



an

anti-

amatanormativity

workbook

for

anarcho-faggots

to do

with ur friends

<3

[vol 1]



## how to use this zine:

by yourself! with others! throw a fucking workshop! reflect! discuss! write answers! practice asking questions! write notes! draw pictures! make jerry falwell roll in his fucking grave! do what you want! what do you want? do you want this or is this something you're expected to want? what do you desire? what are your needs? how can you best support others? how do you want to support others? how can you best enable the community around you to flourish? how do they enable you?



The problem is that being the subject of attraction is hard. It's hard to be the person who is desiring someone else. It is an achievement to actually create a self in a given situation that can bear the experience of desire for another person. When I flirt, I'm not trying to convince you to like me. I'm trying to give you permission to display toward me the attraction that you already have. You will appreciate this because it is hard.

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ap, dec 2025  
abject.noblogs.org*

- Andrea Long Chu





What are your mental and/or physical access needs before/during/ after sex and how can I best support these needs?

## dismantle relationships

### intimacy

### emotional

feelings  
connection  
support  
vulnerability  
security  
authenticity

### physical

proximity  
movement  
gestures of familiarity  
touch  
comfort  
cuddling  
kissing

### sexual

pleasure  
desire  
stimulation  
sexual roles  
kink  
exploring  
learning & unlearning

### community

### companionship

interests  
activities  
events  
time

### collaboration

spaces  
responsibilities  
resources  
skills  
creating  
problem solving  
growth  
short & long term goals

### (anti) capital

### transactional

services  
goods  
compensation  
lending  
donations

### communal

funds  
bills  
accounts

*this list is not intended to be complete, add anything else as needed!*

## create your own

any combination of these building blocks can define the relationship between you and someone else

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discuss and collaborate with each other, avoid blueprints, break norms

center and work to mitigate hierarchies in your discussions in order to build shared awareness, solidarity, and liberatory joy

## differences in hierarchy

marginalization  
access to power  
punitive consequences  
existing support structures  
mental/physical/spiritual needs

## cultivates:

hegemonic norms  
objectification  
inequity  
conflict & toxic environments

dismantle  
labels

*what do these labels or terms mean to you? how about other people? how could you use them differently? destructively? redefine them? throw them out?*

dating

partner

lover

"just" friends

friends

platonic

comrade

casual

sexual

bonding

community

intimacy

support

love

CRUSH

How do you practice safe sex and what is your preference for how we practice safe sex together?

Have you recently been tested for HIV/AIDS and STDs? What were the results of those tests?

*anything you think is missing? add them!!*



## authentic yes/no/maybe calculator



Use this tool when someone asks you to do something and you want to make sure you answer authentically, rather than on autopilot.

- Do I feel dread?
- How does my body feel when I think about the thing I am being asked (Consider temperature, texture, skin sensations, what your guts feel like whether you feel light or heavy, cloudy or clear, any pain, irritation, numbness, or tingling.)
- Am I delaying answering? If so, why?
- Am I afraid to ask for more time before answering? If so, what am I afraid of?
- Do I feel like I should say yes? Why?
- Do I have a story about what saying yes or no will mean about me?
- Am I being realistic about what this will be like?
- Am I being honest about how much time and energy this will take? What do I know from past experiences?
- Am I being honest about what interacting with these people/this person will be like? What do I know from past experience that can make this clearer?
- What will it take to recover from this?
- If I believed I am already okay exactly as I am and that whatever I want to do or not do is okay, what would I say to this request?"
- Do I need more time to examine my feelings so I know whether I want to do this or not? Can I ask for more time?"

Do you like to be penetrated or to penetrate others, and if so, in what ways?

Do you like to give or receive oral sex, and if so, in what ways?

## GROW YOUR RELATIONSHIPS, DON'T ESCALATE THEM

differentiate early and often! celebrate and support each other's differences and autonomy.

fall in love with all your friends! platonically, non-platonically, anything above, outside, or in-between. collaborate on where you want to build your relationship towards.

share spaces and resources freely! throw more skillshares! enable each other's passions and growth.

make more mistakes together! cause trouble! break systems and norms! support and love the fuck out of each other.

build communities not couples! involve each other and avoid exclusivity.

## SEX IOI



*practice asking! practice answering authentically! what do you actually want, desire or need?*

- What are your physical boundaries? Where and how do you like to be touched /don't want to be touched?
- What names/pronouns do you prefer in the bedroom? Are there ways of touching you/fucking you that make you feel validated in your gender identity?
- Are there words you prefer to use for specific parts of your body? Are there any that you don't want used?
- Is orgasm always (or ever) an end goal with you, and if not, how do you prefer to pleasurably end a sex act with someone?
- What are some go-to sexual acts that you really enjoy? What about these things do you find enjoyable?
- Do you like to give or receive oral sex, and if so, in what ways?
- Do you like to be penetrated or to penetrate others, and if so, in what ways?
- Is there anything you are open to exploring and what are you absolutely not interested in?
- How do you practice safe sex and what is your preference for how we practice safe sex together?
- Have you recently been tested for HIV/AIDS and STDs? What were the results of those tests?
- What are your mental and/or physical access needs before/during/after sex and how can I best support these needs?
- What is your preferred form of aftercare and what can I do to make sure you feel comfortable and safe after sex?

**What are some go-to sexual acts that you really enjoy? What about these things do you find enjoyable?**



**Is orgasm always (or ever) an end goal with you, and if not, how do you prefer to pleasurably end a sex act with someone?**

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**What are your physical boundaries? Where and how do you like to be touched/don't want to be touched?**

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