

The Boonie Breakdown Podcast

Episode 240 - My Body, My Choice, My Pleasure with Dr. Clarissa Francis

Transcript

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[0:41] 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.

All right, so welcome, welcome, welcome to this week's episode.

We have a guest here this week and I would like to introduce you all to Dr. Clarissa Francis.

She has created a movement and her mission in her work is to celebrate bodily autonomy, sexual agency, and pleasure for black women and marginalized groups.

We have a really, really dope conversation about her real hot girl movement.

My body, my choice, my pleasure. We talk about about the politics around black bodies, and what does sexual liberation look like for black women?

[1:31] So stick around for the conversation. I think some of what we discussed, we recorded this discussion a few weeks ago, but given what's happening in the news, I do feel like this conversation is timely, when these things arise, especially for black women.

So stick around for the conversation.

I'm gonna do something different this week. I'm not per se doing a pick of the week that is, oh, go watch a TV show.

But I kinda just want to encourage people, especially with the news that came out with Diddy and Cassie this week.

Discussion on abuse and intimate partner violence

[2:11] It's always a little disheartening when these conversations come out because people treat abuse and intimate partner violence, very black and white.

And I don't feel like that subject is very black and white.

There is a lot of things that go into abuse and Cassie was very brave, in my opinion, to stand up to someone who...

[2:40] Was wealthier, older than her, her abuser, and she did it publicly, it made quite a splash, right?

And then because both parties settled, there's been some discourse around that, that I think makes these conversations so hard to watch and then just sometimes publicly.

And so I say this to everyone.

One, I commend any survivor of any type of domestic violence or intimate partner violence or abuse, who's able to share their truth, confront their abuser and find peace and space to move forward.

And I just want to drop this little nugget and then we're gonna move on because I don't myself have the capacity to do this conversation.

And we did do an episode around domestic and intimate partner violence.

But I just want to make the point that you always hear, why don't people come forward immediately?

[3:50] And I think that's a very complex thing. But one of the things I just want to point out that sometimes in instances of abuse, domestic violence, when you come forward immediately, that oftentimes increases the severity of the abuse in that relationship.

[4:09] There are oftentimes conflicting feelings around someone.

Who is abused about sending their abuser to jail, right?

Because abuse is not just physical, there is an emotional, there's a mental control there as well.

And so sometimes it may take people years to come forward once they've processed their abuse and they've had a chance to heal from it.

And so I don't think we ever should question why someone took so long to come forward. A lot of times when you do come forward, that's when you hear, oh, I tried to leave and you were harmed.

I tried to leave and he came to my job or they came to my job and did whatever.

And so sometimes you really do have to make a plan to escape, heal, and then you can deal with that.

And so I think we need to, I just want to drop that nugget out there for those. I'm hopeful that nobody who is listening to the podcast, as y'all just shaking y'all head in agreeance, but not so much of a space that you feel that you need to question why any victim did anything on any timeline that they felt necessary.

And so that is it for my soap box moment of this episode, a little deviation from the pick of the week, but something that was on my heart and I wanted to say housekeeping.

[5:35] Housekeeping. Come back later, please. Housekeeping.

Not now. All right housekeeping so we're gonna do a little feedback from last week's episode. I enjoyed all of the feedback all the commentary it was very interesting to me because, it was kind of blasphemous for Sheikah and I to speak out against Love Jones.

So if you did not listen to last week's episode, I encourage you to run it back.

We got this note. This is a great episode.

I think Boomerang has got to be the next for your segment.

I just recently rewatched it and I noticed it hits different a few years later for some different reasons.

But again, great episode. So again, check back.

Love Jones, nope, with the homie Sheikah for last week's episode.

Also just want to let everyone know, since it's Black Friday, we're going to do a, we're doing a promo code on the merch.

So if you would like to get your, some new Boonie Breakdown merch things, you can use the code Black Friday, Black Friday 23, Black Friday 23, and you can save 30% off all orders over \$40, okay?

So that is probably the highest coupon code I ever do.

[6:58] And go ahead, get your things, get your sweatshirts, your journals, all that fun stuff.

Also, if you're interested, we do have a book club.

Our book club is reading Confessions of a Video Vixen by Corrine Steffens.

That is only for Patreon members. So if you're interested in joining the Patreon group, you can head on over to [patreon.com backslash the Boonie Breakdown](https://patreon.com/backslashthebooniebreakdown). You can follow there.

And if this is your first time listening, go ahead and just open your phone, go to Instagram or TikTok or Facebook, and you can find us at the Boonie Breakdown.

If you're still over there on Twitter, yes, I still call it Twitter.

If you're still there, you can just follow us at Boonie Breakdown, all right?

Your first time listening, go ahead and just hit follow, subscribe in your podcast app. We appreciate it so much.

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

[7:50] Music.

[8:00] Hey guys, it's your girl Boonie, and I'm excited to welcome Dr. Clarissa Francis to the Boonie Breakdown. Welcome!

Dr. Clarissa Francis' Journey into Sexual Health Education

[8:08] Oh, thank you. Hi! The real hot girl, Doc!

Yeah. So, before we get started, I always like to give people a chance to say how did they find themselves in this space?

Like what along your life path said, this is the role for me, this is what I want to be doing?

[8:33] So this is the most common question when I tell people what I do and who I am.

It's like, how did you get here?

So which, and I'll talk more about it later, but which I put in my book, *Freak Like Me, Becoming a Real Hot Girl Doc*.

So it all started when I was, I had, basically, it started with myself.

It was personal, you know, of having questions. I'm really young.

So with my psycho menstruation, I had questions.

I was given a book, *How Does the Body Work*. I studied it.

I studied the section about reproductive health. And then later, like high school, starting to have experiences and other people around me are having experiences around sex and reproductive health and our activities.

And so we had questions. We didn't have really good, like, efficient, detailed sex education.

It was very limited. We had that one day, you know, I held class. Yes.

[9:44] Middle school, high school, the same. I remember signing a promise that I would not have sex till marriage.

Oh, you took one of those? Yeah.

Yeah, I never took a pledge, but I've always heard about people who had to sign those like abstinence pledges. Kind of crazy.

The real hot girl dog, but really being who I needed when I was younger.

And so grew up in the church, preacher's kid.

[10:15] Limited information there also around, you know, a lot of shame and restriction around the body, sex, sexuality, pleasure, especially when it came to women and girls.

And so that didn't sit right with me.

And so later, becoming a health care educator and undergrad at Bowling Green State University, and I really took an interest in sexual health and mental wellness.

I already said that we'll, And then the part after an experience, I really became interested in sex education, about prevention, and sharing information.

And I wanted to share it in a way where it was non-judgmental and informative.

Like, hey, sex is great. It can be great. It can be pleasurable.

Safer Sex and the Importance of Education

[11:13] And these are ways, if you want to prevent, you know, because we call it safer sex, and I just say sex, like, you know, if you want to prevent, you know, we talk about STIs, unplanned pregnancies, or...

And then that list goes on, we don't usually always talk about, especially when it comes to, like, emotions and life.

And so I wanted to be that for other young Black people.

Something that started personal, I, it became my work, you know, passionate about it.

And so, and now I'm in a space where I want to help others who are in this work, where they're getting the information out about what they're offering, their services, the resources, and being that support, because being a person of color and specifically a black woman, you know, in this work is, it has its challenges.

Well, yeah, I want to dive into, you just said a lot, so I want to kind of break things up and kind of dive a little deeper into some of this.

But I think one of the first things you said that stood out, a lot of the shame that has developed as we're youth around our bodies, and I'm talking particularly Black women.

[12:41] How much that is influenced by everything around us, right?

So you have the older generations, you mentioned religion, you have friends growing up, just being a teenager, being an adolescent and growing up and figuring out life, figuring out who you are and this all shapes and molds, right, all of your thoughts around your body, you're developing sexuality.

[13:11] How do you help when you're teaching, right, to unlearn some of these things that you ingest?

Healing and Releasing Shame for Body Autonomy and Pleasure

[13:19] Because you mentioned healing, and I know in my own healing journey, some of that has had to be unlearned, but I'm an adult, right?

So what are some like two things that you would recommend to somebody to unlearn some of those things?

So that is a big part of my, That's a big part of the work that I do around healing because I advocate releasing shit.

That's an acronym for shame, fear of harm and judgment, internalized oppression, and trauma bonds.

We have these different experiences. We receive these messages, like I mentioned, and some of the messages I received were negative or limited, it, which many others shared that also.

[14:09] And then you have your own experiences. And then also we have our collective experiences, the history of our people.

And so the first thing I say is to check those messages, basically checking your baggage, questioning those messages that you received around your body, sex, sexuality, relationships, love, intimacy, pleasure, you know, where did they come from?

Like, first, thinking about what's your thoughts about those things, and then thinking, like, what are, where did they come from?

Experiences that you've had? Did they come from just passed on?

This is what you've heard?

[14:49] You know, and so that's a big piece of it, of checking it, naming that, you know, naming of the thing.

And then with healing.

[15:01] Through the way my approach to healing is releasing. And so, and that's where that shame, that fear of harm, judgment, internalized oppression, and so really finding what works for you to release that shit.

And so that can be, you know, therapy in different forms, whether whether talking to someone, a mental health counselor or therapist or clinician, it can be a spiritual advisor, it can be, then you have somatic and which body workers, energy workers, Tantra healers, which is all of this, all therapy, it's all about helping you really just help finding those who have done some type of training or have some type of experience, our knowledge, or the tools to be able to assist you, because it's your journey, so you got to do the work, but it's helpful to have someone to assist you.

So whether it's a coach, there's coaches also to help you along the journey.

Also your support system is important, your partner is important.

[16:18] So all of those things at the same time, and figure out what works for you.

Plant medicine is something that I also, you know, it is something, cause I, so these are all things that I speak on in my book in Freak Like Me, what was beneficial.

Like I mean, I, it was the works for me. I needed the works.

You did the whole package.

Yeah, cause it was like, it was, cause it was so many, it was multi-layered.

Cause it was like, not only healing my own shit, but I'm also helping others to heal theirs. And so, in order to be authentic in what I do, it's like I need to do the work.

We don't have many models of sexually liberated Black women who we are.

[17:06] Allowing ourselves and younger women to be like, yeah, that's cool. I want to be like that.

You know, that's something I can do, actually, you know.

And so I was like, well, I guess I was like, you know, let's see, like, you know, having more experiences so we can have more examples and lessons learned.

So I share a lot of lessons learned, you know, about my experience and others, you know, in order to hopefully assist others in their journeys.

So what does a sexually liberated Black woman look like?

Okay, so I define sexual liberation as the pursuit of bodily autonomy, so that's control of the body, and sexual freedom, or freedom of sexual expression.

And so that is the ability to say yes or no to what you want sexually and having an honor, So, consent is also a part of that conversation, and pleasure.

And so, pleasure is self-defined.

[18:10] What feels good to you. You know, and it's while in this conversation, we often, you know, it's related to sexual pleasure, but this could be something that I encourage in general, because I'm really an advocate of joy, frolicking.

And so I encourage people to normalize, you know, frolicking and doing things that bring you joy is because this is also pleasure.

You know, this could also be what brings you to your pleasure, especially if you experienced trauma, loss, or just had different experiences.

And just being, you know, if you are a part of a marginalized group, you know, it's just a lot that comes with that. And so it's a radical act to happen to pleasure.

And I think too, like it gets hijacked a little bit in conversation, right? Like people are like, sexually liberated women, like they just want to automatically put the ho stamp, right?

She a ho, that's what it means. She just want to be out here and she want to be fucking everybody.

And I liked your definition of like autonomy of my body and my choice.

So it could look like that for somebody. It could, and it could be somebody who's a sexually liberated person.

[19:33] It's multifaceted, you know? It could be a married woman, and like, you know, even with twerking, or like, you know, just how you move your body.

Even with twerking, yeah.

Yes, you know, it could be somebody who's celibate. So it's like, it's definitely not just like people, you're right about how people, they hear that, because it's not common.

It's not common that we're talking about this openly, because this has been around, like, especially in music and in film, we've seen this, and in literature, but in such a public and explicit way, excuse me.

And so a part of the work is like, I just, I encourage those who just tap into whatever feels good to you. And that's something that I do.

That's simple as hell, tap into whatever feels good to you. Whatever feels good.

And if you don't know, explore.

That is a challenge, you know, to yourself is to explore what feels good to you. So you could communicate that with others and advocate for yourself.

[20:39] Feels good to you. You don't know, explore and advocate.

I think that is something you, the skill of advocating for yourself, no matter what facet, when it comes to pleasure, health, workplace, wherever, it's such a learned behavior and a learned skill, even to show up for yourself and put you first, because we're often taught, nope, you got to put something, you got to do this first, put your kids first, your husband first, all these things first.

So, no, I loved that breakdown.

I'm looking at your sweatshirt, the real hot girl movement, my body, my choice, my pleasure.

I liked that mantra because it's very simplified, right?

Even in the goal of being a sexually liberated woman.

My body, my choice, my pleasure. So let's talk about this real hot girl movement.

And you already mentioned twerking.

How did it, is this just like...

As you've done your healing work and you've moved into this space with all of your knowledge and education.

[21:53] Has this become like your focus in your work when you work with and educating like

Let's focus on these three things my autonomy my choice my body and your pleasure.

Is that so Oh, is that my yeah, I was like, is that like the focus of your work when it is educate it is and so So, it wasn't until my, actually, so it wasn't until probably my dissertation, which was on the Real High Girl movement.

[22:25] Pleasure activism in Atlanta, Georgia is what I specifically looked at, and that's looking at

Black women's sexual liberation, the movement towards Black women's sexual liberation.

But also, even with my line, because that is something that exactly what I wanted to do is simplify what I'm talking about.

Because this is not just for the scholars or the clinicians, or those who may look into the literature or maybe read my dissertation, I mean, I'm not reading it, but it will be coming soon in a book, so that's something to check out.

But I do touch on it in different writings and when I speak.

And in the book, I mention different things.

But I wanted it to be relatable to everyone who I'm speaking of, and that's Black women and those who support us.

Advocating for Rights and Protection

[23:24] So support our pleasure. support our, you know, our, the protection of us and our rights and everything.

And so it started out, as I mentioned, it started out, I started in HIV AIDS awareness, you know, and then even in that, you know, in sex education, you know, sexual health.

So there, so these, these topics would come up about bodily autonomy and sexual freedom, consent, and pleasure, but I wanted to be very intentional what I was including in when I speak on the hot girl movement. One, to make it, you know.

The Importance of Simplifying and Relating

[24:14] You know, uh, easily understood, you know, and also, um, relatable, but then also like, this is it.

It's simple. It's like, it's really not, it's, it's, it shouldn't be that deep.

It shouldn't have to be that deep. It's deep, but it should be simple.

And I do think it is relatable, right? Like the hot girl movement, right? That's such a catchphrase right now.

Um, And you said something too, cause you mentioned your work in AIDS and HIV education. I'm doing an episode on this later this season, but I think too, with your whole, talk about your body, your choice, your autonomy, right?

I think when we, I know I focus on pleasure a lot in my conversations on the podcast, because it's just amazing to me, women who are older than me, younger than me, who are still saying like.

[25:19] I don't know how to have an orgasm, I didn't own a vibrator, and that just blows my mind, right?

And so, to have it simplified, right?

I think focusing on the health side is just as important, right?

To know your body, know what is pleasurable, but how do you keep yourself safe and how you protect yourself.

And it is really alarming when you read these statistics about Black women, still some of the fastest growing groups in new cases.

[25:57] Yeah, it's tough, right? Like, I think it's still a taboo topic in that regard because people don't want to talk about the what ifs or the bad things that could happen if you're uneducated and not out here protecting yourself.

So I think it's great the work that you're doing, but I still feel like it's so much more to do.

No, definitely, because it takes, we need all of the above.

[26:25] There's so many real and deep conversations we can have, but we still are at the basics, you know, a body, the anatomy, you know, a basic anatomy, understanding the body and how it works.

And then also when it comes to prevention, you know, information around that, because we, like I mentioned earlier, we receive some type of, many of us receive some type of information, but it was in the delivery where it was, it isn't well received, you know, always, because it may come off as judgmental, it's limited, and it's only focusing on the negative, you know, our negative side or the consequences, you know, whereas also in that conversation, we could include pleasure, we could talk about the good, because especially when we talk about consent.

[27:28] You know, having conversations around consent, if this was wanted or not, if a certain act, you know, is wanted or not, how did you feel about this, or you know, different things, but also having conversations of what feels good to you, or what do you actually want.

So, I have the conversations around pleasure and consent together because it's important to know what is it that you do like or do not like, what do you want and do not want, and do you feel comfortable advocating and speaking up for yourself.

And so it's all important, and then also being informed of the maybe not necessarily always the statistics, but just know how you can, whatever it is that you want to.

The Importance of Conversations about Sexual Health

[28:29] Prevent or something that you want to happen. So preventing maybe STIs and what you want to happen, maybe orgasm, you know, so it's like, it's different tools that you could receive, you know, to prevent or encourage or assist with both.

And so we can have these conversations together. You know, we always, we not always, often. It is always separated, right? Often, yeah, often they are separate.

And most of the time, it's because one, they may not be informed fully of the other, you know, or comfortable talking about the other.

And so that is something, you know, different about some of us, like including myself, of starting, many of us start in prevention.

And some, you know, they stick to prevention, which is cool because it's needed.

But then there are some of us who added that healing or that pleasure piece, you know, that sex positivity into the conversation because we know that people are going to have sex, you know. Exactly.

And they're never going to stop. You know, at all ages. And so what we are here to do, and it was something that I would tell my students, the health care educators, like, we're not here to judge anybody or tell them what to do.

We're here as a resource. We're just giving them the tools so they can make informed decisions, you know, not about what's right, what's the wrong, the best or the worst. It's like, hey.

[29:58] If this is something that you don't want, or this is something you do want, or this is your goal, or this is not your goal, this is the information.

Here, we have some resources here for you.

[30:10] Off of that, I think too, we can't have the excuse anymore like, I didn't know.

[30:18] Yes, there's misinformation out there these days, but everybody has one of these, that has so much information at your fingertips. So you could find resources and information.

I think sometimes it's the woeful ignorance about it as well.

Like, I'd rather not know, but I just don't subscribe to that.

Like, I'm the type of person, like, I want to know.

I do my blood work a couple times a year.

Especially if you engage in some risky behavior, you should be doing it more frequently.

And then, and when I say risky, we all know right now, like, I can't remember what I was reading, but it was talking about how more frequently people are just having raw sex with multiple partners or unprotected sex with multiple partners without getting tested frequently, which kind of like made my head explode.

Um, and I think the poll, the, like the one poll I read, like they were questioning, and I think the one response I read, the one person was like, yeah, they had, it was at least eight partners that year, unprotected, and they had only been tested once that year. And that just, you know, stuff like that when I read it, I'm just like, get your life together.

[31:43] And I'm saying that to me, not the person, but like, get your life together, right? Because you have no idea what people could be hiding from you.

You can only control yourself.

And so, which that is important about controlling yourself and being responsible for yourself.

But also, yes, people can look up information, but we also, it's the stigma, one, it's the stigma around sex.

This is when I'm saying like we are still being stuck on the basics, so we can't even get to the deep nitty gritty when we talk about sex, because it's not just the physical.

You know, when we talk about sex, it's emotional, it's spiritual.

You know, we got to talk about how trauma, past trauma, can impact it, how we were raised, what did we see growing up, what environment we're in, how our money, you know, impacts.

[32:39] And, you know, because sometimes there are some, there may be some acts or behaviors, that may be risky, but it may contribute or help my financial situation, you know.

And so it's important, this is when I was speaking on of just being a resource, not telling people what to do, what's right and wrong, is having a certain way of how you deliver information is important with that non-judgmental piece.

Because even if it's something that a person may not believe in or agree with or don't participate in themselves, It take it take.

Open-mindedness and non-judgmental approach

[33:22] There is a certain way that you can deliver the information, and it can still be personal in a way, but the open mind and non-judgmental.

Celebrating Black Women's Bodies and Rejecting Judgment

[33:36] Piece is really important, especially when we talk about Black women, because we already experience so much shame and judgment restrictions around our bodies.

And so something a part of the movement, hot girl movement, and why I deliver it in a way that I do, one, it's fun.

[33:55] And it helps in the delivery, one, celebrate, because we already get so much critique about our body.

And so I am not interested in participating in the critique and judgment, you know, and restricting Black women, because that has been done. It's like- At Nausea.

We've done that. We've experienced that. We do it so, you know, it's done to each other, not even just other people, but as Black women doing, you know, judging each other.

It's our partners restricting and judging us, you know, and the harm that we experience.

It's not others that we, you know, when we have in conversations or maybe when we're talking about our our lived experiences today, it is someone we know.

It's somebody, you know, who is close to us, a partner or an elder friend.

And so something that is important, you know, why I talk about like what's working and I incorporate my other practices into my work.

Embracing Joy, Pleasure, and Safety

[35:08] Is really what we have to think about what is the ultimate goal for us or an individual. And so the center of what I speak on is joy, is pleasure, and having to have the conversations and consider certain behaviors or acts, and how it can support these or how is it not supporting my joy, my pleasure and my safety.

And you know, and it's like, so that's the second one, my joy, my pleasure, my safety, my body, my joy, my pleasure.

Yeah, that is. There you go, there's your next one. Because that is, I talk about that often.

Peace and serenity, serenity is in there too. That's important.

Yeah, and the politics around women's bodies is...

Frightening as well, right? Especially as we watch these conversations with the government repealing things that were once legal, like abortion, and in some states, you know, some of our red states, abortion is now...

I was reading about Texas and how like some towns are trying to make it illegal for you to cross through to get to another state to get a safe abortion.

[36:32] Insanity. And so it's just with doing all of this and being mindful of yourself, your pleasure, your choice, your safety, and then you have to worry about the politics around what you can do for your body and your health decisions too.

It's a lot. It is. And so my body, the body autonomy me is pertaining to reproductive justice and, you know, being able to make those decisions around our body in that way.

So I was watching, funny thing, random, it's related.

Government Policies Reflecting Fear and Autonomy over Bodies

[37:12] I was watching an anime episode, but it was really deep.

It was a quote that government policies reflect our fears.

You know, yeah, that's deep. It's deep, you know, and it's like that's so real, you know, just thinking of how, you know, policies that's put into place, policies, you know, different laws as being reversed.

And it's like, it is reflective of a fear. and there is a fear of women, those with vulvas, or, you know.

[37:49] Of being able to decide if how they want to utilize or exist with their own bodies, you know, and especially as it pertains to.

Historical Oppression and Marginalized Groups

[38:06] When, you know, Black women or women of color, marginalized groups, is how historically our bodies have been used for the benefit, the profit, you know, the pleasure for others.

And so when, and now that we are speaking up and out about what we want to do, what we not about to do, and if you're going to be here, what you got to do to it, for it, you know.

And when you preaching now, this is it is like, you know, now I don't care because I, you know, we try so, you know, so many ways we try to be respectable.

So respectability politics of like, if I carry myself in this way, if I do this, if I wear this, I'm good, I'm safe.

And it's still don't mean shit, right? Like still happen. Harm can still happen.

Restriction, all these different things can still happen. And so some, there's a, it's a collective, this is what the hot girl movement is like a collective of black women and others and fems, fems, other like nine, even nine.

[39:20] You know, just not even just.

So when I talk about the hot girl, I'm talking about black women and fems, but just seeing how it is also noticeable in other groups as well of what's going on.

But when I talk about Black women and femmes or with hot girl movement, it's a collective decision to be like, to just like, I don't care.

It's like unapologetically, you know.

[39:48] Celebrating themselves, their bodies, talk about they, you know, they walk And, you know, and their thickness, the beautiful, you know, just being just unapologetic and being free. And, of course, it's going to upset, you know, some people, it's going to make people uncomfortable.

And typically, it's people who either have benefited from that oppression, that, you know, that oppression of Black women, and those who have internalized that oppression oppression, and feel like this is something we still got to hold on to that, like, propriety of like, of just being this, you know, this respectable woman, you know, and that's something that we, we have carried on, because that was something we had to do to protect ourselves, to for protection, while enslaved, and even after chattel slavery was, you know, you know, no longer legal, there were still other ways, you know, we've seen this in other ways, especially when it comes to.

[40:55] Reproductive health, you know, and even the history, the origins of gynecology at the expense of black women, enslaved black women's bodies.

I mean, you know, and so it's so, people say what they gonna say, you know, but I will always stand with the black women.

I don't care whether they being called Ratchet, The Hoes, The Sluts, whatever it is. I'm standing. I'm going to continue to stand because I am that girl. And with my educated self or whatever, but I'm multifaceted. Yeah, it's duality there, right? It is. People feel like they had to choose the professional self or the respectable self or this free, beautiful vixen or whatever it is.

[41:49] But it's like, I continue to stand with the Megan Thee Stallions, the Cardi B's, Sexy Red, Suki, because they are speaking, they may say it in a way where people are not comfortable with some things that they're saying.

And sometimes people don't even know, because it's some things that they're saying, it's like, look, it's like, I know, and this may sound crazy. They be hitting it.

But I was like, this is actually true.

I was like, this is something that is actually happening and being desired, you know, and actually some people enjoy, you know, so it's like, again, coming back to joy and pleasure, what feels good, just because you don't like it, or you are familiar with it, you know, that doesn't mean that I can't participate in it, or that I shouldn't celebrate it, you know, and so when you said, you said something earlier about.

[42:41] What did you say, it was basically about, getting yourself together, focusing on yourself, like that's really important in this work, you know, of checking your own stuff, you know, and checking your messages, because you could be participating in the oppression.

And a lot of times we do. A lot of times we do and we don't realize it, right? Yeah.

Because I do sometimes, right, like you just mentioned Suki and Sexy Red, And I see some of the commentary around both of them, right?

And even though it's not something I would personally do, I think she should still have the freedom to do it, right?

So, um... But I rock with it, right?

Like, that's my whole... spiel here, is responsible and ratchet.

Because there's power and duality, and most people live their life straddling, you know, that fence. Um...

I, you said something too about, and we got to wrap up, but I love the whole spiel about like, I'm going to ride for Black women.

[43:53] We, I know we are our sister's keepers, right? Like, but we still can be harmful to each other as well.

We can still be judgmental. And like I just said, I'm often guilty of it too.

And I kind of try to check myself or I'll make a little note, like, let me write, let me talk about this in therapy because I'm sure something rooted there and my therapist will dig. And sometimes it's nothing.

Sometimes it is something a little deeper.

But I do think as we are all, well, not everybody listens to Black women, but mostly Black women.

But I do think just as much as we, just be mindful to keep extending grace to your sister, right? And to yourself because yes to yourself, ourselves up for sure as much.

We're always our own worst critic. Yeah, yeah.
So that's important. That's I think that's the most important.
You know, showing, you know, giving yourself grace, you know.

[44:59] In so many ways because we were we uh most of us were not given what we needed, no we really have you know successful healthy um positive loving relationships with ourselves let alone with others and so we are trying to figure things out and we think we have it like one person or a group thing, like this is how you're supposed to do it, and everybody should do it this way. If you don't do it this way, you're wrong.

[45:32] There are many ways to tap into that, and also it can look different from the next person. And so that's something Audre Lorde speaks on that of us celebrating the differences, not just finding the ways.
Yes, we have identities and experiences that bind us, connect us, but also we can celebrate those differences and still be like, hey, that ain't my thing.

[46:02] Do your thing. It's like, all right, and you don't deserve to be harmed or ridiculed. Yeah, all these different things torn down just because you're doing something that is different. Just think if nobody ever did anything different or that challenged the system. Think of where we would be, you know, we would still be in chattel slavery, in the actual chattel slavery and not in what it looks like today, but yeah, 1000%.
So this is the perfect segue for us to wrap up our interview and move into what I call the breakdown.
So I'm gonna say one word and you can respond with another word, a phrase, a sound, whatever first comes to mind. Okay. All right.
First one, black women. Yes.

[47:03] Pleasure.
Always.
Release.
That shit.
Twerking is my therapy.
Joy is a choice, it's a lifestyle. Safety.

Discussing Adina Howard and unconditional love.

[47:38] Shouldn't be conditional. And last one, Adina Howard.
Freak like me.
All right, Dr. Francis, if you can tell everyone where they can find you on the internet, on social media, anything you want to plug, go, go, go.
Okay, cool. So I am Dr. Clarissa Francis, the real hot girl doc, and so you can find me Primarily on Instagram, Facebook, TheRealHotGirlDoc, and website, drclarissafrances.com.

Hot Girl Movement Merch and Book Available

[48:18] And my online store where you can have your own Hot Girl Movement merch and a copy of my book, *Freak Like Me*, at therealhotgirldoc.com.

In all of these, you're able to get to the online store, past recordings, interviews, writings, and other upcoming events through any of those ways, from the website, Instagram, in my bio, Facebook.

I typically keep it updated of what my upcoming events are.

I am often speaking, either I'm speaking, vending, I offer consulting around black sexual education.

Available to speak, available to offer workshop for training and vending, and also assist and support in event planning around Bye.

Black sexual liberation and pleasure.

[49:34] Awesome. Well, thank you again for joining us on this episode.

It was great talking to you. Thank you. Thank you for having me.

All right, that is it for this week's episode. I want to thank our guest, Dr. Clarissa Francis, the hot girl doc.

Be sure to follow and support her endeavors.

Also, be sure if you want to cop a WeVibe wand at a special discounted price over \$60 off, okay, over \$60 off for Boonie Breakdown listeners.

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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.

Namaste, until next time.

[50:54] Music.