

Anne Hodder-Shipp, CSE

Sex & relationships educator, speaker, author, & curriculum creator

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EDUCATION

- B.A. (Cum Laude) Journalism, Roy H. Park School of Communications at Ithaca College; Ithaca, NY
- Certified Sexology Educator (CSE), American Board of Sexology

PROFESSIONAL AWARDS & RECOGNITIONS

- 2022 Professional Standard of Excellence Award, AASECT
- July 2022 Power Player, Power to Decide

SPECIAL SKILLS

- Adept at critical thinking and media literacy
- Strong clinical and social research and cross-referencing
- Expansive curriculum development and editing
- Gender- and sexuality-expansive education and facilitation
- Trauma-informed, trauma-aware facilitation
- Sociometry, active listening, and active interviewing
- Age-appropriate sexuality education for youth and teens
- Effective shame-reduction, rapport-building, and judgment-neutral communication
- Professional boundaries and ethical business collaboration
- Graphic design and pagination
- Copywriting, editing, and revision
- Short-form video script-writing and video editing

SOCIAL MEDIA

- TikTok @theannehodder: 55.4K followers
- IG @theannehodder: 27.2K followers
- IG @every1deservessexed: 9,213 followers

WORK EXPERIENCE

Founder & Lead Educator, Everyone Deserves Sex Ed

January 2016-Present

- Lead and produce private sex ed classes, group trainings, Master Classes, and 1:1 sessions for events, professional development, mental health and wellness facilities, and corporate clientele
- Host and coordinate multi-annual 40-hour Sex Educator Certification with 11 fellow experts in the field
- Co-facilitate multi-annual 14-hour Sexual Attitude Reassessment (SAR)
- Content and facilitation follows a harm-reduction approach and are informed by social, reproductive, disability, racial, and economic justice models

Healthy Sexuality & Relationships Group Facilitator (multiple facilities)

September 2016-present

- Lead weekly coaching and education groups for adult and teens enrolled in outpatient, inpatient, and PHP treatment programs
- Maintain clinical progress notes using various software and formats, including GIRP
- Provide 1:1 coaching support for clients in need of individualized sexuality-related care missing from existing programming
- Past clients have included Centered Health (now known as Beachside Teen Treatment), Silicon Beach Outpatient, Visions Adolescent Treatment Center, West Hollywood Addiction Treatment Center, Safe Haven, and Faith Recovery

Co-founder & Co-facilitator, S3X Plus Productions

December 2019-Present

- Co-created and co-facilitate 4-week Pleasure Attitudes course
- Co-facilitate 4-module pleasure course
- Create weekly prompts and activities to support learning process
- Create, host, and execute digital events dedicated to sex-positivity, harm reduction, pleasure education, and justice-centered cultural discussion

Sexuality & Gender Group Facilitator, Polaris Teen Center

May 2019-January 2023

- Lead weekly group for up to 15 adolescent clients, maintain progress notes via Kipu
- Provide support & custom lesson plans focused on age-appropriate and inclusive sexuality education
- Special focus on LGBTQIA+ expansive and affirming support

ADDITIONAL TRAINING

Trained Holistic Dreamwork Practitioner, Kezia Vida

December 2018-January 2023

- Studied and explored emotional components of dreams and their “waking life” applications
- Coursework included emotion mapping, behavior pattern recognition, recognizing transference and projection
- Maintained a weekly personal dreamwork practice as part of training (personal practice began July 2016)

ANTE UP! Advanced SAR: Abortion

Completed December 2022

ANTE UP! Certification, Bianca Laureano, PhD h.c., MA, CSE, CSES

Completed August 2022

Human Sexuality Summer Intensive, Kinsey Institute

Completed August 2021

ANTE UP! Advanced SAR: Youth Sexuality

Completed May 2021

ANTE UP! Advanced SAR: Fat Sex

Completed April 2021

ANTE UP! BDSM Competency for Professionals

Completed March 2021

How to Not be a White Savior in Sex Ed, Vanessa Geffrard, MPH, of Vagesteem

Completed January 2021

ANTE UP! Sexual Attitude Reassessment

Completed August 2020

Certified Breathwork Practitioner, David Elliott’s Healer Training program

Completed June 2019

ADDITIONAL WORK EXPERIENCE

CEO, Hodder Media Inc.

November 2009-present

- Manage and operate first and only sex-positive PR and marketing firm
- Specialize in supporting sexuality companies and professionals, including content creators, retail and distribution, and product manufacturing

Founder & Publisher, Shoebox Press

April 2021-present

- Manage small imprint that publishes ebooks, workbooks, and educational materials in digital and print formats
- Specialization in sexuality and relationship topics

Author and Designer, *The Speaking from the Heart Workbook: A Practical Guide to the Modern Love Languages*

September 2022

- 83-page workbook available digitally and in print
- Features original worksheets and exercises

Author and Designer, *Speaking from the Heart: 18 Languages for Modern Love*

April 2021

- 70-page ebook offering modern, expansive take on love language concept
- 1,400+ copies sold

Associate Editor, Adnet Media

January 2007-October 2009

- Manage editorial calendar for pleasure product section of print and digital trade magazine
- Write daily news articles for web and print publication

VOLUNTEER WORK

Communications Consultant

Ongoing

- Provide consultation and guidance to abortion and reproductive healthcare clinicians regarding public messaging, social media content, and media communications

Research Consultant

Ongoing

- Provide consultation and instruction to undergraduate and graduate students researching and writing about sex and culture

Job Prep for Sex Workers

Ongoing

- Provide resume and cover letter writing support for sex workers seeking “vanilla” employment
- Provide job and interview prep support as requested

**Volunteer High School Speaker/Sex Educator, Planned Parenthood L.A. (PPLA)
February 2016-August 2017**

- Taught weekly sex ed classes according to PPLA curriculum as approved by California State Education Code
- Utilized age-appropriate methods of responding to student questions submitted anonymously
- Maintained regular supervision with PPLA staff

**Volunteer, Chrysalis, Changing Lives Through Jobs (non-profit)
August 2013-April 2017**

- Provided resume writing support for previously homeless, low-income, and formerly incarcerated individuals
- Taught weekly 2-hour “Job Prep 2” professional development workshop to previously homeless, low-income, and formerly incarcerated individuals
- Mentored 30+ female clients during annual Women’s Empowerment Program

PROFESSIONAL SPEAKING ENGAGEMENTS

- **(upcoming) The Modern Love Languages in Practice**
90-minute presentation during 2023 AASECT Conference
- **The Modern Love Language Intensive**
2-day, 6-hour workshop for personal and professional development – February 2023
- **The Power of Sex Education**
1-hour in-service for clinicians and staff, Resolutions treatment Center – November 2022
- **Consent Crash Course: The Stuff We Should Have Learned & Was (prob) Left Out**
2-hour module for clinicians, Breathwork Clinician Certification, Breathwork for Recovery – November 2022
- **SAR Speaker**
1-hour speaking engagement, Sex Coach U Sexual Attitude Reassessment – September 2022
- **Live interview**
45-minute interview with columnist Ali Hendry, DIVA Magazine – July 2022
- **Pleasure, Desire, & Orgasm**
60-minute workshop for 2022 ClitFest! Digital Event – March 2022
- **Modern Love Languages in Practice**
60-minute workshop for caregivers and youth-serving professionals, GCAPP – March 2022
- **Modern Love Languages with Anne Hodder-Shipp**
Multi-module audio learning course created for Emjoy education app – February 2022 (available indefinitely)
- **Tools for the Modern Pleasure Pro**
Private 4-week training for staff at ECN – February 2022

- **The Sex Ed You *Should* Have Gotten in High School, Parts 1 & 2**
Presentation for students, American Musical and Dramatic Academy – September 2021
- **Sex Ed Crash Course: The Stuff You (Prob) Didn't Get in High School**
Presentation for students, Cal State Fullerton – September 2021
- **Get Dick Literate**
Presentation for 300+ attendees on behalf of Lion's Den – September 2021
- **Why Sex Ed Sells**
Presentation for 200+ adult stores on behalf of ECN – September 2021
- **Communication & Answering Hard Questions**
Presentation for staff, Upstream Arts (non-profit) – August 2021
- **Pleasure, Desire & Orgasm**
Master Class, Everyone Deserves Sex Ed – July 2021
- **A Love Language Quickie**
Presentation for Masturbation Month on behalf of Fun Factory – May 2021
- **The State of Sex Ed**
Keynote address, Sexual Health Matters Virtual Sex Ed Summit, Georgia Campaign for Adolescent Power & Potential (GCAPP) – May 2021
- **The State of Sex Ed**
Presentation for parents, Visions Adolescent Treatment Center – February 2021
- **Selling Sex Toys for Every Body**
Elevate, virtual event for Eldorado Trading Company – December 2020
- **Professional Boundaries and Communication Master Class**
Master Class, Everyone Deserves Sex Ed – December 2020
- **No Shame: Fortifying Long-term Recovery Solutions with Inclusive and Accurate Sexuality Education**
West Coast Symposium on Addictive Disorders, C4 Events – December 2020
- **Panel Speaker and Moderator**
The SEX+ Summit – October 2020
- **Benefits of Inclusive Sexuality Education for Teens/Young Adults**
The Adolescent & Young Adult Collective – June 2020 (*postponed due to COVID-19*)
- **Sex & Relationships after Divorce, Next Chapter: Life After Divorce with Laura Wasser**
Ongoing course – debuted March 2020
- **Dreamwork at Open Eye Crystals**
Open Eye Crystals 2nd anniversary event – February 2020
- **Sex & Relationship "Quickies"**
Spirit & Ceremony launch party – November 2019
- **Guest Speaker – The Dreamwork Summit**
The Shift Network – October 2019
- **Compassionate Customer Service**
Elevate, event for Eldorado Trading Company – June 2019

- **Private pleasure-based Sex Ed Workshops (2)**
Venice Expressed: 50 Shades of Art fundraiser – May 2019
- **Un-Valentine’s Day for Lovers (and Haters)**
Soul Play Yoga, private event – February 2019
- **The Space Between**
WMN Space, private event – September 2018
- **Mind FCK: What Your Sex Dreams Really Mean**
The Work Bar, private event – April 2018
- **Valentine’s Day Breathwork**
Unplug Meditation, private event – February 2018
- **Own Your Sh!t: Rites and Rights of Healthy Relationships**
Unplug Meditation, private event – December 2017
- **No Shame: Fortifying Long-term Recovery Solutions with Inclusive and Accurate Sexuality Education**
California Addiction Conference, California Consortium of Addiction Programs and Professionals – October 2017
- **Own Your Sh!t: Rites and Rights of Healthy Relationships**
Maha Rose, private event – October 2017

RECENT NOTABLE MEDIA APPEARANCES

- **The Modern Love Languages with Anne Hodder-Shipp, WANTCast – March 2023**
- **A Game-changer in Contraception? Male Birth Control Study Offers Promising Results, MM+M – March 2023**
- **What Are the Five Love Languages?, The Good Trade – February 2023**
- **What an Orgasm Actually Feels Like for People with a Vulva, According to Sex Educators, WELL+GOOD – February 2023**
- **Custom Genitals and Good Vibrations: VR is the Future of Sex, DailyBeast – February 2023**
- **The Homophobic Truth About the 5 Love Languages, Open Late – December 2022**
- **Modern Love Languages: Discovering What You Need to Feel Loved, Honeydew Me – December 2022**
- **Speaking from the Heart: A Practical Guide to the Modern Love Languages with Anne Hodder-Shipp, The Erotic Philosopher – November 2022**
- **Sex with Sexpert Anne Hodder-Shipp, Money.Sex.Politics – November 2022**
- **F*ck Yeah to Inclusive Love Languages, F*ck Yeah Pod – November 2022**
- **WTF with The Five Love Languages?, We Can Do Hard Things with Glennon Doyle – November 2022**

- **Why Are Men So Bad at Sexting?, The Independent – September 2022**
- **Education for Retailers, All Lubed Up – August 2022**
- **Pleasure-centered Self Care, Wisdom of the Womb – August 2022**
- **Evolution of the Love Languages with Anne Hodder-Shipp, Laid Open – June 2022**
- **13 Ideas to Add to Your Sex Bucket List, Bustle – June 2022**
- **21 Best Clit Vibrators to Amp Up Solo and Couple Play, According to Experts and Reviewers, Prevention – May 2022**
- **How to Let Go of Someone You Love, According to Experts, Bustle – May 2022**
- **Anne Hodder-Shipp: queer femme, neurodivergent, ADHD, Fifty Shades of Gender – May 2022**
- **Becca Tilley’s Quote About Not Labeling Her Sexuality is Powerful, EliteDaily – May 2022**
- **The 18 Love Languages with Anne Hodder-Shipp, Bedside – April 2022**
- **What is the Kinsey Scale? Visualizing Sexuality as a Spectrum, MindBodyGreen – March 2022**
- **10 Expert-Approved Fingering Tips, InStyle – March 2022**
- **10 Ways to Make Missionary Sex Anything but “Vanilla”, InStyle – February 2022**
- **9 Ways to Make Doggy Style Sex Significantly More Pleasurable, InStyle.com – December 2021**
- **13 Tips for Having an Orgasm and Owning Your Pleasure, InStyle.com – November 2021**
- **What Does it Mean to be Gender Nonconforming?, MindBody.com – November 2021**
- **What Does it Mean to be Allosexual? Understanding the Sexual Desire Spectrum, MindBody.com – July 2021**
- **What Does it Mean to be Biromantic? A Nuanced Term for Romantic Attraction, MindBody.com – June 2021**
- **6 Myths of Heteronormativity that Could be Wrecking Your Love Life, InStyle.com – June 2021**
- **Limited Love Languages, A Sassy Little Podcast for Getting Over It! – May 2021**
- **Can You Get an STI from Oral Sex?, InStyle – April 2021**
- **Recontextualizing Shameful Sex Dreams with Anne Hodder-Shipp, Dear Sex – March 2021**
- **TikTok Mom Shares Why She's Teaching Her 5 Daughters That Virginity Isn't Real— And Experts See Her Point, Parents.com – March 2021**

<https://www.parents.com/news/mom-shares-why-shes-teaching-her-5-daughters-that-virginity-isnt-real-in-viral-tiktok>

- **The 80 Most Popular Vibrators, Reviewed by Experts, MarieClaire.com – February 2021**
<https://www.marieclaire.com/sex-love/g3274/most-popular-vibrators-reviewed/?slide=16>
- **Sex Dreams with Anne Hodder-Shipp, Honeydew Me – January 2023**
- **3 STIs That Barrier Methods Can't Reliably Prevent, TheBody.com – January 2021**
<https://www.thebody.com/article/sexually-transmitted-infectionst-barrier-methods-cannot-reliably-prevent>
- **How to Use a Dental Dam for All Kinds of Oral Sex, MensHealth.com – January 2021**
<https://www.menshealth.com/sex-women/a35281414/how-to-use-dental-dam/>
- **Remote Learning is Transforming Sex Education for Teens – and Adults, TheLily.com (Washington Post imprint) – January 2021**
<https://www.thelily.com/remote-learning-is-transforming-sex-education-for-teens-and-adults/>
- **The Birds and the Bees in Rehab, Beyond Risk & Back parenting podcast – January 2021**
<https://firemountainprograms.com/fire-mountain-programs-podcast-beyond-risk-back/>
- **How to Shift Our Understanding of STIs Away from Shame and Toward Education, TheBody.com – November 2020**
<https://www.thebody.com/article/shift-understanding-stis-from-shame-toward-education>
- **How Gendered Sex Ed Damages Everyone, TheBody.com – September 2020**
<https://www.thebody.com/article/gendered-sex-ed-damages-everyone>
- **This is Why Sex Education is Your Problem, Pleasure Science – August 2020**
<https://medium.com/the-sex-journal/this-is-why-sex-education-is-your-problem-fbc65f6b415c>
- **These Internet Sex Educators are Picking Up Where Health Class Left Off, InputMag.com – August 2020**
<https://www.inputmag.com/culture/grassroots-sex-educators-internet-are-picking-up-where-health-class-left-off>
- **How to Sext Properly, Vice.com – May 2020**
<https://www.vice.com/en/article/v7ggm9/how-to-sext-cyber-sex>
- **These Long Distance Relationship Tips Will Help Keep You Emotionally Connected, OprahMag.com – May 2020**
<https://www.oprahmag.com/life/relationships-love/a27628635/long-distance-relationship-tips/>

- **Sexpert Advice on How to Keep Self-isolation Sexy, LFPress.com (London Free Press) – March 2020**
<https://lfpres.com/life/sex-files/0330-sexfiles/wcm/2b25827f-1780-4e00-b4f2-d3b34a44bdc1>
- **Startups Promote Sex Toys as the Latest Wellness Must-haves, BeautyIndependent.com – March 2020**
<https://www.beautyindependent.com/sex-toys-latest-wellness-must-haves/>
- **Mainstream Retailers are Selling Sex Toys, but How Much do they Know about Them?, BeautyIndependent.com – March 2020**
<https://www.beautyindependent.com/mainstream-retailers-selling-sex-toys-but-how-much-do-they-know-about-them/>
- **Do I Have a Normal Penis? 8 Myths to Stop Believing About Your Penis, TeenVogue.com – December 2019**
<https://www.teenvogue.com/story/myths-to-stop-believing-about-your-penis>
- **If it's OK to Fantasize about Someone You Know, Why Not in VR? OneZero.Medium.com – December 2019**
<https://onezero.medium.com/if-its-ok-to-fantasize-about-someone-you-know-why-not-in-vr-4439237cc7b3>