American HerStory: Conversations about Women’s Autobiography by Liara Roux
Writer, sex worker and political activist

Craft Talk by Rachel Gross
Award-winning science journalist, author of Vagina Obscura: An Anatomical Voyage

For more Gender and Sexuality Month events, scan the QR code or visit https://qrco.de/bcibrp

Coordinated by
Middle Earth Peer Assistance Program
Center for Behavioral Health Promotion and Applied Research
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* NYS Writers Institute Featured Program

View all events in Outlook calendar:
https://outlook.office365.com/owa/calendar/2eecdf727cc04853a09413d250c1d805@albany.edu/19c48260ff1045f4ad6c9913ecd843fd11068410051520256539/calendar.html

To subscribe to our calendar:
https://outlook.office365.com/owa/calendar/2eecdf727cc04853a09413d250c1d805@albany.edu/19c48260ff1045f4ad6c9913ecd843fd11068410051520256539/calendar.ics
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COVID PROTOCOL FOR ALL IN-PERSON EVENTS

All individuals, regardless of vaccination status, must wear a mask or other face covering while inside any UAlbany owned, operated or leased building. Individuals should not attend our in-person events if they, or anyone in their household, are displaying any symptoms of COVID-19. For more information, please visit UAlbany’s COVID-19 website: https://www.albany.edu/covid-19
NEW YORK STATE WRITERS INSTITUTE
FEATURED PROGRAMS

American HerStory: Conversations About Women’s Autobiography

Thursday, February 24
Liara Roux

Liara Roux, credit Bảo Ngô

Craft Talk — 4:30 PM, Boardroom (1st Floor), Campus Center West Addition
Conversation/Q&A — 7:30 PM, Boardroom (1st Floor), Campus Center West Addition

Craft Talk on Science Writing — 4:30 PM, D’Ambra Auditorium, Life Sciences Research Building, LSRB 2095
Presentation/Q&A — 7:30 PM, D’Ambra Auditorium, Life Sciences Research Building, LSRB 2095

Rachel Gross, award-winning science journalist, is the author of Vagina Obscura: An Anatomical Voyage (March 2021), a brilliant account of recent discoveries by a new generation of women scientists regarding the wonders of the female body. Pulitzer Prize-winning science writer Ed Yong said, “Rachel Gross shows how long we have misunderstood the bodies of half the people who have ever lived.... Science writing at its finest—revelatory, wry, consequential, necessary, and incredibly hard to put down.” A former Knight Journalism Fellow at MIT, Gross served until recently as Digital Editor of Smithsonian magazine.

Cosponsored by UAlbany's Women in Science and Health network (WISH).

The Middle Earth Peer Assistance Program thanks the New York State Writers Institute for its collaboration with Gender and Sexuality Month over the years. For further information on the New York State Writers Institute, please go to www.nyswritersinstitute.org
WORKSHOPS AND PROGRAMS

Monday, 2/14 | 8:00 PM | Zoom ID: 979 4810 4744; Passcode: 659206
https://albany.zoom.us/j/97948104744?pwd=TE5mRUVIZ2UyQS9NY05xb0lPM0tLQT09

Neurodivergence Within the Rainbow

In this presentation, we will discuss the overlap between the LGBTQ+ community and neurodiversity, especially Autism and ADHD. Drawing from social learning theory, we will address topics such as clinical considerations and best practices for supporting these individuals. Attendees will have the opportunity to participate in discussion. Please join us!

Presenter(s):
Michelle Meyer (she/her), Doctoral Student, Educational Psychology & Methodology
Alyssa Lombardi (they/she), Doctoral Student, Department of Educational and Counseling Psychology
Cara Fresquez (she/her/ella), Doctoral Student, Department of Educational and Counseling Psychology

Supervisor:
Tammy Ellis-Robinson, PhD (she/her), Assistant Professor, School of Education Director of Equity & Inclusion

Tuesday, 2/15 | 7:00 PM | Studio West

Love Yourself Zumba

Zumba is one of the most popular workouts in the fitness world today! You have undoubtedly been hearing about Zumba around town and in the media. It's time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Achieve exercise benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate. You will love it and love exploring how your body moves to the beat!

Presenter(s):
Karla Jaime-Benitez, MA (she/her), Director, Campus Center Management

Wednesday, 2/16 | 8:00 PM | Assembly Hall

Hook-Up Culture on College Campuses

Hook-up culture, a way of life that encourages casual sexual encounters, is becoming increasingly popular in people’s everyday lives, especially on college campuses. In this presentation, we will dive into the historical events contributing to the popularity of hook-up culture and solutions to help individuals navigate this challenging aspect of life.
What Birth Control is Best for Me?
What Birth Control is Best for Me? Is a comprehensive presentation about all birth control options, their pros and cons, as well as why someone would pick a certain kind. Additionally there will be a section on trans health, Plan B, and resources in the community.

Presenter(s):
Deb Zimrin, MD, PhD (she/her), Family Medicine Physician, Community Care
Jillian Mertzlufft, MPH (she/her), Assistant Director of Fitness and Wellness, Campus Recreation

Heterosexuality: Have We Ever Really Talked about It?
What is heterosexuality in the US? Where does it come from? Together we will explore how sexism, racism, classism, and heterosexism inform our social and physical world by disentangling our notions of the professional, the attractive, the male & female and the space left for anything else.

Presenter(s):
Courtney D’Allaird (they/them), Assistant Director, Intercultural Student Engagement

Trans Sex and Pleasure
How do transgender people have sex? It is a question that has plagued society for generations. We can answer this question, but we can also go a lot further. How do trans people have safe, affirming, and most of all... pleasurable sex? That’s what we are going to explore.

Presenter(s):
Will Besterman (he/him), Vice President, Project SHAPE: Sexual Health and Peer Education

Supervisor:
Molly Hadley, MPH (she/her), Health Promotion Specialist
Wednesday, 2/23 | 7:00 PM | Assembly Hall

**Feminine Centered Sexual Liberation**

College is often the first opportunity for folks to openly consider sex, sexuality, and sexual orientation so we will be providing a space to work toward destigmatizing sex and intimacy in college settings for women and femme people. The program will include an interactive presentation encouraging women and femme students to engage with and explore sex and sexuality in a welcoming space with their peers. The program will focus on what sexual liberation looks like in the present day and how to work toward becoming more in tune with your sexuality. Topics will include how to engage with ethical porn, masturbation, reflect on sexual orientation, among other areas related to sexual liberation. Sources for readings, products, websites, and media will be shared so students can continue to learn following the presentation.

**Presenter(s):**
Aminata Kargbo (she/her), Events Coordinator, Women's Resource Center

**Supervisor:**
Courtney D'Allaird (they/them), Assistant Director, Intercultural Student Engagement

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Monday, 2/28 | 8:00 PM | Assembly Hall

**Let's Talk About Sex: Communication and Exploration**

Healthy communication is part of healthy sexuality! So, let's talk about it—safer sex, pleasure, boundaries, preferences, kink, and so much more. Through this interactive presentation, participants will be given space for self-reflection, learn to establish their boundaries, and be given tools to become better communicators.

**Presenter(s):**
Zoe Barclay (she/her), Social Media Director, Project SHAPE: Sexual Health and Peer Education

**Supervisor:**
Molly Hadley, MPH (she/her), Health Promotion Specialist

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Tuesday, 3/1 | 7:00 PM | CC 375

**Learning About Love Languages**

Whether it's with a partner, friend, or yourself, relationships partly depend on showing love and care for one another. But have you thought about how this person can best receive the message that you care for them? This presentation will provide you with communication skills to better understand the needs of those you care about most.

**Presenter(s):**
Middle Earth Peer Wellness Ambassadors
**Supervisor:**
*Natalie Sumski, MPH, CHES (she/her), College Prevention Coordinator*

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**Wednesday, 3/2 | 8:00 PM | CC 375**

**Sex Toys 101**
Interested in sex toys but don't know where to start? Join us for Sex Toys 101! Here we'll discuss history, debunk myths, determine how to get one, and more. In this inclusive space all are welcome and curiosity is encouraged. Let's have a conversation about how to acquire and take care of our new friends.

**Presenter(s):**
*Haley Vicente (she/her), Member, Project SHAPE: Sexual Health and Peer Education*

**Supervisor:**
*Molly Hadley, MPH (she/her), Health Promotion Specialist*

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**Thursday, 3/3 | 8:00 PM | CC 375**

**Does Everybody Want to Have Sex? A Conversation about (A)sexuality**
In the US we are bombarded with images about gender, sexuality and sex. But does everyone have a drive to engage in sex? In this program we will explore the messages we receive about sex and unpack the difference between emotional, romantic and sexual attraction. There will be cake!

**Presenter(s):**
*Courtney D’Allaird (they/them), Assistant Director, Intercultural Student Engagement*
*Alison Solis (she/they), Middle Earth Peer Educator*

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**Friday, 3/4 | 7:00 PM | GSRC CC 0190**

**Gender and Sexuality Resource Center Open House**
On the first Friday of every month the GSRC is open late! Come meetup with other students play board games, snack, switch, craft and relax in the GSRC lounge! All identities welcome LGBTQ+, ALANA, TGNCNB2S, Ace/Aro, Ally. All the spectrum and beyond!
Monday, 3/7 | 7:00 PM | Assembly Hall

50 Shades of What? BDSM, Kink, and the Foundations of a Healthy Relationship

Communication is the foundation of any relationship. In an increasingly hypersexualized world it is easy to lose sight of the power of our own voice. Join these sex experts as we discover our voice and how to use it to get what you want, what you really want.

Presenter(s):
Courtney D’Allaird (they/them), Assistant Director, Intercultural Student Engagement
Miss Couple (they/them), Bedroom Boss: Sex Dating and Relationship Advice Expert
Felix Simpson, MSW (they/them), Social Worker

Tuesday, 3/8 | 8:00 PM | CC Auditorium

Becoming an Ally

Being an ally is more than waving a rainbow flag and going to parades. It takes work. At this program, participants will learn about the history, challenges and issues faced and more about the LGBTQ+ community to gain a better understanding of this marginalized group. Participants will then learn actionable steps to becoming an ally.

Presenter(s):
Middle Earth Peer Wellness Ambassadors

Supervisor:
Natalie Sumski, MPH, CHES (she/her), College Prevention Coordinator
ABOUT GENDER & SEXUALITY MONTH 2022

Throughout the 40 years that Gender and Sexuality Month has been in existence at UAlbany, college students across the nation have been faced with critical issues and choices. Concerns related to gender, sexuality, sexually transmitted infections, relationships, identity, and reproductive health have remained at the forefront across time. In recognition of the importance of the above issues for students, the content of programs within Gender & Sexuality Month reflects these key themes. In this way, we hope to meet the needs of our students as well as to provide a retrospective and prospective look at the issues.

All programs listed in this brochure will be presented or supervised by individuals with expertise in the topic area. We hope the information that will be presented will encourage learning, dialogue, and critical thinking, and will continue to move Center for Behavioral Health Promotion and Applied Research forward in its mission of prevention and the promotion of health and well-being.

GENDER & SEXUALITY MONTH 2022 PLANNING COMMITTEE

Co-Chairs
M. Dolores Cimini, PhD
Molly Hadley, MPH
Center for Behavioral Health Promotion and Applied Research

Members
Sarah Engel, Middle Earth Peer Assistance Program
Courtney D’Allaird, MBA, Intercultural Student Engagement
Jennifer Ho, PhD, Counseling and Psychological Services
Damien Kritzer, Project SHAPE: Sexual Health and Peer Education
Jillian Mertzlufft, MPH, Campus Recreation
Margret Rice, Project SHAPE: Sexual Health and Peer Education
LeAsia Royall, Middle Earth Peer Assistance Program
Natalie Sumski, MPH, Center for Behavioral Health Promotion and Applied Research
Alison Solis, Middle Earth Peer Assistance Program
Carrie Snyder, MSW, Disability Resource Center
Haley Vicente, Project SHAPE: Sexual Health and Peer Education
Mengfei Xu, MEd, Center for Behavioral Health Promotion and Applied Research

Many thanks to the Student Association for their generous funding support of Gender and Sexuality Month, and to the Gender & Sexuality Resource Center, Campus Center Management, Project SHAPE: Sexual Health and Peer Education, the New York State Writers Institute, and the Book House for their assistance with exhibits and special events.