



Breaking Taboo Training Program

Action Step 1

Identify Taboo Evaluation



Creating A Sex Positive World
Through Adult Sexual Education and
Erotic BDSM Performance Art

Sexual Empowerment Education
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At Raven's Lair, we believe that all adults should have access to adult sexual information that is safe, accurate, and explicit. Good sex is not an activity that we know instinctually, it is an art that needs to be learned and developed.

Identify Taboo Evaluation

Listed below are several common taboos that one can come across in our mainstream culture. For each taboo listed below, write a short commentary about how you feel about the taboo. For some of these, you may not see these as taboo for yourself. Yet, there are many in our culture who look down on people who engage in these activities. Explore your feelings around each taboo and ask yourself where and how these feelings came about. Feel free to add any taboos to the list that have an impact in your life.



How do you feel about your body? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience about your body?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

How do you feel about nudity? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around nudity? Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?



How do you feel about anal sex? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around anal sex?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

How do you feel about oral sex? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around oral sex?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?



How do you feel about masturbation? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around masturbation?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

How do you feel about performing sexual acts in front of other people? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around performing sexual acts in front of other people?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?



How do you feel about BDSM activities? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around BDSM activities?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

How do you feel about sex toys? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around sex toys

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?



How do you feel about casual sex? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around casual sex?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

How do you feel about anonymous sex? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around anonymous sex?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?



How do you feel about recreational sex? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around recreational sex?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

How do you feel about homosexuality? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around homosexuality?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?



How do you feel about transsexuality? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around transsexuality?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

How do you feel about bisexuality? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around bisexuality?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?



How do you feel about heterosexuality? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around heterosexuality?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

How do you feel about cross dressing? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around cross dressing?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?



How do you feel about gender bending? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around gender bending?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

How do you feel about ageism? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around ageism?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?



How do you feel about voyeurism? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around voyeurism?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

How do you feel about exhibitionism? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around exhibitionism?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?



How do you feel about golden showers (Urinating on another person or being urinated on.)? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around golden showers

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

How do you feel about moon time - menstruation? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around moon time?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

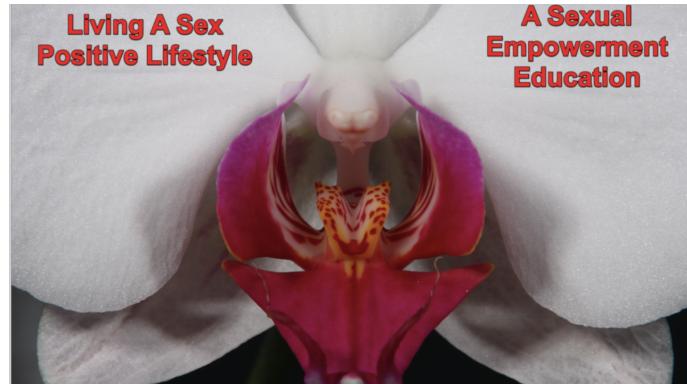


How do you feel about sex as a form of performance art? When did you start feeling these feelings? Where did these feelings come from? Are these feelings what you want to experience around sex as a form of performance art?

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?

Other taboos (please list them.)

Is this a taboo that impacts your life? On a scale of 1 to 10, where 1 is little or no impact to freedom of sexual expression and 10 is high impact, rate this taboo. How do you feel about the taboo?



Raven's Lair

At Ravens Lair, our vision is to create a sex positive world through adult sexual education and erotic BDSM performance art. Raven's Lair provides these training materials free of charge as a means to step out of the dark ages when it comes to sexuality.

If you gain benefit from these training materials and are able to transform your sex life, we ask that you consider making a donation. We believe that making an arbitrary decision about setting a monetary price for these materials does not account for the value each individual obtains from these materials.

So, if you obtain value from accurate adult sexual educational materials, now or in the weeks or months ahead, please make a donation to Raven's Lair. Visit our Patreon Page and make a donation based on the value you obtained from this training.



<https://www.patreon.com/c/RavensLair69>



About the Author

Ladyboy Gigi has been active in the BDSM community for over 30 years. Gigi started out as a boy toy sex slave and played as a submissive for many years. For the past 12 years Gigi identified as a switch, often playing the role of a Domme.

Gigi has been following an eclectic pagan sacred sex path since pre-adolescence. S/he has studied art, philosophy, ancient religions, ancient civilizations, photography, human sexuality, and sculpture. Gigi has a Bachelor's of Arts degree in Philosophy and a Master's degree in Social Work.

Gigi published *The Dominant's Handbook – An Intimate Guide to BDSM*. This book provides training information about physical, psychological, and psychosexual aspects of BDSM for individuals who want to learn Dominant Role Play.

Go to: <http://www.ravenslairleather.com>.

In 1999, Gigi was awarded the AIB Globe Award for outstanding service to the bisexual world community. Gigi, along with Michael Page and Wendy Curry, started Celebrate Bisexuality Day. For more information about CBD, go to: [Celebrate Bisexuality Day - Wikipedia, the free encyclopedia](#). Gigi served on BiNet USA's Board of Directors for two years.

Gigi was born intersex (hermaphrodite). Shortly after birth, doctors performed sexual reassignment surgery. Gigi has been active in the Transgender community, the bisexual community, the BDSM community, and other diverse alternative artistic communities. S/he has studied human sexuality in both undergraduate and graduate studies programs. Gigi is a hermaphrodite and identifies as being pansexual. Gigi has presented many diverse workshops for bisexual conferences, pagan festivals, BDSM events, and for other alternative communities. S/he has presented information in college courses as an invited speaker.





Gigi was a co-producer of AfterHours, Queer Radio With Attitude, KPFT 90.1 FM, a radio program that provided information about human sexuality and alternative lifestyle choices. Gigi had been on the air for over 25 years and has covered many diverse topics centered on human sexuality, BDSM, and sacred sex. The radio show provided sex-positive information about human sexuality and alternative lifestyle choices.

Ladyboy Gigi produced a podcast on iTunes called Adult Bedtime Stories. Adult Bedtime Stories is a show dedicated to bringing sacredness back to our sexuality and to learn about everything sexual. Allow the beautiful sexy creature within you to emerge. Each week the focus of the show was on different sexual topics designed to enlighten you so you develop more fully as a sexual being. This is the sex education that you didn't receive in high school, but should have.

Now, more than since the human rights movement of the 1960's & 1970's, age appropriate sexual education and the sex positive movement are vitally important. Even young married couples are not provided an adequate sexual education.

At Raven's Lair, we believe that all adults should have access to adult sexual information that is safe, accurate, and explicit.

Good sex is not an activity that we know instinctually, it is an art that needs to be learned and developed.

We present adult materials with a sex positive attitude and value system. if you want to start living a sex positive lifestyle free of shame and guilt, these training materials are for you.

For these reasons, Ladyboy Gigi and Raven's Lair are providing free sex positive educational videos on YouTube and [Raven's Lair's Website](#). The videos include free transcripts & workbooks designed to help people live a sex positive lifestyle.