

The Boonie Breakdown Podcast

Episode 248 - Sex Ed Refresher with Vanessa Geffrard

Transcript

Prioritizing Sexual Health with At Home STI Kits

[0:00] Are you ready to take control of your sexual health? My friends over at Dane Products are excited to announce their latest product, At Home STI Kits.

Each kit is discreetly packaged and designed for a safe and pleasurable experience.

All orders are reviewed by licensed providers at certified labs.

Your results will be shared with you via a secure and private portal, and a medical professional will reach out to discuss any abnormalities or a positive result.

So this new year, prioritize your sexual health and well-being, because knowing your status is sexy as fuck and as a boonie breakdown listener you can receive 10 off your purchase of your new sti kit by using the code boonie10 that's boonie all cap letters 10 head on over to dame.com to purchase now hey y'all it's your girl boonie and you're listening to the boonie breakdown podcast your source for all things responsible and ratchet.

[0:54] All right. All right. All right. Welcome to this week's episode.

We have another great episode for you. And we have a guest.

She's a friend of the podcast. She's done.

She's done a lot. But if you know her, you love her. And so this week, our guest is Vanessa of Vagesteem.

We have a dope conversation about vaginal health.

It's kind of a a sex ed 301 right because we've been just doing stuff you know how you be doing stuff for a long time and you just kind of forget the rules quote unquote or things you should be doing best practices or stuff happens you don't know where to go this is the episode to get a refresher when we talk about vaginal hygiene stis um doxy prep condom usage and i even had to ask I had to ask about BV because there's so much content on the internet about BV.

[1:51] And so Vanessa breaks that shit down. So you want to stick around for that conversation. We're going to hop right into my pick of the week.

And I did something new, guys. Yes.

I already have great eyebrows. So I'm just going to toot my own horn on that.

Thanks to, I guess that's genetics is your eyebrows, but whatever.

I already had pretty full eyebrows, a nice arch, but I tried something new. I hopped on the craze, the trend, and I got a brow perm. It's just a perm, but you know, they call it something fancy, brow lamination, but it's just a goddamn perm for your eyebrows.

Brow Lamination - Accentuating Natural Beauty

[2:32] And I did it. and I was so nervous y'all but I fucking love it and thankfully it's something you only have to get like every couple months or so so it's not like a huge expense but I'm probably gonna add it because it gave my eye like it makes the face like my face is already good too I'm gonna I'm gonna thank genetics on that one too my face is already good but now it's like and it's not doing too much like they don't look like somebody drew them on with sharpies I don't look like I'm in a Charlie Brown cartoon they look nice and natural but just like accentuated so my pick of the week this week is brow lamination shout out to Jamiah um I.

[3:17] Will link her in the stories on Instagram so follow me there if you want more information sorry that's my baltimore dmv girlies can can take advantage but it's a popular you know beauty treatment so i'm sure there's somebody in your town so just find the best person but um i will share my results and do all that fun stuff like patreon gang already got it because that's like we getting into the housekeeping but like that's one of the benefits of being a patreon gang i already shared they seen it they saw how nervous I was and yeah but I will put it in the insta story for those who want to check it out housekeeping housekeeping come back later please housekeeping not now all right first things first feedback from our little solo five spot episode last week with your girl.

[4:13] Somebody said, Boonie, I thought it was just me. What have we done with AI? Everybody think they a goddamn artist now making all these silly images. I'm not Greek, but I also noticed the little train images too for your Founders Day. By the way, happy belated Founders Day. Is that a thing? I don't know. But I think it's so funny that you always point out the things I'm always thinking. So yeah, I don't know what it is about the train. For me, it's particularly the a train like why is everything has a celebratory thing it's a train I don't know I don't know but all the AI graphic designers that's the thing that's the craze right now so, go ahead and hop, maybe get a coin or two, but just don't make no more train AI art. All right. Number two.

Boonie Live segment at Vanessa's sex ed pop-up event

[5:02] Also, our guests, we get into it in the episode, but I want to highlight it here. I am going to be doing a boonie live small segment at our guest Vanessa's sex ed pop-up event. Um that will be happening saturday february 10th here in baltimore there is also a live stream virtual option but she has a really jam-packed full agenda um fun for the day there'll be vendors

there's some prizes and giveaways so she's running uh early bird tickets right now if you use the code pop i think it's pop 24 you get a little extra money off your ticket right now and i'm putting this right now because it ends today so if you're listening to this episode on monday i believe monday is the last day for that early bird pricing uh to get ten dollars off your ticket so not only will you get to see me i will be there i'll be vending i'll have some merch you know guys when i sell merch i sell it a little cheaper than i do um on my website at the live event so, So I'll be doing merch. I have a small Boonie Live segment.

Mama Ratchet will be there. Vanessa will be there.

Some of your other faves from the podcast will be there. Jax will be there.

Jennifer Eden has been on the podcast. She'll be there.

[6:26] So yeah, just hop in. It'll be a really great day.

And I hope I get to see some Ratcheteer gang there. And you know what else would be cool?

If you're coming and you're a Ratcheteer gang, wear your Ratcheteer and Boonie Breakdown merch. That would be so dope, okay?

[6:41] Um third piece of housekeeping patreon gang thank y'all because y'all are so amazing one for the additional support um but two you guys give me grace and i just realized i'm behind on a few things so i owe patreon gang those of you who are at the highest the premium level who get merch.

[7:00] I will be catching up in shipping, processing those who would do a piece of merch. And if you're like, ooh, merch, yes.

If you're at the highest Patreon level, once you have been at that level for four months, you get a piece of custom merch that I do not sell.

And so I will catch up on all of those this week also.

[7:22] I also will announce our book club reading to no surprise for our next book club.

So we kicked off book club and our next book club selection i put it up for a boat like okay i'm just not always gonna pick ratchet shit maybe they would want to read a responsible book but now overwhelmingly it was unanimous we're gonna do a ratchet selection so i will announce the selection this week as well over on patreon all right and so if you would like to support you can head on over to patreon.com backslash the boonie breakdown you can support for as low as three dollars a month that gets you in the group chat right um but you can also uh buy a year out it saves you some free months save you some money so we have a good time over there and i hope to see some more of you join um but if you want to support in other ways you know what you could do you could share those reels all those reels that i post on instagram you could just hit share i don't even need you to like or comment but if you would just share to your insta story that would be bomb too but if you do want to like it and you want to comment we appreciate that too you know know where you can do it on Instagram, on TikTok, on Facebook, at the Boonie Breakdown.

You can follow us over on Twitter at Boonie Breakdown.

[8:32] And you know, leave those five stars to Apple Podcasts, Spotify, you can leave five stars.

This, I get those questions all the time. How can I support you?

And those are ways you can support without spending a penny.

Okay, five stars in Apple Podcasts, five stars in Spotify, share a reel, like a reel, comment on a reel.

Put it in your group chat like do y'all agree with this these are all ways that cost you nothing but help me out so so so so so so so so so much so all right that's it for me so let's get ready to break it down all right.

[9:08] Music.

Discussing cringy social media content and relationship content

[9:17] Everybody so she's a friend of the podcast she's done a live show she's been on like two or three episodes yes hey Vanessa girl hey girlfriend how are you happy new year I'm so glad to be here thank you for having me back again it's always it's always a joy being here it's been it's been too long it's been too long and you know I've been trying to do this episode with you and it's funny I mentioned you in this week's episode because I talked about one of my pet peeves in chore content on social media and how you will send me things on social about tour content and i don't understand why people like this and watch this but here we are here we are people love putting things that already come in boxes into other clear boxes, in their house and then set up their camera on six different angles, and make it look like it's natural sure sure you open the fridge and we saw your face like so you put your camera in there and then went back and edited that part out like like record sit it in there close the door like it is like low-key a little bit about it is mental illness like i don't care and i know we all are affected by it because of social right like social media has done this to all of us but some of it i just still look at and i judge it and i don't care oh no i'm judging i'm judging hardcore if you wake up at six in the morning to set up your tripod facing your bed to show you waking up yeah we have a problem you don't.

[10:47] I know some of your listeners out there do that shit for the gram and you know, you're probably getting a check for it and maybe I'm hating, but it's weird, bro.

Like you don't have to, and you and your boo don't have to wear matching pajamas to brush your teeth in sync in the mirror.

I think relationship content, couple content is just as cringy.

[11:09] It's just as cringy. You know what else? We send these back and forth to each other. We send them back and forth. and you know how I get Vanessa back she sends me that content and I send her back, I put an orange in my pussy to make it smell good content and it's set and it just it just shoot just makes me go through the roof every time so you get me you get me yeah like we just do that back and forth I don't know why we like to trigger each other but it's what we do okay, but I do want to talk about it because yeah that grand grand swell of content it is stunning to me how many women were comfortable also and i don't think these women were educators or sexologists yeah trying to warn or do preventative content but women who were

just recording that oh my god i opened my legs it smelled terrible i have bb and it's fine so i was like you know what vanessa has to come on here and talk about bb because i'm just i'm not understanding what's happening in the street do we have to i want to do we have to because the people are yeah let's get into it let's get into it let's do it so let's start first for people who may not know what is bv okay so let's start from the top so inside of the vagina uh.

Explaining bacterial vaginosis (BV) and its causes

[12:32] We have flora, we have bacteria. And so there is the way, the easiest way to think about it is that we have good bacteria in the vagina that keeps it safe, keeps it at, you know, in the middle.

[12:47] Homeostasis, all of those things, it keeps it in good shape.

And so when anything is introduced to throw that bacteria off, a couple of things can happen.

We could get bacterial vaginosis, there where there's an overgrowth of bacteria that is not supposed to be there in the vagina, we could get yeast infections, where there is yeast in the vagina as well, and it's supposed to stay in harmony with this bacteria.

But if there's an overgrowth of yeast, then we can have a yeast infection.

And a lot of things can throw us into either BB territory, yeast infection territory.

For some people having unprotected sex can cause yeast infections.

And the reason for that is because the environment inside the vagina is acidic, very acidic in there.

And the semen, if you're having sex with people with penises, uh, is basic.

And so taking you back to high school chemistry for some people, when that, those basics and those acids come together, it can throw off the acid everything's fucked up everything is messed up so when people are like you messed up my ph and every time i had sex with this one dude it could be that his chemistry and your chemistry aren't aren't working when it comes to bv for some people if you're wiping incorrectly.

[14:11] You get some of that that poopy bacteria inside it can cause that overgrowth or Or we're in thongs sometimes.

Some people call like the thongs a thong. Because it rubs.

It's moving. And so bacteria is moving right into the vagina.

And again, that bacteria that's not supposed to be in the vagina can overgrow and again, throw things off in the vagina.

There you go. That is BV.

Annoying Content vs. Unwanted Advertisements

[14:39] But the content around it is just so like, why? Why?

It's so the content you know what's funny is that you have you sent me a lot of the content but the content that i keep getting on my end because hashtag algorithms i keep getting the companies trying to like sell you the thing to you know cure the bv and it's it's not it's not like some legit pharmaceutical company the latest one i saw like now i say these people are good but But whatever company this is, it's like a guy and a girl are in bed together. And then the girl's like, you trying to do a little something? I would, but it's smelling fishy down there.

The Unfortunate Commercial and Embarrassment

[15:30] And then it's like, oh, my God, I'm so embarrassed.

And then she like gets on the phone with a friend and the friend's like, girl, did you try Coochie Smell Good?

You need to get on Coochie Smell Good.

It'll help your situation. Not this commercial, though.

And so it keeps it keeps like attacking me. And so I've seen this commercial like six times to the point where I've had to like hit the thing to be like, do not show me this ad anymore.

More it's like it's not seeing that ad i am thankful you know what ad i do you know what ad i see a lot because you just mentioned about men ejaculating inside of you um the little stick that you can stick in after he may ejaculate inside of you and it supposedly sopping up all of those juices, it's like a sponge on a stick I can't think of what it's called that's why I was sitting here trying to we don't need to think about what it's called you know why because they don't need any more checks because people are buying the shit even though we're telling them don't yeah so I was like I meant to ask you, it's literally like a sponge on a stick.

[16:48] Oh whatever clearly it did not stick with me but I I noticed that's been a little thing where you can.

Yes. He doesn't eject. And one more thing for the people who don't know.

So when it comes to BV, BV is the one where we might have a fishy sense.

There's nothing to be ashamed of because it just happens to people.

Does not for some people. Again, having sex could cause BV using different soaps for some people can throw everything off.

And then you have with yeast infections the difference between the two is yeast infections you'll notice you'll notice that cottage cheese in your underwear again nothing to be ashamed of nothing to you know frown on a lot of people a lot of people have them and get them um i just googled it and it said more than three million cases per year of bv so okay like we're sitting.

[17:47] We're sitting here talking about, you know, we're trying to be ashamed of it when like, you know, everybody experiences it in different ways.

I think I got B.B. from like keeping my keeping my gym clothes on too long.

Just like sweaty. It's moisture down there. Yeah.

What do you everything but like there's nothing to be ashamed of.

And with that shame, it keeps us using these products, the little sippy.

[18:14] You know, I don't know what they are and the coochie smell goods. And the thing you need to know is that you are not curing this at home.

Importance of Seeking Medical Treatment

[18:23] You need to go to a doctor.

You need to get your treatment. And if you have them chronically, you need to, you know, you need to figure out what's, what's going on and start eliminating some stuff, um, and doing some process of elimination.

But I cannot go to the doctor.

I just can't stand when people are like, yeah, girl, like I just mix this garlic with this mayo and I sprinkled in some cumin and I stuck it up there and it was good to go like I'm all about a home remedy for certain things and there are other things where you have to get that checked out and really start assessing what what's going on look I respect it go to the doctor you know what and the thing is you know when something is off down there yes you you and it's very obvious when things are off down there i remember and people will not believe me but within i think it was the last two years the pandemic really fucked up my time but it was definitely in the last two years yeah i got my very first yeast infection me too me too and it's funny because i was talking to a gynecologist friend and she said if that happens it's because because we have a really strong vaginal biome.

So, shout out to you, vaginal biome.

It was my first time ever.

[19:44] So, it was very apparent that something was going on, and I'm like, did exactly what you said not to do.

I, like, hit the circle first. Like, hey, what's it like when you...

You gotta talk to other people, but you know as long as you're not concocting like the home remedy I wasn't putting a garlic clove in my pussy to cure the yeast infection I called the doctor like hey hey hey my friend said I could get this one pill that'll clear it all up period, oh my god what did it feel like for you um it was just like, I just wanted to keep dragging my pussy across something to, like, itch it. Like, it was just itchy.

Symptoms and Relief for Yeast Infections

[20:28] It wasn't, like. For me, it was, like, that tingly on the inside, but I couldn't figure out what it was. And I was, like, maybe I got a pee.

Yeah, I just was, like, wanting to be, like, it just needed itch relief.

I was, like, what is this? No, this is not right.

[20:48] So, I'm on the doctor. Thank God for technology, right?

Like the online portal and i'm telling her and she's like oh that's easy that's just a yeast infection and i'm like that's it yeah she's like that's easy she's like i'll send a pill.

[21:04] Sent a little thing she goes and if it's still there in a week call me back and i was like okay let me clear it out because she goes then it could be something like something else is causing them so thanks that is a good thing about vaginas is that you know when things are wrong very quickly that's right and we know there's again nothing to be ashamed of all the vagina owners have we got a whole bunch of shit going on listen so i did want to ask your opinion about this too i was reading about because like you're so good um i was reading about the morning after pill for x you know stis the doxy prep yes and so i was seeing a lot of commentary people were like yes that's finally and i know you marry you lock down but let me not make assumptions let me not make assumptions here because we would be doing all types of things right but people do not use condoms right like i i.

[22:05] Condoms people don't use condoms like and it's yeah and i think we have to speak realistically about it right if we want to address behavior right yeah so when i was seeing in the whole when the doxy prep came out it was like yay finally it's something right and so i was just curious as a sex educator what are your thoughts on doxy prep like are you like yay let's just meet the people where they are they can pop this or are you like is this a encouraging worse.

[22:36] Behavior that's a great question and it's funny that you asked me because i just like started I started reading up on it, like, just a few days ago.

Advocating for condom use as an effective method

[22:49] And, okay, so here's the thing.

I believe, I strongly believe that, you know, condoms, I came into this work as an HIV educator. That is how I started off.

I am known, I was known as the condom lady.

I will always push condoms because condoms are just a great method.

Like, if you really know how to work your thing and do your thing and also, like, keep yourself protected from STDs and, you know, pregnancy, like, sign me up.

Up like i'm a condom girl like you were she was literally giving out condoms during the pandemic like meet me in the giant parking lot i had condoms and plan b the condoms and the plan b for the girls during the pandemic but i think the good news is that amongst amongst men black men actually are the highest demographic that uses condoms statistically.

Really? Yes, yes, yes. Black unmarried men are the highest demographic, non-Hispanic Black men, the highest demographic to use condoms compared to all other races.

And so I'm proud of us for that, right?

This is shocking. I need to see the sample size.

[24:16] Who's the pool all right all right so hold on let me let me i like to do my sources cited i like to do my sources cited so we have a few studies the last study that i remember reading was

from 2017 um and so yeah a higher percentage of unmarried non-hispanic black men use any method compared compared with unmarried hispanic men in addition a higher percentage unmarried non-hispanic black black men use a male condom at a higher usage compared to all other Hispanic origin and race groups shown in this report. So again.

[24:54] I'm proud of us. I'm proud of us as black people, uh, that we do do that, but I understand being in the field. Right.

And, you know, being in people and dating and all of that, the reality is the reality is different. And I think that we have to do a better job around, I think we do a good job of marketing condoms to a certain extent.

I feel like people get to a certain point and And they're like, oh, I don't have to wear condoms because and they have all these qualifiers because this girl's on birth control, because I'm married, because I've been with this person for a while, because me and you are the only people that's together. Right, Boonie?

Like there's all these qualifiers rather than just seeing it as like, you know, as I'm just here to, you know, we're protecting each other.

We're protected like it's a easy fast thing that we can pop on that's non-hormonal and you know and that we can use every time we have sex and boom boom boom like all of these great benefits and so to add on the the the morning after sti.

Considering the cost effectiveness of STI prevention methods

[26:08] I think it's great i think it's great i think whatever helps people I feel like you're not going to have a remedy for it all, but I feel like whatever helps people and whatever helps drive down the rates of STIs, I want you to do it.

But also know that not everything is 100%, right?

And I think we cannot walk into the things that we do foolproof.

It's the same thing I was telling people when I got multiples and multiples of the same person asking me for Plan B during the pandemic.

Like, Oh, I'm happy to provide this for you.

And like, you only got a couple more times because I have other people that want this.

However, like, what's our plan? There were some people I was having a conversation like, so what's our plan?

Beyond using this plan B pill, right? Like, what's our comprehensive plan?

How do we make sure because this is not the end all be all. And then when you think about costs, right?

[27:04] That's like plan B, the STI morning after pill, like these things aren't they're not cheap. Right. And we know that people don't always have the resources.

We know that people don't always have the insurance cover. Like all of these different things are are stacked up when we're thinking about like sustainability.

Right. Right. And so, yeah, I could take a plan B like three times a year or whatever, whatever, depending on where you go get your plan B pill.

It could be anywhere between seventy five dollars for those three those three pills total.

Or it could be each of those pills is sixty dollars. Yeah.

So I think that we also have to factor in like, yeah, it's great that we have this resource.

Resource now what's the cost effectiveness of using this resource you know and when we're not really thinking through like all right how do i avoid spending this amount of money in the first place and it's funny too because i the antibiotic that doxy prep is it's like doxycycline hypolysis something like that i it's a very common antibiotic that dermatologists use so wow my primary care care doctor be all up in my business but I love it every appointment I go to she's like tell them to send me a consult so when I come with my physical she'd be like why'd you go here they didn't put in the notes but I saw so she was looking at my prescriptions and she was like.

[28:30] What you get doxy for and I was like what it didn't register to me she's like what did you get doxy for and I was like what is that and she's like and then she said the dates and I was like oh Oh, no, the dermatologist gave it to me because I had a rash and it just kept getting misdiagnosed because everybody kept saying that this is that.

Let me go to a black dermatologist and literally that it gave me doxy.

It cleared it up and it's fine.

And I but I laugh because my primary care doctor was like, oh, yeah, I was about to give you a little usage like you're too old.

Yeah, it should be all of my business. I like it, though.

[29:09] But yeah no i mean well see i didn't even know that that's good to know but like yeah it's very commonly used by dermatologists it's like treated acne and stuff for years decades so there you go you probably if you had skin issues you've probably had doxy and it was not treating an sti oh and something to note with this too right like more and more like stis are becoming resistant yeah resist antibiotic resistance so gonorrhea we're about to like we're just like literally on the cusp of having of having a super gonorrhea that we cannot cure because the gonorrhea is starting to read all of the antibiotics and we can't like we don't have have the technology to you know to catch up with it so like we got to think about all that stuff too like yes yes for medical technology yes for improvements yes for giving for for access but also you know we also have sustainable ways to you know prevent stis too yeah i love it but look we're talking about sex ed yes we have this wonderful event that i'm going to be a part of of next month in Baltimore the sex ed pop up Boonie.

Promoting the Sex Ed Pop-Up event in Baltimore

[30:31] We'll be there I'm excited so first, what's your elevator pitch for sex ed pop up why should Boonie Breakdown listeners come can they come how can they come of course Boonie didn't even like you know me and Boonie just do everything off the cuff you know it's the best way laughing.

[30:54] Oh, my God. So, okay. All right. So, hello, everybody. Good evening. We have the Sex Ed Pop-Up. The Sex Ed Pop-Up is an event that is happening on February 10th from 12 to 4 at the Baltimore Peninsula. Peninsula. And Boonie is one of our main stage presenters. The sex ed pop-up is a premier sex education experience. So we have workshops, we have vendors, we have demos and we have workshops. And so, and we also have art. So these are all of my favorite things mixed together, all in one, coming to you live on Saturday, February 10th. And so we'd love to have you there. And yeah, this event is for those people who, you know, never had the conversations. This event is for those people who are mad experienced in what they do. This event is for people trying to add some more things, a lot more tools into their repertoire. This event is also for those who are curious. So if you're curious, come join us. I just want you to come get it just come okay you just want you to come don't we all want to come I like coming.

[32:17] No I'm excited to be a part of it this will be like my first engagement of 2024.

[32:25] So if you want a micro dose of boonie a micro dose of boonie a little taste I hope to see you there i know right now early bird tickets are on sale yes and use code top 24 to get ten dollars off please get your tickets do not wait the day before we have a limited space okay so if you listening and by the time this comes out if it's close to friday just go ahead and just book the just book the ticket book the ticket for yourself all right and bring a friend, bring a friend yeah i'm excited because you know ratcheteer gang should be used to me because it's so hard planning events because it's so hard and vanessa and i were talking about this beforehand, like it's so hard to gauge interest like you hear people telling you oh i'm so glad you're doing this i can't wait to come and then you're looking at your ticket count and it's sitting at 10 for three weeks so it's the same thing with selling merch too people are like oh i love that shirt Can't wait for you to drop that shirt.

Blah, blah, blah. Do you have it in my size? You get it. And then people are like, oh, wait.

[33:39] Listen, listen. It's why I moved to drop shipping. Because I was tired. I had to explain that to someone. I said, when you have merch that I've already paid for, it's sunk in cost, right?

I have to sell this to get some money back.

[33:59] So, I don't like sitting. And again, I haven't done any live shows since 2022.

Challenges of Merchandising and Selling at Live Shows

[34:06] Yeah, I didn't do any last year. Yeah. I still have some shirts.

I did three or four shows that summer.

Yeah. I still have shirts from then.

But I'm like, but now I'm like, all right, perfect. They'll be coming with me to the pop-up. Period. But yeah, it's hard when you have, when I struggle with that, people are like, Like, oh, what your live shows, you don't have sweatshirt.

Do you know how much sweatshirts cost?

I can't. It's going to be t-shirts and small things because you can't merchandise.

I'm not Target. I'm not a corporation. Say that. I'm not a corporation.

Say that. That's the thing, y'all. Like, you know, we do our best as creatives to give the experiences and have fun things.

But we also really need your support. So this is a Baltimore event.

Event, the majority of speakers are, the the the artists that we have this is all baltimore and so this is really like a love letter to bring all the talent that we have in baltimore around sex and sexuality and art to come into this space to just come and celebrate and and just and you know sharing this experience and so i'm super excited for boonie to be there because i feel like i've been trying to find ways.

[35:27] Like partner and do stuff together and it's always like oh well i don't know no you know it's canceled because i didn't get the tickets you know that kind of thing and so i'm excited to have everybody watch boonie and see boonie if you don't know boonie already uh in all of her gloriousness on our main stage and so yo we we got everything we have we're We're talking about everything from kink to we have a cuddle party.

I don't know if I told you about the cuddle party. You did not.

There's a cuddle party. Is Jax doing the cuddle party? Jax is doing the cuddle party. Oh, my God.

Jax will be excited. She was a guest this season.

She will be excited because literally I tell her, like, I don't know if you have access to my calendar and you purposely schedule things when I'm out of town.

So I know they're like one year thing is coming up and I'm out of town.

Oh my God. Well, guess what?

I'll see her there. Yes. Jax will be there doing our cuddle party and our cuddle party experience.

[36:36] We're talking, we have, we have a black doctor who created a libido app.

He's going to be one of the vendors we're talking about, you know, we're doing some sensual twerking in the space.

Space um we have we talk about body confident like we have so many things for every body if you don't like a conversation that's happening guess what there's another conversation happening there's vendors there's libations it's a vibe it's it's just a vibe i want you i want you all to be there yeah if you're single if you got a little boo it's all it doesn't even matter just come through come come do something during that weekend pre-valentine's day weekend y'all I ain't doing nothing yet. I planned your Valentine's Day. Boom.

[37:23] Boom you're welcome period so what else is new for you you plan on doing i know you have to get through this event in february but any other big plans for vanessa and bad justine oh my podcast coming back oh boonie oh my god well you know what you look at that we're talking right at the top of of the new year.

Future Plans for Vanessa and Bad Justine

[37:48] Um, so you got me putting my goals.

You got me trying to organize my goals already out loud. So I appreciate that.

Um, yes, we're doing this event. We, uh, event tickets are on sex ed pop-up.com.

Um, you can check it out, see all of our speakers and all of the great things.

[38:08] Um, you're going to see more of Vagesteem face to face.

I took this pandemic and I take this pandemic very seriously so when it came to like hosting events i was like well how am i going to keep all these people safe what's what's going on what's going on so yeah i was yorke you know you were yeah my new york show freaked me out because that was right when monkey pox was a thing like like we forgot about that um so we forgot that flared up we got we got freaked out about monkey pox for like two minutes it was like uh we just can't put any energy in you but i laughed because we were so freaked out when we went to new york we literally came with sheets that we put on the a hotel bed wow no because we were like and it's like and especially in new york we were like.

[39:10] And then we literally left the sheets like i think my one friend because i was like i'm not taking them back home we went to like marshalls and got like a 15 set of sheets and pillowcases, if i dig in my phone i probably still have the picture because it's like i remember somebody came in our room and like what's all these blue ass sheets, yo it's it's wild but yeah you'll see more more of me i took i i feel like the mantra of my last two years has been going at my own pace i got i was pregnant 2021 2022 i had a baby um and so this last year has just been like chilling and so you haven't even really seen me posting that much on on my social media because I was having me and booty.

We're talking before the show. It's a lot, you know, doing social media, recording your own show, producing your own show, you know, not being on a network.

The people, the niggas that are on the network, they get to show up to the studio, do their, I'm so jealous.

[40:17] That's what I like you know it's it's it's a lot and it's you know we do it for the love and so I want to get back into doing more live events I was really good with doing my um sex trivias sex trivia events uh which were great and so you'll see more you'll see more of that this year um and as far as podcasting I think I'm gonna pivot I think I think I'm gonna pivot so I think I think I'm going to do a podcast around being a geriatric batty mom and the adventures of that and kind of giving voice to the experience I'm having right now.

Because I love it. Because even though I'm not a mother, I love the posts that you do.

Like, I think you did one over the summer and you went on a trip by yourself.

I think you went to go see Beyonce in Europe or something.

That's right. And you were calling people out because everybody was like, where's your baby?

And you're like, she's with her father. Like, he's not babysitting.

The child is with their other parent.

I am okay to go out here and live my life, too, without this child. Living life.

[41:30] Yeah. And it was astounding to, like, read your story. And I know mothers, some of my friends are mothers and hearing some of the things that they account or some of the guilt they have about, you know, missing out on experiences or things because they feel like people will judge them or they got to do this for the child. I loved every second of that post when you were calling people out. And I'm like, good for you.

[41:57] Good for you. And I just came back from Portugal. Play with me if you want to. But mama's going to see things. things, mama's bringing, mama's bringing home experiences for the baby and baby will soon be going on the adventures too. But, um, yeah, I think, I think that's where I am, where I think that's what I want to explore a little bit more. So you'll see more Vagisim stuff. I'm still going to post when I feel like it, because y'all, I'm not about to drive me crazy with, with these post schedules. I've, I'm not an influencer guys. I'm not, I'm an educator who loves having real real conversations with real people and you know somebody wants to throw me a check I'm happy about that but you know you know and that's the thing that is so crazy because you get wrapped up in the numbers and by the content that we share and not even all of my content but a good amount of it is sex-based right yeah sharing on social media gets you in trouble I know I'm shadow banned right like my page just does not grow no and so for a minute I was obsessed with the numbers right like Like, because, you know, to some people. Because you're doing so much work. And I understand. I understand. But I think I got to a point where I was just like.

Struggles with Outsourcing and Video Content

[43:10] So now I'm just like, all right, fuck it. I post when I want. I had to outsource because I did give into video, which I was very hesitant because I'm like, that's the fucking reason I did a podcast because it was a microphone. I don't feel like doing. I don't want to be seen. I don't want to do video. And so I had to outsource that. I pay somebody who makes my reels. And thankfully, he sometimes I have it together and I can send it to him in advance. And sometimes it's like, I hate to do this, but I just upload it at nine o'clock on Sunday morning. I need it tomorrow. And he's been able to work with me. I love that but yeah i'm like i just couldn't do it all because honestly it would have been the end of my podcast right like if i couldn't take something off my plate yeah i would have just shut this whole shit down and just been like you know i'll find some other way to do this because as much as i enjoy it it was becoming burdensome and that's the part and that's not that's not even why you know why we got into it in the first place and so i really had to check that too because

Because like you, I was checking and I, you know, I checked the numbers, but then I realized the numbers don't make sense.

So it's like, I can't complain to nobody about it. I can't do nothing about it. Right.

And then the people who make content in order to go viral. I can't do that either.

[44:29] Don't like you just don't. So you're putting a lot of extra effort into something that, you know, is a crapshoot.

And I see what my numbers every day. it's like you have a hundred new followers and then you have a hundred people on following you like it's literally where i have been stuck at the same number on instagram for easily a year oh yeah easily oh yeah and every day there's new people following you and that thing won't move and so it won't i'm just like fuck it it's a scam like what can you do about it like you're telling me that 500 people unfollow me while 500 people started following me like help me help me understand so yeah make it make sense but it doesn't and so I stopped driving myself crazy about it yeah and that's just how the fuck it is yeah so we do content that makes us feel happy we do content that motivates us and yeah and I feel like that's where I'm just going to remain and I'm And I'm going at my own pace.

Taking Control and Creating Content on Own Terms

[45:28] So when you see me post something, know it's because like Vanessa really wanted to post that, not because I'm so lucky. I love it.

[45:36] Take charge take charge fuck this algorithm and just drive you wild so until we have one of our minds create a good um a good platform where we're not being shadow banned here we are here the fuck we are and i can't do tick and i can't commit to tiktok so you know and the thing goes i struggle with tiktok because like people were like oh and again that was something i was doing because, for a minute that minute where i was just like i'm just i'm doing such good shit i want more more people to see this so i'm gonna follow the trend and then i was just like i hate doing this shit right like i don't like mouthing to somebody else like i and if some of them were fun i'm not gonna lie but then it was just like always it was always a new trend a new sound and i'm like i can't keep up with this shit and so i just stopped i just stopped you know why it's because i think the other thing is like we're living real we're living real lives and also we have to live those real lives in order to be sane but also in order to get like that real life check that we need in order to eat and so of course like your favorite influencer like i saw i saw one of the pages i follow and they're really awesome um and they don't gatekeep it's the salary transparency page and they were talking about how they brought in a million dollars.

Influencers bragging about making millions from social media posts

[47:01] And they were like we got the million dollars because we charged 15k per post you know what I'm saying like damn that makes sense like if I got 15k for a post bitch I'd have all the

tripods what Nikki what Nikki you want me to do today like my phone being refrigerated too close the door.

Nikki's unusual request: refrigerating her phone

[47:26] Fuck it wait you want me to wake up at four in the morning and just have it record me until i wake up sure let me set up this tripod right now you want me and my husband to wear matching, gray brown pajamas done do it i'll do it for 15k a post that sounds ideal sure sign me up, so until we get to that point i'm with you we have to sustain ourselves in in all different really so I'm with you all right well look we're gonna move to the breakdown if you remember, it's word association I'm gonna say a word you say the first thing that comes to mind it can be another word a sound a phrase oh just instantaneously the first thing that comes to mind all right first one black women powerful, coochie delectable, the container store.

The Importance of Hygiene

[48:32] Things very pretty dresses pretty dresses wonderful dresses safe sex, um necessary hygiene, girl get up get your little bar soap game get your bar soap let's do this.

Getting Ready with Bar Soap

[48:56] Love oh she's a softy but she's also a baddie here he is and last one curiosity.

[49:12] Sex at pop-up february 10th coming to you, i'm coming to you at the balsamore peninsula get your ticket now sex at pop-up.com well there's that plug all right tell everybody else where they can find you on the webs and on social media and plug plug plug yes so you can find me um on ig that's where i am actually alive and posting things uh at vagestine that's v-a-g-e-s-t-e-e-m you can find my new daydream brewing at the sex ed pop up dot com and you can contact me anytime at badge of steam at gmail dot com so look out can't wait to see you Boonie yes love what you're doing more self care time for you, it's key it's the only way you can so thanks boo and we'll see you I'll see you and everybody on February 10th period, All right, that is it for this week's episode. I want to thank the homie Vanessa for dropping by. And if you enjoyed this episode and you want to listen to another episode, you can check out episode 91.

Vanessa's Contributions to Building Your Vagis Team

[50:29] Vanessa was on that episode, Building Your Vagis Team. You can also check out episode 135, Consent.

It's a pretty dope conversation surrounding consent and how we explore those great areas in sexual encounters and sexual harassment. So Vanessa is always dope for coming on and teaching us new things.

Oh, don't forget to get those tickets, too. If you want to see us, you can get virtual in person. And after this episode, how apropos that if you want to do a little STI screening, you can be sure to support our sponsor, Dean Products, using the code Boonie10 and ordering your at-home STI kit today. All right.

But this is a really dope episode. episode and if you enjoyed this one if you really enjoyed it i encourage you to listen and subscribe to the podcast on apple podcast spotify amazon music iheart radio youtube or any apps that you listen to your favorites on don't forget to leave those five stars in apple podcast and spotify you know what follow us on social media share the episode share the episode share the episode and if you don't share the episode then share the real with those you love those you hate to those you You can't fucking stand.

I don't make these pretty images for nothing, okay? Have a dope ass week.

Stay healthy, safe, and sane. Thank you for listening.

And remember, the Ratchet in me always honors the Ratchet in you.

Homaste. Until next time.

[51:53] Music.