MONKI
presents
HORNs
GIRL ZINE

artwork by puk rietveld
That was when I felt it - The uncontrollable tickling between my legs.

I remember the first time the horny flusters took me by surprise. I was watching How To Lose A Guy in 10 days with my mum. There's a scene where the two main love interests, Benjamin Berry and Andie Anderson, wrap each other up in an overwhelming kiss and slowly start to peel off each other's clothes. That was when I felt it. The uncontrollable tickling between my legs. I anxiously side-eyed my mum thinking...do I look red? Can she tell that there is heat radiating out from my body? While at the same time asking myself: what if going on, do I need to pee? Should I scratch it?

The body is a truly WILD THANG and no matter how hard we try, we can't control it. Even when it feels completely extreme, as if there's someone with a gramophone shouting, "THIS PERSON IS HORNY!!!!," nobody can tell. I promise. What's more likely, is they are going through the exact same thing! Just remember you're not alone in your experience.

When you think about sex ed class you probably die inside with cringe but don't lose heart. The birds n' bees conversation is in the midst of delightful change. Negativity and rules are being thrown out the window and exchanged with a freeing perspective focused on pleasure. Horny Girl Zine is here to help you deal with all aspects of your freaky hormones and changing body. This issue will provide you with all you need to know on your journey to becoming a sexual woman.

Our very first issue features illustrations from none other than 19-year-old Puck Reitveld. Her vibrant, provocative style is here to create a liberating experience of female sexuality. Including a 3 part poem from Hannah Woods designed to act like a masturbation meditation. We also talk to our favourite Rookie Vlogger Upasna Barath on how to have open conversations about sex. Uh-oh the tingles are back.
TURN ONS
freaky or funky - you decide.

We are all human and feeling horny is as natural as blowing your nose. Just a little bit sexier than that. To debunk the myth of the cliches like the wet white t-shirt or the shirtless coca cola dude, we got down to what’s really on girls’ minds.

“Getting my hair cut...wow, take me to the salon now. Well first it’s the epic head massage you get when your hair is being washed but the real magic happens after that. When they run their hands through the wet ends and start snipping. HAHA so sensual!”
Anna 14

“For me it has to be the smell of coconut – and I mean any sort of coconut: even the word starts to get me – from coconut shampoo to coconut ice cream. Holy crap it’s just unreal. It’s just like a tropical heaven combined with the best sweetness in all the world”
Elle 13

“Well actually i’m not even ashamed to admit but, Ron Weasley really does it for me. It goes way beyond him being the underdog and always being below Harry and Hermione. For starters it’s the flame red hair and pale complexion. Second of all it’s his ability to eat: there are so many scenes in the movies where he’s chomping down on a chicken leg that just kill me. Mostly though its that humour of his...BLOODY HELL RON!”
Isabella 15

“Maybe it’s a little bit cooky but when I think about what turns me on my instant go-to is the ears. I remember one day my girlfriend and I were just messing around and she licked my ear to try and gross me out. Little did she know she opened the door to a whole new realm of amazingness. I quickly said do that again...”
Dominique 16

“I’m working as a barista at the weekend and never did I think that the horn would strike me in the middle of Starbucks. A group of Scottish customers walked in and I’ve never experienced a feeling like it, I was so red and flustered I couldn’t even speak anymore. It’s just the way their mouth works around those vowels and the gnarly way the say ‘aye’.”
Lily 15
CLOSE your eyes,
breathe in, breathe out
What do you feel?
Your heart beat,
the rhythm of your breath,
your tongue caressing your lips?
Forget everything else,
Focus on the now,
the movement of your chest,
your whole body
feel your fingers touching each other
awake all your senses from heel to head,
feel the butterflies growing and your hips
SHAKING
Now, take a deep breath...
angry

teary

clingy

giggly

giddy

sulky

moody

hysterical

grouchy

MEH

EMOTIONAL

HORMONAL ROLLER COASTER?

US TOO.
This week I was lucky enough to sit down with the one and only Upasna Barath. I can confirm she is just as bubbly and bright as the girl we know from her weekly Vlogs. Her distinctive and unfiltered approach to bashing taboo topics made her the perfect voice for Horny Girl. We delve into the effect of her Indian heritage on her sexuality, her thoughts on getting to know your body, and how to talk to your friends about the nitty gritty.
What was your experience of sex education?

My sex education experience came from my mother. She gave me the biological run down - conception, pregnancy, all that jazz. But she also gave me the birth control and contraception run down as well, which was helpful. She always had this motto of “It’d be great if you waited till marriage, HOWEVER...if you don’t, here’s how to stay safe.” I am lucky that she was real with me with those aspects.

How do you think your Indian heritage affected your sexual identity as a woman?

100%, my sexual identity has been directly affected by my Indian heritage. For one, I have often been fetishised and exoticised because I am Indian-American, and I’ve got the tan skin, dark hair, brown eyes. I’m also rather voluptuous. I often feel very sexualised for my body and the way I look overall. Even when I don’t mean to be or feel sexy, I am often looked at in that way and it can feel like the ownership of my sexuality is being taken away from me.

Get to know your body in whatever form or method you choose

Even when I don’t mean to be or feel sexy - I often feel very sexualised for the way I look.

Do you feel able as a woman to express your sexuality to others without judgment?

I find it difficult to express my sexuality without judgement, although oftentimes I don’t care. I am very comfortable talking about sex - after all, we see it everywhere in movies and television and now, in the news too. Still, I know there are times where my comfort can be seen as crudeness. My goal when talking about sex is to normalise it, so I am willing to put up with the judgement and oftentimes stand up against it until that happens.

How can we open up the conversation with our friends about our sexuality?

I think being there for your friends and expressing that all conversations about sexuality are judgement-free is a super way to open up the conversation. However, not everyone is always in the same place with their sexuality so it’s important to be empathetic in that aspect. I talk about my sexuality in different ways with different friends in respect to that. Some friends get the full details and stories and explanation, some friends get the surface level stuff. As long as it is being talked about to some degree, I think it’s significant.

In what ways can we get to know our bodies before having sexual partners?

I think masturbation is a super biological thing. I’ve heard of many asexual people who masturbate and it’s a completely physical and biological need more than a sexual one. So, getting to know our bodies - in terms of thresholds, what we like and do not like, and so on is not always sexual. However, it can help during sexual encounters to know all of those things. Masturbation can help, but so can exercise.
Walking, running, yoga - anything that connects your body to your mind and gets both working at the same time is an excellent way of getting to know your body. That way, during a sexual encounter, you can fully be there with yourself and know what your needs are.

Can you describe your first encounters with masturbation?

I spoke to friends about masturbation way before it occurred. I was twelve years old. What I find most interesting is that my friends never talked about it as something to be ashamed of, but something that was normal and everyone would end up doing at some point. They made it seem like a biological thing, not a sexual thing. Girls should totally be open about it.

How do you think we can move the word ‘masturbation’ away from its strong male connotation?

I think just simply talking about it is helpful, and of course, pointing out the double standard. With many things that involve double standards between men and women, the issue is rooted in something much deeper. Oftentimes women who talk about masturbation are seen as adulterous or overly sexual and that’s just incorrect.

Removing that stigma will remove every other stigma that follows. I am not saying it is easy, but we have to start somewhere and make sure we continue in the path to which we are headed.

What tips would you give to all our horny girls about to venture on their journey of sexual discovery?

My advice is to talk to someone you trust. A family member, a friend, even your doctor (if you feel comfortable doing so - OBGYNs are supposed to be helpful in this aspect!).

Ask all your questions. Do some research - googling helps! Ask the questions that need to be asked, get to know your body in whatever form or method you choose, and do not be ashamed.

If you have any more questions for Upasna or need any advice on sexuality, you can contact her at upasna.barath@gmail.com.
It's getting hotter,
your skins start glowing
enjoy the ride
giving your body
what it desires,
grasping for more,
your hands reach out
to touch yourself
Committing to
where ever it pleases you
close your eyes,
go inside yourself
as deep as you wish
and get lost
in your needs

Intense Ride
PART two
artwork by puk rietveld
poem by hannah woods
the pages that were forgotten in the biology book.
The real cherry on top, however, is the clitoris. A word that definitely never left the lips of the witch we called the head of science. Your clitoris, or “clit,” is located near the front of your genitalia, in front of your urethra (the place you pee from). It may look small and insignificant but in fact this little gem carries over 8,000 nerve endings. That’s more than any other part of the human body and its sole desire is to bring you pleasure. You can use your hands to gently massage it. Treat it with love. Vary speeds and amounts of pressure in order to determine what you like. You can try spitting on your fingers first; some wetness can also feel great here.

Playing with your nipples can set off fireworks in the same region of the brain that processes the sensations from down south. What’s even better is that you have 2 of them to work with. Stroke, tickle, and pinch: you can even try applying some wetness to them if you’re feeling experimental. Practicing some good old nipple play is a great way to warm yourself up and get yourself in the mood. It can be as simple as softly touching them.

Although all rom-coms have led us to believe that we should achieve miraculous orgasms through just vaginal stimulation, please don’t lose heart. This is an extreme exaggeration and is not the case for most women. You can try sticking a varying numbers of fingers inside of your actual vagina (this is the part of the body that goes inside of you, like where you would put a tampon or get fingered). Not all women can actually achieve an orgasm this way, but that doesn’t mean that vaginal masturbation won’t feel good for you.

What you should always remember is what feels good is a matter of personal opinion. Just like people have different tastes when it comes to food, they have different tastes when it comes to sex. The best advice I can give you is to try a bunch of different techniques and then decide what you like and what you don’t. Most importantly though, remember that masturbation is a normal activity. If you try it out, you won’t go blind or grow hair on your palms. Your god of choice will not smite you. Your parents never need to know. The first few times you try it, though, you might feel guilty. This isn’t weird. Lots of people (mostly female-identified people) feel bad about masturbation at first because NOBODY EVER TALKS ABOUT IT. The more that it becomes part of your normal routine, though, the more you’ll realise that it’s just part of being a human, like breathing or farting or scratching your leg when it itches.
Time is standing still
yet every inch of you is moving
Your blood is boiling, to its highest point
you’re a slave of your passion,
totally lost in pleasure
you can’t help yourself
your pulse is ever faster
you are high on lust,
you bite, you grab, you scream
don’t know what to do with yourself
you are lost in uncontrolable movements
unshakeable thrill
there’s nothing left to do
let go and...
cum
cum
cum

GET WET
PART three
artwork by puk rietveld
poem by hannah woods
SEX can seem wonderful and fun and good-scary, something that can give you delicious butterflies and make you happy! Any kind of Sex act (solo or with a partner) can also feel bad-scary—just thinking about it happening can cause you stress. So what should you do when the anxiety is about feeling like you should want to, but don’t? The answer is - nothing. It’s totally ok to not feel in the mood and do nothing.

Here are just a few “out of a million” reasons why you may not be feeling the horny quivers.

10 TOTALLY PERSONAL JUSTIFICATIONS
(IT'S ALSO OK TO NOT FEEL HORNY)

WHEN YOU’RE NOT FEELING IT

SEXY can seem wonderful and fun and good-scary, something that can give you delicious butterflies and make you happy! Any kind of Sex act (solo or with a partner) can also feel bad-scary—just thinking about it happening can cause you stress. So what should you do when the anxiety is about feeling like you should want to, but don’t? The answer is - nothing. It’s totally ok to not feel in the mood and do nothing.

Here are just a few “out of a million” reasons why you may not be feeling the horny quivers.
• You just had a shower, feeling like a new born baby you don’t want to start getting down and messy.

• **OR you haven’t showered, your hair is doing that greasy flick and you got that post-4 day shave stubble brewing. You’re just not feeling your inner slay queen right now.

• You just styled your hair, it’s looking on point if you lay down and start rolling around your hour of hardcore straightening will go to waste.

• You’re significant other just consumed a batch of onion rings, you can try to breathe through your nose through the make out sesh OR do us all a favour and save it for another time.

• You’ve just got a lot on your mind, it’s been a long day and those inner voices just won’t do one. Take it easy and do something relaxing.

• You aren’t home alone and you feel a bit creepy getting off, it’s all chill. A bit of privacy can be key to getting you in the zone.

• You’re feeling absolutely HYSTERICAL. Sometimes this can be fun but right now you’re just too giggly to take any of it seriously.

• You’ve given it a go, tried to explore and play but its just not happening. It’s all good if you get fed up, leave it and try another time. NO SHAME IN QUITTING!

• You just don’t want to?! There is no reason that comes to mind, no explanation, nothing happened, its just a no-go. That’s perfectly ok too, there is no pressure.

• You just stuffed your face on a 12 inch dominos, all that cheese and pepperoni pfffff you’re bloated as hell. I’m not feeling it either.
TINY TEASER
** for when you are feeling it.

IMPORTANT NOTE
I’m not to be inserted inside the vagina. AHHHH!! Apart from that, there’s not many rules.

1. Place me anywhere that you feel good to you, I don’t bite.

2. Nipples, thighs, clitoris, toes...you name it.

3. You can create a swirl movement, like you’re drawing a circle on your skin.

4. To keep me gentle stay on level one.

5. If you fancy cranking it up a notch, try level two or three.

6. You can take me in the tub, i’m waterproof!

7. I’m travel size, I can fit in your purse (just make sure i’m not switched on, people will think your phone is ringing.

8. If someone asks you what I am and you’re feeling shy, just tell them i’m an eraser or stress ball. Whatever you decide, they’ll never know.