

To Love Others, You Must First Love Yourself

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Women are valued for their bodies—how their physicality can serve and satisfy others. This unwanted objectification reveals a disparity between a hyper-cultural focus on the female form, but a lack of research of female anatomy within science and medicine. Our understanding of female anatomy and acceptance of concepts surrounding female pleasure has continually lagged understanding of male anatomy and acceptance of male pleasure. Even when sex education isn't a point of contingency, curricula censor topics and behaviors integral to every human being, regardless of identity.

There must be more education, conversation, and representation of female pleasure and female masturbation. It is hypocritical that women are sexualized perceived as sexual beings, but are then shamed if they enjoy any sexual pleasure. Conversely, if a woman is not sexualized or does not feel a need to seek out sexual pleasure, then she is also shamed.

We can't win.

These issues are pervasive to my life. They enlighten my worldview, shape my behaviors, and impact me both in obvious and unconscious ways. I take up space I didn't think I deserved to enhance recognition, advocate for change, and empower others to do the same.



Mixed media on wood, 36x48 in, 2022