

## AI TRANSCRIPT FOR BRAAAINS PODCAST EPISODE 007 - HOOKUPS and CONSENT (BRAAAINSPodcast.COM)

00:00:10 - Sarah Taylor

Welcome to Braaaains, a podcast exploring the inner workings of our brains and how film and television portray them. Hosted by me, a film and television editor, Sarah Taylor

00:00:17 - Heather Taylor

and by me, writer-director Heather Taylor. Before we begin, we wanted to acknowledge that the lands from which we recorded this podcast are part of territories that have long served as a gathering place for diverse indigenous peoples, and we are thankful as guests on this land to be able to live, work, and gather here.

00:00:36 - Sarah Taylor

On today's episode, we're talking about hookup culture and consent. We hope to dispel commonly held myths about hookup culture and our ideas around consent, as well as discuss the impact sex scripts shown in tv and movies affect Gen Z's sexual behaviors.

00:00:50 - Heather Taylor

This conversation will apply to you no matter what age you are. Yeah, and that's thanks to our very funny guest, Dr. Aditi Paul. Dr. Paul is a dating and relationships researcher and professor at Pace University. She's based in New York City and uses her dual background in technology and relationship science to examine how dating apps are transforming people's personal and sex lives. Her book, the current Collegiate Hookup Culture, was recently published by R L Publishing house.

00:01:19 - Sarah Taylor

A quick reminder to our listeners that this interview should not be taken as medical advice, and it is for informational purposes only because everyone's brain is different. Please consult your healthcare professional if you have any questions. We will talk about sex and sexual assault, so please be warned. And now, Dr. Aditi Paul.

00:01:40 - Heather Taylor

Hello and welcome to the podcast. So excited that you could join us today. So welcome.

00:01:45 - Dr. Aditi Paul

Thank you so much, Heather, and thank you, Sarah, for having me. And I'm so excited to share the research on hookup culture and get to know your idea of what hookup culture is because we're so far removed from Gen Z, so we are going to collectively be ignorant together.

00:02:04 - Sarah Taylor

I love it.

00:02:05 - Dr. Aditi Paul

Wait.

00:02:06 - Heather Taylor

Well, it's a podcast. Can't I just pretend? Can't I just say.

00:02:11 - Dr. Aditi Paul

We're all pretending like we understand Gen Z. I love it.

00:02:15 - Heather Taylor

Tell us a little bit about yourself and then why and how you became interested in looking at dating and hookup culture.

00:02:22 - Dr. Aditi Paul

I am going to tell you. I'm just going to be very honest with you. This is going to be the most uninspirational story of all time. It's very straightforward. I'm a professor of communication studies and media in New York City, and I do my research at the intersection of technology and human relationships. And that's because I have a background in computer science. I have a bachelor's and master's in it, and I've seen the coding side of the story. I wanted to see the things that software engineers are coding. How does that manifest in our lives, and how is it screwing us over? My first research project was looking at if online dating is better than offline dating. And from there, that got a lot of social media and just media clout. And that kind of made me understand that online dating, as frivolous as it may sound, has a global impact. It is one of the forces, if not the only one, where everybody is using this one technology to navigate relationships. And relationships look so different in different countries. But because of this game changing of a technology, it's become universal. Like, we speak the same language. When my friends back home in India or my colleagues in Europe, they talk about using dating apps and how they have swiped and they have not received a response. We know exactly what we were talking about. So that's why I kept getting fascinated about dating apps. And just like everybody during the pandemic, I was bored out of my wits. So I thought, might as well dig deeper into something that I kept hearing in the online dating literature, and that is Tinder being a hookup app. And I was born what Gen Z calls the 19 hundreds. Did you know they were calling us that from the 19 hundreds?

00:04:13 - Heather Taylor

Yes, I've heard this.

00:04:14 - Dr. Aditi Paul

It's so demeaning. But I totally get it. The audacity of clubbing us together with people born in 1901. So I wanted to know, what the heck is happening with Gen Z, and what do they mean by hookups? So I picked up a couple of books, dug deeper into the research that has already been done in this area, and I saw some clear gaps in knowledge. The first one being there is no formal account of how dating apps like Tinder and Grindr and Bumble are transforming this already existent hookup culture that is in college campuses. We only know the one side of the story. That is how party hookups work. But is everybody going to parties to hook up? Is everybody white, size zero, and going to fraternities? Not really. There is a whole other demographic in college campuses. So how are they hooking up? Or are they all celibate? And what are some other ways that Gen Z is exploring their sexuality, given the new technological

advancements that we've had in our society? So that led me to this book. The book's name is the current collegiate hookup culture. Dating apps, hookup scripts, and sexual outcomes.

00:05:26 - Sarah Taylor

Well, you mentioned the word hookup scripts. Can you tell us what sexual scripts. Hookup scripts like, what are these? What does that mean? And what are some of the common.

00:05:35 - Dr. Aditi Paul

And, you know, I was so excited, I wanted to ask Heather, because we have a writer amongst us who has, like, dabble. I mean, I want to know how you would define scripts and go from there.

00:05:47 - Heather Taylor

Well, I feel like I've kind of cheated on this because we have discussed this before in a different capacity. So this idea of how things are supposed to be, how dating is supposed to be, and then in different cases, between heterosexual relationships versus same sex relationships, and they're kind of this norm that is created that doesn't actually exist. And we perpetuate over and over again in media so that we basically convince people that that is how things should be, even though it isn't true.

00:06:16 - Dr. Aditi Paul

Yeah. Was that Frankenstein's monster? Like something that you create, but then it possesses you and you become arrested by it? Was that Frankenstein's monster?

00:06:24 - Sarah Taylor

That sounds right to me.

00:06:26 - Dr. Aditi Paul

Right.

00:06:26 - Sarah Taylor

I don't know if that's the term.

00:06:27 - Dr. Aditi Paul

But, yeah, it's like groups are like. Like, there are things that we create, and then we are arrested by the one thing that we created so we can uncreate it, but we still stick to it. Now, I really want to take up this time to be kind toward human beings. We have survived a plague. This is not a moment where we shut the human race down. We've had a lot to go through in this year. So I do want to talk about why we rely on scripts, because we don't like uncertainty. As a human race, we don't like uncertainty. We want to know. We want to predict. So these scripts or these mental shortcuts that we have for day to day living gives us a way to relax our brain so that we don't have to actively think about what to do. So these are mental shortcuts that we have. That's just scripts overall. And within that, you have sexual scripts. And within sexual scripts, you have a specific kind of sexual script called a hookup script. And like you said, heather, these just outline the typical sequence of actions and events that should occur in sexual encounters. And these are like mental shortcuts that tell us, okay, who should I have sex

with? What kind of sexual behavior should I be engaging in? In what order do I do it? Right? What comes first? Kissing or like a blowjob, hopefully the first, before the second. And also, what meaning do you ascribe to these type of sexual behaviors? The fact that a guy you have been seeing wants to have unprotected sex with you. What does that particular sexual behavior mean? These are all baked within the concept of sexual scripts. So, within sexual scripts, you have the hookup script and the meaning of a hookup. Actually, before I tell you what the meaning of hookups is, I want to know what you think Gen Z thinks hookup is.

00:08:22 - Sarah Taylor

I don't even know if I ever grasped what hookup meant for me when I was in my dating realm, because I always attached way more to it than what I think it is. Maybe what it is, but I almost feel like Gen Z is looking at.

00:08:36 - Dr. Aditi Paul

It as it is.

00:08:36 - Sarah Taylor

It is a one time thing for fun. It feels good, and we try not.

00:08:40 - Heather Taylor

To attach to it, or maybe more than one time, but yet again, just like, maybe not, as it's not a serious relationship. It's a moment in time or a number of moments in time, but not associated to an ongoing, maybe monogamous relationship.

00:08:53 - Dr. Aditi Paul

Yeah. What kind of sexual behaviors do you think a typical hookup has, or what do they do?

00:09:00 - Sarah Taylor

Interesting, because back in my day, I would say it would be a makeout if there wasn't sex, but it would be a hookup if there was sex, like oral sex or intercourse.

00:09:16 - Dr. Aditi Paul

So you're saying that if you just make out, then you would call it make out, but then if you had sex or oral sex, anal sex, penetrative sex, then you would qualify it as a hookup.

00:09:27 - Sarah Taylor

Yeah. You know what? Or just one night stand. I don't know if I even used the term hookup back when I was hooking up.

00:09:34 - Dr. Aditi Paul

Look at you, Sarah. Oh, bring out a different color in you. And you're right. There are shades of things that you have talked about which are right. It goes along with what Gen Z means, and it also defies a number of things that we think Gen Z does, but they don't. So how has the landscape of hookups changed? Originally, we thought that hookups and one night stands are just synonyms for the same thing. That is, you hook up with a random stranger, possibly inebriated. Right. And then have sex with them. And then you wake up in the morning, and

you're like, I don't even want to know who I hooked up with. And you establish that sort of meaninglessness, and that has changed. And that's the first thing that I wanted to dispel in terms of the hookup culture, that it's way too sensationalized in the media. And we are fooled into thinking that these hookups are just these deranged sex parties to create commitment phobia and a seabed of stis among college students. That is not the case, because Gen Z is hooking up with the same person once a month or once in two, three months. So it's an ongoing affair. They are not strangers. Gen Z hooks up with people who they have added on Snapchat, on Instagram, on social media. They frequently communicate with their hookup partners. They have mutual friends with their hookup partners. They plan the hookup. It's not like a spontaneous, carnal affair. And the type of meaninglessness that they ascribe, it's not through social and emotional distancing. It either results in a relationship or it's in this weird limbo. And this is where us being millennials, and Gen Z, at this point, we are all boomers. They have words which go beyond my comprehension. If I tell you that they are orbiting, would that make any sense to you?

00:11:43 - Sarah Taylor  
No, not to me.

00:11:45 - Heather Taylor  
But is orbiting like just being in the person's general vicinity?

00:11:48 - Dr. Aditi Paul  
That's right. And that's what happens. Look at you, Heather. I mean, shaming us into senility. Like, come on.

00:11:59 - Heather Taylor  
I do write a show with teens, but. Teens from 1986. No, you're not using the term terms. But I hung around them.

00:12:07 - Dr. Aditi Paul  
Listen, if you're going to outshine us like that, let me just take it one step further. Let me give you an extra credit question. How do you think they're orbiting? They are orbiting, that's for sure. But how do you think they're orbiting?

00:12:18 - Heather Taylor  
Through social media. So it's making sure that they are seen in your social space, even if they aren't necessarily interacting with you.

00:12:27 - Dr. Aditi Paul  
Yeah. And then how does that manifest in the social media world?

00:12:30 - Sarah Taylor  
You're so close by liking the things that they like or something, or somehow.

00:12:36 - Dr. Aditi Paul  
Being in the like, liking. You might as well get married to me at this point. Like, come on, double

tapping on my post. Bring it down a couple of notches. Come on, we're orbiting here. We are not, like, crashing like a meteorite.

00:12:54 - Sarah Taylor  
We're not facebooking.

00:12:55 - Dr. Aditi Paul  
Right.

00:12:56 - Sarah Taylor  
They don't liking.

00:12:58 - Dr. Aditi Paul  
Oh, gosh.

00:12:59 - Heather Taylor  
What's back in the meaning? Poking each other on Facebook.

00:13:05 - Dr. Aditi Paul  
Oh, yeah. Look at was. That was us hooking up.

00:13:11 - Sarah Taylor  
Many a hookup.

00:13:14 - Heather Taylor  
I think it's like when you look at, let's say, Instagram, when you're looking at stuff, they can see that you're looking. They can see that you're there.

00:13:20 - Dr. Aditi Paul  
That's right. That's exactly what's happening. Right? Look at you do this to me. This is not a conversation about my research. This is like, how well do we know Gen Z? And just gloating.

00:13:33 - Sarah Taylor  
I didn't know that this was going to be a test. Heather and I are a little bit competitive, and now I'm going to have to outshine her.

00:13:39 - Dr. Aditi Paul  
You need to catch up. You need to catch up. I'm going to ask you one more question. Wait, hold on. Not for now. But the way they are establishing meaninglessness, and this is something that really does impact your mental health, where talking about us not being good with uncertainty, think about it. 80% of college students said that they added their partner on social media, and then 68% of them ghosted their partners. So you don't talk to them. Think about you hooked up with this person and then they are on social media with you, and then you upload a story, and then you swipe up and you see their name. They're not talking to you, they're not engaging with your content, but they're just there. So they haven't done anything to warrant a block out of you, but they also shouldn't be there. Right. They're just taking up space at this point. And it's not just

like physical, it's mental space. Like, you don't know what it is. So it does lead to that area of confusion which does not really come from emotional distancing and being cold towards you and commitment phobic. I think it's non confrontational at this point.

00:14:47 - Sarah Taylor

You're like bringing back so many feelings, like younger days. But back then we did briefly have Facebook and it was text messaging and just like waiting for that message to come or being, ah, I don't want to message back too soon. And there was, I guess, the scripts, the rules of how to engage, to not show you're too enthusiastic if you are interested or if you're totally not interested, how to not ghost somebody.

00:15:11 - Dr. Aditi Paul

Right?

00:15:11 - Sarah Taylor

But ghosting wasn't even a phrase that I used back then.

00:15:14 - Heather Taylor

But also there was rules that you're being told by, I think partly what you're watching, but also just then your friends are repeating it.

00:15:22 - Dr. Aditi Paul

Right?

00:15:22 - Heather Taylor

Like, oh, you have to wait a certain amount of time before you can message them. You can only have sex on the third date, or you can only, or whatever rules are put in place to what deems you're allowed to do. And then also culturally, I was in my 20s in the UK, and I found that there was a difference in terms of how people had relationships. Things were serious much more quickly. So when I moved to the US and dating someone and like three months in, I'm like, he's asking other people for phone numbers. And I was like, wait a minute. I thought, wait, it's been like, three months. Aren't we something? And I'm like, oh, I guess not.

00:15:57 - Sarah Taylor

I guess not in America.

00:15:58 - Heather Taylor

Not in America.

00:15:59 - Dr. Aditi Paul

It was just so like having those. I mean, it's just boundary. And it's not a Gen Z, not a boomer, not a Gen X thing. It's a maturity thing that when our boundaries are violated enough times, then one day we wake up and say, enough is enough. This is not going to work. And we cannot really ascribe it to a particular generation. We should also acknowledge the fact that our behaviors are mutated by the technologies that we use. So the reason why we didn't ghost is because we didn't have any means of ghosting. If there was a means of ghosting, we would have 100%

ghosted. For now, we have things like orbiting and ghosting. And if you do ghosting in a nice way, it's called caspering.

00:16:48 - Sarah Taylor

It's true.

00:16:50 - Heather Taylor

I knew that one. I feel really like Gen Z right now.

00:16:54 - Dr. Aditi Paul

There is acing. All right. But Sarah, do you know what a snap is?

00:16:59 - Sarah Taylor

Well, I can snapchat.

00:17:00 - Dr. Aditi Paul

Yes. There you go. One point. There you go. I'm really trying to edit you up. It's considered a snap because it left behind. I'm a very nice professor.

00:17:12 - Sarah Taylor

I think I want to take your class. I'll feel vindicated. So how has it changed, then, with the way hookup scripts are in this? Like, we talked about orbiting, obviously the technology has changed, but there must still be rules that are somehow talked about or put into this world.

00:17:30 - Dr. Aditi Paul

I had to challenge my own bias because I came to the US as an international student. And this is talking about ten to twelve years back in 2010. And the exposure that I had of American college culture was through movies. So I saw American Pie. I watched Neighbors, or all these movies where they showed that college is this like, alcohol soaked party where you go to a frat house and then you stick your penis into a pie? That's why I came to the US, to live the American dream. Forget about higher education. I need to know this part of America. The research that focused on student accounts, they were echoing this thing that I already knew, that hookups happen at parties. They're spontaneous. They lead to spontaneous, possibly unprotected sex, and that women especially, have a lot of regret around it. And that has changed because hookups. What I have realized while doing my research is not all sex, drugs, and alcohol. As a matter of fact, in dating app initiated hookups, alcohol consumption was the lowest was the lowest. And I'm not saying that all the research that has been done thus far on hookups is faulty, is false. It's very unidimensional. Like, they have only focused on hookups that perpetrate through parties. But 48% of students and higher hook up through school instances where you meet somebody at a class, you meet somebody at a student club, you meet somebody through other student activities that happen. And think about it, those are more common than parties, and people have more access to those spaces than a Kappa Gamma Alpha PI party. Not everybody has access to a toga party, is all I'm saying. So what happens to those hookup scripts? And I'm just going to read out an account of this one student. She said, I had just watched a scary movie and was alone. I was kind of scared, and my roommate was



gone. So I texted my guy friend to hang out. He came to my room and we watched Netflix. I became comforted by him. And then one thing led to another. How low key is this? How Netflix and chill is, right? So that's one way that hookups have not changed, but that's what hookups have been, I want to say, where it's more about hanging out and keeping it low key, really, and keeping the room open for something to develop, but not really talking about it, because a lot of my students, 48% of them, said that they were romantically interested. And this has been the case where you have romantic feelings toward your partner, but you don't explore that. Nobody brings up that conversation. So it's in this very limbotic phase, if you may call that so.

00:20:39 - Heather Taylor

Okay, I'm going to ask a question about. I don't know if you've seen it, but have you seen euphoria?

00:20:42 - Sarah Taylor

I was going to talk about that, too.

00:20:44 - Dr. Aditi Paul

Yeah. Yes. And it's a high over exaggeration of everything. There were little to no account of people being inebriated, drugged out, having polyamorous sexual escapades. Although I should say I haven't watched euphoria, but I have done something that Gen Z's do. I know euphoria through TikTok sounds. There is this sound called. Wait a minute, is this fucking show about us? That's all I know. That's all I know. So you need to tell me what euphoria shows hookups should be like for me.

00:21:24 - Sarah Taylor

Well, it shows that sex, it's just freely. I would not say, given it's a thing that's done. And these are high school students and they're just having sex and it seems like they all just want to have sex, and it's not as big of a deal, I guess.

00:21:39 - Dr. Aditi Paul

Maybe.

00:21:40 - Sarah Taylor

I don't know. What do you think, Heather?

00:21:41 - Heather Taylor

I think there's a lack of consent. I'd say a lot of times there's no verbal consent that I can recall.

00:21:46 - Sarah Taylor

Well, yeah, there's definitely other shows where the person's like, are you okay with this? Like, I just watched, and I was like, oh, that doesn't happen. But it does seem like. It seems like way more sex than I think is what's actually happening in high school.

00:21:58 - Heather Taylor

And nudity.

00:21:58 - Sarah Taylor

There's a lot of. Lots of nudity.

00:22:00 - Heather Taylor

There's a lot of penises, which is like, fine, great, free the penis. But I don't know. I've just never saw that.

00:22:07 - Dr. Aditi Paul

That's a lot to take. I honestly do not think that is the case and not just think. My data shows it's not the case. That's what I'm going to put. It's not even a matter of opinion at this point. It is a matter of what it is. 20% and lower students said that they had drugs during their last hookup. They're having sober sex, and the most soberst sex is happening on dating apps and dating apps. Out of 100% of students, 25% said that they hooked up with somebody through dating apps. And out of those 25%, over 60% were lgbt individuals. And their hookups are planned and they engage in higher order sexual behaviors. But there is a clear discussion of plans. Clear discussion. So this one student, he says, I had been texting him on Grindr for a couple of hours. We swapped pictures and talked about where and when we could hook up for sex. Then I gave him my address. He said he was on his way over. When he got there, we had sex. And then there was another student account where they said, oh, I packed everything. Lube, condoms, everything. And think about that. So consent to your point, Heather and Sarah, too, that is. Consent does not happen on the first time that you meet this person, especially if you're communicating with them. There is a precedence of you texting them, snapchatting them. A lot of those communications are sexually loaded communications. So you're sending them thirst traps. You are uploading suggestive pictures. Look at me. Knowing Gen Z language.

00:23:45 - Heather Taylor

I was going to say, Sarah, do you know what a thirst trap.

00:23:46 - Sarah Taylor

I do know what a thirst trap is. Thank you. Very mean.

00:23:50 - Dr. Aditi Paul

Sarah will quit. I'm quitting the show from next time. Next episode, we just have Heather. Oh, my gosh. So yeah, they're uploading suggestive pictures. They're suggestively talking to each other. It doesn't go from a zero to 100 when you're actually hooking up with this person. There are verbal signals and then there are nonverbal signals which lets this person know that, yes, we want to have sex. Yes, we want to escalate things.

00:24:23 - Heather Taylor

Now, this is kind of jumping a little forward in what we were going to talk about, but a friend of mine reached out and was like, empty consent is something he's heard about recently, but basically he's like, look, I've had experiences where I've arranged to have sex and then I changed my mind upon meeting the guy, but I would go through with it as if not to be considered a time waster. So I'm just wondering, we have this in our head. I think that no matter what

generation you are. So how does this kind of idea of it is consensual, but then also the person doesn't want to do.

00:24:56 - Dr. Aditi Paul

Yeah, yeah. I was just having this conversation with the director of sexual prevention management, I think, at Columbia University. And she and I, we were talking about how restrictive and dated the rubric of consent is. The idea or the conversation around consent. It blows my mind, especially in a progressive society like the US, which we think is, in comparison, more progressive when it comes to sex and gender, even within this country, the concept of sexual assault, consent is new, and it's progressively getting into the psyche, getting into the regular conversation now because of policies, because of continued efforts of BIPOC feminists particularly. Right? So it's going to take time to add nuance, to add more context to the topic of consent. But we really need to push toward that because consent doesn't work the way we think it's going to work. And to be honest with you, when I give workshops and consent, I don't think I'm doing enough service because the people who I want to be in the workshops who should know about consent are absent. And I'm talking about cisgender, heterosexual men. It's mostly an echo chamber of sorts. And I really don't blame them because they are of the understanding that we know what consent is. I need to ask. She needs to say yes or he needs to say yes, then that's how it goes. And to be honest with you, they're not wrong in believing in that because I asked these informal accounts from college students and high school students, can you explain how do you give consent? How do you ask for consent? The best nuanced answer was from a 19 year old straight male student. He knew the textbook definition of what consent is. But the thing is, consent doesn't work the way we think it works. First myth about consent is it has to be verbal. 50% of college students ask for consent. Nonverbally. It's implied. So what are we doing? Beating our heads around thinking that consent is going to be verbal and educating people about enthusiastic consent and has to be clear. And the fries analogy? We don't have to talk about that. We have to talk about what happens between a yes and an I'm not sure. Right. What does it look like? Talking about scripts questioning these deep seated understanding that we think how sexuality works. That we think that female sexual desire is so black and white that before signing up for sex, we need to tell the other person exactly what we know. When desire does not work like that, it evolves in interaction. Right. Where we think that when we have escalated situations because you've called this person over for wine and you just signed up for a makeout session and this person wants to push and have sex with you, that we need to see this through because we subscribe to the male sexuality steam boiler model where given that they have blue balls now, like, it cannot be contained. So I need to see this through. And thirdly, the gentle refusal model, that is, you say no to them, the big ask, but then you offer them something in return which results in, okay, I'm not going to have sex with you, but okay, I'm going to have oral sex with you because I didn't say yes to the bigger sex that you're talking about.

00:28:24 - Sarah Taylor

You mentioned how it's not just verbal consent. A little story from my life. We didn't talk about consent at all growing up. That wasn't a conversation we had at school, other than like, don't let any grown up touch you in your bathing suit parts. We had whatever that was a care program. I can't remember what it's called as, like, little kids. And then I was sexually assaulted in my

college years. It was a college party. Didn't deal with it, didn't even know that I was assaulted until a male friend said, if you said no, then that's called rape. And I was like, holy. Just. I just didn't think it was that. Right?

00:28:59 - Dr. Aditi Paul

Yeah.

00:28:59 - Sarah Taylor

And then it took me a long time to actually go through the process of figuring it all out and healing. So there is a sexual assault center here in Edmonton. So I went there. They offer free therapy for sexual assault survivors. And one of the first things you have to do is take a consent course, which, like you said, the room was filled with other sexual assault survivors, so mostly women. And I think there was a few parents there, so I think their kids have, which was great to see parents supporting their children. But during that class, for me, I was like, oh, my God, there's so many other times that this has happened because I didn't understand, I guess, that I had a voice or whatever it was. I didn't understand what any of this sexual interaction. What, the script? No, I knew what the scripts were, and I just did the scripts even though I didn't want to do the scripts. So now, as a parent to a young girl, I'm, like, hyper focused on teaching her what consent is and being like, it's your body, and if it doesn't feel good, then you say no, and you don't have to hug anybody, and you don't have to do anything you don't want to do. But there's more to it than that now. Like, talking with you, there's more than just even that. Obviously, we need to know the concept of what doesn't feel good. You have a voice to say that's not good. But what can we do different? What can we teach our kids in a different way so that they don't have the situations that a lot of people in my generation, I'm sure all the women that were in that consent class sitting there feeling like, holy fuck, I've been sexually assaulted so many times in my life. What can we do different to the kids coming up now? Sorry, that's a lot.

00:30:39 - Dr. Aditi Paul

I am not trained to give an informed answer. Like, this is what we need to do.

00:30:46 - Sarah Taylor

Yeah.

00:30:47 - Dr. Aditi Paul

What I am an expert on, because I've done it so many times in my life, is to be true to ourselves. Because, Sarah, when you rose up to that awareness that, oh, my Gosh, I have been sexually assaulted, to be honest with you, a lot of us being in your position, would have blissfully lived in an ignorance.

00:31:12 - Sarah Taylor

Oh, I did for a while.

00:31:13 - Dr. Aditi Paul

Yes. Because it's difficult when you say, speak your truth. Speak your truth. The first person you need to speak the truth to is yourself. And we are so intersectional in our understanding, like,

oh, my gosh, I'm a feminist. I have a daughter. I'm giving her feminist views. But I kept quiet about an assault. So there's this cognitive dissonance, and we try to alleviate the dissonance by not doing the work, but instead to reduce the impact of sexual assault by just calling it bad sex.

00:31:48 - Sarah Taylor

Yeah, you mentioned that you sent us a workshop that we could listen to of yours, which was, I wish. I'm like, everybody should take this workshop. But saying that. Yeah. How often have you with your girlfriends or your boyfriends or whoever mentioned, like, oh, it was just like, I met this guy. The sex was really bad. Well, maybe because you weren't into it and you didn't want to have sex with them.

00:32:07 - Dr. Aditi Paul

Yeah. And we've all done that. There are gradations of sexual assault that we have had to survive. And the first thing that I would do right when I'm a mother is have these difficult conversations with myself and do what you did, like, have a therapist talk through it and work from that place of awareness. So that, first of all, we acknowledge, and then we heal, and then we learn, and then we transfer. So the lessons that my mom has given me I'm going to give to my daughter or my son or whoever they are when they're born, it's because I am cashing in on my mom's experience and because she's shared those with me. So I have an awareness because my mom went through that. Right. And my dad went through that, or my sister went through that. So we all become repositories of experience that the next generation can benefit from. So I think we are doing a good job in bringing things into awareness. At the same time, we need to mature our conversation so that we bring these nuances to the table. We equip ourselves, and then we equip the next generation. What does it look like? It's a universal problem. It will require a universal solution. It's a multifaceted problem. It's going to require a multifaceted solution. So in terms of. I know your podcast talks about the impact of media or the impact of popular culture on the way we live our lives, is for popular culture stakeholders and decision makers to bake it into the conversation. And one of the shows that does a really good job at this is the sex life of college girls.

00:33:57 - Sarah Taylor

It's so good.

00:34:00 - Dr. Aditi Paul

And I was like, this is a great show in that every show can improve. I should caveat that, but one thing which was very triggering for me, but I was so excited to see that, is when this indian american girl, who has been her dream to work at the comedy establishment in her college and to be assaulted, lower order of sexual assault. She's not raped, she's not inebriated, but she's touched without her consent by somebody she idolizes, because sexual assault, always, if not like 80% or more of the times happens in known relationships. What does that look like? You don't have to be raped to rise up to the understanding that I was assaulted. It can be a guy rubbing his penis against you. And it is assault. We need to call it as it is and work our way from there. So the more we portray these lower order, nuanced depictions of what assault really looks like, the more the conversation opens up. And that is one way we can change the narrative around sexual assault.

00:35:12 - Heather Taylor

That's amazing. I think the question I have then, too, is we're talking, in a way about our boundaries, too. Some things are obviously like things that happen to us that we haven't had the ability to even set a boundary. But how are. Let's say, Gen Z? Or how do we. I'm just like, let's give us some advice about setting boundaries and saying no, especially when there are probably more nuances to what no is, too. It's not always verbal. What should we be looking for?

00:35:41 - Dr. Aditi Paul

Yeah, I mean, talking about what no sounds like when you're having sex and your partner is reeling you. I mean, there are moments where you like that, but then when you say slower or take it easy to understand that that is a no. Right. And you're asking somebody to understand what you're saying. And it's so funny to me where we are brainwashed or, like, gaslit, honestly, to think that we need to be like, Megan, the stallion in the bedroom, right? Like, turn that dial the fuck up. Right? Tell me what you want me to do. And then when you raise your voice outside in the streets to yell back at a yeller, all right, at a cat collar, you're like, that bitch is crazy. Make up your mind. Society. Like, where do you want us to use our voice? In the bedroom. So give us the chance to use our voice outside of the bedroom. How cognitively dissonant is for in a heterosexual relationship, for a man to be in a nine to five job where he sees a woman being mansplained and then come back and be okay with his wife or his partner, say, like, yeah, ride my. Whatever that you want to. It's not going to work like that. So either, a, you make room for our verbosity in non sexual spaces, or b, you get better at reading nonverbal contexts. You get better. Right? So we have to start somewhere. And I'm talking about heterosexual relationships, of course. And to talk about consent in non heterosexual relationships, because to be honest with you, the percentage of unsafe sex was the highest among lesbian women. Because what is protection in lesbian women? Relationships. Right? I didn't know. And then I was having a conversation with a sexologist who showed me the most weirdest thing but necessary thing possible called dental dams. And I didn't know. I thought, dental dams is a nightguard. Like, okay, I honestly thought that was the case. Like, I need to wear a nightguard when you go down on a woman. But that's another way of showing to the world that when it comes to women, on women issues, or, like, women centered issues, the awareness is so low, we just don't know what to do about that. So if it were me, the one change that I would do is to insist on nonverbal competence. Insist on that. That is when a woman doesn't say no, but it's evident through her body language, through her lack of consent in her body language, because 95% of our conversation or communication is nonverbal, consent or otherwise. To insist on that, to know what a woman's body needs right before sex, during sex, after sex, whatever that may be the case, I would insist on that. If it were up to me, if I were the president of a mythical world, I would do that.

00:38:44 - Heather Taylor

But I was going to say, but I think it's the same for men, too, right? Because men are also following the sexual scripts of what it is to be a man and that they have to be hyper sexualized, too. And I have instances with partners where I just thought, well, they're always. Not always, well, that they'll be up for most of the time. And then to realize, like, no, I really don't want this.

And you're kind of taken aback. You're like, oh, yeah, of course, you are also a human, but what are men facing in this. On this side of things?

00:39:13 - Dr. Aditi Paul

So I'm really glad that you brought the story up of what does consent look like on the man side. Now, talk about societal fuck ups. We have messed that up to a large extent as well. Where you're right, Heather, where we think that men are just walking and talking dildos with a human attached to it, they will be up for sex 24/7 like perpetual boner. And that's not true. My research results shocked me where I saw that one in five men reported cases of sexual assault in terms of being touched non consensually. And what you said, Sarah, most of them don't even call it assault because it's so small. Right? Like, it's not that bad at all. Like, this woman touched me. How does that even count? At least I got sex because that's the mentality and the conversation around consent, because we think that men are boundary pushers and women are gatekeepers. The onus is always on men. And 70% of Gen Zers who took my survey said that the man, be it in a gay relationship or in a heterosexual relationship, the other person initiated. So we are subscribing to this very heterosepecific script where the other person asks and I give consent. And we also buy into this idea of hypermasculinity where if I confide to my guy friend, they might just chalk it off as, bro, what the fuck are you talking about? You got sex? Or if you say no to a woman, then the woman takes it as a dig on your masculinity. Like, why don't you want sex? Right? I thought, you're always on heat. And no, that's not the case. So I asked students this question that tell me about a scenario during sexual experiences where you felt uncomfortable or your partner felt uncomfortable. This discomfort could be really major or really minor. It doesn't matter. So this 19 year old male student says, junior year of high school, I had been talking to a girl. We broke things off, and she eventually wanted to get back together. I declined. She was my brother's girlfriend's best friend. One day she guilted me into giving her a ride to my house where my brother and his girlfriend were. I felt uneasy about being alone with her, so I made it clear that nothing would happen. We were at my house. She followed me upstairs and got on top of me. I told her I didn't want what was happening. I let it progress further than what I initially wanted. I stopped her in the middle of us having oral sex and just walked out because I felt bad telling her no, and I didn't want to hurt her by pushing her off. What individuals like those don't account for is the lifelong impact that you're leaving on this person. And not just that person, but people who he or she or they are going to come in touch with for the rest of their lives. Because think about how this man, 19 year old male guy, thinks about consent. Now. How does he think about consent? How are his future partners going to think about consent? How is he going to treat them? The ripple effect of these one time, one off violating incidents are so far and beyond, it should honestly scare us to think at this point, like what that one unwanted touch can leave on, not that person. And like legions of people he's going to or she's going to come in touch with 100%. Wow. This took a sharp, dark turn.

00:42:55 - Sarah Taylor

Well, good thing you did this work so that we can have these conversations, right? And you have data to back it up. I think that's really. This is what I think we need as people like you and books like yours.

00:43:06 - Dr. Aditi Paul

Thank you.

00:43:07 - Sarah Taylor

To have these conversations and to be like, you know what? That was bullshit that that happened. And we have to hear stories like that.

00:43:14 - Heather Taylor

The idea, though, that we never see in popular culture, I will say, I don't think so. Or very rarely see the idea that inappropriate touching is assault. That I am aware of. We do not think about that. We do not see it, and it's not called for what it's called. And then we see that all the time, and we don't see that they're calling it what the ripple effect of that moment is. We're just not seeing it. And the thing is that how are we supposed to know? How are we supposed to know unless someone tells us or shows us or names it, names it.

00:43:47 - Sarah Taylor

And I think it just reminds me of all the different conversations I've had with girlfriends and even when the second round of the Metoo movement came about and how many women that I knew were like, everybody had a story to tell. And even taking it further, where you're mentioning any unwanted touch is considered assault. Like, people in their workplace where they have their boss rub their shoulders and you're like, whatever, it's fine, but it makes you feel awful. You don't want to be alone, or you're always watching your back, right?

00:44:18 - Heather Taylor

Yeah. I had a boss that we were at an event. This is the problem, too, is a lot of events. This is when I was working in advertising and journalism and things. There's so many events that are hooked to parties and spaces where there's alcohol and frivolity and this idea of, like, well, the boundaries are dropped between work and fun, but even though you're still in a work situation. And I once had a boss got really drunk and basically rubbed up against me from behind, and I turned around and I just talked to him like a dog and was like, no, don't stop. And then he kind of scurried away. But then I was just like him. He's always like, I'm always had a little eye out for him. It's always a little bit worried about him. And then he proved through that action. But I just stood up and said, no. But he was my boss. I realized I'm like, no, this isn't appropriate. And I don't want this. And he thankfully didn't continue. But also, why did he even think it was okay to do that in the first place?

00:45:12 - Dr. Aditi Paul

That's what blows your mind. The fact that I'm even having this conversation. 2010 year old Aditi did not know any of these conversations. Right. The fact that I could report somebody to the title nine office was because the work was done by other people. Right. We are riding on momentum, and we need to continue riding on that momentum and to upgrade a lot of these conversations that we're having so it doesn't become a vapid echo chamber.

00:45:40 - Heather Taylor

Yeah.



00:45:41 - Sarah Taylor

The classes you're teaching and some of the things that you've been doing. Yeah, it's this echo chamber we're teaching the people that have already experienced it. And going back to that, I didn't think about that consent class and then realizing, like, everybody that was there had to take this class because they were there to deal with their sexual assault. We need those kind of things to be taught in schools, and I don't know if they are yet.

00:46:03 - Dr. Aditi Paul

And to be honest with you, I am doing this so people can have better sex, so we can have better sex, so we can experience an orgasm, for crying out loud, and have pleasure in our lives. Because we don't want these conversations to put you off of sex, because that is another putridish of horror, right. Where people like the celibacy camp is going to be like, told you in the name of God, just lock it up. Right. But in those sexually repressed communities, sexual assault is even more.

00:46:35 - Sarah Taylor

Yes.

00:46:35 - Dr. Aditi Paul

So dealing with sexual assault solution is not celibacy. We need to set these boundaries so both parties, or all three parties, or whatever orgy fest that you're having, it's pleasurable. All these conversations are to ensure that sex is a good experience, not one that leaves you with your body feeling unappreciated and just turning you off of sex, then what even is the point? I was speaking on another podcast, and a male, bless his heart, was there. And he's like, but if only you could tell us, right? And I completely understand what he's talking about because this never occurred to me. But this would make so much sense to you, where he's like, we also don't want to ask, like we want to do and see how it's being received. It's akin to not asking for directions while driving. We just hope that we will land somewhere without the gps. It's that our body is a wonderland.

00:47:40 - Heather Taylor

Feel like sometimes there's a lack of understanding because you're learning about it through partners you've had. And if partners haven't been able to be vocal with each other or have conversations about what they like, then it becomes like, well, I guess I'll just do this.

00:47:52 - Dr. Aditi Paul

Yeah.

00:47:53 - Sarah Taylor

But also, even for young girls and young people, being allowed to actually know that they can explore their own bodies and know what it feels like to make themselves feel good. Right? And that's not something. How many movies have you seen? I can't think of any off the top of my head, where you see a young girl exploring masturbation. We've seen many shows of boys having. Experiencing it for themselves, but we don't talk about girls or people with female bodies anyway. Female?

00:48:22 - Dr. Aditi Paul

Yeah.

00:48:22 - Heather Taylor

Or talking about, like, oh, the mom finds the stiff socks on the floor. There's always in any teenage boy broom. But then also there are some. What I love about sex education centers around a young man, and he doesn't feel comfortable masturbating until he figures it out. And then he's like, whoa, this is the best. But also just trying to figure out how to be comfortable in his own body and to understand what he wants and what he needs. And we don't usually see that either. We don't see that side. We just see, like, again, like you said earlier, like, your sex, 24/7 that kind of sex craze. I need sex all the time, or I need to masturbate all the time.

00:49:00 - Dr. Aditi Paul

And let me tell you this, lgbt people, you are leading the way for women. So I measured how the frequency of masturbation for women in my sample. In my student sample, the highest frequency of masturbation. Gay men, the lowest frequency of masturbation. Straight women, straight women are not masturbating, not watching porn, highly disgusted by sexual activities. We are not experiencing orgasm. What even is the point, though, at this? Bisexual and lesbian women at par in their level of masturbation with bisexual men, where you're experiencing your body for straight women, it's not even in the conversation. What's stopping us from masturbation. So to normalize that and to not see female masturbation as a perversion and to see male masturbation as play, I would love to see that kind of script shown in a tv series or a movie series where a woman is just pleasuring herself, and the only one that comes to my mind is broad city. That's the only time that I have seen a female masturbating. But the character was such a caricature where she is this over the top sexual human being who does not want any commitment. You don't have to be that person. You don't have to be uber liberal or something to earn the right of exploring your own body. It should be normal. It should be regular.

00:50:40 - Sarah Taylor

Totally.

00:50:41 - Heather Taylor

We've talked a lot about media through this whole podcast, which has been fantastic. But is there anything that you've missed that you want to say? Like, tell me, I'm a writer. What do you want to see so we can help start to have a more nuanced.

00:50:56 - Dr. Aditi Paul

A. Oh, my gosh, whatever I'm going to say, is it going to show up in a hulu tv show? I mean, maybe it could be claim.

00:51:06 - Sarah Taylor

This is your time. This is your time.

00:51:09 - Dr. Aditi Paul

And this is the one time that I'm like tongue tied. I'm like, what do I sir, in terms of hookups? I'm

going to keep my conversation centered around hookup. What I would really enjoy seeing is a balanced approach toward female sexuality. Because on one side we have artists like Cardi B talking about wet ass pussy and Megan thee stallion. And I love those conversations. I love the fact that we have things like Slutwalk where being called a bitch a whore has become like a word of female sexual empowerment. I love that liberalness that we have. And parallelly to it, I would love for that conversation to be balanced with showing us or making us aware what the other side of that sexual empowerment looks like. We cannot keep empowering females and egging them on into entering a world of female sexual exploration through hookups, through any other relationships, what have you, and not talk about the dark side. So we don't feel this cognitive dissonance or like if something goes awry, we don't gaslight ourselves into thinking that maybe something was wrong with me. Right? Like I chose to hook up. Of course I had this thing coming to know that you can be sexually empowered and you also have the right to feel safe. That's what I would love to do. And going off of this book where Roxanne gay and her contributors talk about, they say that we don't want to reduce the spontaneity of sex. We want to reduce the spontaneity of rape. That's what we want to do. So that's what I would like to see.

00:52:59 - Sarah Taylor

Okay, Heather, thank you.

00:53:02 - Dr. Aditi Paul

Let's make it happen. Heather. Come on.

00:53:04 - Heather Taylor

Always. No, always. That was fantastic. Do you have any other resources or things that people could look at or start to educate themselves? They think about a more nuanced approach to the way they're looking at hookups and consent and beyond.

00:53:22 - Dr. Aditi Paul

I love Peggy Orenstein's book, read boys in sex first and then read girls in sex. I would love for more people to read Peggy Ornstein's boys and sex. I love that. Sexual Citizens is another book which does a fantastic job. It's based on the shift project headed by Columbia university professors. And in terms of resources, what can beat the power of a story? I would encourage you to be more empathetic and listen to the stories about people in your lives, both men and women. Right. Just to be more empathetic toward each other, to be more respectful toward each other. That's the best resource I can think about over books and over websites that we have. Of course they are helpful, but what leaves a mark are these personal accounts. So to be, to practice empathy, to practice listening to practice, take these small pockets in our day to day lives is the best learning resource I can think of.

00:54:27 - Sarah Taylor

I love that. That's kind of why we like to do what we do in our world as tv.

00:54:32 - Dr. Aditi Paul

Listen to this podcast. Listen to brains podcast.

00:54:36 - Heather Taylor  
Come on.

00:54:37 - Dr. Aditi Paul  
How could I have forgotten that?

00:54:39 - Heather Taylor  
It's okay. You got there in the end. It's all right.

00:54:42 - Dr. Aditi Paul  
There you go. Thank you so much.

00:54:46 - Sarah Taylor  
Oh, this has been wonderful. I love that we could laugh, have lots of laughs, but still talk about some pretty dark stuff and heavy stuff. And I think that's kind of part of it, too. We can have fun and we can be honest and truthful.

00:54:59 - Dr. Aditi Paul  
Yeah. It doesn't have to be a traumatic experience. Fun. Get down. Get your stuff licked and pounded or whatever the heck that you want to do or just hold hands, like, whatever. Just whatever floats your boat or do thirst trapping. Sarah finally understands what thirst trap is. It's a win all around, ladies and gentlemen.

00:55:24 - Heather Taylor  
So before we say goodbye, how can people find you on the wonderful world of the Internet?

00:55:31 - Dr. Aditi Paul  
Oh, I am everywhere with a very narcissistic tag. My Instagram handle is I am Aditi Paul. My Twitter is I am Aditi Paul. My LinkedIn is Aditi Paul, PhD. My website is Dr. Aditpoll.com. And if you want to hang with my family, my ex boyfriend, my colleagues, my friends from five different universities, in this party that nobody was attended to, but everybody came in. You can add me on Facebook as well. It's Adity Paul.

00:56:05 - Sarah Taylor  
Oh, my goodness. I love it. This might be off, but are you going on a book tour? Is that what's happening?

00:56:11 - Dr. Aditi Paul  
Can I tell you a secret?

00:56:12 - Sarah Taylor  
Yes.

00:56:12 - Heather Taylor  
Yeah.

00:56:13 - Dr. Aditi Paul

This book is not even a trade book. It's an academic book. And hold on to your seats. My book is priced at \$95. I do not want you to buy my book. I am the writer of this book. I will tell you, I have not produced \$95 worth of knowledge. Please don't do it. I had no control over it. It's an academic publishing standard that they just hike up the price because they want libraries to buy. So the one way you can support me is please engage with my content and social media. Download this episode, share it with your friends, and ask your libraries to get the book so that you can get to read the book. And you don't have to spend a dime out of your pocket. Save it. Buy some lube.

00:56:59 - Sarah Taylor

And that is where we end the episode.

00:57:01 - Heather Taylor

I love it. That is exactly where we'll end. Buy some lube, and we're out.

00:57:08 - Sarah Taylor

Dr. Paul cracked me up. Oh, my goodness. I just want to hang out with her all the time.

00:57:15 - Heather Taylor

I also now feel like I can be know.

00:57:18 - Sarah Taylor

Unofficial Gen Z. I'm gonna admit that you might have won. You might have won that one. I concede. Is that the right word?

00:57:27 - Heather Taylor

Yeah, concede is the correct word. And you can use that as many times as you'd like.

00:57:31 - Sarah Taylor

I will only use it once. This is the only time.

00:57:35 - Heather Taylor

You know what? I'm okay with that if this is the one time I'm down with it. I think we have talked a lot about sex, but let's talk about some cool things.

00:57:43 - Sarah Taylor

Yeah, let's do it. I've been really into this one podcast called sounds like a cult. And I love how they break down everyday sort of things like soul cycle and diet culture. And how is it a cult? Should I watch my back? Should I be questioning the lingo that these groups use?

00:58:04 - Heather Taylor

Oh, interesting.

00:58:05 - Sarah Taylor

It's been fun to listen to, and it gives me a different perspective on sometimes the things that I

used to, I might have jumped into in the past because I would get so hyped up because they use specific language to get you into it. And so, yes, there's some very seriousness when it comes to cults, obviously. Well, there's a very narrow part of the topic, but this podcast takes it to all the things that we do in everyday life that we become kind of hyper obsessed about.

00:58:33 - Heather Taylor  
Yeah.

00:58:34 - Sarah Taylor  
So I recommend checking that one out. Sounds like a cult.

00:58:37 - Heather Taylor  
So mine is not about cults.

00:58:40 - Dr. Aditi Paul  
Good.

00:58:41 - Heather Taylor  
So my therapist and I were talking about feelings, as you do, but I realized that I use the feeling just sad all the time. I'm like, yeah, I'm feeling sad. And what I realized, like, she brought up the feeling wheel, and I realized I'm mostly just scared. It's mostly just scared all the time. And I was like, wow, that's a feeling I've experienced most of my life. She's like, that's not a surprise. But it's really cool because I'll just explain what it is. There's many different versions of a feelings wheel. You can actually get a feelings wheel pillow, which is what I'm going to get. So that if you are trying to figure out where you're at, you could just have it there. Give it a little hug, give a little. Think it through. Anyways, you can find them on a million things on Etsy, and there's a million different versions that have been copyrighted by different people. But basically, there's a woman named Gloria Wilcox, and she was inspired by Joseph Zinker's ideas of conceiving the therapist as an artist. And then Robert Pluncik's comparison of emotions to colors. So what she decided to do is to design the feelings wheel using the four basic emotions of scared, sad, mad, and glad. And then to keep balance between comfortable and uncomfortable emotions, she expanded glad into three emotions, joyful, powerful, and peaceful. So the feeling wheel is composed of those inner circle, those six segments corresponding to the six primary feelings. And then it has two outer concentric circles describing secondary feelings that relate to the primary ones. And so what my therapist said is you can rearrange those things for yourself to show. Like, there are sometimes feelings that maybe sit in the kind of mad anger place that help that bridge into sadness. So, like, putting those beside each other, you can start to determine what are your triggers to different emotions. What things are you actually feeling? And looking things in a broader way and saying, sometimes if you see the feeling at the outer circle, then start to go inward and see what are the different feelings that you're actually feeling. So I thought that was really fascinating. And also how I often don't register a lot of the joyful or the comfortable feelings very often, because it's mostly sitting in the place of fear.

01:00:50 - Sarah Taylor  
Yeah.

01:00:50 - Heather Taylor  
Fun times.

01:00:51 - Sarah Taylor  
Fun times. That reminds me of the new Brene Brown book, Atlas to the heart. Atlas to the heart. I think that's what it's called. And she goes into details about different emotions, because, like you said, we only have happy, sad, angry often. Are those the three that we go to where I know I would be like, I'm frustrated. And then I remember a therapist being like, being frustrated can actually be anxiety anyway. But Atlas to the heart is good to give you more language too, and definitions to what those emotions are. So if you paired them together and had your feelings wheel and then you had this definition book, you'd be an emotions rock star.

01:01:31 - Heather Taylor  
Yeah, I mean, it took me a while. Just like with ADHD. I'll say. It took me a while to recognize things like hunger and tiredness. So, I mean, I feel like I've graduated actual emotions and not just basic needs, right?

01:01:47 - Sarah Taylor  
You got to get the basic needs sorted first.

01:01:49 - Heather Taylor  
That's what I was told.

01:01:50 - Sarah Taylor  
I'm glad you've got that worked out.

01:01:52 - Heather Taylor  
Yeah, I'm trying. I'm trying.

01:01:54 - Sarah Taylor  
I had so much fun with Aditi.

01:01:55 - Heather Taylor  
I just hope everyone takes their spare cash and just buys a lube.

01:01:59 - Sarah Taylor  
Best advice we've ever received on this.

01:02:01 - Heather Taylor  
Podcast, I'd say best advice.

01:02:03 - Sarah Taylor  
Thanks, Aditi. Well, thank you for listening to today's episode of Braaains.  
Braaains is hosted and produced by Heather and Sarah Taylor and mixed and mastered by Tony Bao. Our theme song is by our little brother, Depish, and our graphics were created by perpetual notion. And a big thanks goes to Blair Drover for helping with the edit.

01:02:24 - Heather Taylor

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01:02:44 - Sarah Taylor

Until next time, I'm your host, Sarah Taylor.

01:02:47 - Heather Taylor

And I'm your host, Heather Taylor. Bye.