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AM I SUPPOSED TO BE DOMINANT IN SEX?

PORN VS REAL LIFE SEX

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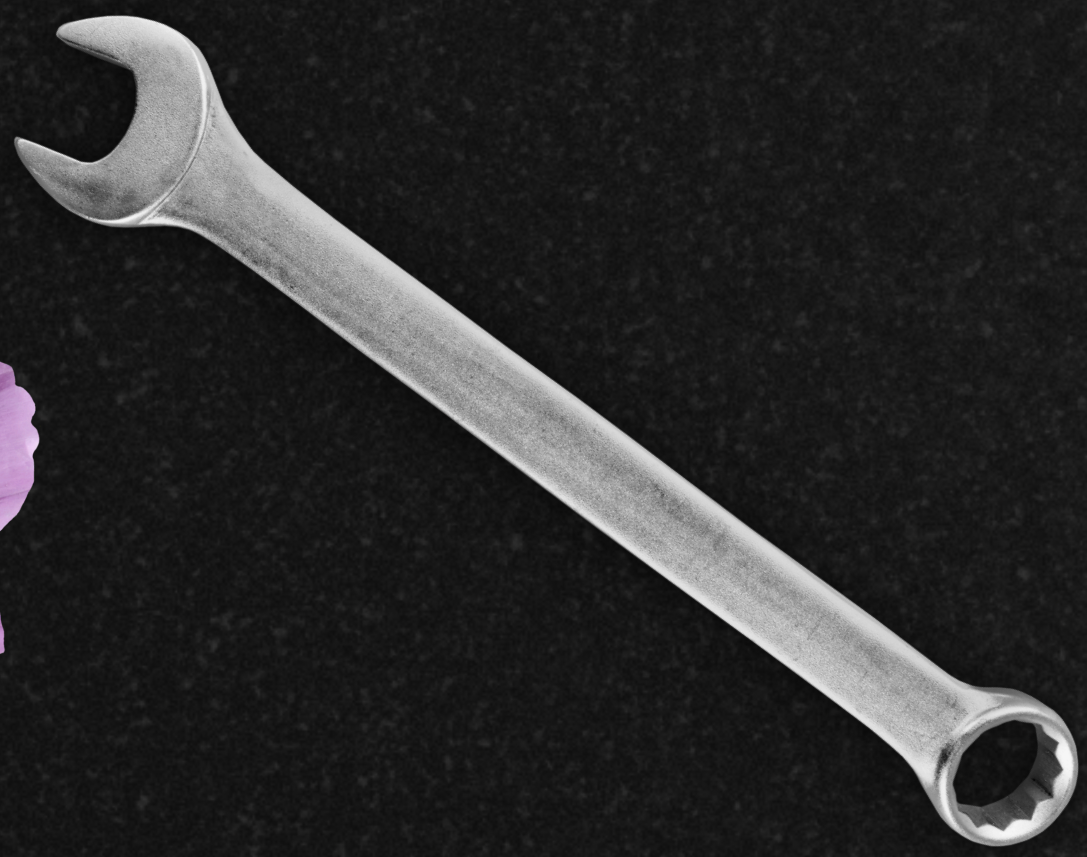
PORN

In porn, people are often confined to gendered scripts telling them how to act.



This can be portrayed as men always being dominant and women always being submissive.

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REAL SEX

In real life, people of all genders have different sexual interests and desires.

You have a buffet of options. Unpacking gender roles can allow you to have the sex you really want.

Read the caption for more

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Caption

It’s important to remember that porn is made for the viewer and intentionally inflates or exaggerates gender roles for the sake of the camera. What does that mean?

- An exaggerated view of gender often exaggerates gender stereotypes, like women are submissive and men are dominant.
- Actors are chosen because they are deemed to have the perfect body for a man or woman.
- Everything from the clothes the actors wear to the types of roleplay, enforces a view of what being a man/woman is.

Gender roles in sex can restrict you to believing you can only experience pleasure through a certain way, limiting imagination and exploration. The type of sex you’re into does not reflect your gender or sexuality. You can be a masculine person and enjoy being submissive in sex; or feminine, and enjoy being dominant.

Most porn is written by and for men. Porn depicts a fantasy where men have the power during sex and that they can do anything they want. This can include violence. Witnessing violence through porn can be harmful and normalise violence in real life.

Same-sex & queer couples can also follow stereotypical ideals regarding sex and relationships. This is seen by assuming there is always a more masculine and more feminine person in the relationship. This can look like the more masculine person taking the dominant role or is the “top” and the more feminine person taking the submissive role or is the “bottom”. This dynamic often replicates the dominant/submissive stereotype in same-sex couples and can reinforce binary gender roles in sex.

It’s important to remember that porn is portraying a fantasy, not reality. Kinky sex that includes pain is not for everyone, so make sure you're checking in with your partner before you try anything and talk about your boundaries and desires.

We all want to feel safe, desired and have fun when we have sex, and sometimes to fully enjoy the moment it can be really valuable to put aside the ideas of what we 'should' be doing in sex and focus on what we actually want.