

# Spicy Sex + Masturbation = Real Pleasure with Girl Boner, August McLaughlin

**Julia Chebotar** 00:04

Spice up your life with me Health Chef Julia as I set out on the journey of What is Healthy. In each episode we'll explore the different meanings of healthy for some healthy means indulging in something decorative and delicious. For others. It's a mental health day and a good workout. There's more to help than just food. It's about living well, enjoying your life and having fun having you heard redheads do it best. Come with me, and we'll find out just what healthy is. Welcome to a new episode of What is Healthy podcast where we share every hack to get healthier and more sustainable lifestyle. I'm Chef Julia and today we'll be talking to August McLaughlin. It's so nice to have you on. I've been stalking your Instagram, and your podcast and I want to pick your brain about all things sex.

**August McLaughlin** 00:50

Oh, thank you. Thank you so much for having me.

**Julia Chebotar** 00:53

Do you mind introducing yourself to the audience telling us about you telling your audience where they can find you?

**August McLaughlin** 00:58

Sure. I'm August mcglathlin. I'm a health and sexuality writer, and the host and producer of girl Boehner radio, the podcast. I'm also a journalist, and I have a few books out on sexuality. My website is girl boehner.org. And you can find me anywhere. If you googled curl Boehner, that's probably the easiest way. I pop up everywhere.

**Julia Chebotar** 01:19

That's the best little like, just type in girl Boehner and yeah, it works for me. I love it. When did you decide that you wanted to work with sex? Because I feel like it's such a taboo still topic when it shouldn't be because I feel like we're very much sexually open more open now than ever before. But it's still a taboo.

**August McLaughlin** 01:44

Such a good question. I'll tell you when it kind of that one of the seed was planted. I had a big turning point in my life in my early 20s, I had been diagnosed with a severe eating disorder. And at the time, I was living in Paris. And I flew back to Minnesota where I'm from for treatment. And I ended up taking this psychology course, because I was really bored with just treatment and nothing else going on in my life. And one day, the professor stood before the class and said, Today we're going to talk about sex. And I had one of those huge lightbulb moments, I realized I hadn't really talked about sex with anyone, not even the person I'd been having sex with. And later, I realized that that was the moment that everything changed for me. And I stopped wanting to starve myself. Because I started to question like, why is this weird for me? Why can I not talk about this, and I just went into this, like, total spiral of

questions and investigating. And I got really passionate and angry, which I think I needed. I think I needed to feel that sort of like resistance. And I very quickly learned that not everyone has an eating disorder out of a lack of sexual empowerment. But there's so many complications from it. And so many mixed messages and myths that hurt us really badly. And so it took some years of personal growth and you know, figuring out kind of who I was and healing and all that before I fully delve into all things Girl Boner, but that's really when everything started.

**Julia Chebotar** 03:24

Amazing. I love that it's everybody that I've talked to there's always like a correlation of like a big moment, health scare something where it's like, kind of transitions them into embracing their like calling a guest or like, what's their passion?

**August McLaughlin** 03:40

Yeah, yeah, those moments are so powerful. And I find that to when I interview people, for my podcasts that they all have these turning points in their sexual empowerment journeys to where they did realize that oh my gosh, it actually made a big difference that I didn't learn X, Y, or Z or, you know, those kinds of questions. We usually don't realize we even have shame around our sexuality until either we have a positive epiphany or we go through something really painful, unfortunately.

**Julia Chebotar** 04:08

Yeah, I guess I think that's like an almost any aspect of life though, too. But before I want to get into girl Boehner and all the things because I have so many discussions. I started the podcast by asking every guest, what healthy means to them. Because I think that is such a scale and arrange and everybody thinks that things are healthy. And everyone's kind of an expert in their field. So I wanted to know, like, in your aspect of life or your passion or your life, how, what is healthy for you.

**August McLaughlin** 04:43

I think that healthy for me is all about authenticity and self embracement. And in the context of sexuality, so many of us are missing that or we're experiencing it to a certain degree, but it's kind of really muddled by all these weird messages. Were so confused so many of us because as you mentioned, it's still a taboo subject. totally natural. I mean, and I'm on this journey still to like we all are, I think all sex educators are like, trying to figure things out. So yeah, I think being really true to ourselves is, is really what health is to me.

**Julia Chebotar** 05:22

I couldn't agree more, I definitely think that once you figure out your path, your way is when healthy kind of comes through. So how did you come up with the word the term girl Boehner? And what does it mean? Girl bought

**August McLaughlin** 05:36

her actually started for me very early, I was 11. I had that really awkward sex ed class that so many of us have, where you learn about diseases and pregnancy. And because no one else was talking about sex. In my circles, it was this huge deal. And I remember being so curious and like excited, and also trying to pretend I was grossed out because people were like, ooh, sex, what is this, this is going to be

gross. And I walked into the classroom, and I remember the, the slide projector was going. And the teacher was explaining these different things with these medical drawings. So there was like an anatomical image of somebody with a penis who had a boner. And I remember her saying, essentially, that it was, you know, interaction, I can't remember exactly the words, but she said, in my mind, I was just floored, because I'd never seen First of all, I'd never seen a penis. I thought, Oh, my gosh, their bodies are like Transformers like this, this wild thing happens. And I wanted to know what happened to my body. I'm like, Oh, my gosh, there's got to be something cool, because the teacher didn't get into pleasure. But she did indicate that it could feel quite good, like an erection was somehow associated with feeling good. So I thought, Oh, my gosh, this is gonna be great. And then I waited and waited and waited. And finally they show the quote, unquote, like female sexuality stuff. And it was like cramps and tampons, and bleeding and all this stuff. In a pretty negative. Yeah, all the miserable. Exactly, yes. And so the first time, the first time I actually heard somebody, I think during recess talk about boners. And I realized what they were talking about. In my head, I was like, What about girl boners. So it became a running inside joke with myself first, and then with like, friends, and then with partners. And then, because I had these big epiphanies, I became very passionate about sexuality, and also speaking out about pleasure and these myths that are very, like gender stereotyped and stuff like that. And so when I decided to really fully launch girl Boehner, that term was already so close to my heart. So I decided to trademark it, which is kind of hilarious, because I was like, everyone's gonna want to use this. I had this kind of naivete about which Thank you, like, I think it's really fun. And people do get really excited about it. But when it comes to things like applying for trademarks, and logistical legal things, you know, I got rejected a couple times I you know, there's just a lot of doors. Oh, yeah. They said it was too vulgar, even though there are so many brands marketed toward men that use women's sexuality that went through with like, no problem. And so I did get it eventually.

**Julia Chebotar** 08:26

Wow. Like, what's so vulgar about Boner? Right?

**August McLaughlin** 08:30

I mean, literally, it's just pleasure. Somebody's body functioning, like what's the big deal? So I was excited. blood flow?

**Julia Chebotar** 08:39

Do you think that people are more inclined to listen to a podcast over purchasing a book these days? Oh, what

**August McLaughlin** 08:47

a great question. You know, I've thought that when I started my podcast that all of my blog readers, because I didn't have a book yet would listen, I just thought they liked my stuff. Why wouldn't they listen? And some some did right away. But I also realized that some people just really want to read their content. And other folks really want to listen to it. Yeah, I'm a listener.

**Julia Chebotar** 09:13

I'm an auditory like, learner. Yeah,

**August McLaughlin** 09:16

I think it's a great medium to because you can have this intimate space. That's very private.

**Julia Chebotar** 09:22

Exactly. Because it's like, people are talking to you like there's a conversation happening, but it's like, you're the only one that's really listening to it. So I agree. It resonates completely differently. Yeah. You mentioned earlier that you did suffer from an eating disorder. And you do talk about intuitive eating. So how did that all get started?

**August McLaughlin** 09:43

Yeah, so when I was working through the eating disorder, which, you know, is really complicated for anyone who goes through that and takes a lot of time. I had a really hard time when I wanted to become quote unquote, healthy when I was Go to resources like it was hard for me to find materials that weren't these kind of fad diet books kind of disguised as science. And it was really frustrating. Because I was very dedicated. I was trying to understand I was really working hard to figure this out. And intuitive eating, to me has been really helpful because it helped address something that is so prevalent in eating disorders, which is a disconnect from your body. We don't need more food rules like what do you have an eating disorder, even some eating disorder treatment programs, they give you a new rules. And that may work for some people, like you have to eat this, and you have to eat this many servings of that. And there are programs that weigh you all the time. And I I personally have major issues with that, because it's perpetuating the problem. Am I really

**Julia Chebotar** 10:52

it's not healthy, like there obviously is some sort of problem with the way that they're eating and the way that they're looking at food and how they're registering their food. So, and they're restricting themselves. So by going into a program that's already restricted, like I think that's counterintuitive, completely 100%. So

**August McLaughlin** 11:10

well said. And I will say that intuitive eating is very challenging for someone who's really in the raw depths of an eating disorder, because you're so disconnected, that it's very hard to trust your body to know what it's saying. And I think there's this big fear of if I listened to my body. I mean, who knows what'll happen because you're so used to denying yourself and for me, what helps because I went through anorexia as what I was diagnosed with originally. And then I went through really severe binge eating, which is really common after anorexia and very seldom talked about, partly because, sadly, binge eating, which is more common, has more shame around it. We sometimes even praise people who are anorexic, I still sometimes when I share my story of what I went through, I'll hear a comment. Like, I wish I had a little bit of that, like I want some of that discipline. Again, they just don't have the proper information that that's not what it's about.

**Julia Chebotar** 12:14

Yeah, it's like someone asked me I wish I was OCD. My apartment would be cleaner.

12:19

Eggs. actly.

12:24

Yeah, yeah. Totally. That

**August McLaughlin** 12:26

it's not a it's not a personal development skill. It's an illness. Yeah, yeah. Yeah. Yeah, for sure. And I think probably the beginning of intuitive eating for me before I really knew it was that was, I was at a such a horrible place with my bingeing, which was actually probably saving my life. Because when you're malnourished, there's a very, very high fatality rate. In anorexia, I very nearly died. I had a lot, a lot of problems. And so physically, I was healthier. But this is one of the reasons the word healthy can get confusing, right? Absolutely. You might think you're healthy. Like on paper, there were doctors who were like, oh, you're looking so healthy. Look at those numbers going in the right direction. And I was in absolute hell, and mentally, the least healthy I had ever been. And I finally had this big kind of turning point where I had such a horrendous binge. And without going into details, I ended up not having access to some of the ways that I would try to like punish myself or quote, unquote, get rid of food. And it forced me to have this just sitting there with myself moment where nothing bad happened to me, like I binged. And then I just sat there. Like, I wasn't frantically doing something, and nothing happened. And I walked up to my mirror on the wall. And it was the first time I really looked at my own eyes, because that's such a vulnerable feeling and space to be in, especially when you're that sick. And I had typically just judged my body when I was looking in the mirror and I was just looking into my eyes and I was having this just total like soul moment with me of you cannot keep living like this, like I knew it was either you die or something changes like this is not, you can't live like there was nothing in my life, like my whole purpose, had nothing like I could not think of I knew I had passion, or the ability to have passion. And I had nowhere to put it. I had no direction and all of my energy was going into this disorder. And so I promised myself that I would give up everything related to the eating disorder. I trashed all my diet books, I threw away my scale. I cut out all the size tags out of my clothes. I decided that I would after I benched, I would eat. I would just eat and then I would eat and that I would eat and it was the hardest thing I've ever done to eat a meal. After that binge, I sobbed people have said to me, you're so brave for masturbating in an MRI machine, which I did for a study or you're so brave for talking about orgasms in front of people. I'm like, No, I was brave when I ate breakfast like that was my come to Jesus moment, as some people would call it. It was so hard. And I call it sittig. And your shit. Oh, that's it. That's way better. And

**Julia Chebotar** 15:30

then you look into the mirror. And then you have your, your health moment, which like he was kind, he was good. Yeah,

**August McLaughlin** 15:36

yes. 100% You're so right. Yeah, it was that it was that. But that really changed everything for me to be able to, you know, I thought that everything would just fall apart by doing that. And instead, it pretty much started to come together that paired with my sexual self embracement. And really, starting to respect my body is how I healed. I love that.

**Julia Chebotar** 16:01

So now talking about your sexual embracement you know that someone laughed at me the other day because I said, jerk it, but like, I was gonna go jerk it. And they're like, that's over. That's so vulgar. I'm like, why is it vulgar for a man to say it but not vulgar for a woman to say like, what do you want me to say? I'm gonna go masturbate. Like, I was just like, jerking it somewhere fun.

**August McLaughlin** 16:22

I love that you proclaimed it, you're just like, because we should be able to say that if we want to, I'm going to go have a massage. I'm going to go masturbate. Like, which one gives you the more health benefits?

**Julia Chebotar** 16:33

Exactly. I'm gonna see the masturbation but you know, but my totally biased opinion is I agree. But I love that, like, women, our age, are still scared to talk about sexual experiences, good or bad, but also like to be vocal with a partner in the bedroom is like something that is so foreign to people and they don't understand they don't speak up, and then they don't look at sex as a pleasurable, fun experience. Yeah, yeah, you're

**August McLaughlin** 17:08

so right about that. It's really incredible. I think we all struggle, in some kind of ways people have challenges regardless of their gender, but because there are so many more demeaning messages around women's sexuality, we deal with a lot more crap. And one of the things that I talk about a lot is that, you know, if you really want to raise girl boners, you have to lower the misogyny you have to lower all these damaging myths, it's the biggest turn ons are like, let us be free. Let us be who we are. It's we are not Mars and Venus. We are not these separate, delicate little flowers who need emotional connection and someone to do the laundry, or we can't enjoy sex. It's, there's all these weird rules.

**Julia Chebotar** 17:52

And it's always like a masculine and feminine divide where like, I'm a female, I'm a very feminine woman, but I do have masculine tendencies, I will I will stand up for myself, I will speak up, I will be the one that does the lifting if I need to, like I but I just find it that we're still so divided. Like you have to be in a category. Yeah,

**August McLaughlin** 18:14

yeah, we're way too into these labels and categories. And it's, it's not that binary thing. I mean, I I really think we are a lot more similar as people. We're also unique, but we're also so similar. You know, there are people will say, Well, what do women need for this? And what do men need for that? And it's like, it depends on the person not and not on their genitalia? Yeah.

**Julia Chebotar** 18:39

Have you? Have you heard of Alesia? Yes, I have. Okay, so like, nobody has ever heard of this. And I think it's the best porn site in the world. Because it's like geared to women. Yeah, I

**August McLaughlin** 18:50

think it's like, featured them on an episode, actually. Yeah.

**Julia Chebotar** 18:54

I love it. And I've mentioned it to more like girls, and they're like, Oh my god, what's that porn site? You mentioned? What's that points that you mentioned? And I'm like, Thank you watch all the porn, please.

**August McLaughlin** 19:04

You might like Erica lust as well. Do you know?

**Julia Chebotar** 19:07

No,

**August McLaughlin** 19:08

really artful. She creates films, and they're all really incredible and very sexy. And not really not

**Julia Chebotar** 19:15

the girl from Boy Meets World. Did you know that? So the redhead and Boy Meets World from when they were like going to college years. One of the brother's girlfriends is now one of like, the biggest female porn directors.

19:30

Oh, maybe then.

19:31

Yeah,

**August McLaughlin** 19:32

there's a good chance cuz she is she's Swedish.

**Julia Chebotar** 19:35

Okay, now this girl I think is American but I'm gonna look up her name because I remember like, somehow I was at a party and we started talking about this and I was like, Guys, I was watching a porn last night. I'm pretty sure the girlfriend Boy Meets World was in it. And then we googled and she's like a famous porn director.

**August McLaughlin** 19:50

That is so amazing. And I love that you are able to talk about that as well because it's so just wild that there's this idea that men are visual Women are not visual, and I'm extremely visual. I mean, look at Pinterest and Instagram. It's all women,

**Julia Chebotar** 20:06

literally, but we just maybe don't want it to be as vulgar as some of the stuff on like Pornhub. Once made for relatable, Yeah,

20:17

totally. Yeah.

**Julia Chebotar** 20:21

So do you think that sexual fantasies or like roleplay is like healthy in a relationship? Do you think that that's like, mentally and physically healthy for everyone?

**August McLaughlin** 20:31

I do. I love fantasy and roleplay I think that fantasy is one of the strongest ways to enhance your sex life is to embrace your fantasies. I know that for me, growing up in Minnesota, I you know, I was rebellious, but I always had this like, good girl vibe about me. And so I thought that fantasizing was somehow like, a little dirty or something, you know, when I was growing up, and, and in reality, it's this beautiful, just part of your own imagination, and it's a great way to connect with your sexuality. I think it's important to allow ourselves to fantasize, before sex happens during sex is great, too. But a lot of times people like scheduling sex is a great idea. And a lot of people, you know, recommend that now. But if you schedule sex, and you don't think about anything sexual until that moment, you're not going to be as ready, right? Like, I think it's a really great way to tap into our desires. That's why I think erotica is wonderful, because it can spur a lot of wonderful ideas. And fantasizing while you're in a relationship is really hot. I mean, you can be having sex with your partner and thinking about someone else. That's awesome. I mean, you're, you're with your partner. But you should give yourself permission to have these wonderful experiences that just make you feel hot, because you get that sense of novelty. And it's totally safe. You're not actually cheating on anyone.

**Julia Chebotar** 21:52

Mm hmm. I love that. I love that. Because like, Yeah, you do need to spice things up a little bit, but like, you're still faithful and doing it together. And yeah, and experiencing it together.

**August McLaughlin** 22:03

Because the the feel good buzzy hormones that are so wild at the beginning, they can stay you get a deeper intimacy over time, which is beautiful. But we can still have those like really hot turned on feelings. And I think that fantasy plays a big part in that. And you can work in your partner into those fantasies or fantasize specifically about your partner. I think that's really hot. And, you know, letting them know about it. Also, fantasy is great if you don't have a partner, because I just don't think that you know, our sex lives. The most important one we have is the relationship we have with ourselves. So really having like a really rich solo play life is very hot and really beneficial. I think for self esteem and stress and all that stuff, knowing what you want.

**Julia Chebotar** 22:48

Like there are just so many people that don't know what they want or what they like, and like, you got to figure that out in order to enjoy it with someone else.

**August McLaughlin** 22:56

It's so true. Yes, the best way to make sex better with someone else is to masturbate. It just really is. I think everyone should do it often.



**Julia Chebotar** 23:06

So I'm 32. And I've recently in this pandemic, decided to re watch Sex in the City. And it resonated way more now, just like to the point where I was like, Oh my god, like, who do you relate to the most? I think Samantha,

23:24

awesome.

**Julia Chebotar** 23:25

I don't want to be a Carrie like as much as like, I love used to love her. I think that like, she doesn't resonate with me like I am an independent female entrepreneur, and I am open sexually like, and I definitely resonate with her more these days. But last night, like I don't know, it was like fate knowing that we were going to record this podcast because it was the episode where Samantha told the guy that his sperm tasted bad and that she wouldn't give him head anymore. And she made him try it. But before that she was like taking the like wheatgrass shots and pineapple juice and all of these things. And I was gonna ask you, is there a best or worst food to have before sex or during sex or all of the things there are

**August McLaughlin** 24:08

and there are actually studies behind this. Basically, if you eat a lot of meats and really fatty like saturated fat food beforehand, it can make your and this is for all bodies. So whether it's come or it's, you know, whether you are squirting or ejaculating or whatever, even just the general smell and flavor. plant based foods tend to make for better flavors and smells. So you don't have to give up on meat in order to have good flavors during sex. But it's a good idea right beforehand to maybe either have a break between those foods or you know, pineapple is actually a real one that does help. Oh, it is Yeah. No, it's true. Yeah, you can you can experiment and see if it makes a difference. But things like that change. Your pee will also change anybody bodily fluids, so very good coffee. Like asparagus. Yeah.

**Julia Chebotar** 25:04

Exactly. I love it. Um, so like, have you noticed that Gen Z is more sexually open? More enclosed? Like, are they? I guess maybe because of Amazon. They just purchased vibrators online easier these days and go into like stores? I don't know definitely

**August McLaughlin** 25:24

seen porn earlier. Yeah, no, I didn't have a smartphone when

**Julia Chebotar** 25:28

I was a little kid. So I had like stolen paper view. We had like the the stolen box that like had channel 99, which is like porn. So like, my friends would come over just to see that. Now, if we had it in our pockets, we'd probably be searching. I would have been asking all kinds of questions, all sorts of questions. Totally. Yeah, I

**August McLaughlin** 25:49

do think that Gen Z is we only had

**Julia Chebotar** 25:54

to ask jeeves.

**August McLaughlin** 25:55

Oh, yeah, that's right. Oh, that's so funny. Oh, my gosh. Forever. You're so right, though. And maybe like a random vintage playboy that someone had under their bed or Exactly. In a VHS tape? Yeah, the I would say the Gen Z is much more open, I think they are. They definitely want to embrace the range of identities, which I think is so fabulous. So that and that automatically when we stop thinking of gender, and sex and orientation is so black and white, and binary, and, you know, one extreme or the other. It just helps everyone. So I see a lot more compassion. I think that compassion makes way for better sex. I think they're making smarter choices. I think they're also dealing with a lot of challenges, though, with, you know, well, there's the pandemic, at that age, I think is brings its own challenges. But then also, if you're growing up with porn in your pocket, and you don't have access to any other information, I've actually heard from several listeners, I'll tell you just a really quick story that it's only funny because no one got hurt. But there's a couple that wrote to me. And they said that they were engaging a lot of anal sex, because they both thought that's what they're supposed to do. It was in the porn they've been watching. And one of them liked it. They didn't I mean, they were okay with it. It wasn't, you know,

27:21

yeah.

**August McLaughlin** 27:22

But they would prefer to not really do it at all. And they never talked about it. And I can't remember how it came up. But they wrote in to say, you know, this is an important thing to talk about. Because just because you see it on the screen doesn't mean that that's what sex is because the stuff on screen. It's like a cooking show, right? Like the food comes out perfect.

**Julia Chebotar** 27:42

Exactly. Or is no man like, there's no way it just comes out. Like all sorts of weird ways. You're like, I don't know if I could do that with my leg. Like, who can do that with her leg? Like, oh, like? Yes, they're athletes. Yep, I'm like, I literally came with my body that way. I'm so sorry. But like, who is supposed to do this? And have an orgasm at the same time? Exactly. Yeah. And people don't even realize like, it's really hard for people sometimes to have an orgasm, if they're not comfortable in the space. But the person if their mind's not there, like,

**August McLaughlin** 28:14

yes, relaxation is the foundation of arousal. So you can imagine if you're totally stressed out trying to make these positions or make sure that you squirt this big fountain or whatever. It's not gonna be fun.

**Julia Chebotar** 28:28

I love that so much. Do you think that so like, I've noticed that there's so much more Instagram ads and and like, play toy promotion? That was never around before? Like, yeah, we had pop ups on like our AOL dial up of like, porn sites. But I think that it's just like, at our fingertips now.

**August McLaughlin 28:52**

I agree. Yeah, absolutely. And then, at the same time, social media sites, they have really done a lot of kind of censor porn, even though you can be on Facebook, and you'll end up on porn. Like, it's so easy to do that. And at the same time, as a sex educator, or a host of a sexual related podcast, if I try to post certain things, they hide it. I have so many colleagues who've gone to like Facebook Jail because they put a picture a drawing of a vulva that is like, or like a nipple, right? a nipple. Exactly, exactly. So there's these really mixed messages of like, Ooh, that's bad still, like, you shouldn't be able to look at that. And we won't give you any education. And at the same time, you're going to end up in some sort of webcam site pretty quickly, if you just Yeah, because people outsmart the system, but the educators and the nd adults stars who are great people, and they're entertainers and athletes and doing this great stuff, and even when they have 100% Yeah, and they have a really hard time even putting you know, fully clothed There's pictures online if they say the word, you know, stripper or porn. It's and they get booted.

**Julia Chebotar 30:06**

Yeah. So I always love this because you mentioned like, Oh, you were 11. And you're watching. You were in class and they were talking about sex it, don't you find it really funny that they teach us how to not get pregnant. And they teach us how to like wear a pad and a tampon, but then no one actually teaches you how to get pregnant. Yes. And I remember growing up being scared to death of AIDS. I don't know if like aids education is a thing anymore.

**August McLaughlin 30:35**

Yeah, that's a really good point, I think. Because, at least for me, I remember there was such a stigma around HIV and AIDS as this like, quote, unquote, gay disease and all this stuff. It's it was handled really, really poorly. I think there's still a lot of focus in sex ed programs. It's all abstinence and disease. Like that's what they teach is, don't don't get pregnant, like you said, but they might show when these two things come together, a baby happens. So don't ever do it, basically. But nobody explains. Nobody mentioned pleasure, which is the main reason people have sex. People have sex for stress relief that so they can sleep better, so they can have good relationships. And we know that the more we educate people, the smarter choices they make, the less they have sex, because they're more careful about who they have sex with. Absolutely. And yet, yeah, we're all like, No, we just say just say no, and that'll work.

**Julia Chebotar 31:32**

Yeah, it doesn't.

**August McLaughlin 31:34**

It doesn't at all the opposite happens that the states, there are some states still that you don't have to have legally, scientifically accurate, or medically accurate sex ed. That is wild. Well, there's

**Julia Chebotar 31:46**

probably also certain states that don't believe in evolution still. This is true.

31:53

I imagine you're right there. Yeah.

**Julia Chebotar** 31:56

What advice would you give people to have good, like a good sex life?

32:02

Oh, gosh, I

**August McLaughlin** 32:03

think it's really important to get to know ourselves. And really ask ourselves what we want, like, what do we want in our sex lives? How do we want to express our sexuality? And where do we get these messages? It's totally fine to make decisions, like, I'm going to wait to have sex until I'm married, or I'm going to have a really unconventional relationship, whatever it is, I think it's important to look into why we're making those choices. Did somebody pressure us into it? Is it something that makes us feel more whole? I think journaling is really powerful for sexual empowerment, because so many people have a hard time talking about these things. And when you journal and just kind of like, like brain vomit style, not in a way that anyone's ever gonna read it. Don't worry about grammar, just like spill stuff out. What did you learn when you were growing up about sexuality? I've asked hundreds of people that question about, you know, what do they remember? Like, what was something that stands out in their memories, and it's incredible, what we didn't learn and also the ways that we learned these kinds of really interesting things. Like, I thought that I would get pregnant. If I thought about a baby, because I was told that if you if you love someone, and you pray about it, a baby is formed. And so I thought if I love people, and if I think about a baby, what if God thinks I prayed, and then I had a stomach ache, and I swear, I thought I was pregnant. I was five. So I mean, it's kind of funny to think about this stuff, too.

**Julia Chebotar** 33:38

It's so funny. So I grew up in a super like liberal home. Russian immigrants like we spoke two languages. And all I remember, my parents would let me watch Sopranos with them six in the city with them and like, age of 10. Probably not the best idea, but like, I turned out, okay,

33:53

I think so.

**Julia Chebotar** 33:55

But I just remember afterwards, I'm gonna be like, so that's sex. We're gonna give you blinders. I'm like, okay, just like and that's how babies are made. And she's like, please don't have sex in high school because like, you need to go to college. And I'm like, okay, that's not bad. Yeah, she was just like, you can't have sex. But don't get pregnant. You can't have sex but wear a condom. You can do this because it's fun, but and she was like, you can drink because you're probably going to but we'll buy you better alcohol and we'll pick you up.

**August McLaughlin 34:23**

Okay, this is this is naked, like teach parenting to people.

**Julia Chebotar 34:28**

I mean, that's not go that far. Love them. No one's perfect. But I did really like now that I look back on my childhood. I'm like, wow, like there was never never like a taboo. It was very affectionate, very loving. It was always like, sex is a good thing. Yeah, like, wait until you're ready, mentally and physically to like, figure it all out.

**August McLaughlin 34:50**

That's great advice. And then I think answering kids questions, honestly and factually. And if you feel shame, just hide that in that moment. Because it's hard when you didn't learn much yourself to then talk to a kid who wants to know the same things that you wanted to know. So when somebody asks you, you know how babies are made? Don't say, Oh my god, I can't believe you're asking me that. Or if they touch their vulva or they touch their penis, don't shame them. You know, just say, Oh, that's, that's a private activity. Do you want to go in your room?

**Julia Chebotar 35:22**

Yeah, I also didn't know that. It was like a developmental thing to like, hump things. As a kid.

**August McLaughlin 35:29**

A lot of kids do that. I've actually heard many stories about humping things. And oh, my goodness, somebody told me a story in my orgasm special about how she had an orgasm on a slide at a playground, and had no idea what it was. And she was just like, Can we go that flight again? She's like, it's Yeah, people have pillows, all kinds of things. It's, it's just part of growing up to explore your body. And it's when people go, Oh, my God, don't touch that, that we start to build that shame. And that disconnects?

**Julia Chebotar 36:00**

Absolutely. Um, so as a journalist and a media personality, what are some of your goals moving forward? Like, what's the ultimate? What would you like to share and change in the world? Oh, gosh,

**August McLaughlin 36:14**

I want people to be less judgmental, and to really, I want everyone to own their own sexuality,

**Julia Chebotar 36:21**

and just couldn't agree more,

**August McLaughlin 36:22**

not shame themselves. It breaks my heart that almost every question that I receive from listeners, has some element of shame in it. And I get that, because I was like, built of shame for a long time. It comes up for me around different things. So I would love for people to feel free because when we own our sexuality, and that can be whether that's maybe you're somebody who's demisexual and you only enjoy

sex when you're really emotionally invested. And maybe it's like you have sex maybe once a month or something. That's great, Ellen that like, love it and give yourself just honor around that. Because knowing yourself is the important thing. It's not about sexual empowerment is not about how much crazy sex you can have. If you have kinks, you want to explore do it. That's incredible. Yay. I think we all have kinks. I don't think that absolutely like,

37:11

don't you?

**Julia Chebotar** 37:12

Yeah, but it's like different levels of kink?

**August McLaughlin** 37:15

Yes, yeah. And totally different kinds.

37:17

Yeah,

**August McLaughlin** 37:18

I used to think I was just so vanilla, because I wasn't into like whips and chains and all that. But I love sexy photoshoots. That's a kink. You know? Yeah, whatever it is that you're into, it can be your kink. And it's fun to explore.

**Julia Chebotar** 37:31

It is and it's definitely not like a thing that like you figure out instantly. It's like a gradual, like, you gotta climb the mountain.

**August McLaughlin** 37:39

Yes. And it can change over your life.

37:41

Yeah. Which is awesome.

**August McLaughlin** 37:42

I mean, literally our whole lives. Our sexuality does not shrivel up. We just grow and change and evolve. And that's a really good thing.

**Julia Chebotar** 37:51

I also love that women's sexuality doesn't peak until like, what their 50s. And men's is like at 25.

**August McLaughlin** 37:57

You know, it's so interesting, or is that fake? Well, the myth usually is that women peak in their 30s. That's the common one. I love that. You've heard 50, though, because that's much more positive. But it came from this tiny little study from the Kinsey institute that involved like a handful of women back when

that women were only making pot roast. So you can imagine the ask them like, how often do you have orgasms? Like?

**Julia Chebotar** 38:24

Exactly, so?

**August McLaughlin** 38:26

Yeah, it there is really no specific peak, certainly in our 20s are, you know, when our bodies are developing, and we may have higher sexual frequency in our 20s, but also in our 20s? I know I had a lot of insecurity. So

**Julia Chebotar** 38:41

absolutely. Just barriers. Yeah, I had way more insecurities in my 20s than I did in my do in my 30s. And it's sex is way different in your 30s than it is in your 20s

**August McLaughlin** 38:52

I think so too. And I think that that can be lifelong. I do think it's natural to have less sex, you know, when you're in your 60s or 70s, then when you're in your 20s or 30s. But the sex is probably going to be better if you have maintained a sex life because think about it, it's experience you learn so much. And the more we know about our bodies again, the better the sex can be. So I'd rather have less often sex but like, incredible than just getting off every day.

**Julia Chebotar** 39:22

Yep. I mean, I feel like by the by the time you're you're 16 you have like a PhD on your own body. You should like know what to do. I hope so. Yeah. Do you have any, like new projects in the works that you're working on or anything like that, like what's coming up in the girl Boehner life? Yeah, well, I've

**August McLaughlin** 39:41

done a huge revamp on my podcast since the pandemic started because I used to record in a studio. And now I record from home. And it's been a big challenge but also opened up opportunities for me to do what I've always wanted to which is do more like narrated shows and bring in lots of different voices. And it's been a huge challenge, but so rewarding. So I'm very, very focused on the show, I just released an episode on mismatched libido that has two different couples and how they navigated it. That's a really special one. I also have a book that I co wrote that's coming out in September, I wrote it with therapist jameelah Dawson. It's called With pleasure. And it's about managing trauma, and embracing pleasure. At the same time.

**Julia Chebotar** 40:30

I love it. Okay, I'm gonna, we will link all of this up. So this podcast is going to go live on Valentine's Day. And I wanted to know if there's any food related to like aphrodisiacs, and if it's actually true, like, I don't oysters and there's other things, but like, is it actually true? Is it scientifically proven? You know,

**August McLaughlin** 40:53

a lot of that is not However, there's something very powerful about foods that you find sexy. So I actually had an experience with orgasmic brussel sprouts. I'm not lying. So I think I mean, dark chocolate has given me that recipe, right? I wish it was at a restaurant. Unfortunately, I'm a terrible cook. I could not make mine even like for play, like, but

**Julia Chebotar** 41:17

I can help you. And that's a part. Yeah, I mean, I think that would be amazing. I think

**August McLaughlin** 41:23

a little bit of red wine, if you drink alcohol can be great, because it's romantic. And it might just put you at ease a bit. But more than that tends to work against sexual function. So you don't want to like get super drunk. Dark Chocolate does have some hormonal benefit. So that might be a good one. But I think really thinking about foods that you find really special or romantic that ties into like experiences that you shared, or that you've had or that you've wanted to have with somebody can be can be really powerful. And then use food as play like temperature plays really fun. So if you have like, they have wonderful body paints that are edible things that you can like heat up, making sure that things are body safe. Don't go squirt, no bunch of whipped cream in your vagina because that's actually not good for you.

**Julia Chebotar** 42:10

Use infection waiting to happen. It totally is. Sunday on the stomach, though.

**August McLaughlin** 42:15

How about have like a lovely Sunday on the stomach and have someone lick it off?

**Julia Chebotar** 42:18

There you go. Like, what's that? 90s movie? Varsity Blues? Oh, yeah, whipped cream bikini? Mm hmm. You could do that. totally do that. That's those are what my recipes consist of just scored something on an edible area of your body. That's the best cookie advice I've ever gotten. Where can people find you? Where should they listen all the things, please share.

**August McLaughlin** 42:47

If you go to girl boehner.org that's the easiest place that links to all of my shows and my books and all of that. And then you can just search for girl Boehner radio on your favorite podcast app. And I'm on social media as well. And pretty accessible. People can send me their questions and I answer them. I don't share people's names. But I answer one each week on the show.

**Julia Chebotar** 43:07

Have you heard of the puff?

43:09

The puff now?

**Julia Chebotar** 43:10



What's the puff? It's life changing? I highly recommend what Tell me more. It's like a suction II vibrator. 30 to \$35. Wow, it's an Instagram ad that I got. And then I think one of my friends was like, did you hear about this? I just bought this. I was like, Yeah, I got an ad the other day. Like, should I buy it? And she was like, It's unbelievable. You should buy it. Oh my gosh. I highly recommend

**August McLaughlin** 43:35

it. That like the there's one called the womanizer which has like the worst name, but it's known for that section. But in it's like, it's much \$200

**Julia Chebotar** 43:45

Yeah, exactly. You talking about the one that's like navy and gold? There's Yeah,

**August McLaughlin** 43:49

that one of them is they have different versions. But yeah, and it does the section thing they have a lipstick one so you can hide your purse. I have a lips I have a vibrator necklace that I wear from crave that I love. Oh yeah, it's great. And people I love when people ask me what it is.

**Julia Chebotar** 44:04

Yeah, cuz it's like it's a vibrator. Yeah. I love this so much. I kind of want to like do another episode. Thank you so much for being on I'm so happy that we did this. I'm so sorry. It was in an Uber it's totally fine I hope we were had all their sexual curiosity I'm saying that that overtime it might be a little disturbed now but like

**August McLaughlin** 44:28

okay or enlightened you never know you asked rewriting questions.

**Julia Chebotar** 44:34

I love that. Yes. So fun. You're a great host. Thank you so much. So yes, follow her and everywhere that you are on on girl boehner.org and follow this podcast and follow me It helps chef Julia and thank you guys so much for listening.