

The Boonie Breakdown Podcast

Episode 241 - Black Women PrEP Too with Ashley Cobb

Transcript

Introduction and Disclaimer

[0:00] The content in this episode is not meant to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your own physician or other qualified medical health provider for any questions you have on your own personal medical conditions.

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.

Welcome, welcome, welcome to this week's episode of the Booty Breakdown podcast.

[0:33] I'm excited because I love when people revisit the podcast and this week's guest, Ashley Cobb of Sex with Ashley is back.

You may remember her from episode 146.

That was a while ago because now we're on 241. So I can't believe it, but Ashley is back. our favorite friend in filth.

She's an Atlanta-based sex educator, writer, and HIV activist known for her open and forward-thinking approach to sexual freedom, sexual pleasure, and practical sex advice.

And guys, this episode is so good because we talk about black women, we talk about unprotected sex, we talk about black women are the fastest-growing.

[1:16] Population in new HIV cases, and we talk about PrEP.

So you're probably looking at this week's episode title like prep black woman prep to we're talking about prep the medication, HIV prevention we've seen the commercials and Ashley lets me get all up in her business about her choice in Actually taking prep herself.

So you want to stick around for this?

Conversation. Okay. Also, we want to shout out our sponsor for this week's episode shout out to Dame products You guys know I love all of their great vibrators and sex toys over there.

So if you are interested, you can use the Coney, the Coney, the code Boonie10.

That's Boonie, all cap letters, one zero, to save on your next purchase over at dame.com.

Pick of the Week: Lessons in Chemistry on Apple TV

[2:09] All right, let's just hop right into my pick of the week. All right, pick of the week. If you, Apple TV frustrates me because they have some great shit over there. But this week, Lessons in Chemistry. Let me just say the trailer does the show no justice. Based off the trailer, I had no intention on ever watching that show. I was just like, not for me. Looks like some white shit. But let me tell y'all, I have not watched a show so tender, so sincere in a long time. I binged the whole thing. It's eight episodes, it's 10 out of 10, Boonie approved. I don't use the word superb a lot, but I'm using the word superb. The show was excellent. The narrating, the dialogue, the storytelling, the scientific puns, it was great. I mean, it was truly fabulous. Twist and turns, there's a black family also that's centered into the show. So it's not just white, white there. I mean, it's just so beautifully and immaculately done. I mean, all I can just say is watch it. Lessons in Chemistry over on Apple TV. Housekeeping.

[3:29] Housekeeping. Come back later, please. Housekeeping. Not now. All right, last week's episode, if you've not checked it out with Dr. Clarissa Francis, the real hot girl doc was amazing. I got some really good feedback, but I did want to highlight some things that came up in Talk to Boonie Tuesday. I'd ask the question, if you had a magic wand, what's one thing you grant all black women? And overwhelmingly, a lot of the comments were peace.

The Importance of Protection and Money

[4:00] Protection, rest, safety. Someone said protection from anything that yields them harm. A lot of people said money. That was another reoccurring one. And then the two that really stood out to me said an amazing father and safety in a father figure. Full autonomy of their body and the confidence to use their voice. So that was a spot on analysis and synopsis of the episode with Dr. Clarissa Francis. So if you have not listened to go back to listen to last week's episode, it was great. And I get it. It's the holiday last week. Y'all was running around getting y'all turkey and y'all could have had the booty breakdown in your ear, but you didn't. But now you can go back and listen to that episode after you finish this one. Also, this Thursday, November 30th, if you're with the Patreon gang or you wanna join Patreon gang this week, come on and join us. Head on over to patreon.com backslash the Boonie Breakdown because this Thursday at 8.30 p.m.

Eastern time, we are having our book club discussion. We've been reading all month, Confessions of a Video Vixen.

I gotta say, with what's happening in the news, with all these sexual assault cases, I think our discussion on Thursday will be amazing and so timely and relevant, who knew?

[5:21] But also we have a merchandise code running also.

If you use the code BLACKFRIDAY23 through December 2nd, you get 35% off all orders over \$45.

That is the largest coupon code I do. It's 35 or 30, I don't know, one of those percentages, but you get the largest discount I give all year during this week following Black Friday.

So great time to get your journals, your cups, your sweatshirts, especially the sweatshirts and hoodies. Y'all be hitting me over the head on those, but I'm glad that I can provide some little savings for you all right now.

Also, I would love for everyone, if you have not hit follow or subscribe in a podcast app, I would like for you to do that now.

If this is your first time listening, go ahead and Apple Podcasts and Spotify, hit that follow.

Go ahead, you want to, and then after you do that, you can go ahead and hit those five stars as well.

We love a good five-star review. If you want to type some kind words with those five stars, I will take those as well.

We appreciate it so much over here at the Boonie Breakdown. We really, really do.

And if you're like, you know, I also want to follow that girl on Instagram because she funny.

You can head on over to Instagram, Facebook, TikTok. We're just at the Boonie Breakdown.

YouTube, at the Boonie Breakdown. On Twitter, we're just at Boonie Breakdown.

But you know, tag us in your Insta story when you're listening to the podcast, share these reels that I'm paying for.

[6:46] Share them in your Insta story, put them in your group chat, get the discussion going.

And so, and oh, this is my other gripe, not a gripe, but it's a point of learning.

For most content creators, I know we share things in our stories to get the maximum amount of eyeballs, because sometimes if we post something on our feed, you may not see it.

But if you cannot, you know, If it's a reel, please go and go to the reel and just click the heart.

You don't even gotta comment, but liking the story and liking the actual reel, are two different things.

And liking the reel helps us, all these content creators out so, so, so, so, so, so, so, so, so, so, so, so, so, so, so much. All right.

So that is it for me. Let's get ready to break it down.

[7:31] Music.

[7:31] Let's get ready to break it down.

All right, guys, I'm excited because Ashley Cobb is back on the Boonie Breakdown.

It's been a long time since you've been on here.

It's been a while. It's been like a couple of years, actually.

I feel like it's been a two year. Yeah.

You're growing up out here. I see you out here. I think the last time I was on your show, I wasn't in Atlanta, and I moved to Atlanta in 2021. I wasn't in Atlanta.

I think you're right. I think you were just about to move down there. How you like Atlanta?

I love Atlanta. Atlanta is all the things I thought it would be. That's amazing to hear.

I'm talking about Atlanta fool. Don't come here. No, it is full.

Let's let's speak. Let's be clear.

The Importance of Being in the Right Place

[8:24] I just think like to It's a mean that goes around this is moving to Atlanta won't change your life now.

I think there's one there's some truth to that but for me I did research and, Not to sound like to like spiritual but like How I knew I was in the right place, It's when I got here, doors kept opening and things kept happening that progressed, right?

The alignment, you were supposed to be there. That was my confirmation.

Okay, I moved to the right city.

I think some people move places thinking they've seen what is done for others without trying to get clear what their purposes and what their alignment is.

Then they're like, well, it worked for so-and-so, well, maybe this might not be the place for you.

I think you just hit on something. And that wasn't even what we supposed to talk about, but you just hit on something.

That you just hit on something there. Cause when people be chasing after what other people doing, right?

That's not what you was, that's not what you supposed to do. No, no, that's not.

And like, for me, I also, this is so off topic, but I also get- It is, we gonna bring it full circle.

Okay, so I also get readings and I have an astrologist, right?

Right. And so anytime I make any like big decisions or things I'm thinking about, I always get talked to my.

[9:43] I don't wanna call her a psychic, but whatever, because the term psychic is so like, so like, it's negative undertones, like, oh, but. It's like Dionne Warwick in the front.

Yeah, but she's not one of those, but she is intuitive, however you wanna call it.

That's it, yeah. And then I have a person who does astrology who looks at the stars.

So I had, there's a type of astrology that you can get when, it's geographical. It tells you what places in the world based on your certain signs, will be the best place for you to move.

I had one of those numbers so far. I always wanted to move to Atlanta.

Before I moved to Atlanta, let me make sure that Atlanta is the place for me.

So it was Atlanta was the place in LA.

People say I've been supposed to move to LA for like three years.

I hate LA. Let's be clear.

[10:38] Why do you hate LA? I don't like nothing about LA. It's not my vibe.

So I like the weather. That's about it.

Yeah, I liked that California slowness. Like I feel like the East Coast is just so, especially the Northeast, we're so fast, we're so tight.

And I liked that it was a little spread out, little la la la, like it was just like, it was just a completely different vibe.

So I don't know that I could live there though, but I did like my week there.

So what I like, LA is cool for me, LA is cool for me to work.

Like I have no problem working there, But I never want to leave my address to be in LA or California For me what I love about Atlanta is the blackly blackness of it.

That's fair cuz in LA you ain't getting that at all LA is such a melting pot of sorts.

I mean, there are other people in Atlanta to this, you know But Atlanta is you can go to Atlanta and see all of these black people who are doing well and different industries who, outside of scammers, we had that too, but there are people who are doing well, neighborhoods of people who are upper middle class or upper class who are doing well, it's all black people. Like for me, I love that.

[12:01] And I think that is so.

I've decided that myself, Baltimore, I'm in Baltimore, Baltimore is a 60% black.

So when I go to other places, I'm like, where are the black people?

I'm so used to seeing, like I've never been void of black people.

So when I go places, I'm like, where are the black people?

[12:24] And I've decided to, I can never live somewhere where I'm not, I don't wanna travel miles to see no black person.

Like I need to be around black people. I don't want to live in an all-white neighborhood.

Like, I want to be around my people.

So I get the appeal of it now because it had that, but then it's also that level of, I'm going to a new level too, right? Like I'm going to Atlanta to come up.

So I, uh, I fuck with it. I haven't been to Atlanta in a while.

I used to go a lot more cause family lived there.

So I was always there a couple of times a year, but I have not been there in a while.

And to bring this conversation full circle.

[13:10] Why I had you on here, that was an important conversation. So I'm going to recap that first.

Like, don't be chasing other people's shit. Like, follow us for you.

Be clear about what you want to do.

Because that's how you succeed, right? That is.

Just be clear about what you want to do. Because it's so easy, especially with these phones and social media.

You see these bombardment of stuff, like, oh, I need to do that too.

No, you don't. You don't really have to.

But I get it. And then too, what I found too, especially, let's say podcast lane, and then my lane.

Because you see so little representation of people that look like you doing it, so it's like you want to follow their rubric.

It's they have been successful, so maybe I need to follow what they're doing. Yeah.

And so there's nothing wrong with following people, I guess.

But you have to make sure this is what you want to do.

I've done a lot of different things in the sex ed lane.

A lot of them. I tried different things. I had different type of blogs.

I've tried a lot of things.

And some things I like, some things weren't really for me. I remember when I had a podcast, and some people still want me to do a podcast, like a sex podcast, but there's just so many sex podcasts, I'm over it.

[14:38] Podcasting is a lot of work. Like I get how people say it and I really do enjoy it, but it's a lot, right?

It's a lot. And I think it's some crazy statistic where it's like 70 percent of podcasts don't make it past episode eight.

Or it's, I mean, it's something insane like that, where people realize how much work it is and they abandon it.

It's a lot of work. And then too, like, it's a lot of work. And like, for me, I think everything with like, especially like the relationship podcast and podcast on sex, it's all about getting like that hot take, that spicy take for people to- You need that one thing to go viral.

For people to listen. And I know for me, I was never interested in sharing my own sex life.

That wasn't what I was interested in, no shade to whoever does that.

But for me, I wanted to my personal sex life to be private.

And I felt like that's what a lot of people who wanted you to do in order to like be successful.

You have to be one of the girls who talk about, you know, how many dicks you suck. That's not what I'm gonna talk about.

I'm with you. I try to straddle a very fine line where I can, oh yeah, da, da, da, da, da, but it's not my whole sexual career on front street.

Right. So let's bring in educators to teach you bitches something.

No, right? So that's where I am.

So now why I brought you here because it's an important conversation.

We're going to tie this. I'm about to thread this needle.

[16:06] Atlanta is a very great, cool city, great food.

Maybe not if Keith Lease comes there. We know who you're asking.

[16:18] But it also has one of the highest HIV rates in the world.

And so why I invited Ashley on was because I wouldn't get all up in her business.

I've noticed as part of your role as a sex educator.

I've seen recently you've moved more into the space of Black women and HIV and preventative measures.

So that's what we're here to talk about for a little bit. And this episode is airing around World AIDS Day.

And so let's go.

Yeah. So, um, so many people don't, don't notice I I have a public health degree.

So- I want credentials. Yeah, so, you know, I, when I went to school for public health, I went to school because I wanted to actually work at a health department and I wanted to work around black women and HIV.

That's what I did my thesis on was like, black women and HIV.

That's what, that's what paper was on.

I really, I don't know why I cared so much.

I don't, I don't have a personal connection to anyone that I know who has HIV growing up.

So I'm not really sure why I had this personal, like, this is what I want to do. But I did.

Frustration after college, searching for job prospects

[17:39] So after college, I couldn't get a job at a health department at the time.

And so I was kind of like, well, I went and got a degree that I'm not going to, you know, can't use. Like, where's the money?

And then, it wasn't until...

Like three, four years ago, actually, that I kind of got back into the public health space.

And I realized, I love it.

I love, I can talk about, well, I can talk about sex in general for a while, right?

But then I also love talking about just from a preventative standpoint, pleasure, yes.

Pleasure and prevention are related. And I think people don't really understand that because no one reason why people are having sex is because it feels good Mm-hmm.

It feels good. It feels good. That's why we fucking cuz it feels good And if it doesn't we need to go see the person.

Connecting STIs and Sex Education

[18:44] So if that is that's if people are having sex and We know that STIs are acquired through sex, right?

Then the two are related. So we need to link the two together.

So that's kind of like what my journey has been, has been as this sex educator.

Cause a lot of people didn't really see like, well, you're a sex educator.

Why are you here in this HIV space? They didn't really see the correlation.

And I'm like, it's related, right? Cause we're talking about- It is related. It's all related.

And so what I do now, well, I still, again, I'm still a sex educator, but I have a whole day job. No, most people know that either I have a I have a I have a day job.

I am I do Presentations on sexual health and Prep to college students and uh in the in the state of Georgia, So and what prep is prep is a drug you take To prevent it's a preventative medication you take to prevent HIV.

Okay So when I'm talking to students, I'll say, like, pregnancy is quite similar to birth control.

I'm on birth control because I don't want to get pregnant.

So, okay, we went to PrEP early, but let's just go to PrEP. No, it's fine, it's a conversation.

Misconceptions about PrEP: Not Just for Gay Men and Trans People

[20:10] So, you just said what PrEP is, you made the analogy to make it digestible for folks. Here's where it is, right? Like my interaction with these medications, right?

Cause there are different brand names, but Trolli and I see all the commercials and they're marketed to gay men and trans people.

That's it. So when I'm seeing you do your posts on social, I just scroll cause I'm like, not for me. And then when you said that you were taking PrEP, whoa, what?

And that's when I started paying attention more because I don't know when you posted, but I think you're the only person I know who's openly said, I'm a black woman and I'm taking PrEP.

And for me, that was major because I'm just like, I thought it was for gay men and trans people.

That's what the commercials say. That's what they're dancing around to.

Right. And so like PrEP has been around for like 20 years or so.

Marketing HIV drugs to specific demographics

[21:22] And so it was marketed to gay people, white men, and trans people with transparency. Right. That's what it was marketed to because that's where they were making the money.

It wasn't it wasn't. There's a lot of money in HIV drugs. Right.

And at the time it was no it was they weren't making any money in trying to.

Trying to have us on prep because you know, So as a recently probably last five years or so, there has been a a what's the word before a interest in Getting black women on it because outside of its gay men People of trans experience third that third highest or people who were fed about HIV or black heterosexual women.

[22:14] So, there has been an increased interest in trying to do preventative measures, right? Yes, preventative measures.

So, it's interesting because they want HIV to be eradicated by 2030.

2030 is not that far away.

Yeah. It's not. And actually, in white communities, it's really... It is, right?

So like I was reading these statistics on the CDC website. Cause I'm like, it's been a while because let's also back up.

You hear PrEP, but like, I don't see condom commercials anymore.

I don't hear things about safe sex like we did when we were younger.

So I had like the bejesus scare into me with sex because it was like Magic Johnson.

I remember Arthur Ashe, Eazy-E, those were big, like, and then everything was like, wrap it up, have safe sex. And so it was like, nope, I'm going to have, when I have sex, I'm not wearing a condom, you got to have a condom.

And now people talk about raw sex, unprotected sex, like it ain't nothing.

And I'm just like, what happened here, right? But that's, those messages aren't in your face anymore.

I think too, what happened, particularly with heterosexual Black women is, one, we tend to be trusting of our partners.

[23:35] Two, we didn't really, you know, when it came to HIV and like, let's say like STDs, right, how they delivered it to us was, if you are a good girl, if you are not that type of girl, you will not, you don't have to worry about this thing.

This thing is only for people who are like the hoes, the sluts, the fast girls, the girls who were, you know, sleeping with everybody, you type type.

And that's how that's how they bottled it up and gave it.

Right. So I think for a lot of black women, how they're getting caught in, in, in the, in the crossfire is, um, they're not able to identify.

[24:22] They don't they don't understand that if you're having sex Then you're HIV possible All you need to do is be a is to have six It doesn't matter what how many that again you're HIV Possible.

I've never heard that language before.

Yeah, you are you say that you you fucking you you at risk It don't matter if you fucking one person or ten if you're fucking you're at risk And like I said, I try to help people in Atlanta.

Because Atlanta, the HIV population is so great here.

I compare it to if you have two pools.

Barriers to medical care and accessibility of testing

[25:00] You have one pool that has 100 piranha, and you have another pool that has 10 piranha.

[25:06] Because I live in the pool with the 100 piranha, it's a higher probability that I'm going to come out of that pool with a limb missing than of those who live in the ones with the 10.

Right. I'm nodding. Right.

So because I live in a city that has high numbers, even if I don't identify as one of those fast girls, slow, hoes, whatever that is, but I'm having sex in a city with a high number, my chances are higher.

So I'm, I'm, I'm at risk. And so people have, people have a hard time with trying to like, nobody wants to be at risk. No one wants to see themselves like, girl, I ain't doing that.

So they have a hard time with seeing themselves.

Yeah, it was like on the CDC website, I screenshotted this, it said HIV is more prevalent among African-Americans compared to any other racial or ethnic group.

[26:02] As a result, while risk behaviors like sex without a condom or having multiple partners are comparable to other races and ethnicities, African-Americans face greater exposure of risk during sexual encounters.

[26:16] That's all what you say in the pariahs. Yeah, and then too, there's also barriers to medical care, right?

I posted one The internet the other day about somebody I know who was trying to go get a STD test So they had sex with somebody and they you know have symptoms or something. They try to figure what is and so we were calling around Like so we'll call around to see how much it'll be to get a STD test.

So the Health Department here in Atlanta It's a hundred and forty five dollars to get an STD test at the Health Department in Atlanta it is, And there's a hundred and three dollars a little Planned Parenthood and it's I called a local doctor It's like a hundred thirty dollars.

So the health department is more expensive to go into a regular doctor without any insurance now there are, clinics here in Atlanta because because Lana has such a high number of, HIV that that would do like free HIV testing and free other Testing but if I don't know what those places are you will assume that the Health Department It's the place that you would go and they will have cheap to sliding scale.

It should be under \$45 Yes, hi, I'm going to the health department test.

I don't have health insurance So I don't have health insurance chances also are that I might not have \$145 to get tested That's my cell phone bill a car insurance some gas a couple things of gas. That's a lot of money.

[27:43] That's a bill, I'm thankful because I've mapped it out for myself that at least where I have my physical and my gynecological exam, they're in different parts of the year, so run everything then, right?

[28:01] It's also funny as someone who has never had a lapse in health insurance in recent years, you have to request that.

Your doctors do not automatically blood test you for those things.

Even my gynecologist, like she'll be like, do you want a, yes, run it all.

Yes, and even if you, I learned this too, even if you have insurance or somebody on my post like, well, if you have insurance is considered preventative, blah, blah, blah.

[28:30] But even if you have insurance and if you go to the doctor, cause I called and I was asking questions and I go to the doctor randomly.

Let's say I was going, I have my physical, my past mere is in March, but this is November.

And I think I need to get checked out. I have to pay for that.

The only time it's going to be free is when they do my one once a year preventative thing. It's not free no other time.

It's not, you're a thousand percent correct. So that's why I put my physical in my gynecological exam at the different ends of the calendar, so at least I know, okay, they're in there.

And if it's one in the middle, I'll just pay for out of pocket, or thankfully, my one doctor will change the coding or whatever she needs to do on her end so that they will pay for it.

But it's absurd. I didn't know that until I got a bill one time, because I just randomly like, hey, I need some blood work done.

And they were like, oh, yeah, I got that bill on the back end, like you owe us \$97.

I said, boy, I just gave, I just got it.

[29:36] So it is, it is wild.

So if people can't pay for get testing, they're not going to get tested.

And then we already know Black people don't go to the doctor.

Black men particularly don't go to the doctor.

Lord, no. I've been doing it my whole life. You know, Black men don't go to the doctor. Unless by the time a Black man goes to the doctor, it's already too late.

What you got to do for it. It's already a problem. And typically, in most cases.

The Consequences of Not Seeking STI Testing

[30:06] So add that to the part of we don't have access to testing, we're not going, I'm not going to the doctor.

So even if you had something and you know, and most, the most common STI symptom is no symptom at all.

So even if you had something and you don't go to the doctor, you don't know, you gotta spread it around the city.

You just spread it around. And I will, I got, I will acknowledge this, that like, it can be daunting sometimes getting those tests while you wait for results.

Um, I will be honest, this last one I got, I had, I did a little, you know, run back in your mind when you close your eyes and you were like, Ooh, Lord.

And I remember I went and did it on like a Wednesday afternoon.

And so now it's crazy because everything is on the internet.

LabCorp emailed me before my doctor even got to look at it.

And I was just like, I got to look. I literally just opened my eyes and I was like, LabCorp, like I gotta log in and see.

And I was like, oh my God. As I was logging in, I was like, what if you log in and you see some terrible fucking news? Like are you ready for this at Friday at eight o'clock?

[31:18] Yeah, are you ready? Because I tell people like, I also, so for me, one, I got on prep.

I'm on prep and I got on prep because I wanted to lead by example.

That is amazing of you. Way to be the model because I got to get in your business once you finish your statement though.

[31:40] Because it's easy to tell people, I think you should do this.

I think it's something you should try, but without getting on it.

Right, so like I wanted to be the test.

I mean, let me see what let me see what the side effects are Let me see how it works for me that when someone asked me I can give you my honest opinion of, What it is and all these

things and that way hopefully by much me sharing my story I also inspired someone else who looks like me to be like, you know What actually says she's on prep and you know, what her pussy still works.

You got all the tea You know, I already couldn't see that.

Addressing Side Effects and Appearance Concerns of PrEP

[32:14] Well, but you know, it hasn't got any worse I haven't gained any significant weight. You know, we women, we care about that. We don't, that's one of the like, one of the main issues.

I remember depo back in the day when I was in like middle school.

I blew up like a damn balloon.

Everybody was like, no, people like depo because it's a shot in the arm, but everybody who was on depo got fat or fatter.

And that was a deterrent from people getting on depo.

So like, we care about if we gonna, you know, gain weight, if it's gonna turn out appearance.

So yeah, so I got on it to basically just be To be a model for the people you're educating that is incredible.

So now I'm glad you mentioned it. So that was your reason why?

Have you experienced any side effects right? Cuz like it's it I think it scares people That and tell me if my science is wrong what I read briefly.

[33:10] There's a little bit of the strand in you.

So your body builds antibodies that if you encounter it, it's like, get away from me. Correct.

Okay.

But that's how it is with any type of like. Yeah, it's any type of vaccination or whatever you're taking, that's what happens.

But you know, like AIDS and HIV, that stigma is still there, right?

HIV is the boogeyman of STDs, yep. It is. Um, and so no major side effects you've experienced?

Um, no. So I know I was on, um, so there's two forms of prep.

You have a daily oral pill injection.

I've been on both.

Oh, wow. Currently on the injection because I don't have time to take a pill every day.

Um, when I was on the pills, um, I had a headache at first for when I first got on it. That was the only type of side effect.

I have no side effects for the injection none.

The Convenience and Regular Check-ups of PrEP Injections

[34:13] Yeah, no, how often you get the injection like every two every other month so it's, That's not a big time commitment you do it yourself, but you have to go to the doctor Yeah, so I go to the doctor and they shoot me in my ass and, I go home So you have to go and get like vitals, they check it, make sure everything's functioning properly.
And you also have to do an HIV test every time you go to the doctor.
That's what I'm gonna ask you.
So would you ever, because you're on this medication, if you took an HIV test, would you ever show a positive?
It's negative. Because of the medication, it's always negative.
Yeah, it's negative.

[34:55] So yeah, so like, you know, I can fuck raw and not worry about it, no, I'm joking. I was about to ask you, baby girl.
So do you feel more protected and relaxed a bit that on my side, right?
Where I'm still using condoms and I don't one time and I'm like, Lord, I gotta take that test. And now I'm stressed.
You've taken that ease away because you're on prep, right? So you don't feel as anxious about unprotected sex.
No, and like to be honest, like to be a hundred and a hundred percent like real, I don't like using condoms anyway.
Like I use them because I have to. I don't use them because like, oh my God, I just love how condoms feel.
Like, so whenever I am in long-term.

Personal Choice: No Sexual Relationships

[35:53] Sexual relationships with people, I don't use them.
Right. You know, that's probably crazy for me to say.
No, I mean, I think we're all I can admit the times that I have not were mostly long-term committed relationship.
Right. Yeah. I was random people condom short, but it's people that I'm fucking regularly for months and years.
No, but we just what is I'm just not. Um, so for me, I Sleep a little a little better at night No, knowing that you know, I have virtual and I have prep so what you can't get what I can't get is no, baby.

[36:35] I can't acquire HIV now my now that does not eliminate me from the other things.
Thanks, right? Um, but most of those things knives and the treatable are treatable or curable, you know with a little little pill So I'm okay with that, right?
But yeah, so it helps me it gives me a little a little sense of ease, And research has research has shown that people who are on prep and this is for me and me because they haven't, Haven't

women have been on it long enough to do you might research with them yet, but for men who are on prep They found that it helps them to like lower their anxiety. They're more open to trying things like group sit, you know, going to like sex clubs.

Open-mindedness and Exploration of Sexual Health

[37:28] I'm gonna say that that makes sense to me because you're saying that right like that to me already tells me that it's a man so open-minded that, they're willing to put themselves themselves and their health first that they would be open to exploration of other things right I'm pretty sure I could call six black men right now like would you get on prep and they'd be like no but I think a certain type of person, particularly a man who has done that, is further along already.

Right. You already care about your sexual health. So like, I'll do anything with you. Listen, if you give me a man who goes to the doctor regularly, baby, listen.

[38:14] Because here's the thing, and women as well, but definitely for men, it's like, it's so much easier to know that there's a problem sexually because their penis has to get erect and you need blood flow.

So if that's not happening, there's something happening internally that is restricting your blood flow or causing you not to be able to get erections.

And men typically have, men typically show signs, symptoms of STIs. They typically know.

We are the ones who, for the most, in most cases, are unaware.

And it's terrible, and I'm going to shame every man listening.

I know it's not a lot of y'all, because my audience is mostly women, but those of you who are listening, it is terrible, and it's not acceptable for you to say, the woman I was with got an exam, so I'm clean.

Like, you definitely need to do your own STI screenings, because that is not sufficient.

[39:15] It's not I need for you to go to doctor yourself. Yeah, because like and that's the yucky thing too. Because it's like so many people walking around here with dirty dicks.

I hate to shame but I'm going to shame and like you say you having sex with this person having sex with that person.

You may be using condoms or two of them, but this one you're not but then you see her like it's ridiculous. It is ridiculous.

And I tell people to like people have this thing all about safe sex.

Safe sex is not a thing. That's not a real thing.

Because there's there's no such thing as the only the only safe sex is to not have it all abstinence. Yeah, it sounds like a.

The Misconception of Safe Sex

[39:57] There's things you can do to make sex safer, but there's no such thing as safe sex, if you're having sex it's not safe if there's a risk in it Um, even with condoms, there's a risk in having sex with condoms.

It's not common or not a hundred percent.

And even with something like STIs, you can still, you can still acquire them with a condom. It's not a hundred percent.

So there's never like we're having safe sex. I'm not going to get anything.

If you fucking it's a risk.

[40:26] So, somebody who's listened to this conversation now and was just like, oh wow, I'm considering Ashley is on PrEP.

She's done two different types of PrEP.

What would you say to the person who wants to know more on the fence about trying?

What would their next steps be? I'm glad you asked that question.

So I'm a part of a campaign.

It's called I am HIV possible dot Org, I believe yes, I should know the end.

It's that over calm troubles But it is I am HIV possible and on that, Campaign it has information about women black women in prep It also has a link for prep locator.

So prep locator locates any Um doctor's office in the united states that uh offers prep in whatever city you live in or a city closest to you Um, yeah, so that's what I would I would go to I am hivpossible.org or.com.

[41:31] And um Read the information go to the prep locator if you're interested Uh, I also tell people do your own research and most and and be prepared for a lot of doctors You would think that doctors are, um What's the word I'm looking for? Educated. They are.

A lot of them are ignorant too. I've had people who told me, the doctor said, well, you're married or you're not. Are you a sex worker?

What should you be prepped for?

There's doctors who still think if you're married, like being married makes you immune from STIs, it doesn't.

But being married or if you're not someone who's a prostitute, that you can benefit from things like PrEP.

So if you know that it's something that you're interested in doing your own research and then go to your doctor and don't let your doctor sway you if it's something you think you want to do.

I love that and one thing I did not ask you is prep covered by your insurance.

The Cost and Coverage of PrEP

[42:30] Is there a cost to it? Are there coupons for prep?

So, or is it expensive?

[42:40] Technically, prep is supposed to be provided, supposed to be covered in your insurance.

That is the that is the The technical that you know answer right in real life it ain't, Got it So it's supposed to be it's supposed to be covered There's a lot of past I think last year that is supposed to prevent its preventative and it's supposed to be covered by all health insurances That's a politically correct answer.

[43:11] Yeah, is it being covered? No, there are people who are, yeah, it's not being covered. But in large metropolitan cities, they tend to, if they have like HIV clinics, HIV clinics tend to offer PrEP for free through different services and resources and grants.

So if your insurance for whatever reason is not covering it, I would see if I can find an option. There are other options, yes, but technically your insurance is supposed to be covering it. Well, there you go. If you want to advocate for yourself, then you might.

Want to do the legwork to get your insurance to cover it, because that's one of the parts of health care.

I feel like it's just advocating for yourself, whether it's for a prep or, you know, I'm fat and stop telling me I'm fat.

And that's why I'm like, like, you just have to advocate for yourself anyway, with your health care providers. That's a whole nother episode.

So now I remember, I remember I was talking to one of my, one of my friends about like, Bad doctor experiences and like and being a black woman, right?

I remember I was in college and this is again This is off topic a little bit but I was in college and I have a cyst that sits on the back of my tailbone I've had it. Oh.

[44:29] But it got infected Wasn't college and I went to the emergency room.

The doctor was like, I might say something's wrong Well, uh, and he was I know it's just a bruised tailbone. Go home All right.

He gave me some Tylenol told me to go home Child, that man about to kill me.

I had night sweats and fevers and all that type of stuff. My mom was like, I was about to be up out of here.

And then it wasn't until I went to, well, I don't know, three, four days later, my mom was like, you need to go to a doctor because this is not what that man said. It was a white doctor too.

And I went to the doctor on campus, which was a Black woman.

And she was like, this is a cis. it's not a bruised tailbone.

Yeah, it's so like they drained it and all this other stuff and it immediately felt a lot better.

Yeah, you definitely have to advocate for yourself for everything in the healthcare space.

People will kill you, they will kill you if you don't. Listen, so we're at the part we're gonna do the breakdown.

I'm gonna say a word, you say the first thing that comes to mind.

It could be another word, a sound, a phrase, that's it. Simple.

First one, Black women. Powerful.

Condom. You said condom? Wear one.

Where to Find Ashley

[45:55] HIV. Possible.

Sex. Great. Orgasms. More of them. Life.

Abundantly. And last one, health.

Well, it's well, Well, actually tell all the listeners where they can find you on social media, Any websites and just plug anything you want to plug?

So I am on all social media websites as Sex with Ashley.

So if you type in a sex with Ashley, I'll pop up and you know, you can Google me It's the same thing. My website is also six with Ashley.

It's all the same. So she made it so easy all sex with Ashley So yeah, be sure to follow and support.

And thank you so much for this conversation and letting us get all up in your business. Thank you for having me anytime.

All right, that is it for this week's episode. I wanna thank our guests, the homie, Ashley Cobb for coming in and giving us a very educational episode.

If you have more questions, I really do encourage you to follow her, reach out and see all the great work that she is doing or even more about her experience. Also, don't forget to support our sponsors at Dame products.

You can use the code Boonie10 to save on your next order at dame.com.

[47:22] We also have book club, don't forget book club cause that is going to be a good ass time this week.

All right, and if you enjoyed this episode, I encourage you to listen, subscribe to the podcast on Apple podcasts, Spotify, Amazon music, iHeartRadio, YouTube, or any of the apps that you listen to your favorites on.

Don't forget to leave us a review too over in Spotify, Apple Podcasts.

All right, we appreciate it.

Follow us on all social media, share the episode with those you love, those you don't love, those you fucking hate. I don't make these pretty images and reels for nothing. All right, have a dope-ass week.

Wishing everyone a great week and signing off

[47:52] 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.

[48:03] Music.