

The Pleasure Mission Podcast

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Background/Purpose:

All humans desire and need pleasure. We seek pleasure in most of what we do. So why don't we talk about this basic human need?

I am the proud owner of an 'imperfect' vulva and a vagina. Becoming proud of these unique body parts took time, and it took a Pleasure Mission. My story is now available to the world via a podcast titled "The Pleasure Mission".

Through my decades long history working in the area of sexual health nursing and education, I have all too frequently heard people apologise for their genitals and express shame for not using condoms or having sex with multiple partners.

Approach:

The Pleasure Mission podcast combines current sexual health research and knowledge with real world human experiences. Brave and bold, it provides easily accessible information sharing through humour and relatable anecdotes.

Outcomes/Impact:

This shame impacts people's ability to enjoy sex and other sexy stuff.

This is not ok; we need to tackle stigma and taboo.

It is time for a sexy shake up and my story does exactly that.

Innovation and Significance:

The Pleasure Mission began after the break-up of a 25-year monogamous relationship. And it began with ME. Thirty days of self-pleasure. Thirty days of discovering never before feelings and responses. And then part two...facing the world. Dating apps., borrowed lacy underwear, 'ripping the Band-Aid off sex" with a stranger, a near-death experience, sex with a couple, dodging roommates, kissing big lips, my fist in the arse of a cake-lover, yoni massage, lost condoms, a gentle giant with a sexy tongue and a person who got under my skin and made me feel alive.

It is time we talked about pleasure. It is a basic human right.

The Pleasure Mission podcast has the potential to change lives.

Disclosure of Interest Statement:

None