

IMAGE  
NOT AVAILABLE

Toby Simon, (B.A. Syracuse University, M.Ed. Tufts), former Associate Dean of Student Life at Brown University, was involved with various aspects of the university's student life policies, judicial procedures, and educational programs. She was involved with health education at Brown as the Director of the Office of Health Education. Ms. Simon started Brown's Sexual Assault Peer Education (SAPE) program in 1990. Since that time over three hundred undergraduates have participated in this program as peer educators attempting to reduce sex without consent in colleges, universities and high schools in the New England area. The SAPE program was named a "Pocket of Excellence" for America's colleges and universities in Promising Practices: Campus Alcohol Strategies.

A sexuality trainer and consultant, Ms. Simon taught a Human Sexuality course at Brown for over ten years and is the author of numerous articles on the subjects of sexual assault, sexuality, and the alcohol/sex connection. She is a consultant on sexual harassment and assault at a variety of colleges, organizations, including, the US Air Force Academy.

She is the co-author of Sex Without Consent: Peer Education Training for High Schools and Colleges and Dating: Peer Education for Reducing Sexual Harassment and Violence in Secondary Schools. She has produced two educational videos entitled "When a Kiss is Not Just a Kiss" and Love's Not Supposed to Hurt."

Ms. Simon's most recent project, A.S.A.P. (Anti-Sexual Abuse Project) involves a group of college students who are touring the United States providing educational programs to colleges and high schools on consensual sex and healthy relationships. Each year the A.S.A.P. program visits over fifty schools and reaches over 20,000 students. Currently, Ms. Simon is part-time faculty teaching Human Sexuality at Rhode Island College in Providence and a Senior Affinity Faculty member at Brown University Medical School.

#### SEX TALK: Losing It to Choosing It

- SEX RULE # 1: You do not have to have sex just because you're in college
- SEX RULE # 2: When choosing to have sex, never "sexile" your roommate or housemate.
- SEX RULE # 3: When being intimate with someone (or yourself),
- SEX RULE #4: S.U.I. (Sex Under the Influence) is hazardous to your health.
- SEX RULE #5: Having sex with someone you find passed out is even riskier.
- SEX RULE # 6: Don't go out without your "rubbers." Be prepared. Carry condoms.
- SEX RULE # 7: A kiss is not an invitation to have sex.
- SEX RULE # 8: Talking about sex prior to engaging in it, is a turn-on.
- SEX RULE # 9: Don't have sex with your friend's girlfriend/boyfriend.

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**SEX RULE # 10:** If you do “hook up” with someone and feel uncomfortable about it the next day, try telling that person how you feel.

This lecture/audience participation event, accompanied by slides and video, provides practical advice about how to be a sexually aware college student today. No-one seems to be telling students the rules about sexual behavior - this program attempts to do so using humor and case studies. Audience members will be called on to demonstrate many of the scenarios presented. Video segments are presented from Ms. Simon's award winning educational videos “When A Kiss is Not Just a Kiss” and “Love's Not Supposed to Hurt” to bring to life and illustrate key issues. Factual information will be included which addresses safer sex, sex under the influence of alcohol, sexual assault, and sexual etiquette. This lecture will include discussions of sexual choices, including abstinence, as well as sexual health concerns for college students.

#### **SEX FOR ONE**

Through the use of humor, history, and hype, this lecture tackles the taboo topic of sex for one. Rarely are students given the opportunity to address this subject in a public forum. Yet in their private lives, this is a topic of not only abundant conversation, but abundant practice. Myths abound about masturbation which only confuse students and undermines their attempts to become more comfortable with their sexuality. In addition to dispelling myths, important information about the practice of auto-erotic asphyxiation will be addressed in this lecture.

#### **LOVE ON THE ROCKS**

- Ideal for alcohol and sexual assault awareness week programs•

Sex under the influence is a common practice among college students. Often sexual encounters are fueled by massive amounts of alcohol which students think makes sex easier and better. This lecture will attempt to dispel some of the myths about alcohol's role in enhancing sexual encounters through the use of humor, role playing and case studies. Information on the effects of alcohol on one's libido, sexual performance and desire will be included in this talk.

#### **THE INS AND OUTS OF LOVE MAKING**

How to enhance your sex life  
How to be a better lover  
On achieving orgasm  
Overcoming barriers to intimacy  
Sexual communication  
Body image and sexuality  
Loving yourself

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This lecture will address the important topic of sexual functioning. College students often find that sex is perfectly natural but not naturally perfect. Yet when sexual problems occur, students are at a loss as to how to address these problems. Important information about the human sexual response cycle, female and male sexual problems, and orgasm myths will be presented during this factual presentation.

IN ADDITION TO MS. SIMON'S LECTURES, SHE IS ALSO AVAILABLE FOR STAFF AND STUDENT PEER LEADER TRAINING PROGRAMS.

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