Here are some examples:

- It’s totally OK to step out for a minute and take a break.
- Only share what you feel comfortable sharing.
- If you feel ready, read all of the instructions first!

**Exercise 1**: **Draw a Clitoris with a Stick! Together.**

Ask your students to follow the instructions below:

- Tape a marker pen to the end of a broomstick.
- As a group, do all of your 6 hands on the stick.
- Keeping all of your hands on the stick, draw a clitoris while discussing as you go. Together, you will share what you know about drawing and this exciting part of the body!

This article takes the importance of visualizing an organ that has been left out of the sex education conversation for so long.

**Exercise 2**: **Shake Hands in Jello.**

(Read all of the instructions first)

- Ask students to choose their jelly flavour in advance. Taste is important and everyone has different tastes, so if they’re not feeling sappy, you’ll need a Big-Bowl.
- Choose enough jello for the number of students plus one for the teacher. You’ll need a big 5l bowl, enough rubber gloves for the students and make up a new manifesto: ‘Jelly is not for boys and girls! No means no and yes means yes!’
- Set up the basics around the classroom. Ask students to stand before they step inside together. Make sure everyone understands.
- Make sure both of you are able to account when you’re deciding where to go.
- Make sure both of you are able to account when you’re deciding where to go.

**Exercise 3**: **Write Your Own Humanifesto.**

We don’t always feel like we have the space to talk about sex. But making a space to text out our needs and wants can be important. A manifesto is a public declaration of a group of people’s goals, often written by Bedfellows on the flip side. We’re interested in the deep, nuanced intersections of the culture and formal education. Let’s imagine a public declaration that doesn’t apply to us. We’re interested in the deep, nuanced intersections of the culture and formal education. Let’s imagine a public declaration that doesn’t apply to us.

**Exercise 4**: **Close Shape. Step Inside.**

Now, as a group, cross out bits of the Humanifesto that don’t apply to you. Fill in the gaps: how do you want to be together? How do you imagine a public declaration that applies to you? We’re interested in the deep, nuanced intersections of the culture and formal education.

**Exercise 5**: **Open Access.**

- Make a secret handshake and share it with young people. Your body is your own. Some people use the words ‘first time’ or ‘virgin’ for anything. Virginity is heteronormative!* Virginity is a concept of body parts! Some people use the words ‘first time’ or ‘virgin’ for anything. Virginity is heteronormative!
- What are the pros and cons of exploring fantasies without filming them?
- How would you know someone else is enjoying themselves?
- How do you think we rarely see images of it?
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THIS HUMANIFESTO CALLS FOR A SEX EDUCATION THAT IS LIFELONG AND COMPLICATED.

NORMATIVITY IS A MYTH.

THIS HUMANIFESTO CALLS FOR THE END OF SWEEPING THINGS UNDER THE CARPET: LET’S ACKNOWLEDGE SEX.

LET’S TALK ABOUT SEX, LET’S SING ABOUT SEX. LET’S WRITE ABOUT SEX. LET’S LAUGH ABOUT SEX, LET’S CRY ABOUT SEX, LET’S DANCE ABOUT SEX.

THIS HUMANIFESTO CALLS FOR A SEX EDUCATION THAT REFLECTS WHO ALL OF US ARE: ALL OUR BODIES, ALL OUR DESIRES, AND ALL OUR COMPLEXITIES.

SPECIFICALLY THIS HUMANIFESTO CALLS FOR A FEMINIST, QUEER, TRANS-INCLUSIVE, ANTI-RACIST, ANTI-ABLEIST, ANTI-CLASSIST, AND INTERSECTIONAL SEX EDUCATION.

THIS HUMANIFESTO CALLS FOR A SEX EDUCATION THAT ACKNOWLEDGES SURVIVORS OF SEXUAL ASSAULT, RAPE AND ABUSE.

THIS HUMANIFESTO CALLS FOR A SEX EDUCATION THAT TAKES PLACE IN SCHOOLS, COLLEGES, WORKPLACES, HOMES AND SHOPPING CENTRES. ON THE PHONE, IN THE POOL, IN THE CLINIC, ON THE INTERNET. IN THE FLESH, IN THE MIND, IN THE HEART, IN OUR IMAGINATIONS.