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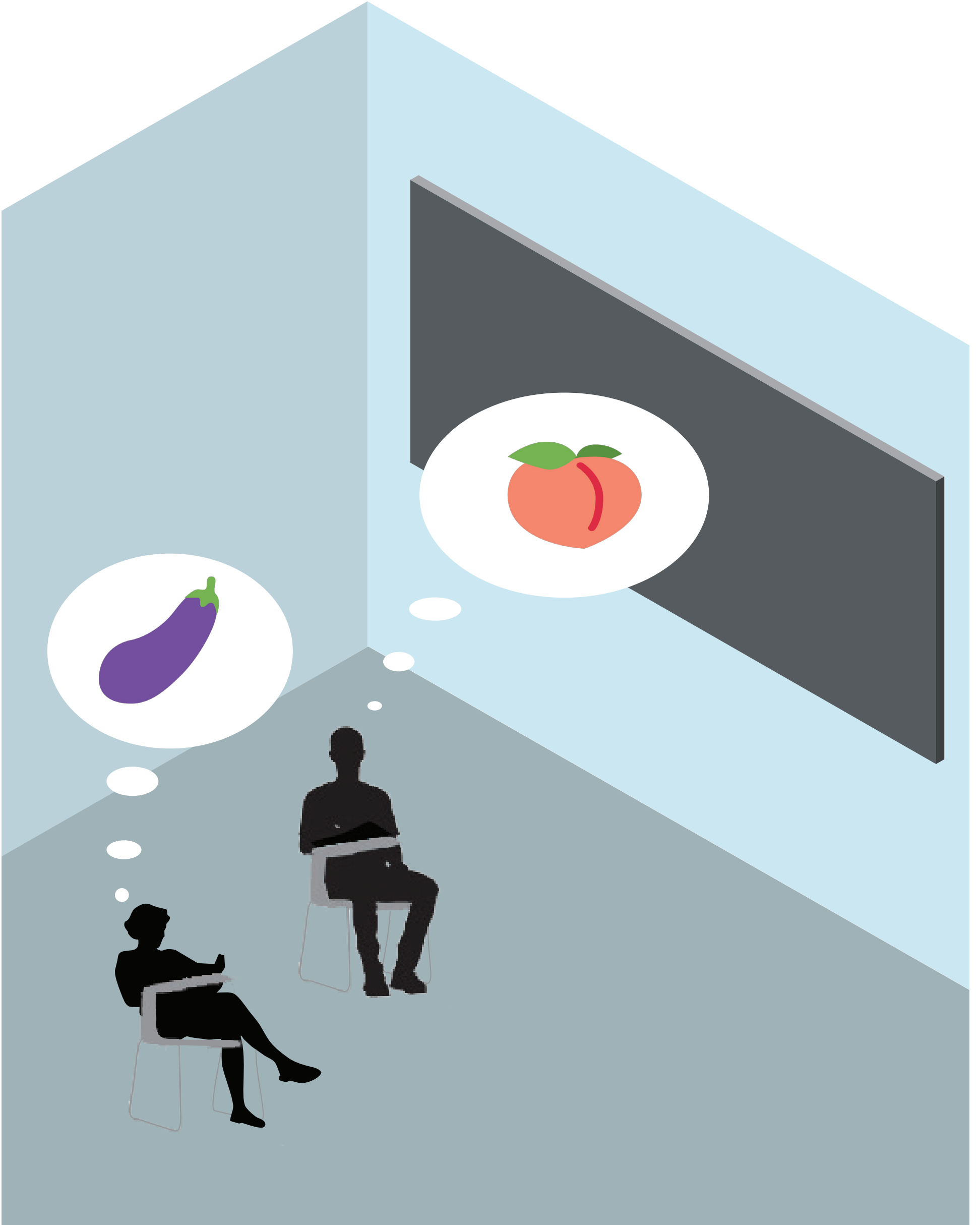
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FRISKY BUSINESS



SAFER SMARTER SEX

Student Health Center calls for a healthy sexual lifestyle

DIEGO RODRIGUEZ
Contributing Writer

The 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 2009, and pregnancy rates dropped consistently for women under age 30. The most notorious declines correspond to women aged 15-17 (down 53 percent) and 18-19 (down 37 percent).

The study suggests that the reasons for the declines, especially among teenagers,

could be attributed to either a reduction in sexual activity or an increased use of birth control.

On the other hand, another report by the CDC indicated that young adults between the ages of 15-24 “acquire half of all new STDs, and one in four sexually active adolescent females has an STD.”

The most common STDs among people aged 18-24 are HPV, herpes, gonorrhea and chlamydia according to the Student Health Center.

“The earlier people can begin making informed choices about their sexual life, the better,” said Parris.

She explains that the Healthy Living Program 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 to stay safe,” 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 about sexuality at an early 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 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 and state to state therefore creating stigmas.

“Many people think that you are more sexually active because you’re part of a fraternity or sorority, but I don’t necessarily think that is the case,” said Francis Izquierdo former member of the Phi Mu sorority.

She believes the difference is that when someone is a “frat member” they’re exposed to meeting more people, but it doesn’t involve more sex. “It all depends on who you are,” said Izquierdo.

On the other hand, sexual

assault on college campuses around the country have made headlines in recent years. As reported by the National Sexual Violence Resource Center, one in five women and one in 16 men are sexually assaulted while in college, and more than 90 percent of the victims do not report the assault.

“I’ve heard of people inside a sorority who have been sexually assaulted when they’re at a party and not necessarily sober,” said Izquierdo. Yet she believes regardless of the situation it is never the victim’s fault.

She also thinks the police could handle sexual assault cases more effectively. “If they were taking that matter more seriously, it would not be so common in colleges,” said Izquierdo.

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 on campus, but she insists that FIU should always emphasize on keeping both men and women prepared.

EDITOR’S NOTE

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 it.

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.

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 University, 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 sexual misconduct allegations or sex trafficking.

We created a comprehensive sex-discussion, one we hope removes the fear of discussing and educating about all the nuances of it.

University shares concerns for the safety of students

DOUGLASS GAVILAN
Staff Writer

One in four female students by their senior year admit to being a victim of lack of sexual consent at least once according to the Association of American University in a survey that they conducted in 2015.

The AAU defines sexual assault as any form of sexual coercion or lack of consent. There has been an increase in sexual assault on campus. It’s also suggested that the chances could be higher due to assault that isn’t reported.

The AAU also reported that almost nine percent of men admit to being a victim and that 39 percent of TGQN (Transgender, genderqueer, questioning and non-conforming) students have been victimized.

One of the biggest cases came last year with the People vs Brock Turner case. Turner was accused of sexually assaulting an unconscious woman. He was arrested in 2015 but the trial took a year to wrap up. Soon the media gain interest and people were frustrated by the judge and how the law treated Turner according to CNN. Initially, Turner was meant to serve a six month sentence but that has since been halved.

The University has had a problem with sexual assault. In April of 2015, a 19-year-old student and her friends

were raped by a football player according to Panther Now.

There has been a big calling for educational facilities to promote the asking of consent according to the Huffington Post. The board of education has added multiple laws 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.

“There really is no such thing as a safe place in this world,” said Meredith Morgan, the coordinator at the Women’s Center in BBC. “College campuses are a hot spot sexual assault, however we have a strong campaign to go against this and that our police officers do a great job protecting our students.”

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

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 abuse. It’s located on both campuses and offers free and confidential services to all FIU students. They help students by providing education, promoting safety and interacting with police. Students are taught to stand up and support others who may be in need of help.

Safety is greatly encouraged at the University due to the housing that the college offers. Of the housing the newest one is located at the Biscayne Bay campus. At night students have to walk Bayview by going across a field that is only recently getting lights.

“One of the biggest concerns is making sure that the students at Bayview are safe,” said Nikole Torregiante the senator of housing at BBC. “We have security cameras inside, our staff is well trained and we constantly have police check up on us.”

Students living on Bayview expressed extreme comfort that the campus was safe and that the University would be present and help whether any event were to occur.

“Yeah I definitely feel safe during the day,” said Judelin Abassy, a junior business marketing major. “At night, however, I don’t know. It might be my paranoia, but I don’t like being around at night.”

University raises awareness about the dangers of sexual trafficking

ZUE LOPEZ DIAZ
Assistant News Director

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

United Wesley, a student organization on campus invited an expert to speak on an event in the Graham Center pit.

Victor Williams, a special agent that has been with the department of homeland security for 25 years, came to inform and show students the importance of fighting 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.

University students especially because they are a group that are independent and yet still young, and that are looking for ways to get money. The fact that they are free and looking for money can mean that they are easily lured into traps by experienced human traffickers.

"I get all these statistics from an organization called Polaris project. They monitor our national human trafficking hotline in DC and based on the calls that they receive, they put statistics out," said Williams. "But you have to imagine the calls that they are not receiving. To me, there are more cases of this than we could ever find."

This is because many victims of human trafficking do not report it, since many can be ashamed of what they have been through.

This is a thought that was reiterated by Sandra Skelaney, a professor at FIU that has taught the sex trafficking class for two years in a row. She has just recently been hired as the director for the initiative of gender violence prevention with the FIU center for gender studies, and spoke at the human trafficking panel at FIU during freedom week.

"The trade relies on the fact that its victims do not speak up about it because of shame. This is why we want to bring awareness to the campus," said Skelaney.

Another invited guest



CORNELL WHITEHEAD/PANTHER PRESS

Homeland Security Agent Victor Williams speaks to student in the GC Pit on Monday Jan. 23 during FIU for freedom week about sexual trafficking in the Miami area.

in the information panel was Betty Lara. One of the directors of a non-profit organization called Glory House of Miami, Lara works with sexual trafficking survivors in their recuperation.

"We saw a need here in Miami for safe homes where survivors can live in peace," said Lara. "Glory House was the answer."

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.

Lara said, "last year, we opened our safe home to provide them all the services they need for two years."

One of the women Glory House of Miami took in to help in her long-term prosperity was Melissa Schwartz, a victim of human trafficking that came to FIU to share her story.

Schwartz was trafficked for 10 years. Taken when she was 16 years old from her hometown in Wisconsin, she was then trafficked in

Chicago and soon after that, in Florida.

"To me," said Schwartz, "the biggest thing is awareness. I want everyone to know what's going on in a once-secret society."

She also thinks it is important to give other survivors hope for the future and to let those vulnerable to the trade know that it exists and that students, especially women, must express caution.

"Most people think about human trafficking and they think about the movie taken.

They don't know that it has been part of our culture since day one," said Skelaney.

Prostitution and pimping are the main sources of human trafficking in Miami and they are the covers for the hidden crime.

"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.

Sexually active young women viewed as 'easy targets' in 'new hookup culture'

ARIANA RAMSUNDAR
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.

Spearheaded by social media and individuals coming forth and speaking out about their own experiences, the topic of sex, sexuality and sexual identity has come into light in recent years.

"It is so unfortunate that sexually active women in college are perceived as 'sluts,' 'whores' and 'easy targets' by both men and women," said freshman management major Christopher Charmorro. "They should not be shamed for their actions but rather celebrated for their decision, rather than being preyed upon."

Junior political science and international relations Major Kaylia Taylor also believes that women are marginalized and viewed in a negative manner.

"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 health in young adult development, sexual health trauma and childhood maltreatment, weighed in on the subject of how sexually active women are perceived on college campuses.

Fava described many of the factors that lead to the stigma of sexually active women.

She said, "the most dominant factors are grounded in gender/social norms based on heteronormative perceptions. The idea that

women/girls need to be responsible for their own actions and the actions of men, the double standards that for men being more promiscuous, or 'more experienced' is a good thing but when women do it they are shamed."

Fava also commented that societal stigma may reign from the view of women in general on college campuses. This may also contribute to isolation and treatment of college women, especially that of sexually active women.

"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.omgys.com."

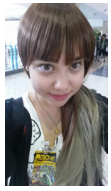
This is a project by Indiana University and the Kinsey Institute to disseminate information about women sexuality, desire and authentic sexual expression. Fava expressed the need for women to utilize websites like start.omgys.com.

"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."

Sextortion: Don't let it 'take over and ruin your life'

PANTHER HEALTH



MAYTINEE KRAMER

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 'sextortion' 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 tech

innovation 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 dating apps.

Extortion plots usually occur in two ways. The first is trust-related. By tricking the victim into trusting them, 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 prowling 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, Thorn

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.

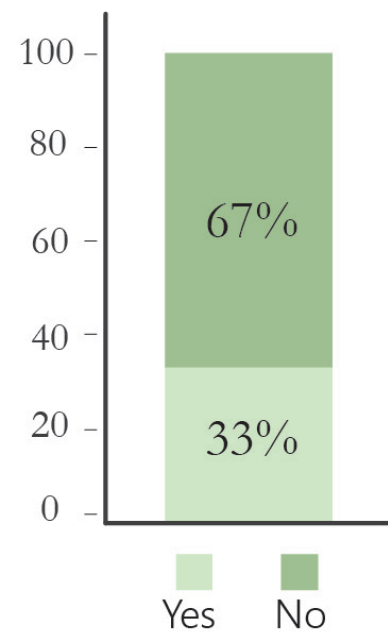
First, be sure to contact your local police and internet service provider immediately and alert them of the situation. Second, no matter how embarrassed you might feel, make sure to preserve all the evidence. Third, don't pay or give in to any of the perpetrator's demands.

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.

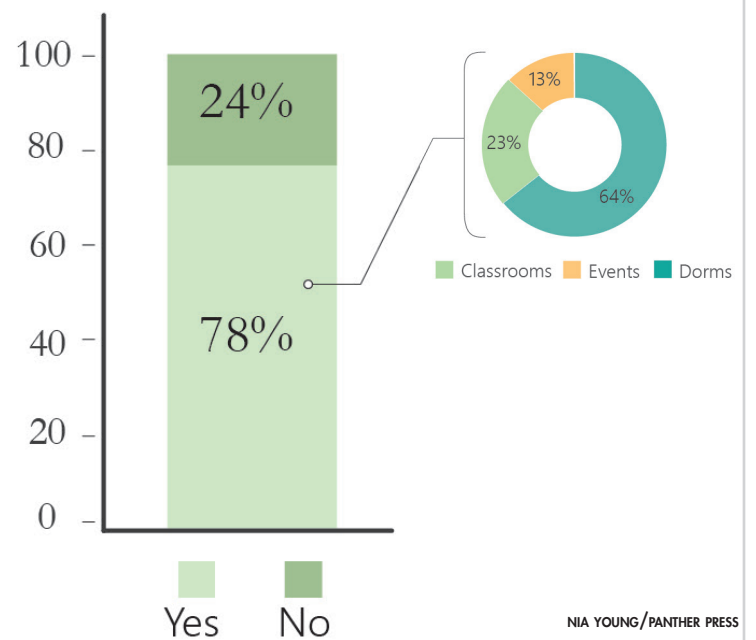
Maytinee Kramer is the Assistant Opinion Director for Panther Press. Her column, Panther Health, is a commentary on maintaining one's health during college.

Campus sex: Who's having it and where

Biscayne Bay Campus



Modesto Maidique Campus



NIA YOUNG/PANTHER PRESS

Sex trafficking course: 'right time' and 'place'

LISBETTE CASTILLO
Contributing Writer

In the spring, a course on sex trafficking and modern-day slavery became a permanent course taught at the University.

Due to its popularity with the students, the course, which has been taught twice as Special Topics (WST4930), sheds light on the issue and encourages students to actively participate in fighting it.

Professor Sandy Skelaney, founder of Kristi House's Project GOLD and a pioneer in the development of Miami's community response to the sex trafficking of children, designed and taught the course under the Center for Women's and Gender Studies.

"I'm very excited about the course. I love it because I have been working in this field for 15 years now, which means I bring real world experience to the theory; and I also get a fresh perspective on the topic from the passionate young people who take my class," said Skelaney.

Skelaney, who was awarded "Humanitarian of the Year" from the National Association of Social Workers in 2016, has worked with hundreds of victims of sex trafficking, particularly children, and has worked nationally on the issue. As a consultant, educator and public speaker, she has dedicated her career to bringing awareness to women's human rights and combatting gender-based violence, especially sex trafficking.

"It's the best of both worlds. I have a lot of direct field experience working with this issue," said Skelaney. "Because of that, I am passionate about people understanding the complexity of the issue beyond book knowledge and what we consume in the media."

The course brings together the academic, theoretical issues involved with sex trafficking 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,

Sandy Skelaney
Professor
Center for Women's and Gender Studies



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 start-up support and funding for some of these projects to

actually get off the ground."

Skelaney said her students' policy papers were "equally inspiring." One of her students wrote to McCann Erickson, an advertising agency, addressing the sensationalism of their recent sex trafficking PSA.

Another asked FIU to draw attention to "Tuition Tuesday," a weekly event where the popular strip club, King of Diamonds, has been known bring busses to campus to pick up girls to "earn money for college" by dancing.

"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 Center for Women's and Gender Studies recently received a \$307,000 grant from the Ware Foundation for the Initiative for Gender Violence Prevention. The initiative was in the works for three years and the effort has paid off.

Yesim Darici, director of Center for Women's and Gender Studies and a physics professor at FIU, said that this generous gift will propel the University into the national and global spotlight in the area of sex trafficking and domestic violence prevention.

The addition of the course is an important part of the work of the initiative as it moves forward.

"This is the right time and the right place to make a positive impact in the prevention of gender-based violence," said Darici.

For more information, visit womenstudies@fiu.edu, or their office in Deuxieme Maison, room 212.

Anal: 'better than vaginal'

STEPHANIE FERNANDEZ
Contributing Writer

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.

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.

"Anal sex is better than having vaginal sex. It's a huge turn on and you have a better orgasm. It doesn't hurt at all, you just got to know how to do it and the right position to do it," said Olga Macias, biology major.

"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 Macias. "It doesn't hurt as long as you know what you are doing and so does the person who is doing it."

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 lubs, 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 viruses.

"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 FIU 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, piercings..) 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.

SHC 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.

“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,

Olga Macias
Senior
Biology

Macias adds that while it might be pleasurable, it's also risky. She warns students to 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'

OH MY GOSH,
JOSH



JOSHUA
CEBALLOS

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 awoken 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 because he hadn't had sex yet.

When I first watched the film at age five, I

had no idea what virgin meant, and the only virgin I had ever heard of was the Virgin Mary and I started wondering if it was a bad thing.

As I grew older I came to realize what the word meant, and the negative connotations that I thought might have been attached to it dissipated.

Many people share the opinion, it seems, that staying a virgin throughout your time in college is a no-go. Having sex is part of the university experience, as advertised by a slew of college movies like "National Lampoon's Van Wilder," "Eurotrip," and "Accepted."

These films showcase an idealized, or quite possibly caricatured image of college life and adventures, which almost all hinge heavily upon the erotic exploits of students.

With as much media circulating about college students rarely leaving their dorm rooms, a generation has certainly grown up assuming that on top of finishing their UCC and getting internships, losing their virginity is just another box on the graduation checklist.

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.

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 more 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 risque activity, or they choose to save themselves for the person they will marry out of a promise.

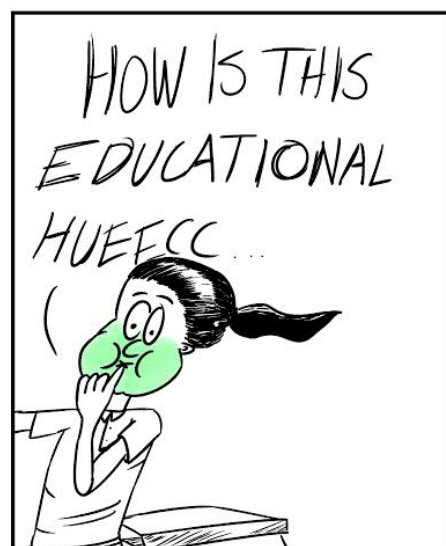
For me, I think it's something to be proud of. Not that having sex is by any means shameful, but if you can make a promise to yourself and exercise the willpower to maintain that promise, it's definitely a testament to your spiritual strength.

The most wonderful thing about university is that there are so many choices on how to craft your experience, and virginity is another one of those myriad choices.

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.

SEX ED GONE WRONG



CONNECT 'N' CHILL

When it comes to first dates, there are no set rules

WHAT'S 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 acting 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.

“If my date was too touchy on the first meeting, I was a little concerned that a) she wasn’t serious about me, or b) she was like that with every guy. 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 own personal signs 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

“Connections are real and vibes are even realer; you can feel like you’ve known someone your whole life with just one encounter, much like a fairy tale ending.”

sex on a first date with someone. The first date is not enough time to talk about any past sexual history that may have resulted in diseases, diseases that I might be able to catch...” Women number one said to The Huffington Post.

Woman number eight, however, said, “I have had sex the first day I’ve met someone and also waited a while with another. I’m no longer with either of these people. I firmly believe that, as long as you practice safe sex, an

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 me for my healthy sexual appetite and attitude,” she continued.

When it comes to our own backyard, according to Cosmopolitan, first date sex 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 booze.

However, many 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.

All in 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 getty, 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

PULITZER'S PHENOMENA



DANIELA PEREZ

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 is 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.

The topic of sex seems to be shunned in a normal conversation. Even images of nude women in Renaissance

paintings produce a near feeling of disgust in those who lack artistic intellect.

Phallic symbols never really took place in the United States, and according to the Pew Research Center, 70.6 percent of 35,000 Americans consider themselves Christian.

Not to mention that Christianity and sex in America is a fickle subject.

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, there seems to be a hush when the topic of sex

regards men.

The nuanced image of sex with the association of religious

“The nuanced image of sex with the association of religious values produces a deep dent in the American community.”

values produces a deep dent in the American community.

Sex is accepted when there’s money profiting from it, but only under legal circumstances.

Although Christianity has influenced the natural act of sex, there seems to be a lack of maintaining traditional values.

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 intertwines 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 annulling 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.

THE CLAW AND GROWL

MONDAYS & FRIDAYS

10 A.M to 11 A.M

ONLY ON THE ROAR

PANTHER EDITORIAL

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 skit performed at freshman orientation does nothing to provide a clear picture of what consent really is.

It doesn't explain that consent can be taken away 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 LGBTQA 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' 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 whomever we want.

Universities around the nation have already implemented sexual literacy courses that are mandatory for students. This editorial board feels it is the University's responsibility to implement one within its curriculum.

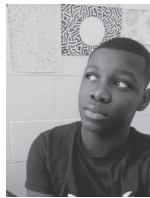
We also demand an inclusion of LGBTQA specific information to be included in the courses.

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.

Sexual double standards exist today

SOCIAL SCOOP



ALHI
LECONTE

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

Why is it that if a man sleeps around he's perceived as manly, but if a woman does it, she is likely to be degraded?

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.

“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 objects by men and for men.”

For example, Beyonce 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 "add 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 objects 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.

Alhi Leconte is a contributing writer for FIU Student Media. His column, Social Scoop, is a commentary on social issues and pop culture related matters.

LETTER TO THE EDITOR:

Victim-blaming is why the annual SlutWalk lives on

LETTER TO THE EDITOR



DANIELA VALDES

With the fifth annual Miami SlutWalk coming up on April 14 I often get asked if the event is efficient at portraying its message or if we simply like to gather around in pasties and ripped up stockings for a couple hours.

My answer to those students and to anyone plagued with doubts about supporting women-identifying folks carrying signs that read "END RAPE CULTURE" is that the controversy that surrounds this event shows us exactly why it is still very much needed. There is no default woman.

We are complex, intricate individuals that have various modes of expression.

At our yearly SlutWalk, we've seen attendants wear anything from jeans

and a long-sleeved shirt to bright pink underwear and a colorful bralette.

This diversity of expression is what makes the event so incredible—that the word "slut" holds a different relationship with everyone that joins the movement. The reality is that if you have an issue with the provocative attire some choose to wear—you need to ask yourself where your internalized misogyny comes from.

Rape and sexual assault do not discriminate, it doesn't matter what you're wearing, what your gender identity is or how you choose to carry yourself in social situations. We often have this idea of a rapist being a shadowy figure in a dark alley waiting to strike an unsuspecting victim.

We do not imagine our partners, our friends and acquaintances, or our very own family members perpetuating abuse.

Movements centered on victim empowerment are aimed at breaking down our pre-conceived notions of what a victim

and a perpetrator look like while fostering a healthy community for like-minded individuals.

Those who diminish or berate the SlutWalk for being nothing but women in flashy costumes—whether intentionally or not—are contributing to a system that thinks less of victims who were not their idea of pristine, orderly individuals.

If you respect the girl with the black turtleneck sweater, you must extend the same respect to the girl wearing a tube top and high heels.

Failing to do this proves that you don't actually care about any sexual assault victims—you care about policing their behavior.

The SlutWalk empowers women to take back (if they so choose) a word that has been historically used to oppress and devalue them.

So, yes, as long as the victim blaming mentality is alive and well, the Miami SlutWalk will as well.

Daniela Valdes
President
FIU NOW

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CONTACT INFORMATION

Modesto Maidique Campus:

GC 210, Mon-Fri 9:00 a.m.-5 p.m.

(305) 348-2709

Biscayne Bay Campus:

WUC 124, Mon-Fri 9:00 a.m.-5 p.m.

(305) 919-4722

Editor-in-Chief:

(305) 348-1580

cayla.bush@fiu.com

Advertising:

(305) 348-6994

advertising@fiu.com

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Former women's basketball player sues FIU and former head coach for sexual battery

PETER HOLLAND JR.
Staff Writer

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 admitting to the NCAA that he loaned the 22-year-old \$600 to pay what she owed the school so she could register for

classes.

Aside from denying the allegations, Chinn has not commented on the allegations made by Feagin as it's still under investigation.

The University has also declined to comment on the allegations.

Former star player and teammate of Feagin, Taylor Shade, looked back at when the allegation was first reported last year and was still shocked at the situation between Chinn and Feagin.

"I honestly didn't believe it," said Shade. "He had never displayed any behaviors that would make me believe he would do something like that. We had a good coach-player relationship."

The FIU graduate has not spoken to Feagin since the allegations were released. Shade has 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

knew," 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 that:

"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 season after Chinn was fired, 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 before sports 'potentially distracting for the athlete'

BRETT SHWEKY
Staff Writer

Pre-game rituals are custom to almost any athlete, from their game-day meals to the playlist of music they listen to before a game. Certain athletes will go beyond the typical routine and even swear off sex before competition.

This practice is not as uncommon; in fact, the late Muhammad Ali refused to have sex weeks before a match. He felt that it caused him to lose his motivation to succeed before a fight.

"Having sex before a game or type of exercise can potentially be distracting for the athlete," said freshman criminal justice major Sabeen Raja. "When their minds should be focused on the play, their minds could potentially be elsewhere thinking about whoever or whatever."

Medically speaking, there

is no scientific evidence that supports sex is harmful to an athlete's performance.

There have been a few studies completed looking specifically at sex and athletic performance.

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

Janna-Vick Morris
Sustainability and Environment
Senior

However, all the results were inconclusive.

"Exhaustion would be the only source of poor performance, 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 been 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."

Do you like sports?

Have you ever wondered what it would be like to cover a sporting event?

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Sexercise: is having sex a beneficial workout

HOT TOPICS



HEATHER O'DELL

for an hour.

Well, although not all sexual

Picture the scene from "Mr. and Mrs. Smith;" Brad Pitt and Angelina Jolie are throwing themselves around their kitchen having crazy wild sex

encounters are like that, sex can still be a good workout. Bryan Dorta, a pre-med junior at FIU, claims sex is a great workout both physically and mentally. "Sex definitely works out your abs and back muscles," said Dorta. "You can even get a good glute workout depending on how frequent and hard your thrusting is."

A bout of sexual activity

can burn between 100 to 300 calories, according to a recent study conducted by CNN. Unfortunately, there is one downfall. The average man only lasts six minutes during sex, meaning not many calories are being burned.

"Sex does much more than burn calories," said Dorta. "It's a great form of stress relief and it regulates sex hormones after an orgasm."

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