



PASSION BY KAIT

FIND FREEDOM IN PLEASURE

Passion By Kait: Media Kit

Press contact: Rachel Hills (rachel@rachelhills.net)

About Kait Scalisi



Kait Scalisi, MPH, is an advocate for the revolutionary power of pleasure inside the bedroom and out. Through her platform Passion By Kait (www.passionbykait.com), she harnesses her science education, social justice insight, and radical empathy to empower folx to get more in tune with their bodies, discover what brings them pleasure, and integrate that knowledge into their lives and relationships in ways that are both practical and powerful.

A certified sex educator with a background in neuroscience and public health, Kait works with private clients, media, and other public platforms to help people understand and access their sexual pleasure in ways that are free of shame, inadequacy, and expectation. Her experiences living and loving as a person with chronic illness add an extra dimension to her perspective on what it really takes to make pleasure a priority—no matter what lives throws your way.

Kait's wisdom has been featured in top media outlets including *Cosmopolitan*, *Teen Vogue*, *Redbook*, *Women's Health*, *Shape*, *Elle*, *Livestrong*, *Health*, and more, and she is the weekly sex and intimacy columnist for Blood & Milk. She's also a sought-after public speaker, having brought her unique blend of science and woo to esteemed institutions including Stanford University, Yale School of Public Health, and Johns Hopkins Medical Institute, among others.

Kait has a BS in Neuroscience from Stonehill College and a Master's of Public Health from Johns Hopkins University. She currently lives in NYC with her partner of over a decade and their rescue pup.

About Passion By Kait

Passion By Kait is a one-stop portal for learning about sex, intimacy and pleasure: from tuning in to what you want, to discovering the best sex toys, to navigating all of the societal bullshit that holds you back from your desires.

Named one of Kinkly's "Top 100 Sex Blogging Superheroes," Passion By Kait shares practical, evidence-based, and social justice-informed insight + tools for creating a sex life that's just as intimate, exciting and fulfilling as everything else in your life - regardless of your gender, sexuality, or relationship status or structure.

Passion By Kait is grounded in the voice and perspective of founder Kait Scalisi, a certified sex educator with a background in neuroscience and public health, and experience living and loving as a person with chronic illness.

We are driven by our commitment to #freedominpleasure - the belief that pleasure is a birthright, that it's drastically undervalued in our society, and that when we allow ourselves to experience and prioritize pleasure in one area of our lives, it frees us to experience pleasure in other areas as well.

About #freedominpleasure: our core beliefs

Freedom in pleasure is about sex and so much more. It's a mindset, a revolution, a commitment, a lifestyle.

Pleasure is revolutionary. In order to experience pleasure, we have to let go of so much internalized bullshit and self-judgment fuelled by misogyny, racism, fat phobia, ableism, and other forms of oppression. Pleasure says "I matter and I deserve this and I am enough."

You have the right to sexual pleasure. Not as a way to "please your man," or because you need yet another external yardstick to measure yourself against. For YOU. Sex is a major way our bodies experience pleasure, and your body deserves to experience all the pleasures sex has to offer - no matter your size, gender, sexual orientation, or ability, and whether you're with a partner or self-pleasuring.

Science guides us, but you're the expert on your own sexy times. Together we alchemize it into something magical. Understanding science can help you understand how your body works - why you melt under some forms of pleasure, and why you don't respond to others.

Science can help normalize your experiences, whether it's why your brain wanting to have sex doesn't always result in a wet vulva or a hard penis, or why you only orgasm during sex if you have clitoral stimulation. At the same time, science will never override your lived experience - you live in your body and relationship every day. You know it best. We know the science. Together we're unstoppable.

Pleasure is powerful. Pleasure drives most of our decisions, from sex to food to work. It's not the cherry on top or even the tip of Maslow's pyramid- it's vital for life. Even as we blame and shame pleasure, we also recognize how powerful of a driving force it is. When we embrace pleasure rather than demonize it, we can both harness its power and heal our shame around the things that bring us pleasure.

Pleasure should be practical. You have a beautifully full life, and that doesn't include an hour or two a day to dedicate to your sex life, or ever pleasure more broadly. That doesn't mean it isn't important, just that you need pleasure practices that integrate into your-day-to-day life and take into account your boundaries and constraints. Because we believe you deserve pleasure, we start by finding ways to make it work for you. That might mean committing to go for a 5 minute walk at lunch if you don't have time for an hour long yoga class, or making Sunday "couple's day" if you and your partner have mismatched schedules. It also means looking for tools, practices, and techniques that make pleasure more accessible, whether that's penis bumpers for painful intercourse, pleasure inventories to discover your fantasies, or sex toys to make experiencing orgasm easier.

Freedom in pleasure is about your yes AND your no. It's about figuring out and saying yes to the things that bring you pleasure, and no to the things that drain you or hold you back from your desires. Freedom in pleasure gives you permission to say yes to being physically intimate and no to intercourse; yes to having more desire and no to just doing it for your partner; yes to using birth control and no to hormonal contraception.

Freedom in pleasure recognizes that all pleasure is interconnected. By focusing on pleasure, we create more of it, even in challenging moments. When we are seeking out moments of pleasure in one part of our lives, it makes it easier to experience it with our partners and in our relationships.

Freedom in pleasure means letting go of the "shoulds." Finding freedom in pleasure means not being concerned with how or how often you have sex. You're not concerned with comparison, period. That doesn't mean it never happens again, just like having good body image doesn't mean you never wake up and think 'I hate my body.' It means that more often than not, you let go of the shoulds. And when you can't? You know it's normal and you'll get through it, and maybe even talk to your partner about it!