

# IMAGINE JUSTICE

## sExploration 2023

### Sexual Justice Now

Exploring psychology's role in pursuing equity in reproductive and sexual healthcare, access to comprehensive sex education and affirmative mental health services.



TheChicagoSchool  
of Professional Psychology

**Sexual and reproductive justice** exists when all people have the power and resources to make healthy informed decisions about their bodies, sexuality and reproduction. That means everyone has the right to:

- Access evidence-based, culturally informed, age-appropriate comprehensive sex education.
- Control their body and self-expression.
- Define their sexuality and gender and have them recognized and affirmed.
- Engage in consensual sex between adults in its many forms, or not.
- Choose to have or not have children, and the conditions under which to give birth or create a family.

Adapted from the NYC Department of Health and Mental Hygiene statement. The term "reproductive justice" was coined by a group of Black women in 1994. From this group, a framework and [SisterSong](#), a collective led by indigenous women and women of color, emerged.

These rights exist in an environment free from sexual or reproductive oppression enacted through legislation, social coercion, and healthcare restrictions. The degree to which individuals may exercise these rights reflects how their socially constructed identities and positions intersect to marginalize and privilege them. **sExploration 2023** explores psychology’s role in the securing and defending these rights.

**sExploration** : Sexual issues can be as difficult for clinicians to address as they are for clients to share. While it is easy for them to go unrecognized, they are present across the lifespan. The annual **sExploration** series are designed by PASD as catalysts for discussions on integrating sexuality issues into all levels of our work: assessment, consultation, research, clinical practice, and teaching.

## SCHEDULE OVERVIEW

All presentations will be held from **12:00 – 12:50 pm** CDT/CST.

All virtual and hybrid events can be attended using this link:

<https://tcsedsystem-hipaa.zoom.us/j/92755722972?pwd=VVFqWDFVb1FwU2NEcHA3YjZJMvY3QT09>

All hybrid and on campus events will be held in **room 324** of the Wells building.

Theme	Date	Day	Topic	Mode
<i>Sex Education</i> Week 1	March 6th	Mon	Interactive Display with Sexy-J opens in Wells 5th Floor Lounge	on campus
	March 8th	Wed	We Are All in This Together: Building a Comprehensive Sex Ed Model	hybrid
<i>Identity</i> Week 2	March 14th	Tues	Bathroom Break: Inclusion & Equity in Facilities	hybrid
	March 18th	Fri	Anti-Trans Legislation Interview from “The Problem with Jon Stewart”	hybrid
<i>Consent</i> Week 3	March 20th	Mon	Poster Display on Wells 5th Floor opens	on campus
	March 21st	Tues	Virtual Poster Presentations	virtual
	March 22nd	Wed	National Coalition for Sexual Freedom Presentation on Consent	virtual
	March 23rd	Thurs	Virtual Poster Presentations	virtual
<i>Reproduction</i> Week 4	March 29th	Wed	Table Talks	on campus
	March 30th	Thurs	Addressing Reproductive Rights in Psychology	hybrid

## PARTICIPATE!



**Sexy J** is a gender-neutral pansexual superhero working with PASD and colleagues to promote sexual justice for all! **Sexy J** aspires to engage and educate the Chicago School of Professional Psychology community on the provision of comprehensive sex education, recognition and affirmation of all gender and sexual identities, and promotion of reproductive justice.

Starting March 6<sup>th</sup> **Sexy J** will be in the Wells 5<sup>th</sup> floor Student Lounge where aspiring mental health professionals can share their plans to actively engage in and promote sexual justice with them. Grab a post-it and share your ideas! **Sexy J** will attend the March 29<sup>th</sup> Table Talks to spread the plans they have collected.

**Take our SURVEY!** **Sexy J** wants to know what you think about all-gender restrooms. Check it out at <https://www.surveymonkey.com/r/CYY3R6X>. Sharing your thoughts will only take a few minutes! The results will be presented during the March 14<sup>th</sup> *Bathroom Break* discussion.

**Display Coordinator:** Ale Jimenez is a first-year student in the Clinical PsyD program at the Chicago School of Professional Psychology. Ale is a Registered Behavioral Technician with 5 years of experience working with children on the autism spectrum from various diverse communities. She aspires to make a positive impact within the Latinx community by spreading mental health education while putting an end to harmful generational trauma.

## POSTER DISPLAY

Posters will be on display from Monday, March 20<sup>th</sup> to Friday, March 24<sup>th</sup> in the & 5<sup>th</sup> floor Wells hallway.

Students will present on their posters in scheduled hour blocks which will include a facilitated discussion and Q&A.

## PRESENTATIONS & DISCUSSIONS

### **We're All in This Together: Building a Comprehensive and Integrative Sex Education Model**

Wednesday, March 8<sup>th</sup> hybrid

In this workshop, we will be discussing the importance of sex education in the United States. With the massive amount of research done on this, we will analyze current sex education models and offer possible revisions and improvements to them. This workshop aims to not only facilitate healthy discussions about sex education but also create space for new voices to form their own models of what a comprehensive and integrative sex education model could be. **Presenter:** Cameron Byas (they/them) is a first-year student in the Clinical PsyD program. They are interested in providing care to queer, POC communities through clinical interventions, community engagement, and advocacy. Their post-doctoral aspirations include receiving their certification in sex education and advocating for queer sex health education.

### **Bathroom Break: Diversity & Equity in Facilities**

Tuesday, March 14<sup>th</sup> hybrid

All-gender restrooms are public facilities that can be used by any person. While the purposes and timing of the emergence of public gender-segregated bathrooms is disputed, some scholars posit that resistance to women's presence in the workplace and a paternalist desire to "protect" women while in public spheres are two main reasons for gender separation of public toilets (Sanders & Striker, 2016). Many universities, and certainly those who position themselves as multiculturally focused and LGBTQ+ inclusive, are adopting gender-neutral facilities – evoking a number of responses.

During this meeting the results of a PASD campus survey will be reviewed. The survey explores the thoughts, concerns, support, and misconceptions of students, staff and faculty regarding all-gender bathrooms. We'll discuss the communities affected and the ways in which they're impacted by architectural designations.

**Moderator:** Faith Hunt (they/them) received their B.S. in Psychology from Florida State University and is currently a first-year student in the Clinical PsyD program. They're primarily interested in gender identity in adolescents and young adults, and the effects of policy on mental health across transgender communities. **Discussants:** Felix Deiss, PsyD (he/him) is a graduate of the Clinical PsyD program and a member of the adjunct faculty. Leo Wiseman (they/them) is a fourth-year student in the Clinical PsyD program. Their dissertation explores the intersection of ASD and gender expansive identities.

## Video Discussion: **Anti-Trans Legislation Interview from "The Problem with Jon Stewart"**

Thursday, March 16<sup>th</sup> hybrid

Anti-trans legislation is on the rise in the United States. Roughly 150 anti-trans bills were introduced in 2022 alone, and this statistic continues to climb. Utah and South Dakota have recently passed laws that ban gender-affirming healthcare for youth. Yet, the research and the law do not align here. The literature has demonstrated that gender-affirming care not only significantly decreases suicide risk for trans individuals, but also that it significantly improves the mental health and quality of life for trans people (Turban et al., 2020). During this session, we will begin by watching an interview clip from *The Problem with Jon Stewart*, in which Jon Stewart confronts Arkansas Attorney General Leslie Rutledge about the anti-trans legislation in her state. We will then discuss the interview, exploring the topics of human rights, gender identity and expression, and what role psychology can play in all of this. **Moderator:** Amanda Bressler, B.S. (she/her) is a first-year student in the Clinical PsyD program. Prior to beginning her doctoral program, Amanda spent several years working in various healthcare settings, with a focus on sexual health and HIV prevention.

## POSTER PRESENTATIONS: Transphobia Impacts, Assessing Pleasure, Obstetric Violence

Tuesday, March 21<sup>st</sup> virtual

### **State-Sanctioned Transphobia and its Potential Consequences to the Mental and Physical Health of Transgender Individuals**

Faith Hunt, B.S.

[fhunt1@ego.thechicagoschool.edu](mailto:fhunt1@ego.thechicagoschool.edu)

The United States government's posited concern regarding the well-being of who they see as misguided, gender-confused children has resulted in a recent onslaught of anti-transgender legislation, specifically targeting transgender youth. Though the volume of state-sanctioned transphobia seen over the past few years is largely unprecedented, the historical and continued persecution of the transgender community is a long-standing issue that has created a particularly vulnerable population. The effects of their mistreatment have manifested as increased mental and physical health problems, notably elevated in comparison to their cisgender counterparts. The literature review conducted assesses the increase in anti-transgender policies targeting children, the negative health-outcomes that plague the transgender community, and how these have interacted to further harm this population. The potential effects of positive change have also been considered in relation to rolling back these harmful policies and introducing more protective ones in their place.

### **A Different Model for Assessing Female Sexual Pleasure**

Amanda Bressler, B.S.

[abressler@ego.thchicagoschool.edu](mailto:abressler@ego.thchicagoschool.edu)

This poster explores different ways of assessing female sexual pleasure beyond just orgasms. It examines multiple aspects of partnered/solo sexual experiences that may contribute to an individual's personal sexual enjoyment.

### **Obstetric Violence: The Impact of Westernized Medicine on Pregnant People**

Morgan Watkins, B.S.

[mwatkins3@ego.thechicagoschool.edu](mailto:mwatkins3@ego.thechicagoschool.edu)

This poster will explore obstetric violence (OV), a form of gendered violence perpetuated against pregnant people by doctors and other medical professionals. OV takes many forms across the "childbearing continuum", ranging from forced birthing positions to nonconsensual touch and medical procedures. Since the medicalization of childbirth, OV has become an increasing and enduring issue, yet largely goes unrecognized in many westernized countries, the US included. Naming and analyzing the effect of OV on pregnant people, particularly in western societies, is the first of many steps to eradicate this type of gendered violence.

## Got Consent for Kink and CNM? National Coalition for Sexual Freedom

Wednesday, March 22<sup>nd</sup> virtual

This presentation will cover key concepts to discuss with clients when providing education on consent. Best practices for consent to kink and consensual non-monogamy (CNM) will be addressed. We'll also discuss the new legal framework for consent to kink called Explicit Prior Permission (EPP) that the National Coalition for Sexual Freedom (NCSF) helped to create in the revised Model Penal Code on Sexual Assault. **Presenter:** Susan Wright founded the NCSF in 1997 and currently serves as Executive Director. Her research focuses on consent, discrimination, and mental health among adults who practice BDSM and consensual non-monogamy. She led the APA project that helped clarify that being kinky is not a mental disorder, and she currently chairs the Consent Counts committee working with the American Law Institute to create Explicit Prior Permission for consent to kink. [susan@ncsfreedom.org](mailto:susan@ncsfreedom.org)

## POSTER PRESENTATIONS: Sex Ed, Orgasmic Divide, Sex Rehab

Thursday, March 23<sup>rd</sup> virtual

### Sex Education & Latinx Culture:

#### The Connection to the Rise of Teen Pregnancy and STI's Within the Community.

Ale Jimenez, B.S.

[ajimenez3@ego.thechicagoschool.edu](mailto:ajimenez3@ego.thechicagoschool.edu)

There is an alarming amount of teenage pregnancy and STI's in the Latinx community throughout the United States. Many studies have shown that there is a lack of comprehensive communication and education about sex between Latinx parents and their children. This is reinforced by the cultural values in place within the community, which is especially impacting Latinx women. Other studies concluded that the many Latinx teens feel uncomfortable having conversations about sex with their parents. These teens fear having these conversations with their parents due to their levels of harsh parenting and potential punishment. This poster will examine different approaches to sex education between parents and their children with in the Latinx community that lead to their teens to make safe sex decisions while keeping their culture in consideration.

### The Orgasmic Divide: Differences Between Sexual Pleasure in Heterosexual Women & Queer Women

Cameron Byas, B.S.

[nbyas@ego.thechicagoschool.edu](mailto:nbyas@ego.thechicagoschool.edu)

Research indicates that heterosexual women are experiencing lower levels of sexual pleasure from their partners which leads to lower levels of orgasms or sexual completion. This poster will analyze components that lead to sexual pleasure for both heterosexual and queer women, explore different partner dynamics and sex/gender roles held between straight and queer women and their partners. Potential methods for closing this pleasure gap will be discussed.

### Sexuality Rehabilitation for Women after Spinal Cord Injury

Nicole Sharf, B.S.

[nsharf@ego.thechicagoschool.edu](mailto:nsharf@ego.thechicagoschool.edu)

This poster presentation will investigate and describe what the literature has found regarding women's experiences, needs, and suggestions to sexual rehabilitation services after spinal cord injury, as well as highlight the barriers and facilitators impacting the provision of such services identified by healthcare professionals.

## TABLE TALKS

Wednesday, March 29<sup>th</sup> on campus

The sExploration team will facilitate discussions centered on the themes of our program (sex education, identity politics, consent and reproductive autonomy). Join a topic table and share your thoughts on the roles mental health providers play in securing and defending justice in these areas. Plan an action! *FREE pizza!* Sponsored by PRIDE Queer Collective

## Reproductive Rights in Psychology: How to Address the "A-Word"

Wednesday, March 29<sup>th</sup> hybrid

In today's political climate, reproductive rights, and abortion in particular, are extremely polarizing subjects of debate. A large body of empirical research has studied how access to abortions, and lack thereof, effect people who can become pregnant, and as fight between pro-life and pro-choice escalates, abortion will continue to be an area relevant to the field of psychology. As blooming psychologists, it is essential that we understand how to address and understand abortion, considering the intersection of both our personal and professional stances on the issue. **Moderator:** Morgan Watkins, B.S. (they/she) is a first-year doctoral student in the Clinical PsyD program. They graduated from The University of Georgia with a B.S in psychology and now focus on studying the intersection of psychology and human sexuality. Her research and clinical interests include sexual orientation, gender identity, and sexual health.

## FURTHER READING

### How to Improve Sex Education

Psychology Today, August 2016

<https://www.psychologytoday.com/us/blog/evidence-based-living/201608/how-improve-sex-education>

### Sex Education in Schools Needs an Upgrade

National Education Association, May 2018

<https://www.nea.org/advocating-for-change/new-from-nea/sex-education-schools-needs-upgrade>

### Advocating for Sex Education in Your Community

Planned Parenthood

<https://www.plannedparenthoodaction.org/issues/sex-education/advocating-sex-education-your-community>

### APA Position Statement on Abortion and Women's Reproductive Health Care Rights

Council of Minority Mental Health and Health Disparities, 2020

<https://www.psychiatry.org/getattachment/2f2371ac-307e-4889-bdb2-f9bf0a12d401/Position-Abortion-Reproductive-Rights.pdf>

### Speaking of Psychology: Abortion and Mental Health with Antonia Biggs, PhD

American Psychological Association - Kim Mills, 2022

<https://www.apa.org/news/podcasts/speaking-of-psychology/abortion>

### American Counseling Association Expresses Opposition to Overturn of Roe v. Wade, June 24, 2022

<https://www.counseling.org/news/news-detail/2022/06/24/american-counseling-association-expresses-opposition-to-overturn-of-roe-v.-wade>

### National Association of Social Workers – Reproductive Rights Are Human Rights

<https://www.socialworkers.org/Advocacy/Policy-Issues/Reproductive-Rights-Are-Human-Rights>

### The Benefit of Offering Gender-Neutral Bathrooms in the Workplace

Society for Human Resource Management - Kylie Ora Lobell, 2019

<https://www.shrm.org/resourcesandtools/legal-and-compliance/employment-law/pages/gender-neutral-bathrooms-in-the-workplace.aspx>

### Universal Design All-Gender Restrooms

American Psychological Association, 2019

<https://www.apa.org/topics/lgbtq/all-gender-restrooms>

## RESOURCES

### general

American Association of Sexuality Educators, Counselors and Therapists [www.aasect.org](http://www.aasect.org)

The Kinsey Institute [www.kinseyinstitute.org](http://www.kinseyinstitute.org)

### chicago

AIDS Foundation Chicago [www.aidschicago.org](http://www.aidschicago.org)

Center on Halsted [www.centeronhalsted.org](http://www.centeronhalsted.org)

Howard Brown Health [www.howardbrown.org](http://www.howardbrown.org)

### kink/BDSM/poly

Community-Academic Consortium for Research on Alternative Sexualities [www.caasresearch.org](http://www.caasresearch.org)

The Alternative Sexualities Health Research Alliance [www.tashra.org](http://www.tashra.org)

National Coalition for Sexual Freedom [www.ncfs.org](http://www.ncfs.org)

### restroom equity

Transgender Law Center <https://transgenderlawcenter.org/?s=restroom>

reproductive rights

Center for Reproductive Rights [www.reproductiverights.org](http://www.reproductiverights.org)  
<https://reproductiverights.org/maps/abortion-laws-by-state/>

National Institute for Reproductive Health [www.nirhealth.org](http://www.nirhealth.org)

youth

The Trevor Project [www.thetrevorproject.org](http://www.thetrevorproject.org)



2023 Event Planning & Management .....	Amanda Bressler, B.S. (she/her) Cameron Byas, B.S. (they/them) Faith Hunt, B.S. (they/them) Ale Jimenez, B.S. (she/her) Morgan Watkins, B.S. (they/she)
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Braden Berkey, PsyD, CSE..... Executive Director  
[bberkey@thechicagoschool.edu](mailto:bberkey@thechicagoschool.edu)

Ashley Molin, PsyD. .... Program Director

Daniel Warshawsky, B.A.....Social Media Manager

**Projects Advancing Sexual Diversity** applies the practice of psychology to further the understanding and acceptance of diverse sexual and gender identities, relationship structures, perspectives, practices and cultures. Utilizing innovative research and interventions, PASD strives to create sustainable change in conditions impacting the health and welfare of sexual, gender and relationship minority individuals, families and communities.

[www.ProjectsAdvancingSexualDiversity.org](http://www.ProjectsAdvancingSexualDiversity.org)

Special **THANKS** to...

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