

STELLA HARRIS

# Educational Offerings

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# 01

## Communication in the Bedroom: Asking for What You Want

Knowing what you want isn't as easy as it sounds, and asking for it can be even trickier. Honesty puts us in a vulnerable place, opening us up to rejection or shame. People of all genders and sexualities have a lot of cultural baggage to work through, from messages implying that wanting sex or pleasure is slutty (and that's a bad thing) to ubiquitous sex tips that make it sound like we're supposed to read our partners' minds.

All of this sets us up for failure, and many people never take the chance to open a dialogue with their partner(s). But being able to talk about your wants and needs is the only way to get them met.

In this class, we'll talk about styles of communication, ways to put yourself and your partner at ease, and specific examples of tools and phrases to try. We'll discuss how to start the conversation and how to incorporate communication into dirty talk.

Not sure what to ask for? We'll talk about some common fantasies you might want to try.

## 02 Find Your Fantasy

Curious about role play, sex games, kink, threesomes, and more? Or maybe you're curious about what's out there, but you don't know where to start? In this class, we'll talk about some of the most common fantasies you might want to try as well as working your way through exploration exercises to find ideas you didn't even know you had.

Everybody fantasizes, right? Not necessarily... knowing what you want isn't as easy as it sounds. Many people don't know their options, or have vague ideas about what appeals to them but don't have the language to express it. It can be easy to feel overwhelmed with choices, especially if you're newly exploring the kink or sex-positive scenes.

This class covers ways to identify your desires, from yes/no/maybe lists to explorations of common fantasies. We'll also work through handouts and exercises that help identify early turn-ons and sensuality archetypes from the media and use these insights as a starting point for scenes you can create in real life.

# 03

## Mapping the Vulva: Anatomy, Communication, Touch, & Pleasure

There is so much confusion surrounding vulvas that it's become a pop-culture joke. Unfortunately, the joke is on us. With vulvas being a place of mystery (and worse, a source of shame), our ability to receive pleasure from this area of the body can be extremely diminished. This class will dispel misinformation and teach you all about the vulva — from anatomy to styles of touch. In addition to the external genitalia, we'll also discuss the vagina, the G-spot, and the underlying anatomical structures.

With a focus on intimacy and connection, this class will cover styles of communication that will set both the giver and the receiver of touch at ease and give you tools to communicate your desires. There is a whole world of pleasure available if giver and receiver are willing to learn how to relax, open up, to touch and receive touch.

Using visual aids, sex toys, and vulva models, we'll discuss everything from hand sex to oral sex as well as the use of toys — and ways to combine all three.

## 04

## Wet & Wild: G-spot and Squirting Orgasms

Ancient societies called it Amrita, the nectar of the gods. Pop culture regularly debates whether it's urine. Whichever camp you fall in, squirting is a hot topic.

In this class, Stella Harris will cover internal and external anatomy with special emphasis on what is commonly known as the G-spot — but is becoming better understood as the clitourethrovaginal (CUV) complex. She'll talk about everything from sex toys to touch techniques you can try alone or with a partner to experience an internal orgasm, and ways you can increase your chances of squirting.

Just as essential as sexual skills, Stella will discuss how to become comfortable with your body and with your partner, and ways to talk about touch and exploration that will put everyone at ease.



*"I really loved being able to consider anatomy charts with a pleasure lens instead of a medical one."*

~Class Participant

05

## Three (or More) Is Company: Navigating Threesomes, Group Sex, and Play Parties.

Join Stella Harris, author of *The Ultimate Guide to Threesomes*, to learn all about navigating threesomes, group sex, and play parties.

Studies show that multi-partner sex is the number one fantasy among American adults. But how do you make it happen? People have a hard enough time negotiating sex or kink with just one person. Adding more people to the mix can complicate things exponentially. But that doesn't mean it has to be a hassle, a headache, or a recipe for disaster. If your communication and negotiation skills are on point, you can have safe and fun play with as many people as your heart desires.

This class will discuss ways to check in with yourself before group play so you're confident about your boundaries, how to negotiate with existing partners before adding people to the mix, and tips for facilitating happy and safe group experiences. Stella will cover everything from safety with multiple players, to threesome positions, to party etiquette, to asking for what you want. She'll also discuss ways to simulate a threesome with two people + sex toys, and options for virtual threesomes.

# 06

## Roughhousing for Adults: Rough Sex 101

From hair pulling to being pinned down, from spanking to negotiated face slapping — there are dozens of ways to add intensity to your sex. But getting rough means a bit more planning and communication than you might be used to.

This class covers a variety of rough sex techniques you can use to spice up your own bedroom play as well as teach you to do them safely. Stella will discuss power dynamics and roleplaying, building satisfying scenes, and how to ask for what you want and communicate with your partner about what you'd like to try.



*“Stella was an awesome speaker, engaged the audience appropriately, clearly knows her stuff, and was comfortable talking to a room that could only type in response.”*

~Class Participant

## 07

## Love Notes &amp; Dirty Texts

Whether you're spending more time these days flirting online or connecting with long distance loves, or you've always been a little nervous about putting your feelings in writing, this class is for you!

Words done right can be the biggest turn on of all and in this class you'll get comfortable finding your voice. We'll walk through simple tools and formulas to get you writing anything from red hot text messages to romance-novel-worthy love notes in less time than it takes to watch a Rom-Com.

Want to spice up your correspondence even more? This class will cover exchanging photos and videos, too — from getting flattering shots to considering privacy concerns.

*"It is my ardent hope that these letters exchanged between us serve to stimulate our passions until we may enjoy each other's rapturous embraces again."*





## Modern Dating: A Safe, Practical, and Fun Approach

Maybe you're getting back into the dating game after a long break, or maybe dating has always seemed tricky — this class will give you the knowledge and tools to dive in!

Online dating sites are increasingly the way people meet each other, and this class covers everything you need to know to get started. We'll talk about how to write a compelling profile and present yourself in a flattering (and honest!) way, as well as ways to stay safe when meeting someone for the first (or second, or third) time. You'll also learn current information about STIs, ways to protect yourself, and communication skills for bringing up the conversation with potential partners.

This class will also include a brief overview of different relationship styles, such as open relationships, polyamory, and swinging, so that you can have the information you need to decide what you're looking for, and you'll know what other people mean if they say that's what they're into.

By the end of this class there will be nothing stopping you from creating an awesome profile and feeling ready to meet new people!



## Penis to Prostate: A Guide to Internal and External Pleasure

No one in our society has it easy when it comes to sex. Harmful ideas about the way sex and bodies should work can build shame and embarrassment for anyone who thinks they operate outside the mainstream porn example. For men/masculine identified people, the emphasis on performance and "doing" can create a great deal of stress and anxiety.

In this class, you'll learn communication techniques and ways to create intimacy that don't require an erection. We'll also cover ways to relax, slow down, and enjoy a range of sensations without being goal-oriented or rushing to a finish line. Whether exploring on your own body or with a partner, this class will explore external and internal touch techniques and ways to make anal play accessible.

# 10

## An Introduction to Kink & BDSM

Has something kinky caught your eye? Has a book or movie with BDSM themes made you think? Kink and BDSM have grown in popularity and are now common in the media. But that doesn't make it easy to know how to start incorporating kink into your real life.

Luckily, it just takes a little bit of good information and know-how to begin introducing kink into your play right now! Everyone likes a change of pace now and then. And kink presents some wonderful tools for playing with vulnerability and enhancing intimacy and connection.

No idea where to start or what you'd even enjoy? No problem.

This class will give an overview of common kinks, and you'll get worksheets to use as starting points for exploration. We'll also discuss safety, consent, and negotiation, and you'll leave with ideas of how to incorporate a few kinks into your own sex life.

# 11

## Introduction to Rope Bondage

Does the idea of restraint turn you on? Do you want to learn the building blocks of rope bondage? And can you really do that through a computer screen?

In the online version of this class you will learn basic safety and bondage-focused negotiation along with the single column tie and double column tie — fundamentals you will be able to improvise with to create many different bondage positions and hot scenarios.

You'll also learn ways to use rope to build intimacy and connection while you're tying, and tricks to help you build confidence as a beginner. We'll cover ways to make rope the whole point of your scene, as well as ways to use rope to facilitate other kinds of play, like impact, pressure points, sensation, and yes, even sex.

You'll also receive a copy of Stella's rope bondage e-book, which includes step by step instructions and full color photos for the ties covered in class, plus more ties and positions. With this resource, you'll be able to practice what you've learned in class and continue your home study.

# 12

## Building Pleasure Rituals

So often, we are our first and best lovers. The way we've learned to touch ourselves (or not) can affect how we relate to our bodies and our partners' bodies for life. But too often, spending time alone and focusing on pleasure gets pushed off the schedule.

Touch can release oxytocin, reduce stress, and calm our nervous system — and yes, self-touch can do those things too. What would it look like if we took the time to focus on our body's needs? What would it look like if we treated ourselves like our most cherished partner?

In this class, we'll learn ways to make time for ourselves. To know how we like to be touched and explore the ways our bodies can experience pleasure. We will consider making pleasure a ritual, learn genital massage techniques, and embrace masturbation as a healthy, loving practice.



*“I loved all the helpful tips, especially when it came to body image and switching your thinking from negative to positive.”*

~Class Participant

# 13

## Strap-On For Play: Oral, Pegging, and More

Givers and receivers of any gender can enjoy strap-ons. Enjoying play with a strap-on does not have to be tied to sexual or gender orientation — it can simply be one more tool in your sexual arsenal. This class will demystify playing with strap-ons and cover all the basics to get you started plus techniques for oral and penetrative play.

Any sex act is a total mind and body experience. That's why the whole performance, body language, eye contact, and noises are essential to the overall pleasure of everyone involved. When the cock you're wearing or using doesn't transfer sensation biologically, you have an opportunity to focus on the entire experience.

We'll discuss everything from choosing the correct harness and dildo to topics of safety, power exchange, dirty talk, and role play you can incorporate for a hot experience. We'll also cover aspects of touching gender and discovering the language people like to use around their bodies.

# Thank You!

Thank you for taking the time to look over my educational offerings aimed at a general audience.

Please note that I also have courses developed for university students, therapists, medical students, and other specialized audiences. Please inquire to see those offerings.

I regularly develop custom workshops so if you don't see the right fit for your organization or venue here, get in touch and I can create something just for you.



## MY MISSION

I believe *Better Is Possible*.

By providing shame-free guidance in a friendly and approachable way, I empower people to explore their desires and build their ideal relationships (and yes, that includes a satisfying sex life.)

I look forward to working together,

*Stella Harris*