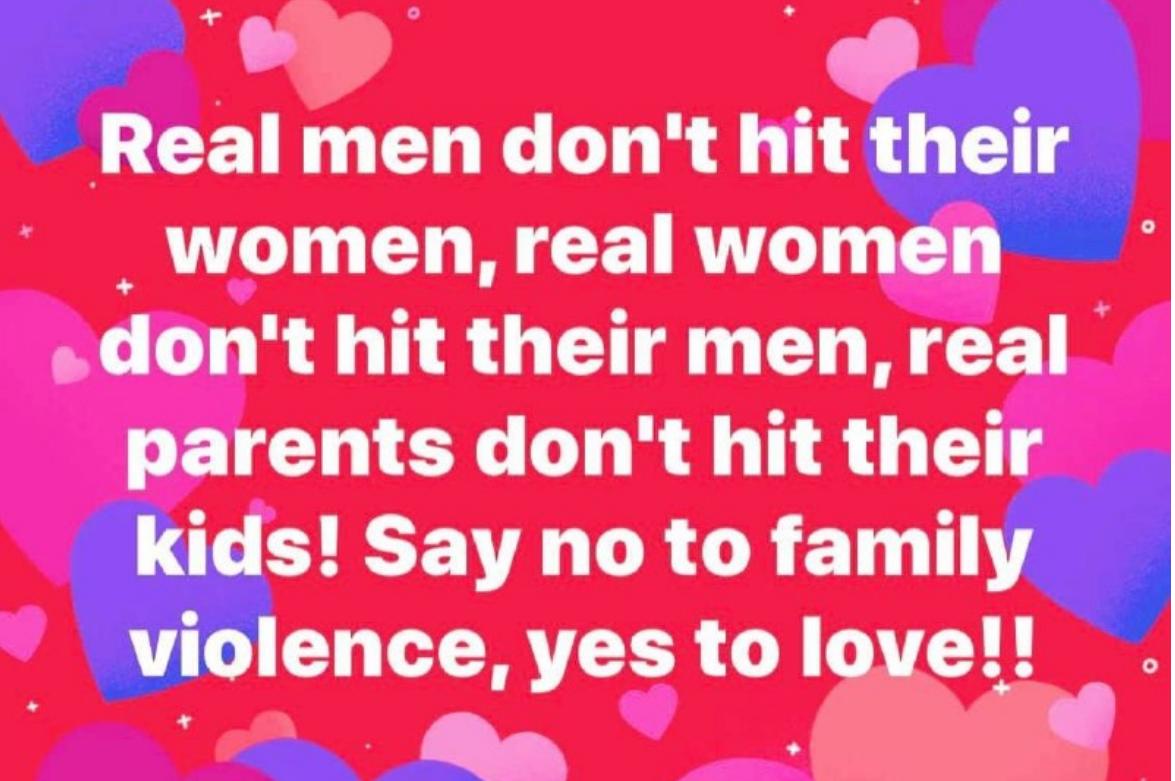
162



Heather Corinna @heathercorinna · 15h ▾

Thanks for listening and passing this (or things like this) around. This is personal for me -- including the sex workers in my life and world I care about and am often so scared for expressly and only *because* of this crap. This matters to me. This just matters, period.

[source](#)

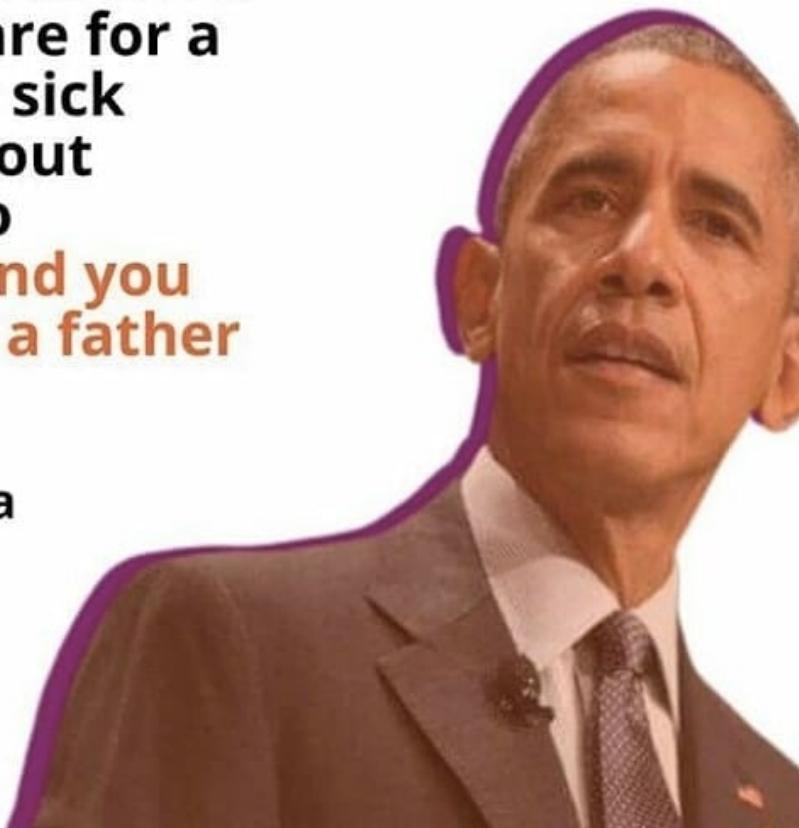


**Real men don't hit their
women, real women
don't hit their men, real
parents don't hit their
kids! Say no to family
violence, yes to love!!**

[source](#)

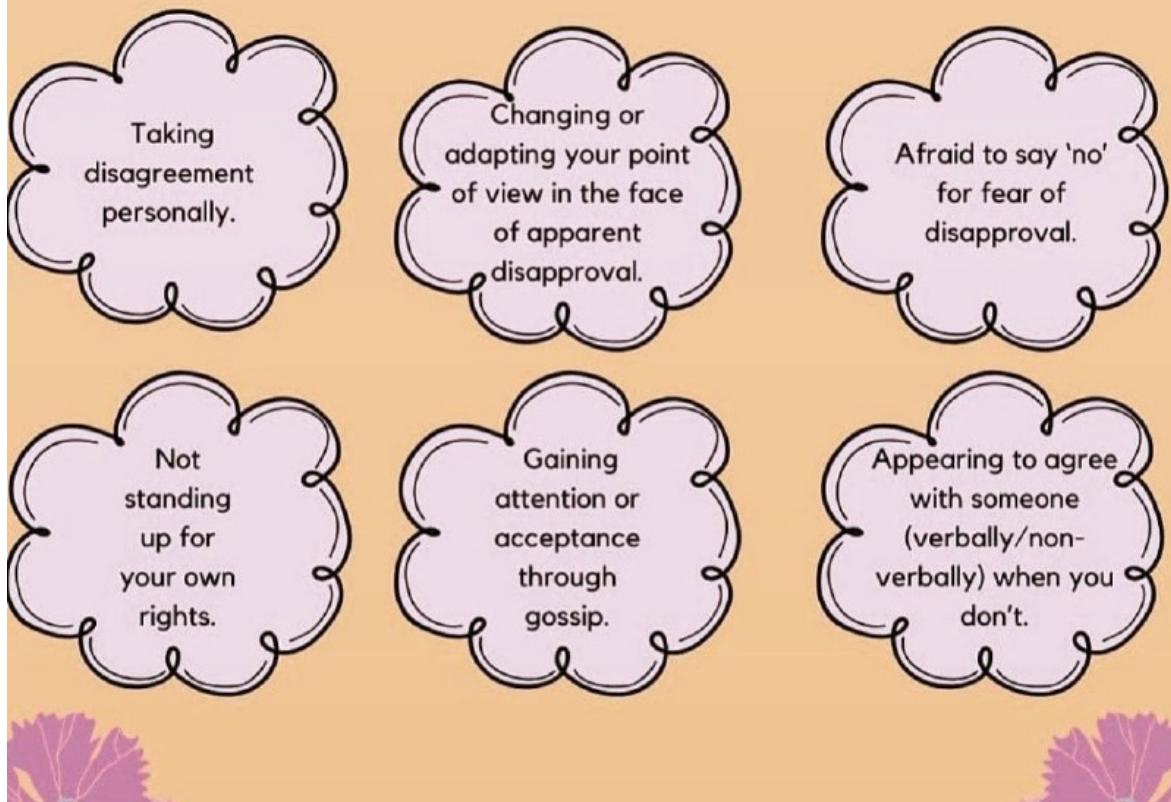
"A woman deserves equal pay for equal work. She deserves to have a baby without sacrificing her job. A mother deserves a day off to care for a sick child or sick parent without running into hardship - and you know what, a father does, too."

-Barack Obama



A woman deserves equal pay for equal work. She deserves to have a baby without sacrificing her job. A mother deserves a day off to care for a sick child or sick parent without running into hardship – and you know what, a father does, too. [source](#)

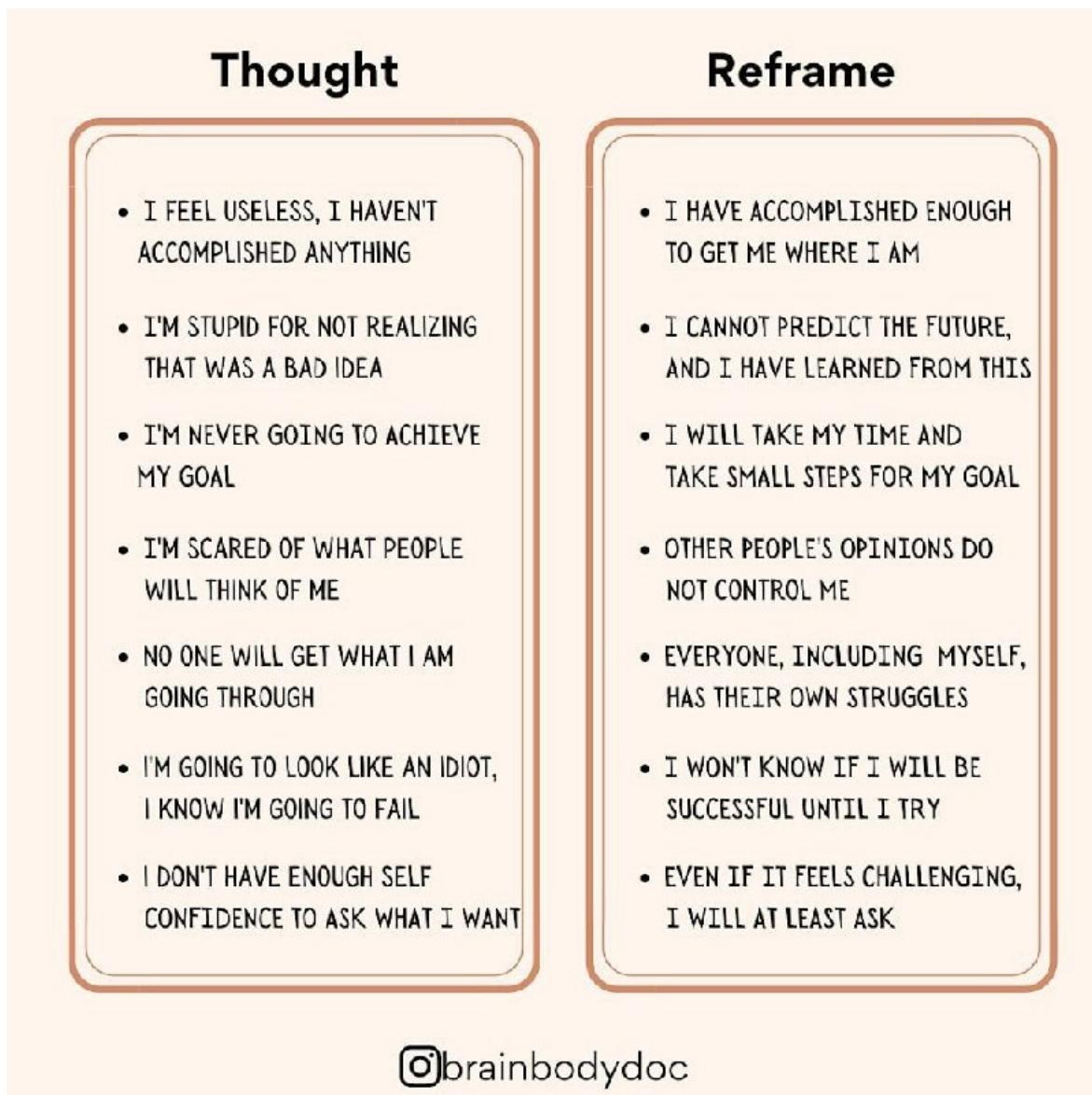
VALIDATION SEEKING LOOKS LIKE



VALIDATION SEEKING LOOKS LIKE

- Taking disagreement personally.
- Changing or adapting your point view face apparent disapproval.
- Afraid say 'no' of disapproval.
- Not standing upon your own rights.
- Gaining attention acceptance through gossip.
- Appearing to agree with someone verbally/non- verbally) when you don't.

[source](#)



[source](#)



HOW TO: CALM THE NERVOUS SYSTEM

 @brainbodydoc

HOW TO: CALM THE NERVOUS SYSTEM



Maintain a daily routine. The brain thrives on habit and routine, so it is essential to stick to something familiar each day. Try to also incorporate something pleasant in your day that brings a smile to your face. This re-enforces your neurons.

@brainbodydoc

HOW TO: CALM THE NERVOUS SYSTEM



Take a break from constant screen time and practice tuning into your breath. If your job involves a lot of screen time, take a quick 5 minute break every hour to look away from your computer and focus on some inhales and exhales to reset your nervous system.

@brainbodydoc

HOW TO: CALM THE NERVOUS SYSTEM



Regular aerobic exercise can have a calming effect on your nervous system. If you struggle with motivation to work out, try breaking exercise down into small steps. Choose what days of the week and time of day you would like to exercise. Motivation can come in small steps

@brainbodydoc

HOW TO: CALM THE NERVOUS SYSTEM



Make a daily effort to stay in communication with family, friends, or neighbors, through text, phone, email, or video chat if you are unable to see them in person. Isolation can have negative effects on emotional wellbeing and can contribute to depression and anxiety.

@brainbodydoc

[source](#)

MAINTAINING YOUR IDENTITY



IN A RELATIONSHIP

 @brainbodydoc | Sundaş Pasha, Psy.D.



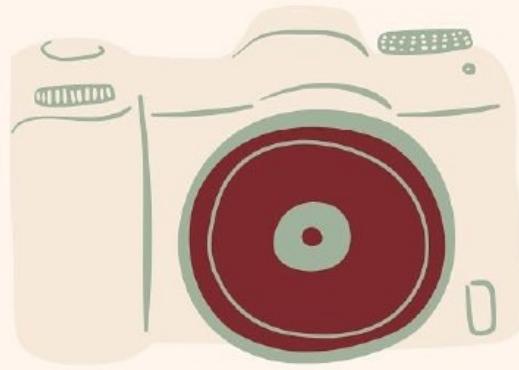
Keep up with your own goals,
dreams, and aspirations. Don't change
these for anyone but yourself.



Stay connected with your own family and friends. Nourish those other relationships in your life as you normally would.



**Continue to learn how to best
take care of yourself. No one
can do it like you can, so nourish
and give yourself what you need.**

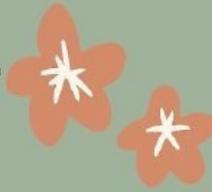


Engage in hobbies you personally enjoy and value. You can also use these for "me time" when you need your own space.

 @brainbodydoc | Sundas Pasha, Psy.D.

[source](#)

UNHEALTHY ATTACHMENT SOUNDS LIKE:



1

YOU RELY ON THE OTHER PERSON'S OPINION TO DETERMINE YOUR OWN SELF WORTH

2

YOU HAVE ALTERED YOUR LIKES/WANTS/NEEDS TO BETTER ACCOMMODATE SOMEONE ELSE

3

YOU FEEL THE NEED TO SEEK CONSTANT APPROVAL FROM THE OTHER PERSON

4

YOU DON'T HAVE A "SENSE OF SELF" ANYMORE, FEELING LIKE YOU'VE LOST YOUR IDENTITY

5

YOU ARE NOT SURE WHAT TO DO WITH YOURSELF WITHOUT THE OTHER PERSON'S PRESENCE

6

YOU ARE SACRIFICING OTHER IMPORTANT RELATIONSHIPS IN YOUR LIFE

@brainbodydoc

[source](#)

TIPS TO OVERCOME IMPOSTER SYNDROME



THOUGHT:

"I don't feel good enough"

TIP:

Don't believe everything you feel. In other words, don't let your emotions dictate your reality. In moments of difficulty or novelty, our emotional mind likes to take over our rational mind.

THOUGHT:

"I don't know anything"

TIP:

Direct your attention to what you DO know and what you ARE capable of. Think of scenarios and examples of how you got to where you are right now. Focus your thoughts to your prior successes.

THOUGHT:

"I'm not smart enough"

TIP:

Are you comparing yourself to anyone else? If so, refocus your energy to your own skillset, knowledge, and expertise. Don't let yourself get caught up only focusing on what you yet to learn.

[source](#)

YOUR BRAIN ON: CORTISOL OVERLOAD



WHAT IS CORTISOL?

Cortisol is a primary stress hormone that increases sugar in the bloodstream, enhances your brain's use of sugar (glucose) and helps repair tissues. It is released by the adrenal glands whenever you perceive a threat



When your body goes into "fight or flight mode" both cortisol and adrenaline alter/slow down things you don't need to survive- digestion, immune system, reproductive system, etc.

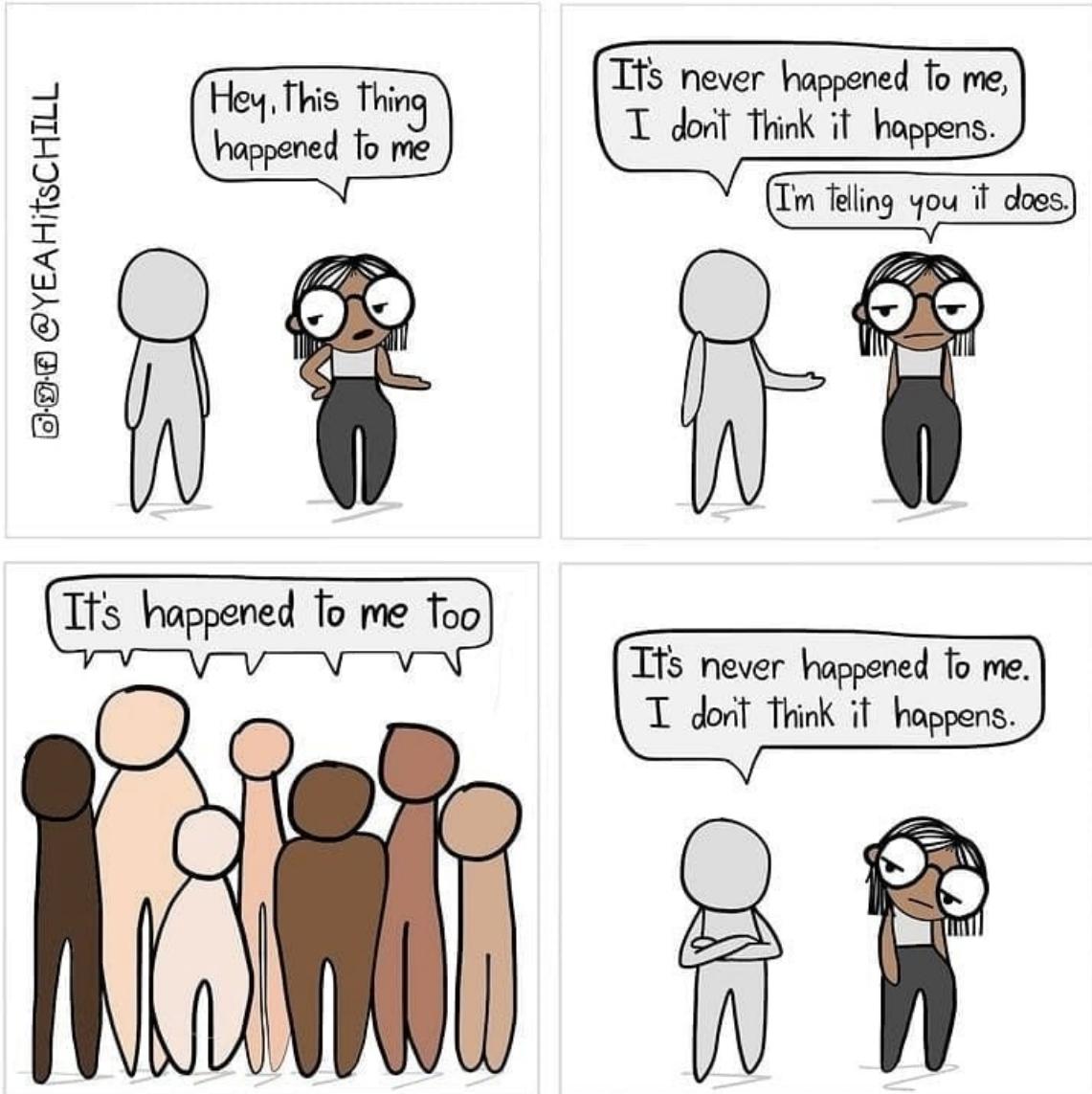


When stressors are always present or your brain has been over-exposed to cortisol, you may experience: **anxiety, depression, headaches, digestion problems, heart disease, weight gain, memory loss.**

@brainbodydoc

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