

LINK

Five Myths about Porn | Bangin' Hangouts
on Campus from 2013 | Student Sex
Confessions | Options for Pregnancy
Prevention | Finding Balance with a
Relationship on Campus | And More!



SEX





feb 10 - 14

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The Trial Month is Over

It's wild to think that we're already in the second month of 2020. Is it just me, or did January go by too fast? It started out confident, but then it was back to the BCIT grind before I knew it.

It seems like I wasn't the only one who felt this way. The library was nearly empty the first couple weeks of school, then suddenly, nearly every seat was taken by students with panicked or confused looks.

If I were to compare last month to something, it would be a person. January was your midnight kiss at the Roaring Twenties New Years' eve party. They spoke hopeful sweet nothings in your ear in the taxi all the way to their place, but when you get there, it was missionary and three strokes long.

And hearing, 'Was it good for you?'

And hearing, 'Did you come?'

In this sex issue, we touch on porn and relationships, with a cheeky throwback to the best places to fool around on campus (p. 20) from 2013.

Conversations about sex—such as whether or not size matters, and landscaping preferences—haven't changed since then; however, body positivity, inclusivity and technological advances have risen dramatically.

CDB oil lubricants, Yoni Eggs, vegan condoms, *Call Me By Your Name*, and women coming first (as they always should), for example.

If January was a person, you would have most likely tried to (calmly, yet frantically) message your best friend to get you out of that sticky situation by calling in an "emergency." You're thinking you should have hung out with your best friend and watched *Magic Mike: XXL* instead.

As we get into the next month, I see students settling back into their school routines, changing positions, and kicking it into high gear. Now that our trial month is over, let's begin 2020.

—Link Editorial Team

LINK

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We feature exceptional people in our community, big ideas in a changing world, and evolving social dialogue.

We welcome writers, photographers and artists of all backgrounds and abilities. Our purpose is to provide a collaborative platform for student expression, and to connect you with one another's stories and experiences.

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Have an idea? Contact us!

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CAMPUS
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Magazine **BC**
association of

TO OUR READERS:

We at *Link* would like to hold ourselves accountable and want to ensure that our issues are diverse. We wish to acknowledge that we are aware this issue may be lacking certain diverse voices and lived experiences. We are actively working to correct that in future issues.

We would like to encourage readers from underrepresented communities to speak with us, if they're comfortable, about topics and articles that they would like to see in *Link*. *Link* is meant to represent all student voices, and we look forward to talking to you about improving our inclusion.

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REVIEWS



STEAMWORKS: ESPRESSO STOUT

The Steamworks Espresso Stout is a light-bodied heavily malted beer perfect for the winter season and for lovers of both coffee and beer. Steamworks infused this beer with 7,000 shots of espresso per batch (that's a lot), this is very obvious in the flavour as it tastes more like a coffee than any stout I've ever had. The closest comparison I can make to this beer is quite seriously an iced americano, the only difference being the malted flavour of the beer and the light caramelized flavour that hits the tongue. By no means is that a knock against the beer that Steamworks has brewed it is actually quite impeccable. It seeks to deliver a fresh espresso flavour and it knocks it out of the park completely. That being said this beer does lack something for me as a drinker. It's a 6% ABV beer with a heavy malt but the body is so light that I crave more substance. It drinks like more of a dark lager than a stout, I just wish this beer had a bit more to its body so the texture matched the richness of the flavour profile. Steamworks does an excellent job with this beer at the lower price point, it's the perfect beer to have if you're snowed in, or if you simply want to enjoy a beer at the bar with your friends.

—Zach Kiedaisch



MARRIAGE STORY

This movie pits the two ideas of falling in and out of love against each other. A stage director, Charlie, (Adam Driver) and his actor wife, Nicole, (Scarlett Johansen) endure a grinding divorce through the film that brings out the best and worst of them. They ping pong from coast to coast, while fighting for the custody of their child, Henry (Azhy Robertson). Henry acts as an audience surrogate, unable to comprehend or control what happens around him.

Nicole leads a life in the shadow of her husband Charlie, acting in his stage plays. Charlie directs the way she cries, poses, and even smiles on stage. That overwhelming sense of direction and control from him trickles into their home life, even when the curtains are drawn.

Nicole wants to start a new life in LA, but Charlie refuses to leave New York and the life he built brick by brick. He has a theatre family there, one he built for years. The audience sees that the more they try to make it work, the more they smother each other's dreams.

The performances were brilliant. The more I saw of Scarlett Johansson (Nicole) and Adam Driver (Charlie), the more I felt conflicted with my own sense of right and wrong. Who is to blame for the marital issues? Is it the husband who worships his work to the extreme, or is it the wife who loves her work but wants more of a personal life, outside her family? Through the panache of Noah Baumbach (writer, director, producer) both sides of the coin are shown. The viewers are thrust in the middle, like a fox between two hares, unable to choose a side.

When Nicole eventually migrates to LA to restart her life, with the luxury of having her own choices, Charlie follows to bring her back. The struggle to reignite their faded love is poignant.

Marriage Story has its viewers reflect on the idea that you can spend most of your prime with one person, but the comforts and boundaries of love in a marriage can be shattered at any moment.

This film makes us wonder whether it is better to move on, or to fight for what once was.

In Nicole's first monologue she says, "it took me two seconds to fall in love with him." Just like that, this movie makes you fall in love with it, only to turn on you, and make you question your ideals on love and marriage.

For: Those who enjoyed *Blue Valentine*.

—Abhinandan Murali

Circles by Mac Miller

The hip-hop artist's posthumous album dropped on January 17

words Tai Ali



Mac Miller's death in 2018 sent shockwaves throughout the entire rap and music industry. Before his accidental overdose at age 26, he collaborated and befriended some of this generations' greatest artists like Kendrick Lamar, Ariana Grande, and Lil Wayne.

Many artists including J. Cole, G-Eazy, Anderson Paak, Halsey, and various others paid tribute in concert and on Twitter for the Pittsburgh native. Everyone who worked with him concluded his friendship and talent were genuine. From his first studio album, *Blue Slide Park*, to *Circles*, Miller's musical growth was evident. He went from a 19 year-old kid making music for his age demographic, to a 26 year-old musical legend with an everlasting legacy.

Miller's family announced the posthumous album one week prior to its release and shared a track, "Good News," on all streaming platforms.

Circles is meant to be a companion to his 2018 album, *Swimming*. On *Swimming*, Miller provides a perfect mixture of rapping and occasional singing, professing his mental state and heartbreak, following his split with Ariana Grande.

In contrast, *Circles* is entirely a singer-songwriter album except for the tenth song, "Hands." The album carries the weight of heavy and impactful lyrics under light and airy musical tones.

Together, the two complete the thought 'swimming in circles'. Moving forward, but in no particular direction.

Circles is emotional, vulnerable, raw, and vastly different than any of his other projects. With an incredibly deep discography, Miller's soul will live on through his music for generations.

With lyrics like, "I'm lookin' for balance/I'm in an oasis/well, I need somebody to save me/before I drive myself crazy," Miller continues to be open and honest about his mental health and drug problems, as he always has. This 12-track project is a depiction of Miller's innermost thoughts and follows up *Swimming* beautifully.

The artist has always been open about his struggles with addiction and health, in interviews and more prevalently, his music. He showed fame and money aren't everything if you aren't truly happy. As a fan of his music since he first started out, I am still deeply saddened by his passing.

Rest in peace and happy belated birthday, Mac.

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Royal Exit **London, England**

The Duke and Duchess of Sussex have announced that they will step back as senior members of the British Royal Family. On Instagram, the couple posted that they will divide their time between Britain and North America, as well as become financially independent from the royals. Queen Elizabeth II then called a family meeting—dubbed the “Sandringham Summit”—to discuss the terms of their exit. The Queen allowed Harry and Meghan to step down, but they will lose their royal highness titles.



Lebanese Protests **Beirut, Lebanon**

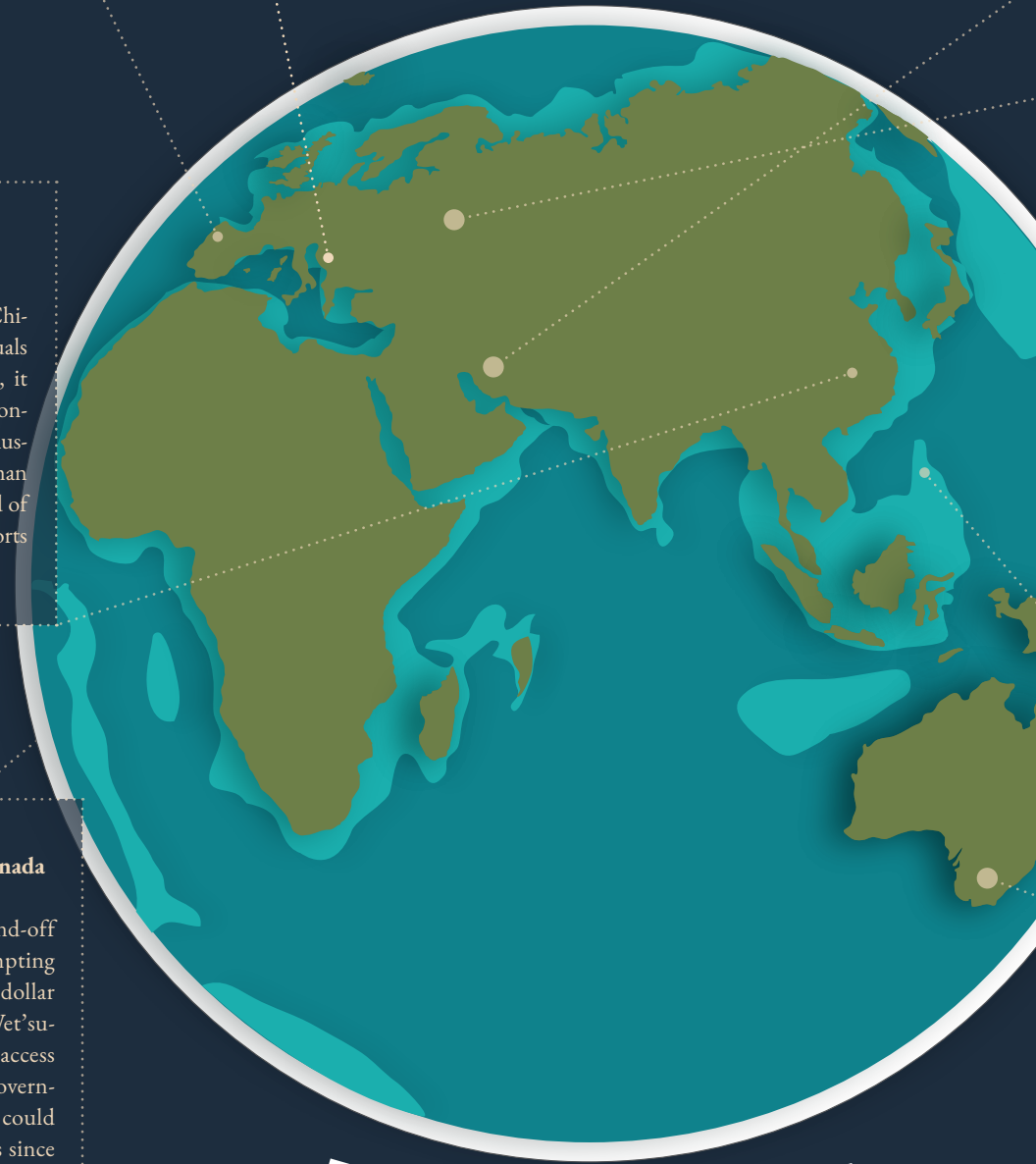
Lebanese police fired bullets and tear gas at demonstrators rioting over Lebanon’s financial crisis. The formation of a new government was at an impasse after their previous prime minister resigned in October 2019. The riots went on until a new government was formed in January. Protesters tried to invade and throw stones at the parliament building. Over 460 people were injured.

GOOGLE THIS:



Coronavirus Outbreak **Wuhan Province, China**

A deadly coronavirus, originating from the Chinese province of Wuhan, has infected individuals from five different countries. From Wuhan, it spread to Beijing and Shanghai, then internationally to Thailand, Japan, France, the US, and Australia. The virus spreads from human-to-human contact. The death toll rose to 259 by the end of January, with 11’948 cases confirmed. Airports are on high alert.



Wet’suwet’en Protests **Wet’suwet’en Territory, Northern BC, Canada**

Anti-pipeline protesters and the RCMP stand-off on Wet’suwet’en land. Activists are attempting to stop the construction of the 6.6 billion-dollar Coastal Gaslink pipeline set to run on Wet’suwet’en territory. Hereditary Chiefs denied access for the pipeline to be built, but the BC government said that opponents of the pipeline could not block Coastal Gaslink. The RCMP has since made 14 arrests.



JANUARY

Flight 752 **Tehran, Iran**



Iranian surface-to-air missiles struck a Ukrainian Airlines Boeing 787 that killed all 176 people on board. Enroute from Tehran to Kiev, the fateful Flight 752 victims included 82 Iranians, 63 Canadians, and 11 from other nations. The tragedy followed a U.S. drone strike in Baghdad that targeted and killed Qasem Soleimani, the general of the Iran's Quds Forces. Prime Minister Justin Trudeau has asked Iran to release the flight's "black box" recordings to aid the investigation.

Russian Government Shakeup **Moscow, Russia**



Russian President Vladimir Putin approved a new government that could groom the government before he is obliged to step down as president in 2024. His long-time ally, Dmitry Medvedev, stepped down as Prime Minister and will be replaced by former tax chief, Mikhail Mishustin. Putin said that his appointments would reboot the Russian political system.



Extreme Blizzard **St. Johns, Newfoundland, Canada**

A rapturous blizzard swept the streets of St. Johns, which trapped many people in their homes for several days. More than 70 centimeters fell on some areas, going over the height of cars and doors. The government of St. Johns declared a state of emergency, where all stores were ordered to close. Many were left with a dwindling food supply until the blizzard ceased.



Trump Impeachment Trial **Washington, D.C., USA**

The Republican-led US Senate has rejected the Democratic Party's request to subpoena key White House witnesses to Donald Trump allegedly calling in favours from Ukrainian president, Volodymyr Zelensky. Donald Trump is charged with ordering reconnaissance against political opponent Joe Biden's son. The US Congress drafted articles of impeachment in December 2019, and the Senate has to determine if Donald Trump is guilty of charges before he is ordered to step away from office.

Taal Volcano Eruption **Batangas, Philippines**

The Taal Volcano in the Philippine province of Batangas erupted for the first time since 1977. The Philippine Institute of Volcanology issued an Alert Level 4, forcing over 150,000 to evacuate. The volcanic activity has since calmed, but scientists pinpointed signs that Taal could erupt again in the very near future. The eruption also posed barriers to life returning to normal, with ash contaminating water supplies and habitats.



Australian Bushfires **Australia**



Bushfires broke out and swept across Australia as a result of drought and record-breaking temperatures. More than 100 fires emerged, where the most active fires severely affected the regions of New South Wales and Victoria. Twenty-eight people have died, on top of thousands of animal casualties. Environmentalists pinpointed climate change as the catalyst for the disasters.

Campus Relationships: Finding Balance

words Maria Diment

When I first stepped onto the BCIT campus, I had no intention of falling in love. Neither did he.

His name is Tai. We're both taking a two-year broadcast journalism program. He instantly caught my eye on orientation day. He asked for my number, and since then, we've texted each other non-stop.

We dated for a month before we became official, and this gave me plenty of time to consider the risks. I had to seriously consider if I wanted to commit to a relationship right then.

Post-secondary, like any job, sets a standard of professionalism. Just as you wouldn't mix work and romance, many would advise not to mix romance with school. The biggest risk was the relationship ending poorly. We're going to be stuck in the same program for two years, so we don't want to make things awkward down the line.

On balancing school and love

Early on, I brought up the topic of commitment to Tai. How serious was he about us? Asking this before entering any relationship is important. Think about what type of relationship you're hoping for—a hookup or a long-term commitment? From there, figure out the boundary between work and feelings. Be honest. If either person is not committed as the other, the relationship may see a poor ending.

Next, we had to define our priorities. How does one balance a relationship with an intense workload? On top of a busy BCIT schedule, figuring out how to dedicate time to my significant other (SO) was a challenge. The first few weeks seemed easy, but the work piled up eventually.

Tai and I needed to make time for each other, so we compared our schedules; we figured out what classes we had together and where we had overlapping breaks. We take the same route to campus, so commuting became another way for us to spend time together.

BCIT curriculums may be time-consuming, but that doesn't mean you can't work a love life in.

School romances have their advantages

Being in the same program, Tai and I also get to use each other as resources. We're there to help and support each other through the steep learning curve. We study together, carry each other's equipment, and proofread each other's work.

There have been numerous moments when I'm on the verge of breaking down. However, as soon as I hear Tai's voice over the phone, my worries quiet down. In the end, we cheer each other on.

Being a single student has many advantages. A single student has the freedom to focus on themselves, to just think about their grades and future. A relationship will take away this valuable time. Schoolwork entails a lot of stress and pressure, but love can be a way to break that tension.

Tai and I, for example, don't think of each other as chores, but rather, as support. We're simply holding hands as we pursue our respective goals and paths.

Drawing the line between professionalism and affection

Hookups and flings are common in companies—some employees even develop long-term relationships. There are no laws against working relationships, but there can be policies in place. Per BC regulations, a workplace relationship would go against HR policy if it can influence your performance, work conditions, or your salary.¹ If that isn't a worry, consider if the relationship goes against the employer's interest. Finally, make sure to read up on company policy. The last thing you want is to compromise your job.

Unless you are breaking a rule or going against a policy, the main thing that would work against a professional relationship would be how you conduct yourselves in a professional setting.

This means no Public Displays of Affection (PDA) or flirting in the workplace. Our program at BCIT simulates a workplace setting, so Tai and I had to agree on how to conduct ourselves. We try to work with other people on assignments as much as possible, and only occasionally work with each other. This way, we're not isolating ourselves into our own bubble away from our classmates. We've also established how much affection is appropriate to show in public.

If permitted, a relationship in a professional setting is very much possible with the right people. Ask yourself if you're able to manage it and be aware of the risks and sacrifices you may face.

¹ Human Resources Policies (2019). [italics]Standards of Conduct for Public Service Employees. Government of British Columbia."



Baba Ghanoush

Andrew Williamson



I make Baba Ghanoush in a small food processor, but it will work fine in any blender. It's good smooth or a bit chunky, so blitz to your preference. If you want this a bit spicy, which I recommend, add the cayenne pepper otherwise omit this. This is perfect with crackers or flatbread and will keep for 4-5 days.

Ingredients:

- 1 whole globe eggplant
- 2 beets
- 1/3 cup tahini
- 2 tsp lemon juice
- 2 minced garlic cloves
- ½ tsp salt
- 1 tsp paprika
- 1 tsp cayenne pepper (optional)

Directions

1. Preheat the oven to 375°C.
2. Wash the eggplant and cut the ends and half the skin off. The skin has good nutrients, but too much can make the dip bitter. Cut the eggplant into quarters.
3. Peel the beets (your hands will turn red) and cut them into quarters.
4. Lay the eggplant and beets on a baking sheet. Drizzle oil over them and season with salt and pepper.
5. Roast in the oven for 25-30 minutes – you want the eggplant to be golden brown at minimum. Let cool for 5 minutes.
6. Place the eggplant, beets and all other ingredients into the food processor or blender. Blend to your desired smoothness. Add salt to taste.



10 mins



30 mins



5



Tabbouleh

Andrew Williamson



20 mins



10 mins



Aside from the monotonous task of chopping vegetables, Tabbouleh is a painless recipe. It shouldn't take any longer than 20 minutes to prepare, and then you're set for lunches for a few days. To prevent the vegetables from getting soggy, I usually put the dressing in a separate container and add a little to my lunch container with each day.

Typically I use chickpeas, but if you wanted some more protein, you could add cooked lentils or chicken. Feta would be another great addition, but you may have to cut down on the salt in the dressing.

For the Tabbouleh:

- 1 ½ cups couscous
- 1 cucumber
- 1 bell pepper
- 2-3 Roma tomatoes (or any other tomato)
- ½ red onion
- ½ cup parsley
- ½ cup mint
- 1 can chickpeas

For the dressing:

- 1/3 cup oil
- 1/3 cup lemon juice
- 2 tsp soy sauce
- 2 minced garlic cloves
- 2 tsp basil (dried)
- ½ tsp salt
- pepper to taste

Directions

1. In a small pot, boil 1 ¾ cups of water. Remove from the heat when it reaches a boil and add the couscous. Cover the pot with a lid and let it sit for a few minutes.
2. Take the lid off and fluff the couscous with a fork. Then allow this to cool.
3. Dice the vegetables and add into a large mixing bowl.
4. Add the cooked and cooled couscous, as well as the mint and parsley.
5. Add dressing.



SEX CONFESSI

"We were making out and taking each other's clothes off. Everything was good until he touched my [breasts]... then he literally came all over me. It was hella awkward."

—Deleting Tinder Forever

"She said her ex's name right before she came. Wasn't ideal for our first anniversary."

—Can't Bone Like Brad Apparently

"Going at it pretty hard. Slipped, fell off the bed, separated my shoulder. Finished though."

—Determined

"When I was in high school, my then-boyfriend and I did it in the pool while we were drunk and he threw the condom away in the backyard. Before I could get it in the morning, I woke up to What is THIS? And my mom shaking me, with the condom in her hand."

—R.I.P.

ONS

"During my gap year, I was hooking up with a girl and she screamed at the top of her lungs right before I came. There was a massive spider on the wall, and I cried trying to kill it."

—I Hate Spiders

"Once, I was in a guy's car and he handed me a towel. It was the same one he used when he took his dog to the beach. We never spoke again."

—Not a Dog

"I came home at 3AM to see my flat-mate [screwing] some girl on the living room couch. I have to walk past the couch to get my bedroom. Didn't see them but saw his butt cheeks and thought nope and ran to my friend's house!"

—Looking For a New Roommate

5 Myths About Porn DEBUNKED

Pornographic Movie Magic

words Hildegard Laird



*The internet is for porn! The internet is for porn!
Why do you think the net was born?
Porn! Porn! Porn!*

*I'm glad we have this new technology. (For porn!)
Which gives us untold opportunity. (For porn!)
Right from your own desktop.
For p—...*

— *“The Internet is for Porn” from Avenue Q, as performed by Rick Lyon,
Stephanie D'Abruzzo, and the Avenue Q Ensemble*

The internet is ripe with porn. Not only are genres and platforms growing more diverse, but it's getting to be more accessible to anyone, especially the inexperienced. If your parents didn't bother giving you “the talk,” or you managed to avoid the mandatory Sex Ed seminars in middle school, I sincerely hope you don't search up the top results on Pornhub for sensible bedroom techniques.

Making a porno can be like making any action movie. A lot of planning, direction, and special effects go into making superheroes fly, as well as making porn stars jizz on cue. The scenes take multiple takes, have protective measures in place, and are scripted to ensure that the story plays out seamlessly. In pornography's case, it's the flawless and convenient sex.

Performers in both adult and action movies all serve to elicit one thing from their audience—fantasy. Whether it's power fantasies or sexual fantasies, reenacting these scenarios in real life takes plenty of effort; summoning an orgasm is not that much easier than summoning super strength.

There's plenty of movie magic that goes into making pornographic films, which props up sex as a picture-perfect scenario when nothing awkward happens.

While porn can serve multiple purposes, it does not make for good sex education. It could motivate people to spice up their lovemaking, or on the other hand, it could over-glamourize sexual ideals to the point of lessening the satisfaction of the real thing. Watching porn can set a standard for sex lives, for better or worse. And often, it's unrealistic

So, what does porn get wrong about sex?

Myth: “Lasting” for 45 minutes is the norm

Male performers always seem to be able to pound away for ages, never losing their cool. If you come across a porn video that lasts for 45 minutes or more, often the penises stay tall and rock-solid for the entire duration of intercourse, never pausing to make sure they don't cum early. This can happen in real life, but you shouldn't expect it from everyone, every time. The average cis male lasts for 5-6 minutes during heterosexual penetrative sex. Thanks to training, boredom (it is their job) and video editing, pornography can cut out the moments they ejaculate early, they need to pause, or they lose their erection. Don't expect yourself (or your partners) to meet those high standards.

Myth: The bigger the better.

Big dick energy is overrepresented in porn. All body parts come in different shapes and sizes, and genitalia are no different. In both heterosexual and homosexual pornography, extra-large penises are always idealized. The directors heighten sexual tension by using penis size as a form of powerplay, particularly in films that dabble in dom-sub dynamics.

The average erect penis rises to about 13 centimeters, but by porn standards, that length is subpar. Porn videos tend to show off 20-centimeter masts or more, which only account for less than three per cent of men. They simply show up better on-camera. And no, bigger does not always result in more pleasure; plenty of people who are attracted to men would also opt for less volume. Like anything, dick size is a personal preference.

Myth: Not a hair out of place

Do most people go bare down there? Au contraire, pubic hair is everywhere! Not even just down there, but hair can sprout from armpits, forearms, and other areas that folks are socially pressured to mow off.

Getting a Brazilian wax is not the standard. The hair that grows in your nether regions comes in varying thickness, patterns, and textures. Waxing can be an expensive and painful procedure, and there are other ways to tend to the garden—whether it be simply trimming it down or even letting it all spring up. In gay porn, younger performers tend to have no hair in their genital areas at all. Pornography often gives in to beauty ideals of being hairless, which unfortunately, taps into people's insecurities and polices them to tame natural hair growth.

Myth: Orgasms come together fast and easy.

Sorry to break it to you folks, but people with vaginas sometimes fake their orgasms, and many have never even had an orgasm. Porn makes it seem like women come to rapturous climax at the right time, usually three-quarters of the way into the video. It also seems like both (or all) participants come simultaneously, which is seldom the case. Also, for those with penises, you rarely jizz as much as the amount that porn stars do. Often, production adds more liquid to increase the gooeyness of the ejaculation. There are also pills that increase ejaculation volume that porn producers could have handy. So, if your partner is having a tough time coming, don't take it personally.

Myth: Consent and protection are not sexy.

Porn makes everything seem convenient. You can sleep with your professor, plumber, or your girlfriend's dad without consequence. In a typical porno storyline, the characters meet, some cheesy lines are quipped, their animal instincts get triggered, and suddenly they're on the ground tearing each other's clothes off. Not one second spared to ask, "Do you have a condom?" or "Is doggy style okay with you?"

First off, the porn industry has plenty of consent regulations in place prior to production. Consent happens before the camera rolls. The actors have to sign off on paperwork that declares they're okay with whichever sexual moves and positions that they're slated to perform. If they get spanked on video, for example, that is on-cue. Porn can also minimize the importance of protection; condoms are considered less appealing to the audience, so porn often opts out of wearing them. Safe and consensual sex is important, people.

While porn can give the wrong impression, there is nothing wrong with clicking around Pornhub or SeanCody on special occasions. Porn is always there (so, so much of it) to satisfy your bodily needs if you want to feel a certain type of way. Just be cognizant of the fact that pornos are not instructional videos. Be choosy on the things you'd want to try at home, don't expect your body to act the same way actors do in the videos, and always be respectful with your partners!





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Time: 5:00 - 7:00 pm

Location: Council Chambers, 3rd floor of the SE2 Building



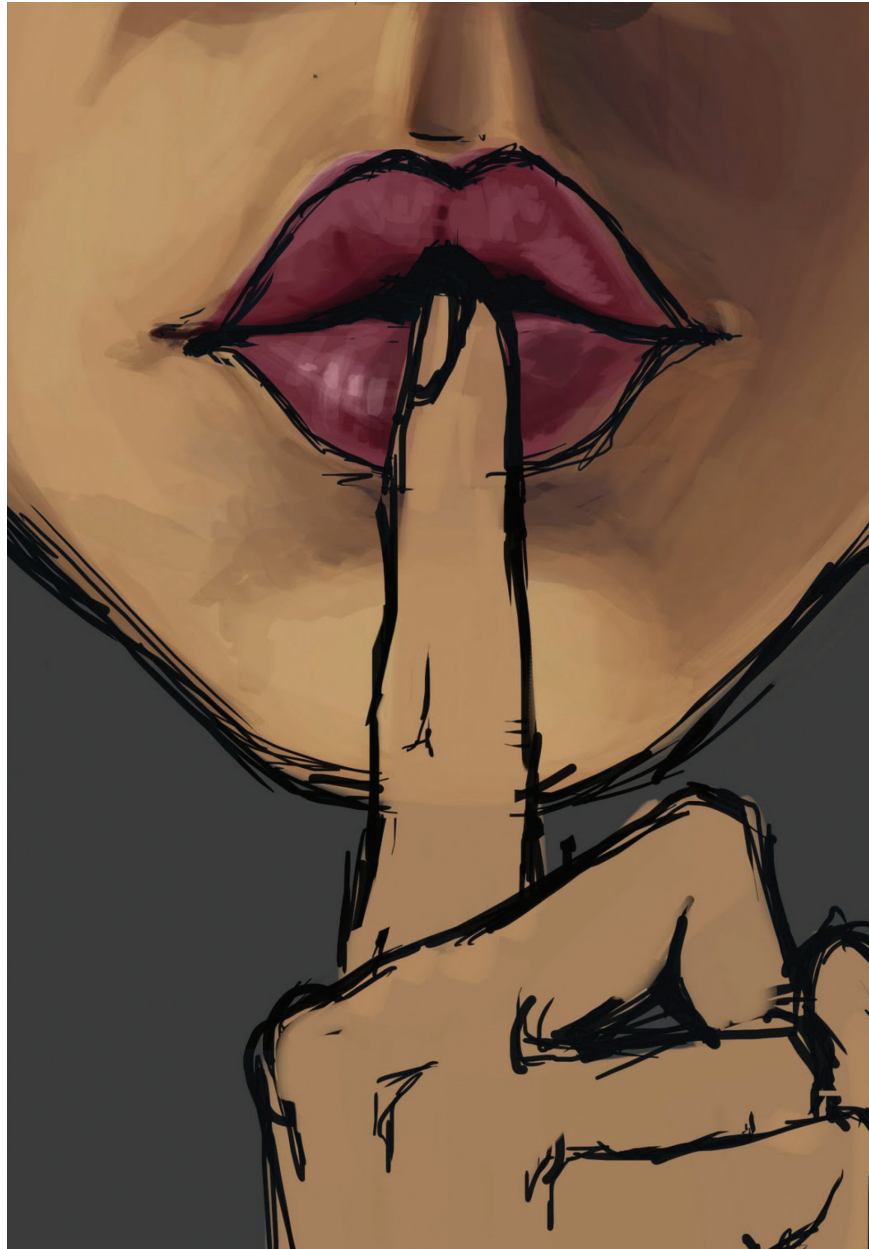
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Bangin' hangouts

Your guide to bangin' hangouts at on-campus

a throwback article from 2013



Article Courtesy of Jizzy Wetslop | Image Courtesy of Lin Zagorski

February 6, 2013

It's Wednesday evening.

Class ended early today, and you've spent the hours since then quenching your thirst with mugs at Mug's (*now called Habitat Pub*). You've also been eyeing the hottie across the bar (don't listen to the discouraging whispers of your friends — they're just jealous of your success and unstoppable sex appeal) and it's just about time to move this party elsewhere.

But you're at BCIT! Where can you find a quiet corner for some good, old-fashioned lovemaking on campus?

Get access

If you're in a rush and looking for the closest option, the wheelchair-accessible bathrooms scattered across campus are probably the easiest place to get it on. They include locking doors and single stalls to ensure a modicum of privacy, handrails to support yourself, sinks for easy clean-up, and a mirror so you can watch yourself in action.

On the downside, there's a toilet in the room. Nothing kills the mood like bursting into a bathroom to find a day-old dookie floating in the porcelain bowl. (*Link 2020 staff say: definitely avoid this one, accessible rooms are for people that need them*)

Work it

Looking for something a little riskier? Most programs have work-rooms somewhere on campus, and these secluded corners can be found empty if the timing is right. However, they rarely have doors, so be prepared for intrusion by studious individuals.

Putting the broad in broadcasting

The broadcast building is full of little nooks and crannies to exploit, including a number of dark, secluded practice booths. You're likely to find the booths abandoned most evenings after class, giving you an opportunity to podcast your baby-making. Careful, though: word is the practice studios broadcast live to instructors' offices.

Hit (it at) the gym

Sex can be a great workout, so why not take your impromptu trysts to BCIT's gym? SE16 contains a number of individual use showers, not to mention change rooms with multiple showers, benches, and locking doors. Take a turn in each of the showers, but be careful as you're leaving — the adjacent hallway is long and exposed, so leaving the room together might arouse suspicion.

Keep it quiet

While the library's requirement for silence might cramp your style, if you're careful (and quick!) you can squeeze in a little fun between the stacks. The musty bookshelves provide good visual cover, and you just might find some trashy romantic fiction sandwiched between copies of *The Zen of Empirical Research*.

(Porn) starry night

Finally, if you're a hopeless romantic, treat your date to a wild night beneath the stars. While it might seem counter-intuitive to head underground, check out BCIT's little-known planetarium, hidden in the lower levels of SW3. It's dark, usually empty, the seats are padded, and there are, of course, stars overhead. If you're a techie, you might even be able to play your favourite porno through the super-expensive Spitz A3P Projector.

While none of these spots adequately replace an old-fashioned bed, adventurous fornicators will find plenty of places to bang at our favourite technical institution. Just don't get caught with your pants down!

NOTE: *The Link* (*now Link*) does not support sex on campus... but hey, you're adults.

A Quick Guide to Sex Toys

The sex toy industry is predicted to be worth \$9.9 billion by 2023, with rising popularity in gender-neutral or non-gender conforming toys.

From couples vibrators to solo masturbators, sex toys can help people finish—or just take it up a notch. Toys are engineered with simplicity in mind, so it doesn't take a rocket scientist to make an 'O' face.

Instead of scrolling through love shop websites, here's a quick guide to some of the more popular sex toys. There are many, many more types out there.

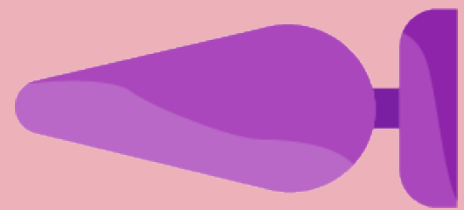
Dildos

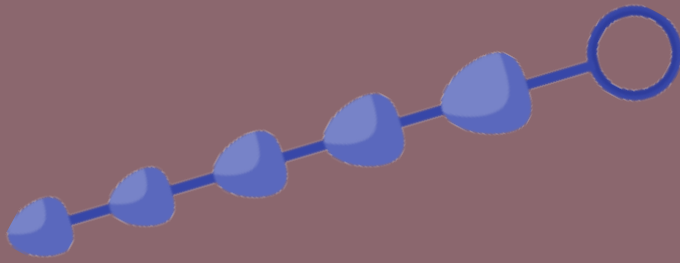
Non-vibrating dildos are a classic that still entices folks for the feeling of penetration. Dildos can be used vaginally and/or anally and can be found in many shapes, lengths, colours, and widths. For more clit and G-spot action, curved designs are suggested.



Butt Plugs

Butt plugs are said to be the best way to prepare for anal sex. Besides communicating with your partner about what works best for you, using butt plugs (and lots of lube) can be a smooth introduction for beginners.





Anal Beads

Different from butt plugs, folks insert this one individual bead at a time. It is suggested to invest in high-quality beads, to prevent cheap ones from cracking or breaking inside of you. Like butt plugs, a lot of lube is recommended.

Nipple Clamps

Nipple clamps are not supposed to be completely pleasant. They are categorized as BDSM toys and are meant to create a super-hot sensation when taken off, different from regular sexual activity. Many clamps feature adjustable pressure, vibrating options, and waterproof coatings.

Clitoral Massagers

These toys are marketed toward people who have a tough time climaxing from other sex toys or their partners. This vibrator strictly focuses on the clitoris, an area that can sometimes not get a lot of attention during sexual activity.



Handcuffs/Tie-ups

Used for turn-ons or arousal, these bad boys are commonly used to play out a fantasy or to re-enact a scene. It is recommended to go for soft (or plushy) handcuffs rather than real metal ones to prevent possible injury or strain.



Insertable Vibrators

Vibrators are the go-to sex toy for self-pleasure and couple's play. They come in an array of different shapes, sizes, and types of stimulators—ideal for varying moods and sensations. The most common types are classic, bullet, rabbit, egg, bendable, and wand.



MAKING MONEY MOVES:

empowering women through twerking

words Lauren Edwards

Nicole Vicente advertised her twerking class in January as an empowering practice of the art form, and welcome to all dance levels (and bum sizes). When I walked into the hot dance studio, what I expected was a room full of experienced dancers twerking it up.

What I didn't expect was fur coats, Prada, a small dog, and unwavering confidence in each other's abilities to twerk. The class consisted of mainly women to make the atmosphere more comfortable—aside from the presence of Vicente's self-proclaimed "wonderful gay hairdresser."

Each person took part in a circle at the beginning of the class and exchanged inspirations.

"I feel like any dance move is empowering and learning something new is naturally empowering," says Vicente.

Vicente encouraged her students to channel a character that made them feel confident while dancing. Her twerk inspirations were Cardi B and J-Lo—who starred in the 2019 film, *Hustlers*. The film features booty poppin' performances from Cardi B and Lizzo, who play strippers and frequently twerk in their live concerts.

Vicente showed off her skills in front of the class a few times, and each time was uplifted by her friends' cheers. The babes supporting babes vibe filled the room and calmed my nerves.

Each dancer's experience varied, shaking from years of experience (easily noticed by the woman wearing knee pads) to a few that actively participated for the first time.

While most people are hesitant to try twerking, thinking that they don't have the proper bum or their body can't move in that way, Vicente saw the approach to twerking as one that's similar to athletes in their early stages.

"You have to learn the movements and your body kind of goes along with it. I think any body type [can] do this dance and if not, they're able to carry the energy of the dance which is important too."

Twerking originated in Africa and its custom differs from the commonly sexualized moves in movies and music videos. In Africa, it's a celebration of life and vibrancy.

Vicente has been dancing her whole life and was previously a pole and erotic dance instructor. Before that, she was a ballerina. Her transition from ballet dancer to booty shaking instructor sparked from taking a couple of classes herself and embracing its fun side.

"I hope I'm inspiring others to feel their body—to me that's inspiring and that's what brings [out] the artwork from it. Thinking, this is my body and I'm going to make it art because I'm moving, and this is the way I'm [doing it]."

Similar to ballet, twerking "is a discipline you have to keep doing to get the results that you want." The rigorous practice that stems from ballet laid the foundation for Vicente's teaching methods.

"It makes me very conscious of everyone's movements and making sure no one is slacking. I know people will drop and think they don't have any more to give and I'm like let's go!" says Vicente.

As for twerking being described as an art form?

The empowerment that comes from learning a new skill fuelled Vicente's classroom. First-timers Melvina Wegrzynowski and Alyn Gulerian were looking forward to getting out with some girlfriends and having fun on a Sunday but didn't realize it would be an intense workout in a room as warm as a hot yoga studio.

"I understand it. A women's body is an art in itself and these movements kind of just really show different aspects of a women's body and I think it's beautiful. It's loving the skin you're in," says Gulerian.

"It's being creative with your own body, being sexy and feeling confident," adds Wegrzynowski.

While supporting the people in the dance studio, Vicente is donating ten dollars from each ticket sale to the Vancouver Women's Shelter. She wanted to give other women the chance to have something they might not usually have.

Although her philanthropic approach may seem unconventional, there's no denying every person was carrying unwavering confidence about their bodies by end of the class. Moves that started on the floor, progressed onto the bar and by the halfway mark, women were enthusiastically dancing standing up—skills that could give J-Lo a run for her money.



photo feature

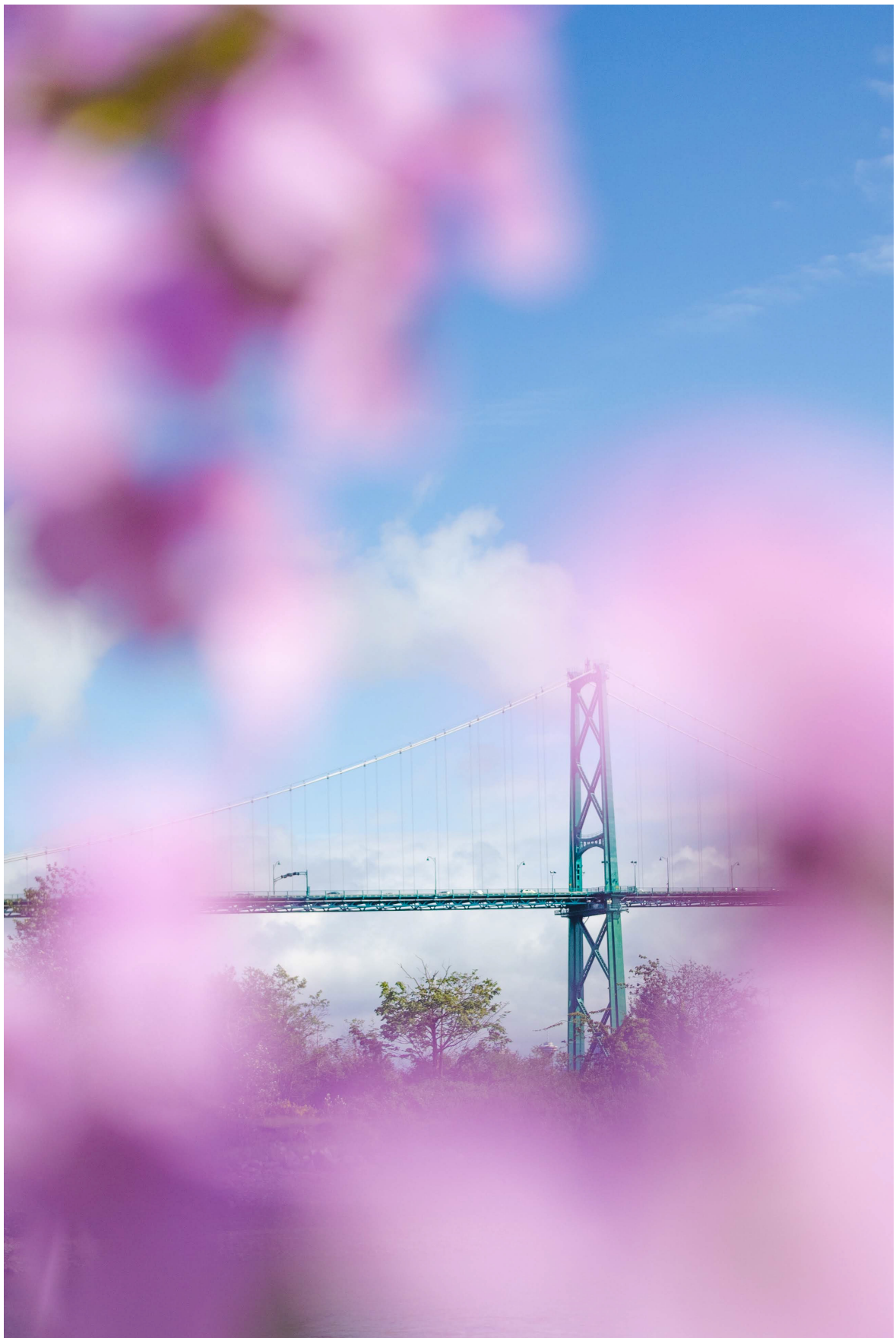
JULIA VEREA

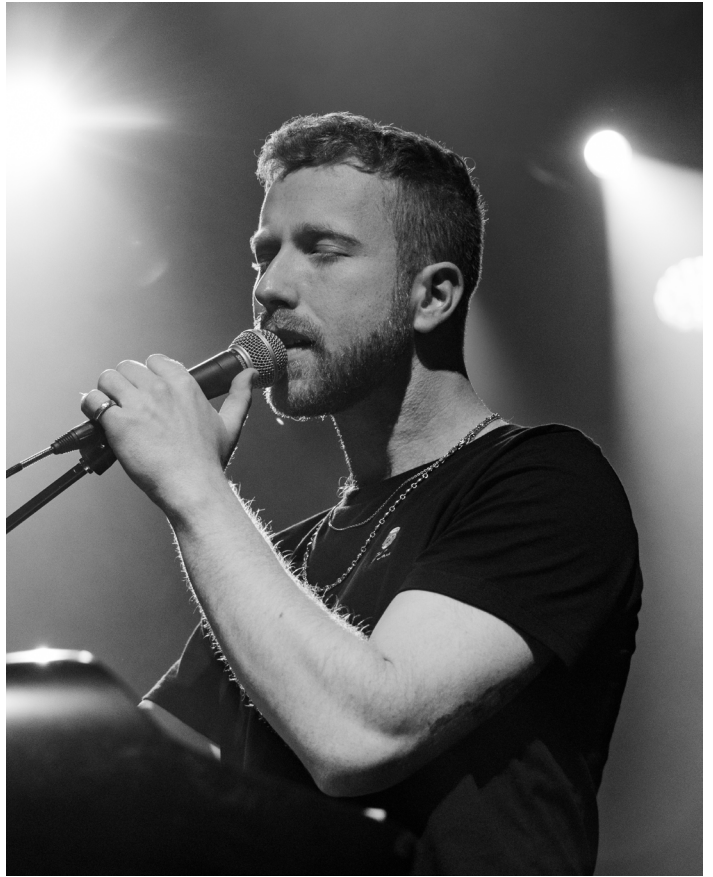
Julia Verea is a 24-year-old photographer, screenwriter, social media manager, and marketing student at BCIT. Throughout her life, she has found an escape in creating music, poetry, songs, stories, and, as of late, photography. In her spare time, she enjoys going on small hikes with friends to find new landscapes to photograph, making music, and watching tv shows and movies. Lately, Julia has been focusing on concert photography and she will continue working on breaking into that industry.













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Pregnancy Prevention

Alright, you're ready to have sex, but you don't want to get pregnant. What shall you do? This guide was mostly made for vagina-having individuals, but it's great information for everyone! We recommend that you discuss these options with your doctor, to find the one that suits you the best.

Also, it's important to note that we're talking about pregnancy prevention, not sexually transmitted infection (STI) prevention—to avoid contracting an STI, always wear a condom, and follow other safe-sex practices. To learn more about safe sex, check out optionsforsexualhealth.org or visit your doctor. We organized these (roughly) in order of effectiveness, and didn't include abstinence—we're assuming if you're reading this, you probably aren't interested in that one.

IUD: Small T-shaped devices inserted by a healthcare provider into the uterus. It's not a comfortable insertion procedure, but it can prevent pregnancy for 3-10 years, depending on the type. Also, it requires almost no maintenance—just check it's in the right place every once in a while.

\$100-\$400

99% Effective

Sterilization: a form of permanent birth control. Tubal ligation, commonly known as “having your tubes tied” is one procedure, and a vasectomy, the cutting the supply of sperm to your semen, is another. Both are considered permanent options. You should only get sterilized if you are confident you don't want to have children or if it's the best option for your health.

\$0-\$10,000

99% Effective

The Shot: is a form of injectable birth control that needs to be administered every three months by a health care practitioner. If you aren't afraid of needles and don't want to deal with your birth control too often, it might be a great option for you.

\$0-\$150

96% Effective

Pills: come in many, many brands and types. They contain hormones, and are fairly accessible in BC, though they do require a conversation with a healthcare provider and a prescription. You take one pill each day, and the packs come in a 28-day cycle. You must follow the directions properly to ensure that they're as effective as possible.

\$50

93% Effective

Vaginal Ring: is a clear, thin, flexible plastic ring that you place internally for your entire cycle. It's a bit hard to figure out the first time, but once you figure it out, it's pretty nifty, and you barely notice it. That said, twist funny and it (very rarely) might fall out—you'll notice, I promise, and you can just put it back after a quick rinse.

\$50

93% effective

The Patch: is a weekly skin application that you apply on clean dry skin. It's changed every week, and you can take a break anytime after three consecutive patches. They don't come in a diverse range of colours, so they're not always subtle, but you can wear them almost anywhere—butt, thigh, belly, etc. They have both estrogen and progestin in them.

\$12

93% Effective

Barrier Methods: There are a wide range of products that fall into this category. Most people are familiar with condoms (there are internal and external varieties) but there are also diaphragms, cervical caps, and contraceptive sponges. Some of these products are hard to find in Canada. The aim of all of these products is the same: block sperm from getting to the egg. If you plan to use one of these methods, it's suggested to combine it with another method, or to also use spermicide, a gel that helps kill sperm before they reach the uterus.

Contraceptive Sponge (24-hour Use) 88% Effective, \$25

Diaphragm (multi-use) 88% Effective, \$50

External Condom (single use) 87% Effective, \$0.50

Internal Condom (single use) 79% Effective, \$3

Cervical Cap (multi use) 71% Effective, \$35

Fertility Awareness (FAM): also called natural family planning, and it's one of the least effective methods of birth control (but probably more effective than you might think). It's always recommended to combine family planning with another method of birth control. FAM works by predicting fertile and infertile times in your cycle, and requires commitment from both partners. Some people may find they're more interested in sexual activity when ovulating (the time when you really shouldn't have sex) so it can be a real challenge.

77% Effective

Free

There are also emergency contraceptive options. We won't go into details, but in order of effectiveness, you can use: Copper IUD, Ullipristal (ella), Levonogestral (Plan B, Contingency 1, etc), and Yuzpe Regimen (Alesse, Min-ovral, etc).



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