

# F\*CK

# ME!

A GUIDE TO  
GETTING OFF  
AND  
GETTING IT ON  
WITH:

---

(your name here)

THIS ZINE WAS CREATED BY

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AS A PART OF OUR MISSION TO EMPOWER YOUNG PEOPLE TO TRUST THEMSELVES, MAKE DECISIONS THAT THEY FEEL GOOD ABOUT, AND TAKE OWNERSHIP OF THEIR SEXUALITY.

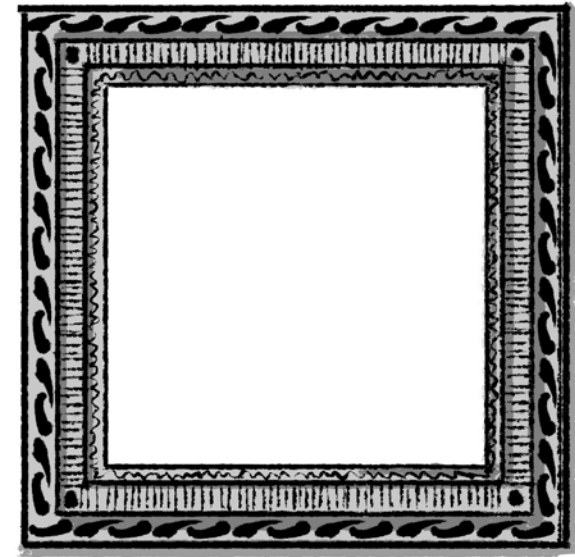
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PLEASE CONTACT US BY EMAIL AT [effme@scarleteen.com](mailto:effme@scarleteen.com).



IF YOU PAUSED JUST BEFORE GETTING SEXUAL WITH A  
BRAND NEW PARTNER, AND HANDED THEM A GUIDE TO  
GETTING SEXUAL WITH YOU, WHAT WOULD IT SAY?  
WHAT WOULD YOU WANT THEM TO KNOW?



↖  
DRAW UR  
SEXY SELF  
HERE

HELLO!

MY NAME IS \_\_\_\_\_.

YOU CAN CALL ME \_\_\_\_\_.

MY PRONOUNS ARE \_\_\_\_\_.

## MORE ABOUT ME

I HAVE A FONDNESS FOR FUCKING:  
(CHECK ALL THAT APPLY)

- |                                          |                                   |
|------------------------------------------|-----------------------------------|
| <input type="checkbox"/> MEN             | <input type="checkbox"/> EVERYONE |
| <input type="checkbox"/> WOMEN           | <input type="checkbox"/> NO ONE   |
| <input type="checkbox"/> NONBINARY FOLKS | <input type="checkbox"/> MYSELF   |
| <input type="checkbox"/> _____           | <input type="checkbox"/> _____    |

I IDENTIFY AS:  
(CHECK ALL THAT APPLY)

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| <input type="checkbox"/> GAY         | <input type="checkbox"/> BISEXUAL  |
| <input type="checkbox"/> LESBIAN     | <input type="checkbox"/> PANSEXUAL |
| <input type="checkbox"/> QUEER       | <input type="checkbox"/> ASEXUAL   |
| <input type="checkbox"/> QUESTIONING | <input type="checkbox"/> STRAIGHT  |
| <input type="checkbox"/> _____       | <input type="checkbox"/> _____     |

I AM:  
(CHECK ALL THAT APPLY)

- |                                            |                                             |
|--------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> SINGLE            | <input type="checkbox"/> DIVORCED/SEPARATED |
| <input type="checkbox"/> PARTNERED         | <input type="checkbox"/> POLYAMOROUS        |
| <input type="checkbox"/> MARRIED           | <input type="checkbox"/> AROMANTIC          |
| <input type="checkbox"/> IN A RELATIONSHIP | <input type="checkbox"/> AWESOME            |
| <input type="checkbox"/> _____             | <input type="checkbox"/> _____              |

## DOWN TO THE NITTY-GRITTY

WHAT SORTS OF THINGS WOULD YOU WANT YOUR PARTNER(S) TO KNOW IN GENERAL ABOUT YOUR BODY?

I HAVE PARTIAL PARALYSIS IN MY LOWER LEGS, SO I CAN'T STAND FOR LONG PERIODS OF TIME!

DO YOU HAVE PREFERRED NAMES FOR YOUR PARTS?  
LABEL THEM HERE!



I'M A TRANS MAN WHO DOESN'T LIKE MY CHEST TOUCHED OR REFERRED TO AS ANYTHING BUT MY CHEST.

## DOWN TO THE NITTY-GRITTY

WHAT SORTS OF THINGS WOULD YOU WANT YOUR PARTNER(S) TO KNOW ABOUT YOUR BRAIN/MIND?

I like it when my partner talks openly about sex and tells me exactly what they want.

I sometimes get brain fog, which means we'll need to pause occasionally so that my brain can process things and catch up.



## DOWN TO THE NITTY-GRITTY

WHAT SORTS OF THINGS WOULD YOU WANT YOUR PARTNER(S) TO KNOW ABOUT YOUR HEART/FEELINGS?

I like being emotionally vulnerable, and I'm interested in pursuing this connection beyond just our body parts.

I'm in this for physical pleasure and a feeling of release!



YES, NO,

MAYBE SO!

EVERYONE'S GOT UNIQUE PREFERENCES AND BOUNDARIES WHEN IT COMES TO SEX, AND THEY CAN CHANGE IN DIFFERENT SITUATIONS OR OVER TIME. IT'S A GOOD IDEA TO FREQUENTLY CHECK IN WITH YOURSELF AND OTHERS ABOUT HOW YOU'D FEEL ABOUT DIFFERENT ACTIVITIES.

CIRCLE EACH ACTIVITY WITH A DIFFERENT COLOR TO INDICATE IT AS A:

YES I'D LOVE THAT

MAYBE, DEPENDING ON THE CIRCUMSTANCES

NO I'M NOT AT ALL INTERESTED

THEN ADD YOUR OWN!

USING MY HANDS  
ON SOMEONE'S  
PENIS

SOMEONE  
SPANKING MY  
BUTT WITH AN  
OPEN HAND

Softer...

USING A SEX TOY  
BY MYSELF

ORAL SEX WITH MY  
MOUTH ON  
SOMEONE'S VULVA

RIGHT  
THERE↓

MUTUAL  
MASTURBATION  
WITH A PARTNER

PENIS-IN-VAGINA  
INTERCOURSE

FOR THE FULL VERSION OF THIS ACTIVITY, GO TO  
SCARLETEEN.COM AND SEARCH "YES, NO, MAYBE SO!"



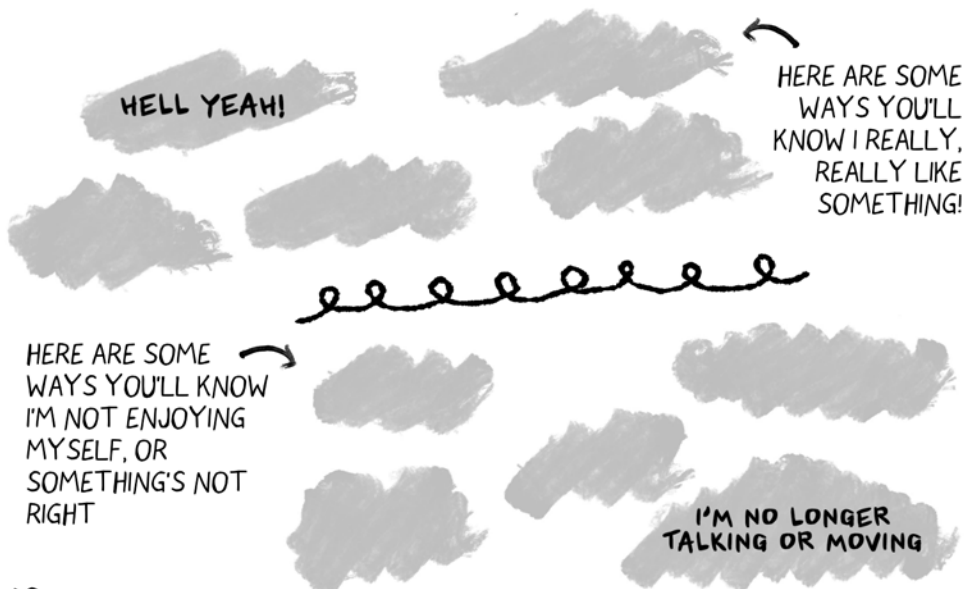


HERE'S HOW I COMMUNICATE BEST IN GENERAL:

- |                                      |                                                                      |
|--------------------------------------|----------------------------------------------------------------------|
| <input type="checkbox"/> PHONE CALLS | <input type="checkbox"/> FACE TO FACE VERBAL CONVERSATIONS           |
| <input type="checkbox"/> VIDEO CHATS | <input type="checkbox"/> FACE TO FACE CONVERSATIONS IN SIGN LANGUAGE |
| <input type="checkbox"/> TEXTS       | <input type="checkbox"/> LETTERS OR NOTES                            |
| <input type="checkbox"/> EMAILS      | <input type="checkbox"/> BODY LANGUAGE AND/OR TOUCH                  |

HERE'S HOW I COMMUNICATE BEST DURING SEX:

- ☐ AFFIRMATIONS AND FEEDBACK WITH WORDS
- ☐ NON-SPEECH VERBALIZATIONS (MOANS 'N GROANS)
- ☐ GUIDING OTHERS' HANDS/BODIES IN WHAT THEY'RE DOING
- ☐ USING NON-SEXUAL LANGUAGE LIKE SAFEWORDS
- ☐ STOPPING TO TALK ABOUT HOW THINGS ARE GOING



# TRAUMA AND SEXUAL HISTORY

MY TRAUMA RESPONSE CAN BE CUED BY:

OUR BODIES AND BRAINS  
REMEMBER OUR  
TRAUMA, SO WHEN  
THINGS REMIND US OF  
IT, WE CAN FEEL  
TRAUMATIZED AGAIN.

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WHEN THAT HAPPENS, THESE THINGS CAN HELP ME:

- |                                         |                                          |
|-----------------------------------------|------------------------------------------|
| <input type="checkbox"/> DEEP BREATHS   | <input type="checkbox"/> QUIET TIME      |
| <input type="checkbox"/> HUGS           | <input type="checkbox"/> WATCHING TV     |
| <input type="checkbox"/> A MASSAGE      | <input type="checkbox"/> TAKING A SHOWER |
| <input type="checkbox"/> SILLY JOKES    | <input type="checkbox"/> DISTRACTIONS    |
| <input type="checkbox"/> TIME BY MYSELF | <input type="checkbox"/> SOFT MUSIC      |
| <input type="checkbox"/> WATER/FOOD     | <input type="checkbox"/> KIND WORDS      |

CALLING THIS PERSON OR SUPPORT LINE:

IF YOU'VE EXPERIENCED SEXUAL VIOLENCE OF ANY KIND, YOU HAVE NO OBLIGATION TO DISCLOSE TO A SEXUAL PARTNER.. BUT IT MAY BE HELPFUL TO TALK ABOUT YOUR TRAUMA RESPONSES BEFORE THEY COME UP IN THE HEAT IN THE MOMENT.

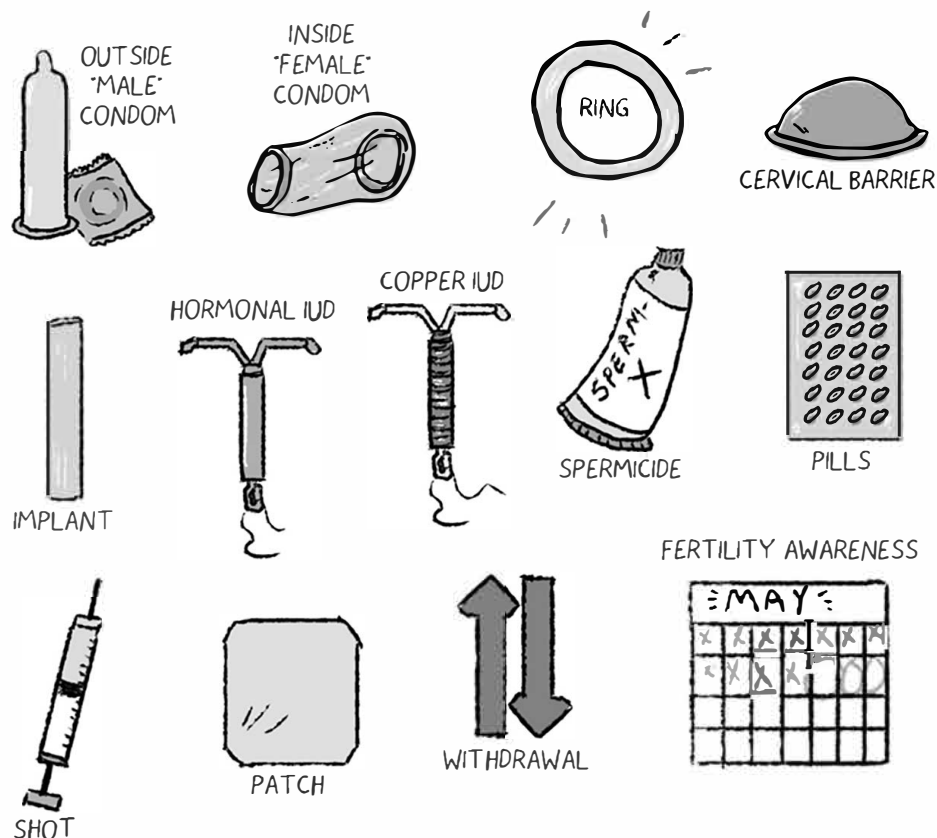
♥ You are brave ♥ You are strong ♥ You are loved ♥

# BARRIERS AND BIRTH CONTROL

MY BODY IS ☐ IS ☐ NOT CAPABLE OF GETTING PREGNANT.

I DO ☐ DO NOT ☐ WANT TO BECOME PREGNANT OR BE PART OF A PREGNANCY AT THIS TIME.

FOR SEXUAL ACTIVITIES WHERE PREGNANCY IS POSSIBLE FOR ME OR MY PARTNER(S), I WANT TO USE THESE METHODS OF CONTRACEPTION:



FOR MORE DETAILED INFO ON BIRTH CONTROL, GO TO [SCARLETEEN.COM](http://scarleteen.com) AND SEARCH FOR "BIRTH CONTROL BINGO".

FOR ANY SEXUAL ACTIVITIES WHERE SEXUALLY TRANSMITTED INFECTIONS (STIS OR STDs) ARE TRANSMISSABLE TO ME OR MY PARTNER(S), I WANT TO USE THESE METHODS OF PROTECTING EACH OTHER:



FOR MORE DETAILED INFO ON SEXUALLY TRANSMITTED INFECTIONS, GO TO [SCARLETEEN.COM](http://scarleteen.com) AND SEARCH FOR "THE STI FILES".

WAIT A MINUTE! YOU SAY.

**I NEED  
MORE SPACE!**

I SHOULD THINK SO! I HIGHLY DOUBT ANYONE'S COMPLETE SEXUAL HISTORY, IDENTITY, AND UNIQUE EVER-CHANGING SET OF WANTS AND DON'T-WANTS WOULD ALL FIT INTO SOME CHECKBOXES AND FILL-IN-THE-BLANKS.

MINE CERTAINLY DON'T!

HERE'S A LITTLE MORE SPACE FOR YOU TO FREE-WRITE, MAKE LISTS, OR EVEN DOODLE ABOUT ANYTHING THAT MIGHT BE INCLUDED IN A CONVERSATION WITH A NEW SEXUAL PARTNER.

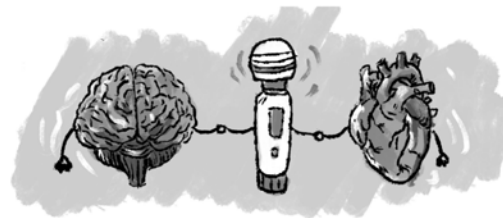
KEEP IN MIND: JUST LIKE ANY OTHER FACETS OF OUR IDENTITIES, OUR BODIES AND SEXUALITIES CHANGE OVER TIME. AS LONG AS WE KEEP LIVING AND EMBRACING OUR AUTHENTIC SELVES, WE CAN KEEP CREATING LOVE, JOY, AND PLEASURE IN OUR LIVES AND THOSE AROUND US.

HAVE FUN! BE SAFE! LOVE YOU! -AL.

a little  
to the  
left  
←

oh  
YEAH!

W





# HAVE FUN!

FOR LOTS MORE COMPREHENSIVE, INCLUSIVE,  
AND MEDICALLY ACCURATE INFO ABOUT SEX  
AND SEXUALITY, CHECK OUT:

[WWW.SCARLETEEN.COM](http://WWW.SCARLETEEN.COM)

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RESOURCES  
+ REFERRALS!

↑  
MESSAGE  
BOARDS!

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