



Session 4: Wellness in Action:
Sexual Health, Pleasure, and HIV Across the Life Course

February 11, 2025, 12pm ET / 9am PT

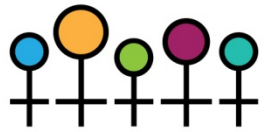


Together, we can change the course of the HIV epidemic...one woman at a time.

#onewomanatatime

www.thewellproject.org

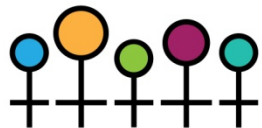
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About The Well Project

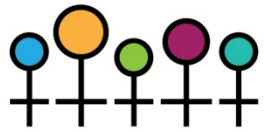
- Non-profit organization with a mission to change the course of the HIV/AIDS pandemic through a unique and comprehensive focus on women and girls across the gender spectrum
- Leverages technology to improve health outcomes and increase quality of life for women and girls living with HIV
- Our focus: education and information, community support, advocacy and leadership, collaborative engagement, and women-focused HIV research
- Access our resources and join our community at www.thewellproject.org



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About *WATCH! 2.0*

- Treatment advocacy webinar series, based on our successful 2015 series *A Place at the Table: WATCH!*
- 7 monthly sessions; 1 hour each
- Capacity building and training for women living with HIV and with reasons for HIV prevention across the gender spectrum
- Series topics will include advocacy basics, treatment and prevention, sexual and reproductive health, aging, research
- Participation in live sessions encouraged; recordings of sessions will be available to those unable to attend
- Certificates of completion will be issued to participants upon finishing the series and required evaluations/post-tests based on content of each episode
- *This episode is supported by ViiV Healthcare's Positive Action Grant Program*



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Agenda

- Welcome
- What Is Reproductive Justice?
- Sexual Pleasure Is Important! Why?
- (Re)-Discovering Pleasure – Discussion
- Closing

Today's Presenters



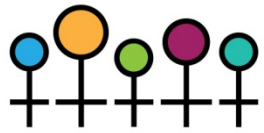
Kim Canady
Conversations
with Kim, LLC



Marnina Miller
Positive Women's
Network - USA



Bridgette Picou,
LVN, ACLPN
Moderator
The Well Project

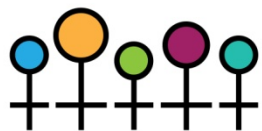


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Sex, Pleasure, Freedom, and HIV

All women living with HIV across the gender spectrum deserve to have full, satisfying sexual lives

If sex and pleasure are not often talked about when it comes to HIV, it's time to ask ... ***Why not?***



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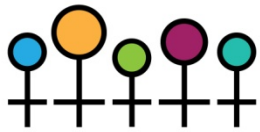
What Is Reproductive Justice?

- The human right to:
 - maintain personal *bodily autonomy* (control of what does and does not happen to your body)
 - have children, or not have children (access to *fertility decision making*)
 - live and parent the children we have in safe, sustainable communities (*social justice*)



YOU DESERVE
TO PARENT YOUR CHILD
WITHOUT FEAR
THAT HE OR SHE WILL BE
HURT OR KILLED.
FREEDOM FROM
VIOLENCE IS
REPRODUCTIVE
JUSTICE.

REPEAL HYDE ART PROJECT



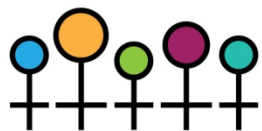
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Sexual Pleasure Is Important!

Not only does it feel good, but experiencing sexual pleasure is good for you emotionally and physically and can lead to:

- Lower stress
- Better sleep
- Increased levels of oxytocin (the “love hormone”)
- ... and more!

Sexual pleasure empowerment means making safe, informed decisions while expressing your desires and yourself sexually



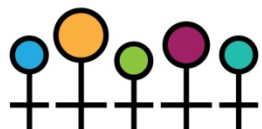
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Sexual Pleasure Is Important!

Medical advances have translated into tools that may support you in feeling confident as you explore all kinds of pleasure with partners

Tools include:

- U=U (**U**ndetectable Equals **U**ntransmittable)
- PrEP (**p**re-**e**xposure **p**rophylaxis)
- ... *also* ...
 - Condoms – internal (“female”) or external (“male”)
 - PEP (**p**ost-**e**xposure **p**rophylaxis) – taken within 72 hours after possible exposure – greatly reduces chance of HIV acquisition

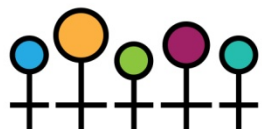


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Sexual Pleasure Is Important!

Having pleasurable, safe sexual experiences if one chooses has been identified as a ***central aspect of health and wellbeing by the WHO*** and other institutions worldwide

Women living with HIV have ***needs related to sexual desire and pleasure – and deserve providers who can talk about that*** in a positive, nonjudgmental way



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Learn More!

*Scan the QR code for **more resources** on this topic from The Well Project, and to access the **video and survey** following this session!*



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