

Sex Ed Book Club
Jan 2018
Come As You are Discussion Questions

Sex Ed Book Club Discussion Questions
Come As You Are by Emily Nagoski
Wk3: Part 3 sex in action (p191-262)

Q1: What are some of the myths you used to believe or hear about lubricant?

Q2: How does understanding arousal non-concordance compare to social messages about sex? what are the implications for consent?

Q3: What do you think about the assertion that sex and desire are not a “drive”?

Q4: Nagoski talks about two “schools of thought” regarding monogamy/nonmonogamy: the Esther Perell school (Mating in Captivity) and the John Gottman school (The Science of Trust). Which one makes more sense to you? What do you think about each of these approaches?

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Come As You Are by Emily Nagoski
Wk4: Part 4 ecstasy for everybody (p263-336)

Q1: Nagoski presents the notion that men’s orgasms are an evolutionary adaptation but women’s are not. After reading her discussion what do you think about this?

Q2: If you could teach someone else one thing from Pt 4, what would it be?

Q3: “Orgasm isn’t the goal. Pleasure is the goal.” Do you agree? Does the statement apply to just women or to men & other genders as well?

Q4: What are some of the meta-emotions/mental scripts that you have that don’t work for you? When it comes to your own emotions, are you emotion coaching or emotion dismissing?