

# Utilizing Poetry To Encourage Consent And Pleasure

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Zoë, Service Doggo

Maine Sex Ed Conference

Bangor 2025



# About Us

## Social Work

UNE 2020

Trauma Informed & EFT-1 Certificates

Internships: SAPARS & Equine Assisted Therapy

LMSW-CC 2021

LCSW – 2025!

AbortionChat + Trauma History

## Poetry Awards

2025 Maine Artist Fellow

2021 The Poetry Question Chapbook Award

2020 New Women's Voices Award



# What To Expect Today

- Checking In With Self
- Free Write
- Word Choices + Sexting
- Reading Poetry
- Writing Poetry
- Music
- Checking In With Self
- Q & A

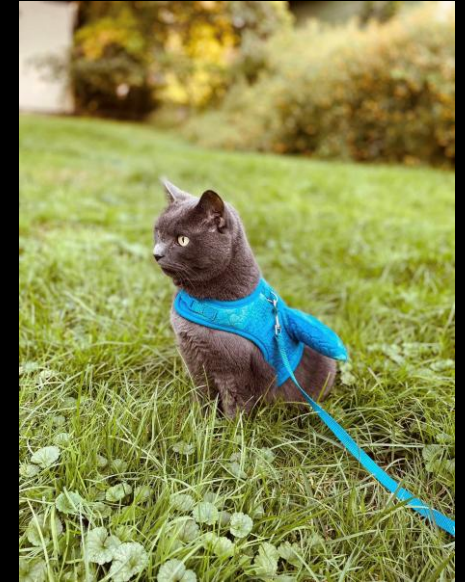


# Content Warning



# Checking In With Self





# Two Minute Free Write

Write about something that brings you joy/makes you feel safe (I recommend interactions with pets/children/being at the ocean, etc)



# **Finding Safe Words, Recognizing Unsafe Words, & Sexting**



# Out Loud Poem





## Safety

By Lynne Schmidt

You ask if it's okay before you touch me  
like you can feel everyone who didn't ask permission before.  
You ask with everything,  
the breath before your lips meet mine,  
being close enough  
I can taste you before we touch  
allowing enough space so that I can pull away,  
because this might be a joke  
or push forward,  
because this might be real.  
You wait just long enough so  
my heart recognizes you as friend  
rather than threat.  
When neither of us moves away,  
we both freeze before silently saying yes.  
We melt together so quickly  
it's hard to untangle  
who moved first,  
who touched first.  
But we are both in motion.  
My fingertips in your hair, on your neck,  
careful to trace the places of your body  
so that I don't hurt you, either.  
Then there is only this.  
The question  
and the response.



# Discussion

Holy Things  
By Lynne Schmidt

You press my hands into the bed,  
cover my body with the blanket of yours,  
my mouth in the liquor of your lips.

I could moan here,  
could invite the spirits of the world  
to witness the trespasses of our flesh,  
that if we still went to church  
still believed in God and sin and confession,  
we would atone for.

I will not confess this,  
will not share what we have with our bodies  
with the rest of the earth, yet.

I will keep your holy communion between my knees  
swallow you with as much wine as you offer,  
lick the salt of your skin,  
and bite hard enough to leave  
crimson flowers on each other.  
I will mark you as mine,  
and you will devour me as yours.



# Discussion



# Write Your Own Poem

Consider the two poems we read today and the stories they told.

Challenge #1: Write a poem exploring what you want to happen in an intimate space.

OR

Challenge #2: Write a poem about places on your body you would like your partner (real or imaginary) to explore – do they use their hands, mouth, something else?

OR

Challenge #3: Make a sex bucket list

**Time To Share (If You'd Like)**

# Consent and Sexytime and Music

What are some songs that 1) feel safe and 2) get you in the mood?

# My Recommendations

- TLC – Red Light Special
- Arianna Grande – Dangerous Woman
- Adina Howard – Freak Like Me
- Usher – Nice and Slow
- LL Cool J – Hey Lover
- Hailee Steinfeld – Love Myself
- Madonna – Crazy For You
- Desire by Meg Myers





**Check In With Self**

# Take Aways

- The more we create safe spaces in our minds and bodies WITHOUT the fear/risk of intimacy, the more we can invite it
- The more we can recognize when we feel safe and comfortable, the more we can recognize when we do not

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