



## Consultants Role As Educators

By: Renée Burwell, LMSW

What an amazing opportunity you have being a Bedroom Kandi consultant!! You are on the front line in creating a sex positive world!!!

As a consultant, you provide a valuable opportunity for many to freely discuss sex, pleasure, and intimacy. In this role, you are in a position to empower and strengthen relationships for both party guests' personal self-care and their partners. I urge each of you not to take your role and impact lightly. You are often someone's first line of defense to ask personal questions about sex they wouldn't even feel safe asking their doctor or therapist. Yes, as consultants we provide fun and a good time, but you also have the ability to provide information that can save a life and/or relationship.

Here are some basic tips to keep in mind from a sex educational standpoint to help ensure people feel empowered after leaving your party:

1. Create a judgment free zone. Let people have fun, but make sure your guests feel they are accepted regardless of their sexual practices (abundant, scarce, or different from your own). This starts with you checking your personal values and perceptions regarding sex and pleasure.
2. Normalize pleasure. Let guests know that everyone has different desires and needs, and that its okay to have desires the same or different than others.
3. Normalize basic body functions (lack of lubrication happens; smells, tastes, and odors change; and shit can happen). The more you make things seem normal, the more people are going to feel comfortable sharing, learning, and buying.
4. Educate yourself on basic sexual health. Bedroom Kandi has tons of resources in the resource center and newsletter. The more you educate yourself the more you help others and profit.
5. I personally recommend staying current on the vocabulary of sexual terms in your community. This doesn't mean you use them, but at least try to know what people are talking about when phrases like, "surfboard and truffle butter," are said. This helps people to feel that you are trustworthy and relatable. There's a lot of power in having someone's trust.
6. Know your limits as a consultant. Know when to say, "Maybe you should consult a doctor or therapist." You don't have to have all of the answers.
7. Feel free to reach out if you get stuck. You have all of Bedroom Kandi here supporting your success!
8. Have fun and make sure you are taking care of yourself!!!