

# Cindy Pierce

Author, Speaker & Comic Storyteller

## May 2022 Newsletter

Thanks for reading my monthly newsletter. This month's theme focuses on masculinity. Below you will find a short YouTube video about some of the pressures boys and men struggle to navigate; this is part of a video series on my new and evolving YouTube channel: [Cindy Pierce, ONWARD WITH THE AWKWARD.](#)

I feel honored to be part of the [Under the Hood Talk](#) community, which serves to encourage conversations around male social norms. Henry Muggia, co-founder of Under the Hood Talk posted our recent Zoom conversation. You can watch a short clip of the interview [HERE.](#)

The FLUSTERCLUX podcast episode [Dads, Depression and Anxiety](#) with [Lynn Lyons, LICSW](#) directly relates to the challenges parents face encouraging sons to develop healthy emotional lives. The FLUSTERCLUX podcast episodes are loaded with helpful information and provide tools that we can put right into action with kids of any age.



### Cindy's Upcoming Speaking Engagements:

- Ivanhoe Elementary
- Montpelier High School, Vermont
- Moses Brown School, Rhode Island

**Cindy's YouTube Channel:**  
[ONWARD WITH THE](#)

## AWKWARD

I have updated my YouTube Channel, *Cindy Pierce, ONWARD WITH THE AWKWARD*. You can check it out [HERE](#)

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## **GENDER STRAIGHTJACKETS** How Boys Face Relentless Pressure to Prove Themselves



Boys continue to feel pressure to tamp down emotions and to feel confined by the unspoken masculinity rules, often reinforced by society, peers, coaches, educators, parents and caregivers.

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## **UNDERTHEHOOD TALK INTERVIEW**

Henry Muggia, co-founder of **Under the Hood Talk**: *"We are thrilled to announce a new type of content to the UnderTheHoodTalk community! We are kicking off our collection of Expert Interviews where you get to learn from top voices in their field about critical topics affecting our lives. It's an honor*

*to introduce our first expert Cindy Pierce, a leading sexuality educator who uses comedy to break down the taboo of discussing healthy sex lives, common pressures facing sexual relationships, more effective online resources, and the effects of pornography on mental health and relationships. After watching the short clips above, check out the new Expert section on our website to [watch the full hour-long discussion](#) packed with learnings and keep an eye out for a future live event where you'll be able to join and ask Cindy questions!"*

Please consider joining the movement by following [Under the Hood Talk on Instagram](#).

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## **WHAT I'M LISTENING TO: *Flusterclux* with Lynn Lyons, LICSW**

### ***Dad's, Depression and Anxiety***

*"When a man is unsure of how to talk about emotions with his children, what should he say? What if he doesn't want to talk about them with anyone? In this episode, we get raw and deep reflecting on the men most dear to us. How do we raise boys that have the permission and the know-how to connect with others? And how do we help them now become the available and emotionally literate dads of tomorrow?"*

Listen to the episode [HERE](#)

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## **WELL, NOW! CAMP June 9-12, 2022**

There are still spaces for [Well, Now! Camp](#) in

Gambier, OH June 9-12, 2022. I will be doing a comedy show on opening night. Well, Now! Camp is a power-packed few days. The meals are made from delicious plant-based recipes created by the dynamic duo, Jane and Ann Esselstyn. These two amazing women are the co-authors of [\*Be A Plant-Based Woman Warrior: Live Fierce, Stay Bold, Eat Delicious\*](#) (available in August, 2022) and hosts of a popular [YouTube cooking show](#) (113,000 followers and growing).

**Well, Now! CAMP INFO**

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Thanks for engaging. Please forward this newsletter to anyone who may be interested in my work or direct them to the subscribe link below.

**Subscribe to my newsletter**

Many thanks,

**Cindy Pierce**

Social Sexuality Educator, Author & Comic Storyteller

[www.cindy-pierce.com](http://www.cindy-pierce.com)

Books by Cindy:

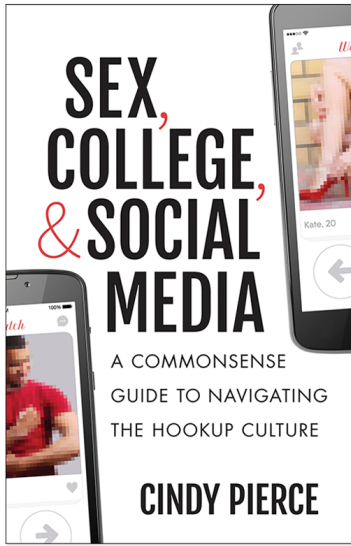
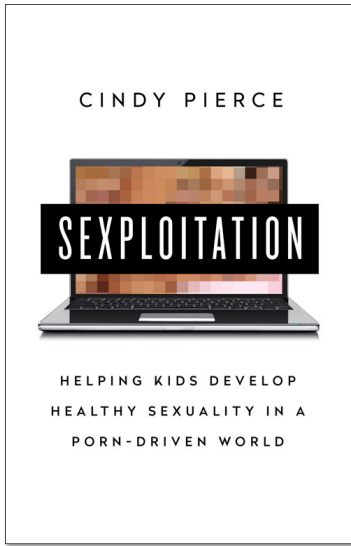
[\*Exploitation: Helping Kids Develop Healthy Sexuality in Porn-Driven World\*](#)

(Bibliomotion, 2015)

and

[\*Sex, College and Social Media: A Commonsense Guide to Navigating the Hookup Culture\*](#)

(Bibliomotion, 2016)



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