



Hide and Seek 'Slutty Sensual September' Podcast

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SUMMARY KEYWORDS

people, sex, connect, called, touch, libido, pleasure, group, slutty, talking, book, find, couples, erotic, queer, bit, jeremy, written, anal, love

SPEAKERS

Tim Little, Michael Whelan, Jeremy Shub, Show Theme

- M** Michael Whelan 00:16
You are with these Sexperts here on Hide and Seek on JOY 94.9 with Michael and Tim this week. It's been a while Tim it's good to it's good to hear your voice.
- T** Tim Little 00:40
I know, I was with Owen all alone before and now I'm all alone with you. Well, not alone - together alone. Alone 'Together Alone Tonight' that's a trance song Michael?
- M** Michael Whelan 00:51
Oh, that's way outside my field of knowledge. But it good to be back after I've had my wisdom teeth yanked out I have recovered. I got the good drugs which was great. I had a relatively...
- T** Tim Little 01:02
You can actually speak!

M Michael Whelan 01:04
I can speak again now and I don't look like as much of a chipmunk. So my face isn't completely full like I've swallowed a whole bunch of marshmallows. So, it is fantastic to be back. Of course you are with the Sexperts here on Hide and Seek every Wednesday night as well as through podcasts via joy.org.au/hideandseek. It is worth noting that at the moment if you are a podcast listener, there are Gremlins in Spotify at the moment which has disabled all of JOY's podcasts on Spotify. So if you'd normally listen to us on Spotify, you can't find our podcasts...

T Tim Little 01:34
How rude!

M Michael Whelan 01:34
Head to joy.org.au/HideAndSeek or find us on Stitcher, Apple podcasts, any of the other podcast platforms are all working fine. It's just Spotify that doesn't like us at the moment for some reason. We've got a fantastic topic lined up for this week. We are joined on the line by Jeremy, welcome to the show Jeremy

J Jeremy Shub 01:55
Thank you thank you for the invitation. It's great to be here.

M Michael Whelan 01:58
You are so welcome. You are a man of many talents. And we've got a few things to talk about this week. But before we get stuck into unpacking, what did you been working on the moment? Tell us a little bit about who you are and what your background is.

J Jeremy Shub 02:12
I work currently as a sex therapist, sex educator, kink educator, group facilitator, and I do sex therapy. And I do thing called sexological bodywork which I think we're going to talk about in a bit, which needs a bit of describing. I am based in Melbourne, but I also work internationally, online currently. My background is in education. So as a high school educator for quite a while and then I realized that was hard work and transitioned over into counseling. So started doing phone counseling for Men's Line and Direct Line. So Men's Line is a phone counselling service, Direct Line's a drug and alcohol service. So

currently, I work for a community health organization, part time doing drug and alcohol counseling for queer folk. And then I have my private practice, working with individuals and doing relationship counseling also. So people will come to see me to talk about their relationships and about sex and sexuality.

M

Michael Whelan 03:22

So it sounds like you are a man of many talents. My parents were both high school and primary teachers. So yeah, I can understand it is hard work. You don't just turn up school hours. It's very difficult stuff. So yeah, you are a man of many talents. But let's get stuck in with kind of one aspect of the kind of role that you perform, which is as a sex therapist, what does a sex therapist actually do? I understand it's very broad term. But in your kind of your role, what what is your role as a sex therapist?

J

Jeremy Shub 03:51

Yeah, look, it can be a lot of things. And it's so hard to describe my training. I have a Masters in Sexual Health at Sydney University and in a counseling stream, there's a qualification to it, I think but it really, the way I work is I like to kind of work customized to the person that's in front of me or people that are in front of me. I work with individuals, couples and because I identify as poly, I often end up with poly people and polycules, so like, poly people come together. And people it's it's everything about sex sexuality, because I identify as queer, and because also about some kind of non binary identity for myself, so I also end up talking to people about gender. And, because I'm kinky, that we're talking about being so people come with all sorts of presentations. Sometimes they think that the sex therapy and the relationship part is separate, but often talking about sex involves talking about relationships. The big thing that people want to talk about is often mismatched libido. So that's a big thing for couples, you know, someone has more sex and someone has less and they're like, well, can this work and this relationship work? And those people who identify you know, as man or someone has a penis, it's often about erections or ejaculation. So they're pretty common presentations. And for people who identify as women or who have a vulva, we're often talking about orgasms and arousal. That's pretty common. So the talk therapy part is with clothes on, just using words used to be sitting face to face, but now I do you know, it's very easy to do that work online. And we're talking about how to help people understand themselves and how to find an understanding with another person.

T

Tim Little 06:06

So Jeremy, we're in this strange situation at the moment due to COVID. Were in lockdown.

Of course, that must represent some interesting challenges for couples at the moment. I've heard so many stories from people saying that they're having relationship problems because they're cooped up together. They're getting at each other's throats. What are the particular challenges that you've noticed out there at the moment with COVID?

J

Jeremy Shub 06:32

Yeah, there are a lot of challenges. And also paradoxically, people are deepening their relationship and finding other opportunities you know, folks who are not monogamous, are finding monogamy and finding new ways to connect with each other sexually and romantically. But yeah, there are a lot of challenges. I mean, people say if you're in Melbourne and you've been in lockdown Stage Four there is everyone in everyone's pocket if it's just two people in a house together. And same for share houses, you know, there's stresses and anxiety for that. What's happening is the mundane and the routine is being amplified. So there's no novelty, there's no other people, there's no other interactions. So people are having to carve out like, a one time, like, 'Hey, I need to set up this time'. Or even the other way, like, 'Hey, let's set up a date night so that we have a very intentional, specific time together, where we can be romantic or erotic together'.

M

Michael Whelan 07:41

Yeah, especially I guess it's worth considering those people that don't live together as well. They're facing their own unique challenges. If they live five kilometers apart from each other or more, it's difficult for them to kind of come together literally, to, you know, be intimate or whatever. But also the way that we've kind of come leaps and bounds in our technological connectivity, you know, who would have thought that at the start of the year, Tim, that we would be recording from my living room remotely through a web conferencing application to put our show onto traditional radio every week? No one thought that that would be going on. But we're so hyper connected with it. You know, I'm running the news constantly for background noise on my TV, I'm on my phone constantly. I'm on my laptop constantly. I'm more digitally connected than I've ever been. So it can kind of be difficult to literally switch all of that off and have you know, real connective time. My partner and I have to go 'Okay, we're going to put down our phones, and we're going to do something together and we're going to talk' you know decompress about our day with no interruptions of things. Do you find that that's a common thing going on at the moment? Jeremy?

J

Jeremy Shub 08:44

Yeah, definitely. And as a single folk, like there's a lot of people now who live alone, and

that has a challenge. And and it's often like, the people that live alone, think the grass is greener for those people who are couples, or couples are like 'If only I lived alone, this would be really great!' So living on their own and not getting much touch. And you know, I think touch is a really important part of our lives. And interestingly, a lot of people you know, getting pets at the moment, you know, for touching connection. So it is a really challenging time for mental health. People really struggling because what's happening is in some ways, there's what you're talking about. There's more noise of media and devices, but in some ways, there's less noise. There's less things to do and be distracted so people's like emotional shit is really rising to the surface more and that is staring people more some people are having more drugs and alcohol some people are having less drugs and alcohol some more prescriptions you know, and sleep like this so many weird elements in this soup,

M

Michael Whelan 09:53

And it's not all constant either, like I know initially my alcohol consumption was going kind of through the roof because I was like 'Well there's nothing else to do. It's easy to knock off and have a glass of wine'. You know, there's a lot of stress going on at the moment. Whereas now I've kind of ebbed the other way. I had a drink yesterday, I was like, 'Actually, when was my last drink before that?' I couldn't actually remember. So I've kind of cycled out of one thing and maybe into another. Also, I was recovering so that was probably part of it as well.

T

Tim Little 10:20

I've actually pondered to myself, I wonder what it's going to be like after locked down? Are we going to have this kind of Stockholm Syndrome with each other as a couple? Or are we going to go? I've had enough of you. I want to be free.

M

Michael Whelan 10:38

Yeah, that's gonna be I think that's going to be a nuanced conversation for different couples, whether they completely break free and go, 'Oh, God, now I can go and visit my other friends. So I'm just going to basically live at my friend's place to get a bit of alone time' or whether you know whether this time together is going to be constructive for some couples that like you mentioned Jeremy like refinding intimacy or renegotiating monogamy during this period is going to be really interesting for what those relationships look like on the other side. Before we take a quick break, I just want to get into kind of one of the other areas that you you delve into which kind of is happening in a different space or isn't happening altogether at the moment, which is your bodywork practice. So,

can you tell us about the kind what I guess generally what bodywork even means and the kind of work that you do in that space?



Jeremy Shub 11:22

So I'm trained in a particular practice called sexological body work, which came mainly from an American guy called Joseph Kramer, who was a pioneer in Body Electric you might have heard of, and he's still working and doing amazing things in this space. And it came out of a time, a collaboration with people like Annie Sprinkle and Barbara Carellas, I don't know if you know those people, in the AIDS crisis in America. They had to start finding different ways to have some connection because people were dying from HIV and AIDS. And so sexological bodywork is - I see it mainly as education. So I can do sex education or I can talk to someone about technical things or anatomy or relational things. But it's much easier when it's possible to just show that with my hands on their body. So most of what I just call it sex-bod to make it shorter. So mostly sex-bod is the practitioner, so myself, I have my clothes on, probably gloved up, and the participant would be like on a massage table, and there would be touch from me to them. So one way touch. So let's say it's a person who wants to know about pleasure in their body. So we might do some practices which involves my hands on their body to help them figure out what parts of their body are pleasurable. But it can also be like for people to get a better understanding their anatomies so with someone who has evolved over a vagina, it's possible for me to do touch onto their body, on the genitals and also with a mirror like to be able to show the person 'Hey, this is what your labia looks like this is what your clitoris looks like this is your urethra, this is your anatomy for them to be able to see their with their hand or with my hand on their body. But it has a lot of elements to it because a lot of the work obviously has to do about consent so before anything happens of touch between myself and other person. There's a lot of sitting here on the couch long conversations about what do you want, what don't you want? Do you want to do this with your clothes on or or partially dressed or naked? What parts are covered, you know, like a lot of our content goes on



Tim Little 12:00

And is the end game to get more acceptance in themselves of their own bodies is that the end game there



Jeremy Shub 13:59

That can be a part. So a lot of people have shame. You know, I'm going to talk about sex positivity a lot in this conversation, but we're basically in a sex negative culture that shames pleasure. And, you know, for a lot of people, anal play anal pleasure is enormously

shameful. I mean, for a lot of people just genitals are shameful. But you know, I can also do anal massage, a thing called anal mapping, which is like finding different parts of pleasure. Whether we're talking about the animal sphincters or the rectum. So finding ways to have acceptance and taking out the shame. But also just finding pleasure, like, I discovered through the training that I get, really, I really enjoy the touch of my inner thigh, which I didn't know till I had done this training. But I came to this practice as a participant before I did the training and had some pretty amazing healing in my body, where the touch actually brought about what we might call acceptance. And that was just extremely profound. I never thought that I would have this healing and it came from just being in a safe place with a really very professional and very experienced person who could support my body to basically decompress and not have the tension and the stresses that was stuck in it.



Tim Little 15:26

Jeremy, tell us more about this body work you've been doing?



Jeremy Shub 15:31

Sure. I'm really passionate about this already said that expression because I am really passionate about this. The one thing I'd like to add is there a really important part in sex pod, which is about self pleasure. So most people would call masturbation, wanking, jerking off whatever you call it. So self pleasure is a really important part for people to learn about what they enjoy themselves. And sometimes that can get missed in sexual experiences with with ourselves. So often because of how we learn, so pleasure is often like really fast. You know, when we're teens or something, it's like, I just want a lot of pleasure. I want to get off, stress relief, help me get to sleep, whatever. But as a learning tool to our own understanding of ourselves, learning how to touch our whole body, (because sex is definitely you know, this, all of this skin can be erogenous) but also knowing about our genitals and our anus and finding, like, how do I slow that down? Sex bod also really passionate about breath, movement and sound. So how can I, how can my breathing affect my pleasure with myself what sounds can I make and how can I move my body, especially the pelvis to cultivate more pleasure?



Tim Little 16:50

Can I talk about an experience that I've had with that recently. My partner and I have been engaging in tantric practices. And we installed some chastity into the pleasure if you like, which took the focus away from the penis and less about the orgasm and more about the journey of exploring your body without the end game of coming necessarily.



Jeremy Shub 17:18

Yeah, that's a great thing and look I'm very passionate about tantric sexuality. And I don't know if you know much about Daoist sexuality or just sacred spiritual sexuality, and the chasing the orgasm and the genital focus are very Western kind of notions, and then I think in the East is a much bigger sense of, 'How do I use pleasure to connect with someone' and then in Tantra that you know, traditional Tantra that connection is that to connect with another and then connect with like, the bigness universe the gods whatever you want to call it. So yes Sex bod is really definitely is taking focus just away from wham-bam-pounding kind of genital friction kind of sex (which can be good and fun!) and just often slowing it down, being aware, using words. So, you know, there's a notion in western sexuality that you shouldn't talk during sex. But like when I'm having sex with someone, I'm talking about it before, during and after. Like, how's this going for you? Do you like what is happening? You know, a lot of consent stuff, but also like, you know, how could this be more pleasurable? Do you want this do you not want this.



Michael Whelan 18:27

Sex is a very... it's a many and varied experience for different people and different viewpoints. And the way people experience pleasure and want to receive pleasure is very different. One way that you've kind of collected some of those different viewpoints and voices altogether is through your book. So you are a published author. Your book, Sex Positive is a collection of writings from 55 writers across the globe. Can you tell us about some of the I guess how the project will came about and how you found all these 55 different authors and kind of the themes of the book, I guess.



Jeremy Shub 19:02

Yeah, great! So I was a part of a national organization called Society of Australian Sexologists, and they got Janet Hardy to come -she was in Melbourne she gave a talk- and if you know her, but she wrote a pretty important book called The Ethical Slut with Dossie Easton. Still a great book. It's about how to be slutty. Not how to be slutty, but well, how to be ethical and slutty which I think is wonderful. It was quite radical when it was written years ago.



Tim Little 19:33

Very much centered on poly relationships. I found it very interesting.

M

Michael Whelan 19:36

That's very exciting. That was that was something I want to talk about some, you know, We're seeing an audible format here on Hide and Seek. We love listening and we love speaking. Firstly, is it just you recording the audiobook or are each of the authors recording their own sections? And is there something you can kind of get out of the experience of listening to the author as opposed to just in general reading it?

J

Jeremy Shub 19:36

Yeah, it is that. Yeah, I want to talk about that slightly more in a bit better. So Janet was at the talk and she was talking about something and she said 'something something, sex positive' and I hadn't heard the expression before. This was four-or-five years ago. And I asked her, you know, 'What is this?' and someone in her sort of team said, 'Oh, everyone knows what that is, Jeremy'. So I went home and I did some research online and there wasn't much information. There's a little Wikipedia page. And I talked to some of my friends and they're like, 'I don't know what it is. But I kind of intuitively know what you're talking about'. So I decided to do some research and then I wanted to collaborate with someone and by some circumstances end up finding my co-author whose name is Allena Gabosch who lives in Seattle who I've never met, we've only met online. And Allena is pretty connected to a lot of sex positive people in America and also in Europe. So we decided to write an anthology. And the idea was to try as at that point, no one had written a book about sex positivity. Although some people were using the phrase and it was seen as a movement. So we decided run anthology. So I've written a chapter and she's written a chapter and then there's 55 other people from around the world. Some quite famous and well known, some more obscure. Pretty much people from every continent, we actively sought out people of color. We actively sought out people with different body disabilities, abilities, shapes, people who were talking about positivity in parenting, sex positivity in kink, sex positivity in politics. So many things. And it was a wonderful project for me to really deepen into what does it mean to truly be sex positive? What is our sex negative culture? And then so yeah, you can buy that book online. There's a website called SexPositiveNow.com, and there's an e-book and a print book. And I've just finished the recording of the audio version, the Audible one, so that's in production now, so I hope to have that really soon. Yeah. Good question. I did think about contacting people, but like, it took four years just to coordinate everyone submitting their thing. I was like, 'Oh my god the process of getting everyone to record the thing, and in similar formats, and the production' was like, 'No, I'm just gonna do it myself'. So I learned narration which is actually a very complicated skill. So it is just my voice at this point. I think the advantage is that some people don't like reading. So audible is good for that. And in COVID times some people have a lot more time at home. It has character. So part of the narration skill is to be a bit quirky. So I was focusing on not just reading but just it's

entertainment simultaneously.

M Michael Whelan 23:11
And context and tone and the way that you can deliver something in a way that it's intended as opposed to just, yeah, just a written word.

J Jeremy Shub 23:19
Yeah.

T Tim Little 23:20
When we hear about the narrative of sex positivity, there is this perception that queer men are inherently sex positive. Would you agree that's the case or no?

J Jeremy Shub 23:33
No- and it's sort of... There's been an interesting backlash against sex positivity, because some people have said it just means you should have sex all the time with everyone whenever.

M Michael Whelan 23:48
Which **sounds** great...

J Jeremy Shub 23:49
But there there are asexual sex positive people or people who don't have sex for different reasons, and there are people who are celibate for different reasons and are sex positive and they're really slutty promiscuous people. But sex negativity is really like any, you know, shaming judging discriminating against body parts or certain practices. And so gay men, you know, everyone in the rainbow, although the acronym LGBTQIA+ is about sexual preferences and activities culturally the overlay is basically sex negative in the West and I think that's come a lot from religions. And so, no, just because you like sex, or even have same sex attracted does not mean they're gonna immediately be sex positive.

M Michael Whelan 24:51
Being kind of an anthology series, you've got all these different voices all coming together.

Were they're kind of, I guess there's not like a linear narrative storytelling that happens, because they are all.... it's an anthology there's all different sections, but were their overarching themes or particular writers that kind of spoke to the same issues.

J Jeremy Shub 25:10

Yeah. So we decided to break it up into chapters. I mean, the narrative is we said the group was, 'Tell us your understanding of sex positivity'. And people took that in many different ways. You know, like, there's, you know, a trans person's experience of sex positivity is going to be very different from a person who's writing about parenting from a person who's writing about eco sexuality. I don't know if you know much about that. So they're all quite different, but they centre around what's my experience, or my theoretical platform about sex positivity?

T Tim Little 25:49

What is eco sexuality? I'm intrigued.

J Jeremy Shub 25:52

So eco sexuality is a movement that was started mainly by Annie Sprinkle who's American. She was a porn star and then a performer and then she teamed up with a partner called Beth Stephens. And, they brought together their environmental passions and their sex positive passions and created another little movement called eco sexuality with people who like making love to the earth.

T Tim Little 26:20

Wow!

J Jeremy Shub 26:20

Check it out on YouTube. There's some beautiful videos of weddings where people like mass weddings of people marrying rivers. But it can't be just people like rolling around in the grass pleasuring themselves but connecting to the earth and even like the tree hugging thing. It's a really really powerful movement. It's not so big in Australia, there's a couple of eco-sexual folk. But in America - Portland, Oregon, that kind of like hippy crew. And in Europe there's a bit of it as well.

M Michael Whelan 26:52
It's always the people from Portland.

T Tim Little 26:53
We did do [an episode] on gunge play, but it was more on the sensation of jumping in a swamp or in mud. Not around the nature.

J Jeremy Shub 27:06
People who are like green, environmentalists, and pro-sexual and it's kind of it's playful. You know like it's really creative and and Annie and Beth just made a documentary called Water Makes Us Wet, which is a funny play on words where they tour around America looking at the like droughts and pollution, but then also like having sexy fun play in water with water. So yeah, it's a beautiful intersection, I think.

T Tim Little 27:40
Yep, that is so fascinating. That really speaks to me actually.

M Michael Whelan 27:44
We'll have to, check it out, Tim.

J Jeremy Shub 27:45
You can yeah. Annie and Beth are interviewed in this book and yeah, if you want, you know, contact them and see if they'll do an interview.

M Michael Whelan 27:56
Now, obviously, Jeremy, we've touched on your kind of your body work, practice in your sex therapy practice, your book, but something that caught my eye this week that you've been exploring is a new digital space for, I guess, artistic queer expression and sensuality and that kind of sex positivity. Did you want to tell us a little bit about this group of you've made?

J Jeremy Shub 28:18

Yeah. So I started a Facebook group, I will tell you it's private and hidden so you can't necessarily just find it, but it's called Slutty Sensual September and I've been running all through this year, a series of monthly groups. People do ask me why their monthly instead of just an ongoing because the way Facebook works, it's too easy just to get banned. And then the groups that I'm in, that are kind of ongoing, a very restrictive, so the notion is like 'Make it a month and if we fuck it up, then it's ok'. And also like It just gives a bit of a change and a bit of a novelty each month. So last month was Orgasmic August, the month before that I think we had Queer Flirting July, the month before that was Anal April. I think there was a sort of pleasure one before that, so....



Tim Little 29:19

So does that mean, your focus in August was an orgasmic stuff, on orgasms particularly?



Jeremy Shub 29:26

Yeah, it was about orgasms and about self pleasure. But there was about 500 people in that group, and they all interpreted just however they like. But mainly that group and this September group, it's about people's own expression. So there's a lot of people... like what's touched me most (and I think the people) is when someone says, 'I've hated my body or my life. Here's a picture of a part of my body. Can you send me some compliments' or 'Here's just me being vulnerable and sharing'. So the group's not about, you know, memes and jokes and resharing stuff, it's really just individuals saying, 'Here's me doing a dance, here's me and nature, here's me and my partner loving' and sometimes the groups spin off in, like Zoom classes. So in Anal April, we had some really fun Zooms that were just about anal pleasure, anal health, anal sex toys. And we just went through that. And again, this is international so we had people from all around the world zooming in to just learn or share and connect. So yeah, the group this Slutty Sensual September is about people connecting. There's some flirty bits like sometimes there's been little spin off parties where, like last Saturday I think, there was like a dozen folk got together. There are some couples who were like getting it on in the single folk, kind of like watching. People performing doing a little bit of burlesque kind of stuff. So it's some play some education, but it's really amazing, really sex positive. Really about empowerment. And really, like I'm always as the admin saying, you know, like, cheer comment, say positive things, yeah.



Michael Whelan 31:25

I hadn't been in the other months o this is my first one joining, but I noticed you kind of started it before September and then kind of had posts at the ready to go. And one of the first things you shared was a link to the to The Ethical Slut. And obviously, the group is

Slutty Sensual September so obviously you're thinking about the reclamation of that word and really owning it and what the word 'slut' actually means for everyone in that group. I've seen a couple of posts already of people saying how the term 'slut' was used against them, and now they're reclaiming it, was that kind of the goal?



Jeremy Shub 32:00

Look, that is really important. I mean the word... In Orgasm August I put up a poll and said, 'Hey people, what do you what works as an alliteration with September'. So everyone's like really love 'slutty' and everyone really loves 'sensual' and there was 'salacious' and a couple other great words. But most people liked 'slutty'. And it is that reclaiming of that word. You know I identify as a slut and love being slutty. It doesn't mean that I'm having thousands of lovers but it means like a big openness like a big, big celebration to me. And love of like group sex. A little bit about Hedonism, and being gluttonous and indulgent. But that book is important because it has the word ethical.



Tim Little 32:48

You mentioned before that you saw some people doing burlesque shows and that side of things using their creativity. I guess during COVID a lot of our performance are suffering because They don't have these stages and they don't have their sources of incomes or even their creative outlets. Do you find that this group kind of fosters that. Brings that out?



Jeremy Shub 33:11

Yeah. And in orgasmic August we had on Sundays we had market days. So that was people selling sex toys they were making like floggers. I have a friend who's doing erotic modeling. So she was promoting that there are people who are promoting the counseling services like... so it's also a bit of a platform for people who you have lost income to connect with other people. And I will add, you know, also like the the group is very diverse and I've really pushed that to be International, culturally diverse, people of color, CALD, body shapes. Every part of the acronym rainbow like everyone is welcome. But it's also one of the things I like and dislike about Facebook is we have to be subtle, so there's no like...



Michael Whelan 34:03

You have to be Slut-le.

J Jeremy Shub 34:04
Yeah! Like, how creative and how artistic can you be if you are going to share an image. You have to make it like alluring and erotic, but not explicit. And yeah,.

M Michael Whelan 34:21
Yeah, it's a fine line. I mean, we've undergone this process even with our own social media just for sharing, you know...

T Tim Little 34:29
Bananas.

M Michael Whelan 34:30
Yeah a banana or someone in a tight pair of jeans where you can't actually see anything. And it's definitely not explicit. It's more artistic, you would say more explicitly in a Bonds ad or in you know, on a billboard somewhere. But we've been shut down for it before because yeah, you know, the way that social media works.

T Tim Little 34:45
I had a conversation with a guy who makes penis socks. So he does crochets of actual penises that people can wear as I guess, art in itself, and he was talking a lot about the restrictions on social media and how you can get away with certain things, but you can't get away with others. Like you could have a woman's vagina or her breasts in some circumstances, but you can't have a penis, that kind of thing.

J Jeremy Shub 35:13
Yeah, well, people are being so creative. And I love it because there's certain filters you can put on that can make a photo look like a drawing, and drawing are ok, like there's very explicit drawings in these groups. Yeah. And I love the subtlety to like, I think it's fun to be playful in that way.

M Michael Whelan 35:33
Yep. Now, you mentioned it's, you know, this is a space for sharing, you know, original content and people to provoke conversations and stuff. It's not a space for just sharing,

you know, either explicit pics and getting the group shut down, and it's not a place for sharing memes. So I feel very attacked on both of those fronts that that I wouldn't be able to share any memes. What was the kind of reason behind that apart from obviously, not wanting to get shut down?



Jeremy Shub 36:00

That's a great question. I think you can find those things anywhere. You know, you can go to a 'porn tube' site and see whatever you like, you can go to Chatterbate. And you can see like, people can really explicit things. And you can see that I think, you know, my love, you know, my great parts of my life has always been sex and relationships. And this is a relational experience that is a lot of like someone who put a picture saying, 'Hey, this is what we'll share, you know, I'm not comfortable my body' and people say, something positive, and then that might spin off into a thread with there is ease. So it's about connection and relationship. And this kind of comes back to your first question about why is this important in COVID time... because when we don't have lock down, you can go places and interact in a kind of flirty, erotic kind of way with people. But that's what I think is trying to want to create online is like let's keep our libidos up because a lot of people are saying their libido is dropping, so let's like yeah, keep a bit of erotic still in the field and and keep going a bit you know, fun and juicy. I think some people have hooked up in other states you know, like this is a national and an international thing so there are people making connections. But it's just like cheering for each other encouraging each other it's a bit of a mental health thing as well. I'm a mental health practitioner.



Michael Whelan 37:31

And that's one of the things you don't, you don't get in a digital space you know, likes can just be very...souless isn't the right word but they can be very... they're just a number. Unfulfilling! They don't have that warm nature that you know a really positive comment will or someone you know praising your outfit when you're ou. So say you're out you know in your in your new rubber gear down at the Laird, you know, someone's saying wow, you know, your ass looks amazing in that, or, this color kust makes you look amazing. Like I'm so excited. You don't get that kind of uplift and that you know that positive uplift can be so impactful when it comes to things like your libido. Going 'Wow, I feel really sexy' and when other people tell you look sexy, you feel even sexier and it drives your libido up. So yeah, it would be interesting to kind of get almost like a climate survey where where everyone's at with their libido in COVID.



Tim Little 37:44

Unfulfilling

J

Jeremy Shub 38:21

And that's coming up too cos it's not all just perky, frisky, glass half full. People are writing in saying, 'This sucks! Like my libido is on the floor. The best I can do is show you a picture of my shoulder'. And that's what I got. And everyone's like, 'Yay! go for it!' even like the, you know, the depressing parts of this are still there. It's not just all rainbows and jellybeans. There's some difficult parts in it as well. People saying 'I'm challenged by this. I haven't touched a person in three months'. You know, this is how I really...

T

Tim Little 38:58

It's very interesting you mention this. I was having a chat to someone the other day and they were saying how their libido has dropped right down but it is as a result of the lack of touch and lack of attention. You know, when they go out and people see them out in public, they get their sexual energy from being desired and to have people you know, acknowledge them, whereas now they're kind of locked down and that's what's happening to their libido.

M

Michael Whelan 39:29

They are not getting any of that energy.

T

Tim Little 39:29

But you know, it's gone down.

J

Jeremy Shub 39:33

Libido is connected to stimulation. So you know, do we visually by touch, it is within us, but it's also about the flow between anothe. So yeah, it's not really arousing times and I'm getting a lot of pm some people write to me fairly long messages. And thank you for holding this space. You know, thank you for allowing us racked, and it's touching people. Because it's a lot of work actually, we ended the back end, both running groups with the moderation and the, like the scuffles that people have and all that shit like I really don't like. And i've got a team who are actually in Slutty September who are helping me with this. But, it really touches people and that's why I'm doing this.



Tim Little 40:21

And we were talking about monitoring groups on Facebook and moderating them. How do you maintain that and ensure that the conversation remains respectful and in line with what you're trying to achieve?



Jeremy Shub 40:38

Good question. So there's rules in the group, and they're pretty clear and the biggest one is about consent. And this group, I had a group of moderators or a team. And one of them happens to be an academic and wrote a very detailed description about who should contact who and how you should comment on things. And so far it's incredibly respectful so that someone might post a picture and someone might write to them in the thread to say, 'Hey, can I comment?' and wait for that person to say 'Yep you can comment.' And then they comment. If someone puts a post, they might say, 'Here's a picture of me send me PMs, but only if you're like, not cis not het', like really describing what they want what they don't want. So, yeah, the culture is growing a lot around consent. And I do run workshops on consent and a lot of my kind of my friends, my crew are educators, and consent educators and across consent in a big way. So that's already been. In Orgasmic August there were a few people who ruffled each other's feathers. So what I'm doing is I'm just reaching out to those folk to say 'If you've got a problem come to me first. If you can't sort this out, often it's misunderstandings', but I will sort of intervene or support people to find a way to understand each other. I don't think like, I don't think there are trolls. I don't think people are intentionally mean but sometimes it's like I didn't understand what you're trying to say. Or you said something when I didn't want you to say something.



Michael Whelan 40:38

Tone and context, like I said before. They are difficult to convey when you're in a text only yet base format especially.



Tim Little 42:34

I had that same discussion with someone this week, they made a sarcastic comment. And it was meant in jest, and it came across as something quite direct and like they were attacking me and my feedback to them was 'Use emojis!'



Jeremy Shub 42:56

Or call someone and say, 'Hey, what is going on here?' and that can be time consuming.

But like safety is really important in these groups. People need to feel safe that they can share vulnerable parts of themselves. So pinned to the top of Slutty, September is quite an elaborate post about what's okay and what's not okay in that group. And that's why like I'm happy to be able to join the group, but they need to understand the culture. It's not about pissing people off or, dirty pictures or whatever. Like it's really about sharing and connecting and trusting and feeling safe and showing of ourselves so I post a lot of content like I made a fun video the other day with me. I was naked so it was probably illegal. But with a laser... I have a laser at home and it was me dancing with the laser. I want to put out you know, like I leadership, I guess, you know. And I want to promote this is the culture I'm trying to show like the fun bit safe, be friendly. And there's a kind of like, friendly-creepy, like, there's always this vibe of like, be creepy, but like in a consensual fun way like. Because it's part objectification. So some people want that content that says, 'You're hot and sexy I love this'. It's there, but it has to be respectful and considerate.

M

Michael Whelan 44:25

Yeah. And you're also doing it in a space. That's, you know, it's a private group, but it's open in front of everyone. So you're, you're automatically by default being an exhibitionist by posting whatever it is that you're posting. So it's for the enjoyment of others and to get back what is hopefully respectful, respectful, positive affirmation back at you. Is there anything you're kind of learning from? Obviously, you've done this in different iterations across different months? Is there anything you're learning about the kinds of people in the group? Either hidden desires are things that they're really missing, especially in lockdown periods... we mentioned before obviously those single people missing touch? Untapped market I guess.

J

Jeremy Shub 45:04

That is such a great question. It's made me think about all the different groups because there was also a kink one, there was Kink Club. People are missing everything. At the start of the year we went to events I went to orgies and play parties. I went to sex toys shops. There was Oz Kink Fest. You know, there were places to come together. I think everyone is missing everything. But like, you know, you're both educators. And I think what's happening at the same time is education seems to be coming up. And I think that's, you know, some people who, like we've had sex toy Zooms. And some people are just learning things, where in the past, they're more like, kind of pleasure focused. And I think what this theme is like, 'What can I learn from you people?' Because I can't touch you. Because I can't have those sexy erotic, pleasurable, romantic kind of experiences. So that'd be one thing.



Tim Little 46:12

Yeah, I suppose people have got more time to focus on their education, don't they? And, and really delving into a particular area of interest.



Jeremy Shub 46:22

Yeah, yeah, I've read more books in the last couple of months, probably than my entire life. And I and you know, all these books that I like, pretty much non-fiction, so I'm pretty much always reading about relationships, sex and therapy. They're the kind of things I mean to in spirituality, sacred sexuality. So yeah, people are reading more, sharing more, and wanting to learn more. You know, we've had long threads in there just about lube. You know, just really long conversations about what lube and how to use it and where to get it and different types and different orifices types and different bodies. And so there's a lot of that.



Michael Whelan 46:58

We had one of those conversations in our Down an' Dirty LIVE session... we were talking about sex toys and you know the different kinds of loops that you might use for different kinds of sex toys. People's preference, you know, even the different types the different brands within the different types of people are like 'I'll never touch that brand because it smells like this or it goes sticky or does this'. People are very... have an emotional bond to their lubricant. It's like makeup people have like a preferred... people find their makeup that like makes them you know, look good and feel good and don't break out and easy to wash off or whatever and then they stick with it.



Tim Little 47:30

Quick sidebar. Have you seen that lube that has the texture of cum?



Michael Whelan 47:35

Oh, yes. Yep. Yeah, Spunk. I think it's called. There's a few, there's a few



Tim Little 47:38

That's amazing.

M

Michael Whelan 47:39

There's a few semi spunk-a-licious lubes out there. Very interesting. For those that are those people that are single or solo don't have partners that they connect with at the moment during lockdown. I guess do you have any tips for those people in this kind of digital world we are all living in at the moment have ways to kind of increase that connectivity.

J

Jeremy Shub 48:03

You ask good questions. That's a hard question. I think like my first answer would be stay connected, however you can. And whether that's texting a friend, joining a group, you know, your people probably know Fetlife. So Fetlife now has a new tab. I don't know if you've seen this - that's going 'virtual'. So it used to be that it only had events and it was events near me. And now it has this 'virtual' one. So you can join classes all around the world and as world leaders who are like from providing amazing material, but that's also a good place to connect with people. So connecting people you know, and joining groups going to classes like Thorne Harbour, I think it's tonight, are running a weird cooking class. I think...

M

Michael Whelan 48:54

It was yesterday. It's called the Bent Spoon and it's all about connecting culturally and linguistically diverse people from various backgrounds to, to share their cuisine.

J

Jeremy Shub 49:07

Yes. So those kind of things. But then, paradoxically, at the same time... I think we need to have this weird brain change, which is getting that we're not going to have those experiences of touch and connection. And so there are some people who struggle because they're frustrated. So, like, I'm working with a lot of people to go, can you surrender to this? Like, I think COVID is bad for many, many reasons. But it can also teach like a flexibility and acceptance and a pliability and adaptability. But connecting is vital in whatever way and, like you know, I spent the last how many months on Zoom. I'm used to Zoom I'm getting used to Zoom it is like a connection. Sometimes I have dinner Zooms with people or you know whatever shit. Just connect is the way it doesn't matter how you're doing it.

M

Michael Whelan 50:05

And I guess I'm just we've got a little bit of time left I want to ask, you mentioned some of

those things like going to you know, sex parties and all those physically connected things that especially those of us here in Melbourne, maybe we're doing that aren't now. What are you looking forward to when we have a little bit more freedom to get out and about be that going out to bars or catching up with friends for coffee or you know, sex on premises venues? What are you missing that you're really looking forward to re-engaging with?

J

Jeremy Shub 50:32

Everything? I can't divide that up. But I think human touch. Like I've hugged one person, I think in the last two months. So I think it's going to be really interesting because there's going to be a kind of like All Fucks Day, you know, like people have been lasting and people just dogpile. But I think they may also be some quite subtle new experiences. People are going 'Wow, look, I can touch my hand to your hand. What a thrill. How much sensation is there in that?' So, like I'm quite gluttonous and piggy about sexual experiences. And yes, I do want to go to sex on premises and sex parties and orgies and just get into it. But I think basic things are also going to be quite like new in a way, like, just being able to hug someone I think is going to be quite significant and profound, I think.

M

Michael Whelan 51:33

Yeah. And in challenging ways, possibly, too. I mean, I'm just thinking about going out into a, either a small or a busy bar environment, and just a friend coming up and tapping me on the shoulder. I'll be like, 'What the hell are you doing?' Like, it'll be a really jarring experience. In positive and negative ways. You know, be so rich just to hug all of my friends again, but you know, people touching me is gonna feel weird. Like when I'm in the supermarket, someone gets too close. I have like, a knee jerk reaction to like, push them away. 'Get away from me!'

J

Jeremy Shub 52:01

I had an experience I went to a shop and I it was a bakery and I bought a pie from someone. And as I, I think I actually gave them I didn't give we don't have money anymore. I didn't give them money. They pass it to me and as they pass it to me, one of their fingers touched one of my fingers. And I was like touched emotionally of like, 'Oh, my god, we're connected' it was orgasmic!

M

Michael Whelan 52:23

Yeah, it's like this electricity goes through you like 'Oh my god, like it's the it's the

forbidden touch!' kind of thing. Now we we did um, we did lose Tim there temporarily, but I think we've managed to get Tim backin our...

T Tim Little 52:39
I'm back again!

M Michael Whelan 52:40
You are back. You are back again. Technological difficulties we've had we have lost Tim and regained Tim just in time for us to say farewell to our fantastic guest, Jeremy for joining us. I guess Jeremy. Lastly, before we let you go, do you have any other tips for you know, staying connected, I don't know if there's a tip or am I allowed to plug myself, but... Absolutely,

T Tim Little 53:03
Absolutely both.

J Jeremy Shub 53:04
Wonderful! So I have a website, it's JeremyShub.com it's easy to find. I'm happy to work with people online currently and when we have less restrictions, I'd love to do body work. But right now, you do want some support, relationships, mental health, drug and alcohol. We can do that so... and you can... there's a lot of information on my website about me. There or from that you can actually call me we can chat and you know, figure out what people's needs are. And another website for the book, SexPositiveNow.com and I think you said it, stay connected.

M Michael Whelan 53:49
Stay connected. Absolutely.

J Jeremy Shub 53:51
Um, there's other things like go for a walk around the block, and those sorts of things. But yeah, humans generally like humans in some way. And so like just reach out online, thats what we can do right now.

M Michael Whelan 54:05
And now if anyone's looking to connect with that Slutty Sensual September group or any group going on into the future, because that's a private group we're not going to be posting that in our podcast page which is [JOY.org.au/HideAndSeek](https://www.joy.org.au/HideAndSeek), but we will have links to Jeremy's website and as to his book, so if you want to connect, if that's something you're impassioned by, reach out through the website and get in touch with Jeremy. Tim, thank you so much for dialing back in and...

T Tim Little 54:29
Thank you!

M Michael Whelan 54:31
It's been great. Thank you again, Jeremy, for joining us. And Tim, it will be great to see you hopefully for the whole show next week.

T Tim Little 54:38
I know right, technology permitting.

M Michael Whelan 54:40
Technology permitting. Well, everyone stay stay safe out there. Thank you again, Jeremy, for joining us on the program.

J Jeremy Shub 54:47
It's been wonderful. These are my favorite conversations. So thank you.

M Michael Whelan 54:50
Great. You have been listening to Hide and Seek here on JOY 94.9 with Michael and Tim. Thank you again to Jeremy check us out on podcast [JOY.org.au/HideAndSeek](https://www.joy.org.au/HideAndSeek), and Tim we will be back next week.

S Show Theme 55:09
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