

10K for the 10K!

This information packet has Activities, Articles, Art, Group Discussion Questions, Hashtags, and Discount Codes

Put on those polka dot headbands and hats and let the 10K for the 10K begin. Time to celebrate and educate about this polka dot of pleasure! The goal is for us all to become more Cliterate!

Activities for your Cliterati!

- Walk 10K steps: 10 people/Cliterati walking together for 10 minutes equals 10K steps taken. Each step equals one nerve!
- Run 10K: at a talking pace with your Cliterati
- Swim 10K yards: 10 swimmers/ Cliterati swimming 40 laps of a 25-yard pool equals 1K yards completed. All the chatting may happen before and after the swim! We like this kind of locker room talk.
- Knit 10K stitches: gather your Kniterati/ Cliterati to knit and chit and chat while you collectively complete 10K stitches
- Rock in a chair: count your rocking pace and go for 10K rocks with your fellow rockers/Cliterati
- Any activity for 10K seconds— which translates to 166.67 minutes, or 2.78 hours with your people/Cliterati
- Let us know what activity your Cliterati chooses. There are many more options out there -surprise us! We would love to hear!

10K Articles, Research, Books, and Videos and more for the Cliterati to become more Cliterate:

- New York Times article from 10/26/22: [Half the World Has a Clitoris. Why Don't Doctors Study It?](#)
- Link to the [research](#) behind the 10K nerves in the Clitoris!
- Dr. Blair Peters [discusses the research](#) behind the 10K nerve discovery.
- [Link to the IG](#) of one of the researchers behind the discovery of the 10K nerves!
- [Come As You Are](#), by Emily Nagoski

A Hilarious Performance Piece by Cindy Pierce to be watched

A Conversation Starting Poem by Rosemerry Wahtola Trommer to be read aloud

- [Video of Interpretive Dance of the Male and Female Orgasm](#) by author, speaker, storyteller, and sexuality educator, Cindy Pierce. For more information about [Cindy Pierce click here](#).
- Stunning Poem below by Rosemerry Wahtola Trommer to be read aloud by member of Cliterati

No Longer Empty Handed by Rosemerry Wahtola Trommer

... After the poet pointed out there are dozens of well-known euphemisms for male masturbation and none for women

*How could I not start to think
of circling the black hole,
polishing the pearl,
rubbing the rose bud,
loosening the tight knot,
spreading the soft butter,
frosting the sweet cake,
stirring the soup till it's hot,
dancing on the vortex,
getting sucked into the eddy,
diving into the deep end.
What does it mean
that we don't have language
for a woman who pleases herself?
Consider the tectonic shift,
the solitary wiggle,
the single squirm,
the one-handed time warp,
churning the cream*

*climbing pink mountain,
traveling to the temple,
spinning the dark silk.
No choking chickens,
no spanking monkeys,
no beating meat,
no wanking.
More like swirling the universe,
mining for diamonds,
finding hidden treasure
wading in the whirlpool,
the reason I can't answer the phone.*

Ten 10K for the 10K Cliterati Discussion Questions:

To many ears, this research ties into the importance of equality, for others, it is self-discovery, for some it is about finding joy, and for others, there is pain and trauma attached to this topic. Please be patient, understanding, and compassionate for all who join your discussion groups/ Cliterati.

We are starting from the anatomical truth that equal expression of pleasure and the right to pleasure is fundamental and offered to us all.

*Please only share what you are comfortable with and know that we all learn from each other's stories.

1. How did you hear about the 10K for the 10K?
2. Did you learn about the clitoris —its anatomy and physiology or pleasure —in any middle school or high school sex ed/health classes?
3. Outside of school did you and your friends first have conversations about the clitoris? Do you know of any slang terms for female orgasm? Have you heard of any?
4. For you, did the experience of clitoral pleasure happen spontaneously through self-discovery? From information? With a partner? Or is the path to discovery yet to happen?
5. Do you think there is an age or stage of life when young people should know the capacity for pleasure of their bodies? Like by the time someone is ___ they should know ___. How would you talk about or teach about this information/pleasure?
6. This new research showing 10K nerves in the clitoris is significantly more than the 4K in the penis. Any thoughts on why there are so many more nerves in the

clitoris? What was Mother Nature up to designing and wiring it so? How does the fact that the clitoris has 2.5 times more nerve endings than the penis resonate with you?

7. How would you talk with someone who finds this capacity for pleasure scary or difficult? This 10K wiring is in the front of the body, in our sights, within our reach, within our control, for us to share, offer, and lead with joy. For some this has been their experience - for others it is tricky.
8. Will you discuss these question/ this topic of conversation outside of your Cliterate gathering?
9. We do not feel like dedicating one day of one year to education and celebration of the 10K nerves in the clitoris does the trick. How shall we conduct the 10K for the 10K next year?
10. What questions or prompts do you wish we had included?

Share Your #Hashtags for 10K for the 10K!:

- Please share any hashtags with us on Instagram @Jane_Esselstyn_RN. We have only just begun with our assortment below. Thanks for any contributions.
- And please send photos of your group's 10K for the 10K activity with us on Instagram @Jane_Esselstyn_RN

#we are all finishers

#more understood of what's under the hood

#Join the Cliterati

#Get Cliterate

#Girls just wanna have 2.5X more fun

#self-discovery

#come together

#polk that dot

#crown that jewel

#ring that bell

#10K all the way

#operate at capacity

#maximumcapacity

#Push your own buttons

#Tip toe through two lips

#Ring that doorbell

#Pleasure is power

#Manual Transmission

#Flick the switch”

#home entertainment system

#stop withstanding below average sex

#Find Your Thrill Switch

#Pleasure is wellness

#Leading with pleasure

Undercarriage-Understanding Companies Offering Us Support and Discounts!

[Daily Briefs](#) - *Emotional Support Underwear*: Use code **CLIT** for a 10% discount

[Hello Tushy](#) - *Bidet That 10K for the Messy Ride Ahead*: use code **IHARTPOOP** for a discount

[Sliquid](#) - *Everything Runs Smoothly With a Buttered Muffin*. Use code **sliquidfriend20** for a 20% discount personal lubricant