

June 2023 Newsletter

A Note from Our Executive Director

Dear Friends,

This newsletter honors Pride month and highlights the LGBTQIA+ work of Our Bodies Ourselves Today in the past, present, and future.

First a blast from the past—some readers know that the first mass produced edition of *Our Bodies, Ourselves* (1973) included the chapter, “In Amerika They Call Us Dykes.” Written by a local collective, “Lesbian Liberation,” it was one of the first nonfiction accounts of lesbian life, written by lesbians. Links to the full original chapter are **here**.



In the present, we are featuring one of our most popular resources, “All About Orgasms;” our fantastic Chair of the Sexuality experts panel, Heather Corinna; and a video interview of a young transfem talking about how her sexuality has evolved over time.

Finally, we invite you to participate in our Give OUT Day campaign. Lasting until June 28, Give OUT Day enables you to support and amplify the critical work of Our Bodies Ourselves into the future. As we all struggle to maintain our freedom and rights, we hope you will find knowledge, strength, and solace in our work.

Onward!
Amy Agigian

Our Bodies Ourselves History & Legacy

"In Amerika They Call Us Dykes": The Evolution of the Lesbian Chapter in *Our Bodies, Ourselves*



Fifty years ago, as the women's and gay liberation movements swept across the country, women everywhere began questioning their relationships, their sexuality, and their ways of being in the world. That year, 1973, was the first time that an edition of *Our Bodies, Ourselves* included a chapter by, for, and about lesbians. “In Amerika They Call Us Dykes” gave voice to many women who were examining their oppression, coming out, and embracing themselves and other women in their fullness. This chapter continued to explore the lives and

experiences of lesbians, bisexual women, and queer and trans people, evolving over the next 40 years and appearing in nine U.S. editions.

[Read More About Our Lesbian History and Legacy](#)

Featured Resource

All About Orgasms

You may know a lot about orgasms—and we hope you do—but we’re betting you’ll learn something new on *Our Bodies Ourselves Today*. While an **orgasm** is usually an intensely pleasurable sexual release, it can also be mild, like a hiccup or a sigh. They can feel intensely physical, intensely emotional, or both. Orgasms can feel different at different times, depending on our emotional and physical state; whether we are **masturbating** solo or having sex with partners (including which partners and how we feel about them); the type and amount of sexual stimulation; our energy level and degree of excitement; and our hormones and health. Delve deeper into orgasms, including the importance of the clitoris, female ejaculation (squirting), and the orgasm gap.



[Read More About Orgasms](#)

Featured Content Expert



Meet Heather Corinna

Heather Corinna is the chair of our Sexuality Content Expert team. They are a queer and nonbinary feminist activist, author, educator, artist and organizer. Heather is the founder, director, designer and editor of the web clearinghouse and organization **Scarleteen**, the first comprehensive sex, sexuality and relationships education site and resource of its kind, in operation since 1998. They are also the author of the inclusive, comprehensive and progressive sex, sexual health and relationships book for young adults, *S.E.X: The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties* (2007, 2017), now in its second edition; with Isabella Rotman, *Wait, What?: A Comic Book Guide to Relationships, Bodies, and Growing Up* (2019), for older middle readers and younger teens; and *What Fresh Hell is This? Perimenopause, Menopause, Other Indignities and You* (2021).

[Learn More About Heather](#)

Featured Personal Story

Understanding Changes in My Sexuality

Masha, who is transfem, shares how her sexuality has changed over the years. She explains how she felt during each transition and what caused the shifts in her sexuality.



[Watch this Story](#)

[Tweet About Us](#)

Give OUT Day 2023

Give OUT Day is a month-long fundraising campaign culminating on June 28th, 2023. It is the only national day of giving that highlights LGBTQ organizations. This year, we have an anonymous donor who is going to match all donations made from June 1–June 28!

How do I Give OUT to Our Bodies Ourselves Today?

During the month of June, you can give by visiting the link below: <https://www.giveoutday.org/donate/Our-Bodies-Ourselves-Today>. Your support ensures that we can provide trustworthy and accessible information on health and sexuality for women, girls, and gender-expansive people for years to come.

Share our Campaign on Social Media: Sample Posts

You can also support us this Give OUT Day by sharing about it on your social media platforms. Feel free to use or modify these sample posts:

Our Bodies Ourselves Today advances the rights of women, girls, and gender-expansive people by providing reliable resources curated by a team of over 100 experts. They center LGBTQIA+ content, and sexuality is one of their core subject areas. We hope you'll support this work by donating to their #GiveOUTDay campaign: <https://www.giveoutday.org/donate/Our-Bodies-Ourselves-Today>

#GiveOUTDay is a national fundraising campaign for LGBTQIA+ nonprofits during #PrideMonth. Our Bodies Ourselves Today offers LGBTQIA+ resources such as “What LGBTQ-Positive Sex Ed Should Look Like” and “How to Support and Affirm Your Child When They Come Out as LGBTQIA+.” Help grow their wide range of resources by donating today: <https://www.giveoutday.org/donate/Our-Bodies-Ourselves-Today>

Help Our Bodies Ourselves Today reach their goal and win prizes. Your donations will help them continue to grow their large collection of resources for women, girls, and gender-expansive people. To donate, visit: <https://www.giveoutday.org/donate/Our-Bodies-Ourselves-Today>

[Donate Now](#)



Our Bodies Ourselves Today | 73 Tremont Street, Boston, MA 02108

[Unsubscribe aagigian@suffolk.edu](mailto:aagigian@suffolk.edu)

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Sent by bycontact@ourbodiesourselfestoday.org