

MEN SAY NO TOO!

Nsuku Mdau

“Look, another one of that accursed gender”.

“Are you not ashamed sir? There was a child raped yesterday’

“Are you going to rape me too? We should just castrate all men”

“All men are pigs! All men are murderers! All men must die!”

I hear this every day, so I try to cage myself in porn because libido is dangerous

Because seeing and thinking, “wow, she looks nice” feels like the worst sin imaginable.

“Look at your child, how dare he embarrass the family by having sexual thoughts”

“don't you know, the bible says do not lust?”

so, this guy on YouTube teaches boys to cover their eyes so that they don't “see” a woman, because God forbid, if they see, they will lose their holiness.

What flawed teaching!

So, a women's body is treated with contempt

“Cover up!” boys have no self-control

“Cover up!” don't you care about somebody's salvation?

So, society forces us to suppress or get raped.

Suppress or you rape someone. It teaches us, boys or men are not supposed to say no

That a man is not in danger of being sexually exploited

It teaches us these rigid beliefs about sexuality. If a man says no to seduction

Then a woman was not beautiful enough, so men must force himself to hop from one body to the next to avoid being a laughingstock.

He should carry the burden of “worthlessness” somebody else's child feels while carrying his own.

He should fish inside the woman and carry her burden for her.

Because another man left her and abandoned his fatherly duty, he must be the night and shining amour that takes away her pain one stroke at a time.

When he is done, he comes out with double the burden all for the sake of release. He

takes on 100% of her only to release a part of himself that is not even the real self.

But the truth is:

I am allowed to walk away from what overwhelms me.

I am allowed to say, "this is too much."

I am allowed to protect my nervous system before I please anyone's ego.

When someone invites me into their sexual energy, I do not owe them anything.

Not comfort. Not compliance. Not contact.

My boundaries are not unkind. They are a form of truth.

I am not a caretaker of seduction.

I am not a dumping ground for shame disguised as flirtation.

I am not here to make anyone feel desirable at the cost of my peace.

I release the shame of saying "no." I release the guilt of choosing myself.

I release the guilt of being born a man.