

A new, audacious and feminine perspective

# Dirty Sheets. A Contemporary View on Sexuality

HELEEN DEBRUYNE & ANAÏS VAN ERTVELDE

Sex is everywhere. On television, on the streets, on social media – there's no escaping it. Entwined bodies, suggestive half-open mouths and sex games are the order of the day. This can only mean that we, Westerners, are liberated, truly free to do as we like with our bodies. For a long time Anaïs Van Ertvelde and Heleen Debruyne agreed, but then they started to notice more and more that their desires clashed with established norms, well-hidden but all the more persistent for that.

**A shamelessly intelligent book about sex**

DE STANDAARD

In this book they show that our supposed sexual freedom is an illusion. They explore history, culture and science, and their own experiences, to discover the things that restrict our bodies. These adventurous essays tackle such questions as:

- Why porn turns us on but we still insist on erasing our search history
- Why women hide their tampons
- Why we never learned how a clitoris actually worked during Sex Ed.
- ... and much more.

This book is a real treasure-chest of knowledge in which the lighthearted and sometimes humorous essays cover many of our unnecessary embarrassments on sexuality.

## VUILE *Anaïs Van Ertvelde* LAKENS *Heleen Debruyne*



EEN HEDENDAAGSE VISIE  
OP SEKSUALITEIT



### AUTHORS



**Heleen Debruyne** (b. 1988) is a radio producer with Klara and writes about art and culture for deBuren, Humo and De Morgen. She made her debut in 2016 with 'The Opportunists' (De plantrekkers). **Anaïs Van Ertvelde** (b. 1988) works as a historian at Leiden University, where she researches the history of social movements in relation to the body, disability and gender. Together they produce 'Dirty Sheets' (Vuile Lakens), a podcast about sex, the body and everything you're not supposed to talk about in polite company. In 2017 they published a book of the same name, in which they share their contemporary take on sexuality, arguing that sexual freedom is just an illusion. Photo's © Carmen De Vos

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