

Celebrating Pride Month! June 2024

A Note from Our Executive Director

Dear Friends,

For over 50 years, Our Bodies Ourselves has been “by and for women,” addressing the pervasive sexism that deeply affects the health, sexuality, and human rights of women. Our Bodies Ourselves Today is still, and will remain, powerfully woman-centered. At the same time, it’s critical to our mission to include gender-expansive people, especially in this time of concerted attacks against the LGBTQIA+ community.



The language people use to convey identities can be very personal and may be sensitive. Gender-related terminology often changes rapidly; it varies by context and by individual. We chose the phrase “women and gender-expansive people” to include as wide a range of people as possible. Our Bodies Ourselves embraces people of all gender identities and expressions. We have gender-expansive content experts and leadership council members, and we have resources specifically geared toward gender-expansive people. For example, many trans men and nonbinary people will find meaningful resources on menstruation, reproduction, and heart health. Our inclusivity doesn’t in any way marginalize cisgender women, who are still the majority of our staff, volunteers, and users. Rather, we aim to enlarge the collective “we” in “Ourselves.”

Onward!
Amy

Explore Our Resources

Trans Sexualities: A Conversation with Lucie Fielding

In this episode of the *Gender Stories* podcast, Dr. Alex Iantaffi speaks with Lucie Fielding, a

white, queer non-binary femme and author of *Trans Sex: Clinical Approaches to Trans Sexualities and Erotic Embodiments*. Lucie was one of the first Sexuality content experts on the Our Bodies Ourselves Today team. She shares her goal of addressing the gap in sex education resources for trans, non-binary, and gender-expansive people. She discusses the writing of her book and the knowledge and resources that she's found helpful as a sex therapist.



[Listen to the Podcast Episode](#)

Meet Our Content Experts



Cindy Lee Alves Watley, Our Bodies Ourselves Today content expert on Sexualities, Sexual Anatomies and Sexual Health

This month, we spoke with **Cindy Lee Alves Watley** (they/she), an award-winning sexologist, educator, coach, and giver of shimmies. Cindy Lee was a founding member of the Women of Color Sexual Health Network (WOCSHN).

What brought you to Our Bodies Ourselves Today?

Heather Corinna, Sexuality Chair and all around legend in the field, brought me to Our Bodies Ourselves Today. I am passionate about knowledge and resource sharing so this was a perfect opportunity. I have also saved several editions of Our Bodies Ourselves since my undergraduate years as a budding sexologist.

What's one thing related to sexuality that we need to understand better?

We need to better understand the deep connection between sexuality and overall wellness. Staying informed, current, and aware of our biases is crucial; this includes recognizing the impacts as it relates to individual identities, interpersonal relationships, and the systems and structures we navigate. These factors directly influence perceptions of who is deemed valuable and deserving of wellness, care, and humanity. One person may not have access to accurate sexuality information at all, while another may have access to information but face barriers to receiving culturally relevant healthcare.

What gives you hope?

What gives me hope are the individuals committed to sexual and collective liberation—the co-conspirators who learn and grow together across all ages and stages. I am grateful for all the changemakers – the organizers, researchers, peer educators, sex workers, pleasure activists, and beyond. We are not free until we are all free, which means centering those who have been historically oppressed and exploited. May we continue to take action while embracing joy, ease, and pleasure.

Organizing for Change: Gender Expression & Identity



The Sylvia Rivera Law Project

The Sylvia Rivera Law Project works to guarantee that all people are free to self-determine gender identity and expression, regardless of income or race and without facing harassment, discrimination, or violence. The organization names itself in honor of civil rights pioneer Sylvia Rivera, a veteran of the Stonewall Uprising. They defend the rights of gender non-conforming people, paying particular attention to people of color, people with low incomes, and people who have been imprisoned. They offer legal aid, a name change resource, and many ways to get involved.

[More about this organization](#)

Trans Identity and Medical Care

Searching for a Doctor as a Trans Woman

In this story, MB discusses her disappointing experiences as a trans woman navigating the healthcare system. Even when the staff were trained to care for trans patients specifically, they struggled to use her correct name and pronouns. MB also explains the challenges with having her hormone pills refilled on time and the harm that being off hormones can cause the body.



[Listen to the Story](#)

[Support Our Work--Donate Now!](#)

This is a great time to donate to Our Bodies Ourselves Today. Through June 30, The Laurel Foundation has generously agreed to match any donation up to a total of \$250,000. **Any gift you make to Our Bodies Ourselves Today will automatically be doubled!**

Save the Date!
Celebrate Our Website Relaunch

A new, redesigned Our Bodies Ourselves website is coming -- and we're hosting a hybrid party at Suffolk University to celebrate it. More info to follow. For now, please mark your calendars:

Thursday, September 26th
5-7:30pm
Sargent Hall
Suffolk University
Boston, Massachusetts

*Your accurate **and** inclusive
guide to health, sexuality, **and**
reproductive justice*

Please share this newsletter with a friend!



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

[Unsubscribe](#) | [Our Privacy Policy](#) | [Constant Contact Data Notice](#)