FRISKY BUSINESS
T he Student Health Center gave out 45,000 safer sex materials in the last fiscal year, which shows that there are some students who are taking the necessary precautions to keep themselves safe according to Ebonie Parris, the Wellness Coordinator at the Student Health Center. She still believes students could be more engaged when it comes to sexual counseling. “Sexual Health Consultations are offered at our center, but are not utilized very often.”

Pregnancies and abortions in the U.S. continue to drop according to the most recent study by the Centers for Disease Control and Prevention (CDC). The abortion rate declined 32 percent since 2008, and pregnancy rates dropped consistently for women under age 30. The most notorious abortion rate declined 37 percent according to the most recent study in the U.S. continue to drop not utilized very often.”

Center.

To Ebonie Parris, the Wellness coordinator in charge of student health, she still believes that there are some students who are taking the survey at the Modesto Maidique Campus. She explains that the Healthy Living Project at FIU offers a variety of services for students to maintain healthy lifestyle practices including free sexual health consultations, free HIV testing and counseling, and free safer sex materials (male and female condoms, lubrication, dental dams, and flavored condoms).

Students can easily access these services after paying for their “student health fee” which is included in their tuition. This fee allows the Student Health Department to offer these and other services free of charge or at a minimal cost.

The Student Health Center also offers HIV testing and counseling to the community through CARE Resource a nonprofit organization and a Federally Qualified Health Center. “As long as you have a valid photo ID or passport, you can get tested,” said Parris.

“People should be clear about their own values and what they are willing to do. You have to figure out your boundaries and limitations as well as what aspects about yourself you want to explore more and be able to use preventative tools,” said Dr. Dionne Stephens associate professor of psychology.

She pointed out that young people should be well informed about what is out there and seek information about what they don’t know about. She also recommended that parents start talking to their children when they reach an age depending on their level of preparation in terms of getting their needs met.

“Premarital sex is now acceptable, we see it on mass media.” Dr. Stephens explains that particularly for women, sexuality during adolescence has become more common now, and as a result people are admitting that they’re having sex more.

As reported by the CDC, teen pregnancy has declined in recent years, yet it is still higher than in most developed countries.

“Sexual health education in other industrialized nations is much easier than in the U.S. Giving people more education doesn’t mean they’re going to have more sex.”

Dr. Stephens believes that sexual health education in the U.S. is very problematic because it varies significantly from school to school.

The University of Miami has done a job at keeping students educated about the realities of sexual life in college with campaigns such as “it’s on us,” aimed at ending sexual assault.

Francis considers that overall, FIU has done a good job at keeping students educated about the realities of sexual life in college with campaigns such as “it’s on us,” aimed at ending sexual assault. She insists that FIU should always emphasize on keeping both men and women prepared.

University shares concerns for the safety of students

DOUGLASS GAVILAN
Staff Writer

We can’t talk sex without talking sexual health. As Ebonie Harris, wellness coordinator at the Student Health Center, said, “The earlier people can begin to make informed choices about their sexual life, the better.”

The line between consent and sexual assault is often blurred on college campuses; sexual literacy should be incorporated into the Student Health Center, an argument our editorial board makes.

We tackled taboo topics, such as anal sex, first-date expectations and remaining a virgin in college.

We also took the time to discuss the dark side of sex. Be it emotional or physical allegations or sex trafficking.

We created a c o m e a s a i d e s e x-discussion, one we hope removes the discussing and educating about all the nuances of it.

Sex: an inescapable responsibility

CAYLA BUSH
EDITOR IN CHIEF

Sex is everywhere. As our poll at the Modesto Maidique campus shows, FIU students are having lots of sex. We had fun with this issue, because in one way or another, sex affects us. Putting together this issue, we wanted to explore several facets of sex.

“Yeah I definitely feel safe during the day,” said Judelin Abassy, a junior at the Biscayne Bay Campus. “I feel safe at night.”

The University’s answer to the It’s On Us initiative is the Victim Empowerment Program at the Counseling and Psychological Services. It’s meant to help students who have been through sexual assault.

“We’ve done multiple things to help combat sexual assault. The most recent passed in 2013. The Violence Against Women Act helped in that it further defined counts as sexual assault counts.”

The University has introduced facilities that help spread awareness of sexual assault and the need for consent.

One of these facilities includes the Women’s Center located at both the Modesto Maidique Campus and the Biscayne Bay Campus. They help by doing events and promoting the asking of consent. This is also done by having guest speakers and discussions with students.

“My opinion is that it’s a good thing,” said the Student from the Biscayne Bay Campus.

The University also takes part in the It’s On Us initiative. The campaign originated in 2014 by former Vice President Joe Biden. It aims to help send information to schools and funding colleges that go along with the program.

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University raises awareness about the dangers of sexual trafficking

ZU LEOPR DIAZ  Assistant News Director

The University of Florida for Freedom Week brought together events that aimed to raise awareness of sexual trafficking in Miami and nationally.

United Wesley, a student organization on campus involved in the fight against human trafficking and was there to help answer students' questions.

"We have had this program at FIU to educate their classmates about human trafficking for the last 3 or 4 years," said Williams.

Human trafficking is the fastest growing crime in the world and Florida is the number three state for it. Miami-Dade is one of the top three cities for trafficking young people.

"That's why it's so important to bring awareness to schools and students so they can protect themselves and those around them," said Williams. "This is a serious crime, it's the fastest growing crime in the world. This is where it starts."

Williams said that anyone can be sex or labor trafficked.

Another invited guest was Betty Lara, one of the directors of a non-profit organization called Glory House of Miami.

"We saw a need here in Miami for safe homes where trafficking survivors in their recuperation."

They wanted to bring something unique to help victims, because many organizations that are helping with human trafficking do not have the capabilities of helping survivors long-term.

"The biggest thing is awareness," said Lara. "We brought here the human trafficking panel at FIU during freedom week."

"It's so important that you know what it is. So if you see it you can report it and save someone's life. And the more people are educated, the more they report it, and the more people's lives get saved," said Williams.

Human trafficking.

Sexually active young women viewed as ‘easy targets’ in ‘new hook-up culture’

ARIA RAMSUNDR  Contributing Writer

The new hook-up culture that has sprouted within the last decade has drastically changed the way that individuals, specifically college students view sexually active women.

"In the past, the view was one that individuals, specifically college students view sexually active women as ‘sluts,’ ‘whores’ and ‘easy targets’ by both men and women," said a manager from Christopher Charmorno. "They should not be shamed for their actions but rather celebrated for their decision to take charge of their lives." Junior political science and international relations Major Kaylia Taylor also believes that women are marginalized and viewed in a negative manner by experts to speak.

"There is a negative stigma that surrounds sexually active women in college, and that stigma comes from the cultural element that I think stems back to the basis of religion," said Taylor.

"It is so important that sexually active women in college are perceived as ‘sluts,’ ‘whores’ and ‘easy targets’ by both men and women," said a manager from Christopher Charmorno. "They should not be shamed for their actions but rather celebrated for their decision to take charge of their lives." Junior political science and international relations Major Kaylia Taylor also believes that women are marginalized and viewed in a negative manner by experts to speak.

"There is a negative stigma that surrounds sexually active women in college, and that stigma comes from the cultural element that I think stems back to the basis of religion," said Taylor.

Meanwhile, sophomore computer science major Nicole Mejia depicts a very different picture.

"I feel like a lot of women in college are sexually active, so it's not something out of the norm," said Mejia. "But in social media they are portrayed in a negative manner, but a lot of men and women are looking for ‘hook-ups’, that was the foundation for apps like Tinder, so it's not as negative as people think that it is." Assistant Professor Nicole Fava, M.S.W., Ph.D., who has done research in the fields of youth development, sexual health trauma and childhood maltreatment, weighed in on the subject of how sexually active women are perceived on college campuses.

"There is this idea within society that women who are too opinionated and intelligent can be perceived as being rude and outspoken," said Fava.

When questioned about whether stigma can be lifted in the near future, Professor Fava had a positive outlook.

"Yes, definitely sending sex positive messages, sex positive messages for women, help through advocacy can help to change the message that we are sending. Addressing and encouraging women to be themselves, varying the ideas and eliminating the misconceptions. Not everyone’s sexual orientation or gender are the same especially at FIU where we have such a diverse population. Without taking these things into account we don’t address the full issue," said Fava.

Fava further expanded on the struggles and concerns on the empowerment of women.

"Consent needs to be a continuous process not just at the beginning of the process or relationship, to ensure that the wishes and choices of both parties are being respected. There are many resources available to women the website start.omegys.com.”

This is a project by Indiana University and the Kinsey Institute to disseminate information about women sexuality, desire and authentic sexual expression. Fava expressed the need for women to utilize websites like start.omegys.com.

"There is large discomfort around women and shaming of sexual behavior around women, abstinence shaming, there is shaming whether you choose to participate or not," said Fava.

"Most of this comes from not having a good understanding of sexual health and this is sent through setting boundaries and not feeling safe to say yes or no."

Homeland Security Agent Victor Williams speaks to student in the GCB Pit on Monday Jan. 23 during FIU for Freedom week about sexual trafficking in the Miami area.
Sextortion: Don’t let it ‘take over and ruin your life’

Extortion and blackmail have been around for centuries, but with the rise of the Internet and advancing technology, they’ve now gone online. As a result, online ‘sex’ortion is on the rise and becoming more sophisticated.

According to an April 2016 report to Congress by the U.S. Department of Justice, this kind of online extortion is becoming one of the biggest dangers online, especially to teens and young adults.

Between 2014 and 2015, there was a 90 percent increase in the total number of reports; a pattern that has continued. Sextortion reports also increased 150 percent within the first several months of 2016.

The FBI defines sextortion as a form of harassment and “a serious crime that occurs when someone threatens to distribute your private and sensitive material if you don’t provide them images of a sexual nature, sexual favors, or money.”

The University of New Hampshire Crimes Against Children Research Center partnered with nonprofit Thorn, a site that focuses on using technology to fight the sexual exploitation of children online, and found that 54 percent of the victims who reported harassment were targeted on social networks, 41 percent on messaging and photo apps and 9 percent on the Internet.

Extortion plots usually occur in two ways. The first is trust-related. By tricking the victim into trusting him, the perpetrator convinces the victim into providing compromising photos or videos.

The second is through installing malware into the victim’s computer, usually without his or her knowledge or consent. The perpetrator can secretly shift the victim’s webcam or microphone, capturing and saving content.

The perpetrator can then blackmail and extort money or other compromising material from the victim.

Other provoking platforms include popular social media sites like Facebook, Instagram, Snapchat and Skype.

Sextortion can cause a range of negative outcomes, including hopelessness, fear, anxiety and depression. According to The National Center for Missing and Exploited Children’s CyberTipline “about 1 in 3 children (31 percent; 4 percent of all sextortion reports) had engaged in self-harm, threatened suicide or attempted suicide as a result of the victimization.”

Thankfully though, there is working with 25 major tech companies as part of a task force to raise awareness and build tech tools to detect, prevent and combat sextortion.

However, non-disclosure remains a big issue that society needs to overcome. Starting with parents, families should start having open conversations regarding these issues and create environments where children can come forward if something is happening to them online.

More importantly, if you’re a victim of sextortion, here are some pointers on how to proceed.

First, be sure to contact your local police and internet service provider immediately and alert them of the situation. Second, no matter how embarrassed you might feel, make sure to preserve all the evidence. Third, don’t pay or give in to any of the perpetrator’s demands.

Instead of letting sextortion take over and ruin your life, take action. Reach out and seek help. Not only will it shed valuable light on this type of crime, but it can also help you find closure and move on.

Maritene Kramer is the Assistant Opinion Director for Panther Press. Her column, Panther Health, is a commentary on maintaining one’s health during college.

Sex trafficking course: ‘right time’ and ‘place’

The course brings together the academic, theoretical and practical solutions-focused ideas and strategies.

“There is a lot of applied learning in the course,” said Skelaney. “In class we look at current hot topics and policy initiatives and discuss their pros and cons, and we debate issues such as the legalization or decriminalization of prostitution and whether it is inherently exploitative or a positive expression of sexual agency.”

I love seeing the students become more empowered and able to use their passion and what they’re learning to do good things for the world,” said Skelaney.

The coursework consists of short policy papers where students learn to influence people’s opinions and come up with recommendations and ideas on how to tackle this issue. They also design a startup program addressing one aspect of sex trafficking, for which they write a grant proposal and pitch their ideas to the class.

"I have terrific proposals from my students," said Skelaney. "I would personally like to see people provide recommendations and ideas on how to tackle this issue."

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Anal: ‘better than vaginal’

STEPHANIE FERNANDEZ
Contributing Writer

My ex-boyfriend was a gynecologist. He was the first guy I did it with and he taught me the right position. I had never experienced an orgasm like that previously. I highly recommend anal sex,” said Olga Macias, biology major.

Macias adds that while it might be pleasurable, it’s also risky. She warns that students be careful when picking a partner and be aware of their partner’s sexual health.

“Anal sex can be an uncomfortable experience, especially at first. That is why it is important to properly prepare. People should have an open dialogue with their partner(s) about their boundaries and appropriately prepare for the experience,” said Pham.

Things like foreplay, sex toys, and the use of lubricant can greatly increase the quality of the experience, Pham says, and that applies to anal sex and any other kind of sex. Macias echoed that sentiment.

Virginity: ‘testament to spiritual strength’

OLGA MACIAS
Senior
Biology

If you ask my mother, a devout Christian, being a virgin is the best thing you can be next to a doctor or lawyer, and if you can be all three then you’re golden. If you asked my friends in middle school and high school with whom I played “Dungeons & Dragons,” it was just an unfortunate state of living. Ask a good portion of my graduating class, and it’s a memory of times long passed.

For a lot of us here in college, the topic of virginity lingers uncomfortably in the air however, in my life, I’ve come to realize that staying a virgin does not mean wearing a scarlet “V” on your chest, nor is it the “socially suicide” some might claim it to be.

While I was growing up, there was a movie that came on every year around Halloween called “Hocus Pocus.” The plot of the film revolved around three witches who have lain dormant for several centuries, waiting to be awakened by a virgin who will light a black candle. That virgin was the protagonist, Max, who absolutely abhorred his role as the kid who released evil witches.

For some students however, choosing to go against the tantric tide is their decided course of action.

In my household, my mother taught us that marriage is the union of two spirits, sex is the union of two bodies, and when the two unions coalesce, it’s something beautiful and pleasing to God. Giving up your virginity is like giving up a piece of yourself that should be saved for your future spouse.

Anal sex is the riskiest sexual behavior because it’s the area from which body expels fecal matter however with proper hygiene practices and the appropriate protection and use of lube, people can have anal sex in a safer way, Pham says.

“My anal sex has long been considered a painful, dirty activity reserved for gay men, says Camila Pham, health educator at the University’s Healthy Living Program. However, the truth is far from it.

As for the right position, I had never experienced an orgasm like that previously. I highly recommend anal sex,” said Macias. “It doesn’t hurt as long as you know what you are doing and so does the person you are doing it with.”

Pham recommends a few tips to stay safe when engaging in anal sex: properly using condoms and appropriate lubrication to prevent tearing, adding that certain lubes, like water-based lube with lidocaine, are formulated specifically for anal sex and can make the experience more comfortable for those involved.

She also stresses the importance of having sober consent when engaging in any sexual activity and staying protected to prevent the transmission of sexually transmitted diseases or infections. “When in doubt, it is always best to seek medical attention and go visit your assigned doctor or one of the nearby student health centers if FBU students have any STI/STD specific questions,” says Pham.

It’s also important, she adds, to be informed on pre-exposure prophylaxis, post-exposure prophylaxis and antiretroviral therapy. “PrEP when taken by an HIV-positive person, reduces the chances that their partners will contract HIV. PEP helps reduce the chances of developing HIV if you have been exposed to the virus in a sexual encounter or via needle-based activities (drug use, tattoos, piercing). ART helps reduce the viral load of an HIV-positive individual, in turn reducing the chances of infecting their partners,” Pham said.

The Student Health Center and the Healthy Living Program, at both the Modesto Maidique Campus and The Biscayne Bay Campus, offer confidential testing and safe sex materials for students to utilize at their discretion.

SCH allows students to go in for STD testing at a lower cost and HLP offers one-on-one sexual health education, free safe sex materials, semester programing and free confidential HIV testing. For more information on the services available to students, visit the studenthealth.fiu.edu.

Oh My Gosh, Josh

If you ask my mother, a devout Christian, being a virgin is the best thing you can be next to a doctor or lawyer, and if you can be all three then you’re golden. If you asked my friends in middle school and high school with whom I played “Dungeons & Dragons,” it was just an unfortunate state of living. Ask a good portion of my graduating class, and it’s a memory of times long passed.

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Still others simply haven’t found the right person to meet their desires. The University is also home to a significant LGBTQ population, and individuals who identify as asexual may have no desire for sexual interaction at all.

For others, the choice to remain chaste comes out of a personal ethical desire rather than a communal one. Either they believe that college is a time for study and focus rather than any kinds of risky activity, or they choose to save themselves for the person they will marry out of a promise.

For me, I think it’s something to be proud of. Not that having sex is by any means shameful, but if you can make a promise to yourself and exercise the willpower to maintain that promise, it’s definitely a testament to your spiritual strength.

The most wonderful thing about college is that there are so many choices on how to craft your experience. Whether you subscribe to the “Van Wilder” school of thought, have a significant other, or are choosing to save yourself for your current or future spouse. Luckily, there are no black candles here on campus, so no one needs to worry about revealing said lifestyle.

Oh My Gosh, Josh is a monthly column focusing on issues that affect students.
WHATS UP FIU

LAQUAVIA SMITH

Whether it was that one night you got drunk and rode home with “what’s his-name” or the result of a very, very good first date being intimate—let alone kissing—on the first date happens, it’s normal. With this day and age, you find more people are open to kissing, spending the night and sleeping together after only one date, if not on the same night.

As millennials, we’re not only more open-minded, but also less afraid of the consequences of following our guts. Don’t get me wrong; “more” does not mean all. There are still a few who follow a strict list of rules when it comes to first dates and dating period. According to Glamour magazine, “It might be wise to reserve fully active on and voicing your feelings until after date number two.”

Glamour writer Ryan Serhant described his own dating techniques and implied that “first date” anything isn’t really his cup-of-tea and he likes to keep it flirty and harmless. “My first date was too touchy. I was a little concerned that a) she wasn’t serious about me, or b) she was like that with everyone. If my date was too stiff and standoffish, I would take it as a sign that she’s not feeling it,” Serhant wrote.

I also look out for my personal vibe when it comes to first dates, including eye contact, choice of words, direction of conversation and hand placement. If the person I’m on a date with reaches out to hold my hand, or puts their hand around my shoulder, I know that not only are they comfortable with me, but I’ve smitten them, if even just a little. Kissing versus being intimate are two different ball games and one who believes kissing is okay on the first date may not agree to do anything more on that day.

Everyone has different rules, and writer Rebecca Adams of The Huffington Post provides the thoughts of 14 different women on the action of sex on the first date and the ratio of differences to similarities that can be seen in their responses is interesting.

“I would never have individual should feel free to have sex with whomever they choose on whatever ‘date’ number it is.”

Out of the two women mentioned, you can look it from a political view, whole life with just one encounter, much like a fairy tale ending.

“If you’re feeling the kind of sexual chemistry that makes your knees weak, I say go for it. I think putting a number on the dates-to-sex ratio can be stifling. We could all benefit from trusting our instincts and ourselves a little more,”

Women number 11 said.

“I don’t judge someone for getting their freak on, and I wouldn’t date a man long if he judged porn for being healthy sexual appetite and attitude,” she continued.

When it comes to our own backyard, according to Cosmopolitan, first date is not okay but “party” sexual intercourse is normal and accepted in college. In a survey of 300 college students, many explained that it’s perfectly normal to “hook up” at a social event due to the mixer of the party and bozo.

“Many, however, confessed that they wouldn’t feel comfortable doing anything more than kissing on a first date, even if in this different scenario it was the exact same person in question. “Hooking up” has become a part of the college culture, but to many’s surprise, including my own, this said “hooking up” is more a social activity when under the influence rather than a sign of attraction. “If you’re all with, Valentine’s Day approaching, it’s important to be not only conscious but also safe. Love is not a form of protection from pregnancy or sexually transmitted diseases.

Regardless of alcohol, if you’re leaving the movies or at a party, it’s prominent to stick with what you know, to do what makes you feel comfortable and never allow anything or anyone other than your own gut, intuition or instinct to change your mind when it comes to kissing, dating or even being sexually active.

Laquavia Smith is a contributing writer for Panther Press. Her column, What’s Up FIU, is a commentary on the latest style and entertainment news.

The taboo on sex stems from Christian values

Although sex sells in the United States when it comes to celebrities and models, it’s almost frowned upon in regards to the average person.

There’s a calmness that is associated with a Victoria Secret campaign, but there’s a shock that comes with a mother breastfeeding her child in public. Despite the vague line that separates the Church and State, the majority of the Republican party has expressed their interest in interjecting their Christian beliefs and values in regards to sex, especially towards women. Republican governments have continuously intervened in the notion of sex, women’s reproductive health and their freedom to be pro-choice.

However, it seems to be a buzz when the topic of sex regards men.

The nuanced image of sex with the association of religious values produces a deep dent in the American community. The probability of a mother being shunned for breastfeeding in public is higher than being shunned for being a promiscuous super model; this bolds the hypocrisy that lies in American sex values.

To further explain this hypocrisy, The Daily Beast released an article titled “America’s Sexual Hypocrisy.” Journalist Samantha Allen labels the majority of Americans as sexual hypocrites.

There seems to be a paradox that interwines within sexual behavior and sexual beliefs amongst Americans.

Allen writes, “As a society, we wag our fingers at porn viewers, sexually active teenagers, cheaters, and the promiscuous, but we’re only chastising ourselves.”

According to Gallup’s “Values and Beliefs” survey, there’s a large percentage of the American community that watches porn. However, only a small dose of that population admits to it.

Among the other statistics, 50 percent of adolescents have sex before they are 20, with the average age being 17 years old. Therefore, if Christianity is such a vast religion in America, why are actions not coinciding with words? Is there more to sex than meets the eye?

There’s a blurred moral ground when it comes to sex in America. And there seems to be no advancement in the horizon in regards to amnulling the taboo that is the idea and the action of what creates us.

Daniela Perez is a staff writer for Panther Press. Her column, Pulitzer’s Phenomena, is a commentary on human interest.
Sex literacy is a necessity

While there are programs that emphasize academic responsibility, there are few, if any, that thoroughly provide sexual literacy and information for students. The brief sketch performed at freshman orientation does provide nothing to a clear picture of what consent really is. It doesn’t explain that consent is a give and take at any point, that it must be explicitly provided when engaging in a sexual act, or that someone under the influence cannot provide consent. It does nothing to include the narratives of LGBTQIA students and address the issues they face.

While the freshman experience class does give students information on finding the clinic and where to get free condoms and dental dams, it does not go beyond these measures to inform students of the nuances of sex. Student Health Services offers genital-shaped characters does little more than provide a comical representation of body parts.

At the university level, it is imperative to provide students with more information about sex, consent and responsibility. Too often a student enters higher education with nothing more than abstinence-only education.

For the first time in many students’ lives, we are given complete freedom once we enter college. Living on campus, we’re given the freedom to go out and invite over whoever we want. Universities around the nation have already implemented sexual literacy courses that are mandatory for students. This editorial board feels that it is the University’s responsibility to implement one within its curriculum.

We also demand an inclusion of LGBTQIA specific information to be included in the courses.

As part of the It’s On Us campaign, the University has made a promise to students to do what it can to prevent sexual violence.

This is a necessary step towards living up to that promise.

Why is it that if a man sleeps around he’s perceived as a man, but if a woman does it, she is likely to be degraded? That’s a sexual double standard.

To put it simply, a sexual double standard is an idea that sexual freedom and promiscuity is afforded to men but not women.

One reason for the double standard is because men have always been thought of as superior. History has unfailingly portrayed men as fitter. Notice the first three letters in the word history. Another reason for the double standard is that society has placed too much importance in stereotypical gender roles.

At a young age, girls are told to be ladylike and boys are told to be manly. The characteristics associated with gender stereotypes have been hammered into the minds of people, such as girls can only play with dolls or they’re supposed to wear dresses while boys are told that “men don’t cry” or that they need to be interested in cars and sports.

When a woman feels free to express her sexuality, it’s most likely due to her confidence and feeling comfortable in her own skin. Most people would be quick to unnecessarily attack her and shame her as if sexuality is the only relevant issue.

For example, Beyoncé could make a song about sex and get criticized, but Future could make a song about sex and get praised or called cool.

The world is extremely judgemental. Men are celebrated when they “hit a notch on their belt,” but women are shamed and their reputations suffer.

Women are held to a higher standard when it comes to purity and innocence and this probably derives from the hackneyed thought of women being объекты by men and for men. Men are not often targets of slut-shaming, even though they can be, because society has made it so men’s promiscuity is mostly thought of as an accomplishment and validates a man’s masculinity.

This sexual double standard is an issue that needs to be amended so it won’t affect the next generation.

A change needs to be made on society’s approach to the sexual double standard.

There shouldn’t be such different responses towards men and women’s sexual conduct and by ending this sexual double standard, we will improve our society’s open-mindedness.

Nekera Francis, a junior majoring in accounting, believes that we can change this double standard for the next generation.

“We are a progressive society and we’ve become more tolerant with these types of things,” Francis said.

And just like her, I strongly believe that this stigma can be changed, but it will take a long period of time.

Alih Leconte is a contributing writer for FIU Student Media. His column, Social Scoop, is a commentary on social issues and pop culture related matters.
Former basketball player Destini Feagin has filed a sexual battery lawsuit against former head coach Marlin Chinn. The lawsuit, a result of the investigation into alleged sexual misconduct Feagin says she experienced from Chinn, also claims the University violated her Title IX rights by not properly investigating her claims against Chinn.

Feagin made headlines in spring 2016 when she told the Miami Herald that Chinn allegedly pursued a sexual relationship with her throughout the semester.

Chinn was fired last summer after releasing Shade had even tried to reach out to the 22-year-old during the allegations, but has not responded to any of her former coaches and teammates.

“FIU can only learn as much as we know,” said Shade. “They didn’t provide us any updates on the investigation. So, all we know is what they told us and that was he being accused of what Destini said and we then learned before the tournament that he was fired.”

The Title IX states: “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal Financial assistance.”

Head coach Tiara Malcom, who was an interim coach for the Panthers last June, had never displayed any interest in Feagin, chose not to comment about the allegations and has moved forward with her team and staff members as the investigation is still in the works.

However, Malcom did have someone speak to the players about sexual awareness during their team meetings earlier in the seasons and would occasionally have different people speak to her players making them aware of the protocols if something happens to them.

“We do sexual awareness on our first team meeting,” said Malcom. “We actually brought someone to our first meeting just to let them know what the protocol is if someone happened to you or if you experienced or know someone who experience something, we give them access to all the resources that are on campus.”

With Malcom’s focus on getting through the season in her first year as head coach, she would remain supportive with her players.

“It’s our duty as the University staff members to make sure our students are serviced so if they are experiencing something, they know who to go to,” said Malcom. “They can always come to me, the administrative report, and the support of each other and the campus support as well.”

Sex exercise: is having sex a beneficial workout

BRETT SHWEKY
Staff Writer

Sex before sports potentially distracting for the athlete

Sex can potentially increase stamina and also raise a person's self-esteem.

However, all the results were inconclusive.

Exhaustion would be the only source of burnout, however men and women only burn about 75-100 calories in typical sex session, said sophomore sports medicine major Ashley Stokes. “Sex can actually relieve any anxiety levels, so athletes potentially can feel relaxed prior to the game. Sex when used correctly, can be beneficial in numerous different ways.”

In four separate studies that were testing strength and aerobic power, neither players that engaged in sexual activity or players that have be abstinent. Scientist did discover that a female orgasm can potentially stop the release of a pain transmitter for almost 24 hours. This means sex can become a muscle pain and soreness reliever for women.

“Sex can potentially increase stamina and also raise a person’s self-esteem,” said senior sustainability and the environment major Janna-Vick Morris. “If athletes feel that sex is affecting the way they perform on the field, it is most likely a mental aspect.”

Kaitlin Garcia, a junior studying psychology, thinks men should mentally challenge themselves to last longer in bed thus creating a great workout for both partners. Studies show that 30 minutes of sex can burn 85 to 100 calories, according to WebMD.

To keep momentum going, Garcia suggests switching positions often and trying new things to stimulate excitement.

Like any good workout, routine must be broken. Although sex is more fun and electrifying than doing 50 crunches everyday, I don’t think it’s time for us to ditch our gym membership for sexercise.

Heather O’Dell is a staff writer for PantherNOW. Hot Topics is a column that focuses on the latest news trends.

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