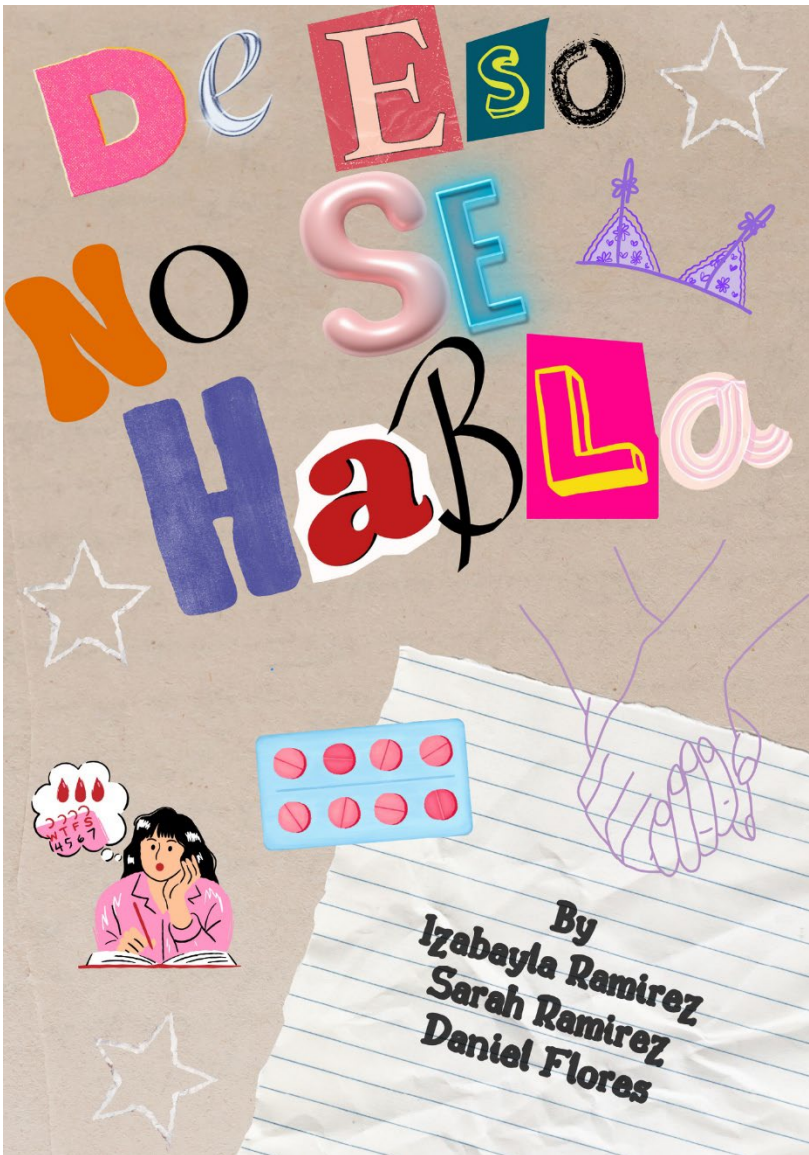


**De Eso No Se Habla**

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# SEX CULTURE

## Why is sex such a taboo subject for Latinos?

Factors like religion, machismo, and purity culture all play a role in our lack of correct sex education. The long term effects of colonization and patriarchal values have enforced rigid gender roles and regulations on what is culturally acceptable and what is not.

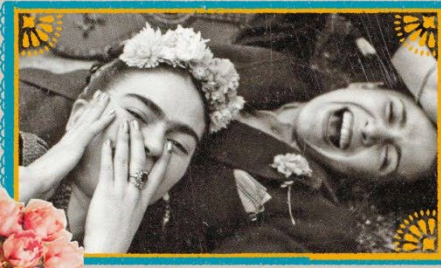


- Europeans colonizing the Americas enforced their religious and conservative views on sex
- lack of education in schools (olan)
- parents not being educated correctly about the complexities of sex (generational) (Luquin et.al, 2020)
- not using the correct terms to describe anatomy (ex. cocina, papaya, cola, flor = vagina, pajarito = penis ("Pajarito", 2017))

WHAT'S SEX?



# Did You Know?



## Frida Kahlo & Chavela Vargas

Frida Kahlo, the famous Mexican painter, was an openly bisexual woman and did not conform to gender norms ("Chavela Vargas"). Frida's wardrobe consisted of both masculine and feminine clothes. Chavela Vargas, a Costa-Rican-born Mexican singer, was one of the women with whom Kahlo had an intimate relationship ("Chavela Vargas"). Although Chavela did not publicly come out until the age of 81 in her autobiography, the public was well aware of her sexuality before her passing. Chavela did not come out before because she built a powerful, rebellious, and free-spirited public persona and her fans were well aware of her sexuality.

## Canciones de Sexo, Sexualidad

- 1.) El Gran Varón - Willie Colón
- 2.) Mariposa - Isabella Lovestory
- 3.) Reggaeton Champagne - Bellakath, Dani Flow
- 4.) Short Party - Cartel De Santa, La Kelly
- 5.) Mariposa Traicionera - Maná
- 6.) XT4S1S - Dana Paola
- 7.) La Tortura - Shakira, Alejandro Sainz
- 8.) Loba - Shakira
- 9.) Yo Soy Tu Maestro - Los Telez
- 10.) Eternamente Bella - Alejandra Guzmán

## Wendy Guevara

Wendy Guevara! Primera chica trans to win La Casa De Los Famosos! Gained fame from her and her friends' 'PERDIDAS' video (Glaad). Wendy has gained the attention and hearts of Lationamerica because of her honesty about her life, her sense of humor, and her humility. Wendy does not shy away from her sexual encounters, her hygiene tips for sexual activities, and her journey as a trans woman in Leon, Guanajuato (Staff). Mexico is a very conservative and religious country when it comes to not following gender norms and discussing "taboo" subjects. Wendy has become a voice for the trans community, and she has educated many people about sex and has encouraged more people to openly discuss about sexuality.





*Your experience of finding out what sex was?*

"I was introduced to sex at the age of 8. I had a project to do in the 3rd grade about apes, and one of the questions was how apes reproduced. I remember going to my parents and asking them for help; they told me apes had sex. Naturally I grew curious of what it was and I continued to ask questions and based on my response and reactions, my parents felt I was mature enough to understand the topic." - Izabayla

"I found out about sex mainly watching tv shows with my parents. A couple shows they watched included some sex scenes and as a child, it was so confusing seeing people do that. And with also not being monitored online, I very quickly stumbled across what actual sex was like on accident." - Daniel

"I had heard about sex from the kids at school, movies, and magazines, but I didn't understand it. All I knew was that it was 'bad'. I didn't find out about what sex really was until my 9th grade biology class and I was mortified when I figured out the process. I thought it sounded scary, weird, and gross. Later I started to get more curious about it, but I kept it to myself." - Sarah

*Did your parents talk to you about sex? If yes, what did they say?*

"Yes, my parents talked to me about sex. My parents went over the basic contraceptives such as birth control pills and condoms; they also went over all the STDs there are. My parents also encouraged me to ask more questions if I had any and if or when I felt ready to be sexually active to let them know so I could discuss birth control options." - Izabayla

"My parents never talked to me about sex. It was always a very taboo subject and I never felt comfortable asking any questions about it. Whatever I know, I've had to find out on my own. I would often read my aunt's Cosmopolitan magazines in search for answers. But when I was a teen, my mom explained STD's to me as another way to scare me into abstaining." - Sarah

"If I remember correctly, my parents never really had a proper sex talk with me. It was one of those things where it was never really spoken of since they didn't feel it was necessary. Most of what I learned came from other people or the media I consumed." - Daniel

Were you worried about cultural expectations when wanting sex?

"Being gay, the expectations of sex are very different for me. Gay relationships are deemed as taboo in Latino households, and especially in religious households. So for me, it feels like there's even more pressure put on me." - Daniel

"Absolutely! Cultural expectations were central to my unhealthy relationship with sex. For me, the thought of sex was wrapped in shame, guilt, and self-hate. I was raised in a Mexican, traditional, Catholic household, which had ingrained in me that modesty and purity were the most valuable traits of a woman. I was ashamed of what others would think of me if they knew I thought about it or wished to have it someday. I didn't want to taint my 'good girl' image." - Sarah

"No, I was not worried about cultural expectations. My family is not very religious, so I never felt bad for wanting to explore what sex was." - Izabayla



Looking back do you wish for any changes throughout your entire experience with the subject of sex?



"I honestly wish I learned about sex properly from my parents than having to find out about it on my own. I feel like if I was told the important things, I would've had a better grasp on it a lot sooner." - Daniel

"Yes, I wish my parents, or someone I trusted had been open about it with me at a young age. My adolescence and teen years were confusing and painful. I thought I was a horrible person and a disgrace for thinking about sex. I also thought I'd go to hell for it and that God hated me. My lack of education also landed me in uncomfortable situations that I could have avoided if I had known better. I wish someone had told me it was natural and okay to be curious about sex and that there was nothing wrong with me. I wish I had given myself some grace, too. Now that I'm older, I'm still trying to unlearn the cultural shame and religious guilt. I'm still struggling, but it's been a lot easier. I hope I can reach a point in my life where I feel completely comfortable with the topic, but I'm still not there yet. I know that if someone had properly educated me on it when I was young, I would have reached that point a whole lot sooner." - Sarah

"Yes, I wish there were changes in my high school sex-ed. I think it would be beneficial to have sex experts or nurses to talk about sex and it's complexities." - Izabayla



# SOPA de Letras

## DIVERSIDAD SEXUAL

D	G	I	N	T	E	R	S	E	X	U	A	L	E	S
G	E	W	E	B	I	S	E	X	U	A	L	D	N	K
Ñ	N	Z	M	J	D	W	N	W	V	P	E	I	O	O
Y	E	L	F	M	E	M	Y	E	J	U	L	U	H	C
V	R	Z	T	R	N	G	W	L	Ñ	S	B	H	L	T
O	O	S	X	Ñ	T	N	Ñ	A	E	M	I	N	A	R
P	X	E	R	Y	I	B	U	Y	Z	X	X	U	A	
M	P	X	S	F	D	Ñ	K	X	T	W	E	C	X	N
D	X	U	J	Y	A	I	L	E	P	O	L	R	E	S
A	P	A	R	E	D	C	H	S	I	L	F	A	S	G
E	X	L	X	F	E	A	W	O	Y	A	O	D	O	E
A	V	N	V	N	S	T	K	M	X	U	R	N	R	N
F	C	N	T	P	X	N	D	O	D	X	E	J	E	E
K	Ñ	Z	Y	A	X	E	L	H	T	E	T	M	T	R
D	W	J	O	T	M	I	P	D	C	S	E	T	E	O
Y	M	O	D	L	X	R	X	Y	Q	N	H	J	H	S
U	T	Z	M	V	K	O	P	X	O	A	I	J	S	F
B	Y	O	K	A	V	J	U	L	J	P	O	C	T	H
F	I	N	O	T	D	E	Y	J	T	U	Z	P	A	O
L	D	A	D	I	S	R	E	V	I	D	Ñ	G	K	W

- BISEXUAL
- DIVERSIDAD
- GENERO
- HETEROFLEXIBLE
- HETEROSEXUAL
- HOMOSEXUAL
- IDENTIDADES
- INTERSEXUALES
- ORIENTACIÓN
- PANSEXUAL
- SEXUAL
- TRANSGENROS



# MACHISMO CULTURE

- Machismo culture is the practice of men, specifically, Latino men, who dominate in the family dynamic (Sotelo, 2023)
- Sons more often than not can get away with things that daughters wouldn't be able to
- Machismo is hidden under the guise of "boys will be boys"
- Men in the household are typically more aggressive and highlight just how much of a problem toxic masculinity is



**BOYS  
WILL  
BE  
~~BOYS~~**

HELD ACCOUNTABLE FOR THEIR  
ACTIONS, JUST LIKE GIRLS.



# THE side effects

Machismo makes men believe they are superior to women when that's simply not the case

The practices of machismo have their effects on men:

- Machismo pushes the idea of toxic masculinity by making them think they "need" to act aggressive



## *Makes Men More Violent*

- Machismo is seen as a cause of femicide happening in countries like Mexico (Christ, 2022).
- In 2020, Mexico had 940+ reported cases of femicide (Christ, 2022).
- It also has ties to LGBTQ+ related hate crimes because men are less likely to respect queer people either





# Purity Culture

What is it?

As a result of European colonization, Latinos are predominately Christian, specifically Roman Catholic. Latin American countries are also heavily patriarchal and sexist due to religion. These two ideologies result in strict gender roles and expectations for women centered around sexual purity and modesty (D.K., 2024).

**Marianismo**~ The opposite of machismo, marianismo originates from the image of the Virgin Mary, women are expected to live up to her unattainable standard of purity (Loeppky). They must be clean from sin in all aspects- physically, emotionally, and spiritually (Verywell Mind, 2023)



- Chaste until marriage and submissive.

- Sexual thoughts or desires are unacceptable- women must repent.

- Dress/ behave modestly to avoid tempting men.

- Women are told sex is "sinful" and to keep their virginity intact. Women who defy these standards are deemed dirty, sinful, dishonorable in the eyes of God, and unvaluable.

- Which is hypocritical because they are also told they "need" to get married and have children to fulfill their duty as women!!

## The Harmful Consequences...

- **Double standards!** While most women can't date, men are encouraged to. Most women are taught that they shouldn't experience pleasure. Pleasure and intimacy are then tied to guilt and shame. As a result, some women learn to neglect their needs and repress their emotions.
- Most women develop unhealthy relationships with their bodies and sex. They don't understand their bodies or their needs because they were never granted sexual freedom. Because of purity culture, they abstain from sex in fear of punishment from God, and in fear of being judged harshly by others (Natarajan, 2022).
- Objectifies and dehumanizes women as something men can use for pleasure without having to prioritize her consent, needs, or comfort. This leaves women vulnerable to unwelcome sexual experiences and promotes rape culture.
- Femicides are a direct result of machismo and the power dynamic at play. In México, some 10 women and girls are killed every day by intimate partners or other family members (Christ, 2022).



# Periods

**Menstruation Myth:** Many girls who get their periods are taught that using a tampon will “pop their cherry” and are often not allowed to use them. Tampons are linked to impurity and in more extreme households, periods themselves are believed to be impure. Purity culture needs to stop criticizing periods!!!

~Vaginas and menstruation are labeled “disgusting” by Latinos. This leads women to believe that their vaginas and the natural menstruation process are something to be ashamed about.

~Parents often rely on school to teach their children about periods. When girls eventually get it, they either aren't aware of what's happening with their bodies and are frightened, or are uninformed and don't know how to use menstrual hygiene products.

Bottom line- periods are a natural part of life and need to be talked about!!! Talk about it to your brothers, fathers etc., they need to understand that a period is natural and okay!!!

“The first time I got my period, I put my pad on backwards and ay Dios mio, you can only imagine how that went when I had to take it off!”

“My mom had never told me about it, so when I got mine the first time I thought I was dying lol!”

“I remember I was in in spring break and 9yrs old with my mom at home, I didn't feel anything, just went to the bathroom pulled my pants and underwear down and there it was, blood on my underwear. I called my mom and she brought me a pad and showed me how to put them on and that was it.”

“My mom wouldn't let me leave the house when I was on my period. She didn't want me running around 'in heat.'”

# HOTLINES

National Domestic Violence  
Hotline: (800) 799-7233

Planned Parenthood: Sexual  
Health Counseling & Referral  
Hotline: (855) 9780806 or  
(617) 616-1616

SGR - The Sex, Gender, and  
Relationships Hotline:  
(415) 989-7374 or  
Email: [questions@sgrhotline.org](mailto:questions@sgrhotline.org)

NAMI - National Alliance on  
Mental Illness: (916) 567-0163 &  
website



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