

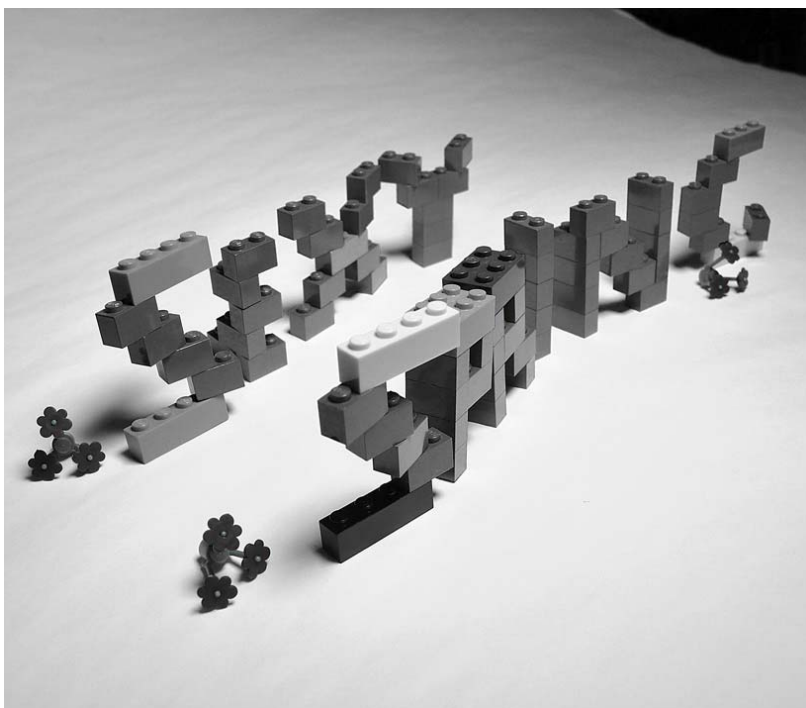
Thank you thank you thank you to...

The Sexy Spring founders and people who've kept it active and relevant, all of the workshop presenters and facilitators, the Vibes Watchers, Food Not Bombs, Peace Coffee, the University of Minnesota, the U of M facilities staff, the U of M Queer Student Cultural Center, the Experimental College of the Twin Cities, the BECAUSE Conference, the Midtown Global Market, the Powderhorn Park Neighborhood Association, and everyone who's contributed by being here, sending an email with support or an idea or suggestion, made a sign, posted a flier or brightened the event with a smile, a hug, an idea, and simply your presence.

Our Love to....

our partners, our lovers, the gender outlaws, the kinksters, the explorers, those without the power to speak up, the fearful, the flawed, the survivors, those who transcend their histories, the powerful who want everyone to be powerful, and all those who embrace caring openness and the challenge of living and loving in a sex-negative world.

CREATE SAFER SPACES EVERYWHERE



STAY SEXY

Sexy Spring 6



Just the Basic Facts

Mission: Sexy Spring is a radical, sex/body positive sexual education skill-share and conference focused on exploring the ways sex, sexuality, gender, relationships, communication, health, our bodies and our choices affect our lives through workshops, art, discussions, performance, play, demonstrations, storytelling, networking, etc.

Sexy Spring is a product of the people who organize it and the people who come to it. It seeks to attract a large and diverse collection of perspectives. A skill-share is based on the idea that learning to understand each others' experiences is more important to making meaningful changes in ourselves and our world than accumulating knowledge from so called "experts." We all have things to teach each other. Sexy Spring is a venue for these exchanges.

Location: Ford Hall is on the East Bank of the University of Minnesota on Washington Avenue. The address is 224 Church St. NE in Minneapolis.

Transportation and Parking: Bike parking is available at racks in the area around the building. Metro Transit bus routes 2 and 16 serve Ford Hall, and other routes also stop nearby. Vehicle parking is available in the Church Street Garage to the North, Weisman Art Museum Garage to the southwest, and the Washington Avenue Ramp to the East. Use the map below to help you find your way.



Notes, Contact Info, and Doodles

(In)visible Queers – Room 115

With Jenn and garrett

This facilitated discussion will focus on the differences between visible and less visible expressions of queerness and how that affects individual queers and the queer community. Are invisible queers really “stealth queers” who use hetero-privilege when it suits them and claim queer labels when that suits? Is the queer community elitist and blind to their fellows who do not fit the queer stereotypes? How does it feel to be an invisible queer in a queer community...in a straight community? We want to have this conversation with anyone who has their own questions or opinions on this topic.

A New Vision for a Sexual Nation – Room 127

With Dr Todd Berntson

Our nation has waged a war on sexuality since its inception. Driven by fear, the perceived economic need to control women’s sexuality, and the dogma of religious fundamentalists, American society has imposed a system shame and persecution on the sexual life of the population. The result has been that most people end up sexually traumatized in one way or another. This presentation presents a new vision of sexuality for our nation: A vision that promotes real world sex education; promotes the diversity of consensual sexual expression; embraces the equality of all sexes; and reintegrates our sexuality with our spirituality.

Rope Skillshare – Room 130

With Lisa

This is an opportunity for rope bondage enthusiasts of all skills levels to get together and share ideas. Is there a fun knot you just learned that you’d like to show off? Are you having difficulties with a particular tie? Do you have a vision of rope goodness that just needs a little something? Join us for a skill share! We’ll exchange ideas and techniques and have some fun with rope. No experience needed.

This skillshare is BYOR (bring your own rope). Also, you may wish to bring a mat or blanket for comfort as many bondage positions involve sitting on the floor. (Some rope will be provided)

<p>Activity: make a resolution for improvement.</p> <p><i>My resolution is:</i></p>
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Cost: All of our events are **free of charge**; we also encourage you to donate what you can since we rely solely on donations to create the event! A reasonable donation would be \$10 / day.

Accessibility: Ford Hall is wheelchair accessible via the north entrance and an elevator within the building. The map on the previous page shows where there are disability parking spaces. Due to staffing and budget constraints, we may or may not be able to meet other accommodation requests, but we will try to do our best (if you need an accommodation, please request one as soon as possible).

Scent-Free Policy: So that everyone can safely participate, including those with allergies and Multiple Chemical Sensitivities, please refrain from wearing perfume, cologne, or other scented products. See sexyspring.org/practical-info/ for more information. We realize this is an incomplete solution, and something we hope to improve in the future.

Food and Drink: Lunch and snacks will be provided on Saturday and Sunday, including vegetarian and vegan options. There are also vending machines in the basement and a glut of restaurants and bars in the area, including the Hard Times (veg*n), the Acadia (excellent beer selection) and many chain restaurants.

Community Room: Room 150 is the Sexy Spring Community Room – Go here for food and conversation! This is where lunch will be served on Saturday and Sunday.

Quiet Room: Room 170 is the Quiet Room – this is a place to go to decompress, have a cry or a nap, and take a break from stressful situations. Please keep this room calm and quiet.

Sexy Staffers Office: Room 155 is home base for Vibes Watchers* and other volunteers. The Vibes Watcher schedule will be posted in this room.

Activities for children will be available in **room 151** during educational events. The room will be staffed upon request – ask at the main desk.

“Guerilla Workshops” – Remember, you are Sexy Spring – help us fill in the gaps! We encourage spontaneous discussion! If you’ve got a topic that you’d like to discuss with people, simply sign up on the sheet near the sign-in desk, invite others to attend, and let the Sexy Staffers at the sign-in desk know when and where you plan to hold your discussion so that we can publicize it and provide a Vibes Watcher* (as staffing availability permits).

Guidelines for Creating Safer Space at Sexy Spring

These guidelines are simply a starting point, think about others you might add, and talk about them!

1. Respect your own physical, mental, and emotional boundaries
 - Stay attuned to your own needs, and communicate them when it's important to you
 - If you need help negotiating a situation, ask a Vibes Watcher* to help
 - Enforce your boundaries
2. Respect others' physical, mental, and emotional boundaries
 - Always ask for explicit consent before touching someone
 - Don't assume another person's race, gender, sexuality, history, or any other aspect of their identity. Respect others' right to self-identify
 - Be aware your boundaries may be different than those of others
3. Sexy Spring is a cooperative learning environment
 - Everyone has something to learn and something to teach
 - Respect diverse opinions; share ideas rather than judgments
 - Everyone makes mistakes -- assume positive intent

*Vibes Watchers

These people have participated in training in how to help create safer space. Recognize them by their garish armbands, and talk to them if you have any concerns or problems! If you are interested in being a Vibes Watcher, please attend the training at 9:30am on Saturday Morning or 10:30 am on Sunday (before workshops start)

Things to Do at Sexy Spring...

- Decorate your mailbox
- Say hello to someone
- Ask a staffer if you can help out
- Have a snack in the Community Room
- Meditate in the Quiet Room
- Take a walk – see the Weisman, or the River
- Write some notes about your experiences in the back of this booklet
- Lead a guerilla workshop
- Go to workshops!
- Arts and crafts in the kids activity room
- Kinky calisthenics
- Become a vibes watcher
- Join the Welcoming Committee
- Do an **activity** in this schedule

to be those partners we want to be. Let's rise together from the ashes of our high-drama relationships. People of all relationship styles welcome!

You Sexy Vegan!

With Johnny Clay Jones and Flash

Are you a sexy veg*n? Open, curious, loving, kinky, or just damn hot... and also compassionate towards other beings? Do you believe that the concept of consent should be extended to non-humans? Do you feel torn between your support for animal rights and your desire to be restrained by leather or tickled by feathers? Or maybe being around any dead-animal product just turns you off completely, making it hard to be a sexy socialite. If so, then we request your presence! Meet other sexy vegans, vegetarians and [insert-your-favorite-non-label here] in an open-ended dialogue.

This will be facilitated discussion without any particular agenda. However, **please respect this session as a “safer space” for those who identify as vegan/vegetarian/etc., and do so for ethical reasons. This workshop is open only to those that identify as such.**

2:00-3:30

Erotic massage. Sensual massage. Is there a difference? If money is exchanged, do both qualify as sex work? – Room 110

With Susan Miranda

It may seem to be an obvious answer to the above question that, “yes,” there is a difference between sensual and erotic massage. Or, does it all depend? In this workshop, Susan will be asking questions like what really does qualify as sex work? What is the role of intention in creating the experience as sensual or erotic or as sex work or as healing work? Does it change the situation to have high levels of communication and respect? Does it really matter what it is called, or is it the experience that matters the most? Where is consent in all of this?

Susan has been exploring the topic of sex and money in previous workshops. These previous workshops (as well as general information about the complexity of intimacy, touch and relationships) will be discussed to set a foundation for this workshop. This particular workshop comes out of wanting a safe environment for all that practice sex work. And, it stems from wanting a safe environment for all that do not. Come join this conversation about the complexity of touch, intimacy, sexuality, relationships and money and how all of this does or does not relate to issues related to work.

Sunday, June 7

	Room 110	115	127	130
11:00am-12:30pm	Submission and Masochism in BDSM: Why does it feel good? How can we feel good about it?	Cheating Hearts, Bedroom Farts, and Drama-Free Nonmonogamy		You Sexy Vegan!
12:30-2:00	Lunch Break! Free food in room			
2:00-3:30 pm	Erotic massage. Sensual massage. Is there a difference? If money is exchanged, do both qualify as sex work?	(In)visible Queers	A New Vision for a Sexual Nation	Rope Skillshare

11:00-12:30

Submission and Masochism in BDSM: Why does it feel good? How can we feel good about it? – Room 110

With Shannon Dahmes

Facilitated discussion of submission and masochism and the motives/feelings/theories of those who choose these roles. What are the stereotypes and assumptions that we face? How do we confront them? How do we reconcile these roles within a feminist/equality paradigm? What is the exchange of power in power exchange? What do we bring to an experience, what do we get from it? These are just some of the questions that we might address in this conversation.

Cheating Hearts, Bedroom Farts, and Drama-Free Nonmonogamy – Room 115

With Gregg Lind

“After this workshop, you will have all the tools you need to have drama-free nonmonogamy forever.” Wouldn’t that be delightful? Whether you’re brand-new to non-monogamy, curious about it, or a convicted bigamist, bring your expertise and experiences to share. Learn about consent, limits, compersion, jealousy, negotiation, (non-monogamous?) relationship styles, the addictive qualities of New Relationship Energy (NRE), and where to buy the best orgy pajamas. By sharing stories, tips, and modeling situations, maybe we can learn

Friday, June 5

	Room 110	130	150	151
2:00-4:00pm		Self-Defense as Self-Care: Practical Tools for Building Resiliency	Pegging and Strap-On Sex	
5:00-6:30pm	BDSM/Kink Overview	Sex Toys 101 and Greening your Sex Life	Handshake Consent	(Bi)Sexuality 101

2:00-4:00

Self-Defense as Self-Care: Practical Tools for Building Resiliency – Room 130

With Diane Long

This interactive workshop offers simple, effective tools for verbal and physical defense. The same skills can be used to say “No” to the things you don’t want and to invite the things you do. We’ll explore ways to deal with sensations and emotions that may come up in the process of learning to defend ourselves and share ways that we can create more safety individually and collectively. Exercises focus on boundaries, trust-building, and clear communication.

Pegging and Strap-On Sex – Room 150

With Clare Jacky and Alison Nowak

This workshop will cover the basics of choosing a harness and dildo that are right for you and your partner(s) as well as describing how to use your toys for maximum fun whether you are having vaginal or anal sex.

5:00-6:30

BDSM/Kink Overview – Room 110

With Mistress Joanne

The world of leather/BDSM is, without a doubt, magical, mystical, and potentially life-changing. It can also be intimidating to the newcomer. The lifestyle has its own language, behaviour, taboos and etiquette. How do you figure out where you belong, what to call yourself, how to fit in, and - most importantly - how to safely find partners? Learn some tips and become acquainted with resources that might help you as you explore the wonderful world of BDSM. Bring your curiosity, and an open mind!

Sex Toys 101 and Greening your Sex Life – Room 130

With Clare Jacky and Alison Nowak

This workshop will guide attendees through the wonderful world of sex toys and their uses. From vibrators to dildos, lubricants to bondage, we'll explain it all, and give you options and alternatives for greening your sex life.

Handshake Consent – Room 150

With Gregg Lind

This hands-on (literally, see below *) workshop uses the handshake as a lens to focus on negotiation, safety, consent, kink, and platonic and sexual touch. Tone will be silly/serious, and there will be lots of time for exploration and “doing it” with strangers. *Participants will be asked (but not required) to negotiate around touching a stranger’s hand or forearm as part of this workshop.

(Bi)Sexuality 101 – Room 101

With Anne Phibbs, Becky Saltzman, Monica Saralampi, Kim Jorgensen

This workshop takes a deeper look at sexuality, its social construction, and the ways in which we understand ourselves as sexual beings. Participants will learn about ways of challenging biphobia and ways of being allies to bisexual individuals and communities.

Activity: write phrases that you wish someone would say to you. Phrase them *exactly* as you'd want to hear them. Then, if you like, have someone you trust say them to you, exactly as written.

(Ex: [you] are allowed to feel as much pleasure as you want.)

(from an idea by Beth Tub)

session will include a review of some key concepts, along with time for questions and reflection.

The Internet and Sexual Compulsivity: When is it too much? – Room 127

With Weston Edwards PhD

This workshop will review the impact of the internet and its relationship to compulsive sexuality. When is too much sex a problem? When is too little sex a problem? How does the internet help and hurt? This fast-paced workshop will review treatment concerns, treatment models and available resources.

Booty Dancing: Consensual Crumpin' – Room 130

With garrett

This session will be a chance to build confidence in the fine art of dirty dancing. If, however, you are already a pro, you will have ample opportunity to share your skills. We'll do some ass aerobics to warm up, cover some booty basics and then get to grindin'! We will also discuss how consent can be established on the dance floor through verbal and non-verbal cues. Every effort will be made to keep the session fun and comfortable for everyone and active consent will be a priority.

Activity: Take 10 slow, thoughtful breaths. Feel each breath fully. Take inventory of your emotional and physical state. Be present in your body and focus on relaxing the parts of you that are tense. Stretch as you are able, if so moved.

Activity: Write (a) one way that you want to be read (seen by others), but aren't (b) one way that you are read, but you wish you weren't.

(Ex. I'm read as extroverted, but I'm really shy and vulnerable inside)

Mingling Disability and/or Aging with Dating, Romance, Relationships, and Sexuality – Room 130

With Lance Hegland

This workshop will be a very informal and general open discussion among participants of dating, romance, relationship, and sexuality topics in light of disability and/or aging. This workshop will be a perfect chance for individuals experiencing various effects of disability and/or aging, past/present partners, family, friends, colleagues, and professionals to share their experiences and knowledge. Equally important, this workshop will offer an excellent opportunity for the general public – individuals who do not experience, or have little familiarity with, the effects of disability or aging as well as potential future dates, lovers, and partners – to share their curiosities, questions, or concerns. Potential topics may include, but are not limited to, common effects, challenges, myths, stereotypes, prejudices, solutions, resources, strategies, techniques, and assistive technology.

3:00-4:30

Is there a doctor in the house? A quick and dirty medical Q&A – Room 110

With Rebecca Trotzky-Sirr

Dr Bex is a radical medical doctor, training in family medicine at UCLA & a friend of sexy spring for many years! Come and ask your health related question, nothing too small, too complex, too serious, or too silly! This is a queer, trans, family friendly space to help you negotiate the medical system. She has worked in clinics across the Twin Cities & knows how to hook you up! STI? Pregnancy? Abortion? How can I get good health care? How can I get insurance? Dr. Bex will be on hand to answer your questions like these and more!

Questions can be submitted anonymously beforehand on paper (there will be a box at the check-in table) or email to Bex at revolution.is.medicine@gmail.com by High Noon Sat June 6 to be answered during this workshop or...Attend and Ask In Person. Bex will stick around before and after this workshop if you want a bit of personal lovin' attention.

The Mantra of Knowing Thyself – Room 115

With Sassy

When one pursues alternative sexuality, developing and maintaining a successful relationship(s) requires one key component, honesty to self. The Mantra of Knowing Thyself takes into consideration a handful of key questions (or, in one case, an absolute promise) and how to approach those questions at anytime in your life, preferably the younger the better. This

Saturday, June 6

	Room 110	115	127	130
10:00-11:30 am	Intimacy and Communication	BDSM: The potential for healing, intimacy, and transformation	(Trans)Gender 101	The Naked Needle
11:30-1:00	Lunch Break! Free food in room 150			
1:00-2:30 pm		Making Sex Healthy, Empowering, Fun, and Safe: A Workshop for Survivors of Sexual Abuse	Demystifying the Sex Industry	Mingling Disability and/or Aging with Dating, Romance, Relationships and Sexuality
3:00-4:30 pm	Is there a doctor in the house? A quick and dirty medical Q&A	The Mantra of Knowing Thyself	The Internet and Sexual Compulsivity : When is it too much?	Booty Dancing: Consensual Crumpin'

Saturday Night Events

There Is No Option: Art Show

7:00-11:00pm

At Art of This, 3506 Nicollet Ave, Minneapolis

The show is simply queer art in Minneapolis. Mostly emphasizing collaboration and the importance of community...which seemingly dissolves with the internet generation and assimilation politics. This event is not run by Sexy Spring, but we fully support it and suggest it if you're looking for something to do before the dance party!

Set Your Ass On FIRE! Sexy Spring Dance Party

10:00pm-2:00am

At the Bedlam Theater, 1501 South 6th Street, Minneapolis

Pay what you can (\$5-\$10 suggested, no one turned away)

It's a wild dance party so you can freak out!!! DJs Sweatburger and Double O'Hare will be spinning booty shaking tunes on the dance floor. There will be an open stage to share your art an expressions on sex, gender, sexuality, relationships and more! It's place for you to express your unique gender and sexuality in a fun, open and encouraging atmosphere!

Intimacy and Communication – Room 110

With Apollo and Amrita

Communication is most essential in deep intimacy, and yet there are many ways we shut down, or feel unable to express what we need to in order to truly open to each other. Amrita and Apollo are spiritual sexual educators who will be bringing together their training in NVC (nonviolent communication), their understanding of intimacy-related needs, and their own experience in relationship to facilitate this discussion. Learn how to create safety in your relationships for expressing your deepest fears and desires in any state of emotional or physical intimacy.

BDSM: The potential for healing, intimacy, and transformation – Room 115

With Scott Jacoby and Michelle van Ryn

Discussions about BDSM can often focus on whether people's thoughts and behaviors are pathological or damaging. There are biases to look for the negative function of BDSM activities. Whether we are defending it or questioning it, the conversation is often framed in a negative light. It's not surprising that some practitioners of BDSM struggle with questions like: "Why do I like to submit?" "Do these desires mean I am weak or insecure?" "Do I have internalized sexist notions related to power and powerlessness?" "Am I compensating for something that is missing in my life?" "If I see myself as a gentle and loving person, why do I get off on whipping my partner?" "I love to sexually dominate others...am I a sexual bully" "Am I afraid of intimacy?"

This workshop will explore and discuss the positive functions of BDSM, the potential for restorative healing, relational intimacy, and positive transformation. We will consider questions like: "What wisdom have I gained through BDSM?" "Why does sexual submission feel so nurturing?" "How has BDSM helped me heal from past abuse?" "How has sexual dominance enabled me to grow as a person?" "What skills have I learned from BDSM and how have they impacted the rest of my life?" The facilitators will provide a very brief overview to shape the conversation and then facilitate a dialog in which participants are invited to explore and share their own thoughts and experiences of how BDSM has provided avenues for healing, intimacy, and transformation in their lives.

(Trans)Gender 101 – Room 127

With Anne Phibbs, Kim Jorgensen

Participants will have an opportunity to deconstruct gender, analyze the ways in which gender plays out in our everyday lives, learn about interrupting transphobia, and discover ways to be an ally to transgender and gender variant individuals and communities.

The Naked Needle – Room 130

With Amanda Nyren

Play piercing is a practice that involves the temporary piercing of the skin. Come and share your experiences, discuss and learn about why people do play piercing, negotiating piercing scenes, scene set-up and after care, and more! There will be a demonstration of piercing and opportunities to pierce. Some participants may be nude. If needles and blood disturb you, this may not be the best workshop for you! If needles and blood excite you, please come!

1:00-2:30

Making Sex Healthy, Empowering, Fun, and Safe: A Workshop for Survivors of Sexual Abuse – Room 115

With Irene Greene

This workshop will explore how to have a healthy sex-positive sexuality while also dealing with past sexual abuse or trauma issues. (Partners are welcome, too.)

We will: (1) explore ways that healthy sex can feel similar and yet is actually different than sexual abuse experiences of the past & strategies to help discern the difference, (2) identify strategies to help make healthy decisions around sex and sexuality, and (3) explore ways for sexual partners to talk about and act on these issues openly and respectfully with each other. We will also explore the often asked question: If I am interested in leather, kink, B&D, S&M, and/or polyamory or any other "non-traditional sexual practices, lifestyles and/or identities" AND I am a survivor of sexual trauma, does that mean that I am *pathologically* acting out or re-enacting the abuse? Resource lists will be available.

Demystifying the Sex Industry – Room 127

With Remy Lively

What is sex work? Who are sex workers? What kind of person hires an escort? What is a typical day in the life of an erotic masseuse? Can you be a feminist and a sex worker? How does it all work, anyway?