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The Birds, the Bees & the Swedes: Exploring the Role of Pleasure in Swedish Sex Education

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THE BIRDS
THE BEES
& THE SWEDES

EXPLORING THE ROLE OF PLEASURE IN SWEDISH SEX EDUCATION

ARIELLE PARDES

HOW DO SWEDISH SEX EDUCATORS PRESENT THE MEANING OF PLEASURE?

WHAT FORMS OF PLEASURE ARE ACKNOWLEDGED AND WHAT FORMS ARE LEFT OUT?

SEX POSITIVITY
RELATIONSHIPS

SELF PLEASURE

ORGASM

NORMALIZATION

“[My instructors] were quite positive. I think it was positive because we learned: be respectful, and protect yourself, but it’s normal. Everyone does it, and you should like it, but you should also feel comfortable.”

“Our teacher said [of masturbation]: ‘It’s good, and you should try it. you should know your own body before you have sex so you know what feels good.’”

“I think they said that orgasm was the best part of the sexual experience, and it feels the best. This is the extent of what they told us. But no one really understood what orgasm actually was.”

‘ple-zhr’

noun
• a positive view of the physical and emotional aspects of sex
• inviting adolescents to explore what feels good and bad, desirable and undesirable, grounded in experiences, needs and limits from Michelle Fine, 1988

“Sex positivity, relationships, self pleasure, orgasm, normalization.”

“Sex positivity relationships.”