Revista Brasileira de
Sexualidade Humana ISSN 2675-1194
DOI: https://doi.org/10.35919/rbsh.v37.1315

RESENHA DE LIVRO

THE RECIPE BOOK OF PLEASURE BY JÜNE PLÃ

Sofia Liz Gutierrez[1]

PLÃ, Jüne. *Clube do orgasmo*: uma cartografia do prazer. Tradução de Sofia Soter. 1. ed. São Paulo: Intrínseca, 2022. 256 p. ISBN 978 65 5560 454 2.

Jüne Plã, a french illustrator and video game character designer born in Marseille, has gained international recognition for her contribution to contemporary sex education through the Jouissance Club project. The initiative emerged from the author's personal experiences, as she reports feeling bored with the repetition of traditional sexual scripts and frustrated by the constant need to explain to her partners how to achieve female pleasure, within a context marked by the centrality of penetration and the lack of high-quality information about sexuality. Faced with this scenario, Plã began using illustrations as a didactic tool to communicate, in a visual and accessible way, that sexual pleasure involves multiple possibilities beyond the heteronormative and penetration-centered model.

Initially conceived as an Instagram profile in 2018, Jouissance Club was created with the aim of sharing these illustrated explorations in a generous and open manner, promoting a welcoming space for dialogue, free of judgment and taboos. The profile grew rapidly and organically, boosted by shares from influential accounts and interest from the French media, reaching around 300,000 followers in approximately one and a half years. Throughout this process, the author expanded the scope of her content, which initially focused on tips directed at women, to include different bodies, practices, and anatomies. In addition, much of the material was built collaboratively from reports, questions, and experiences shared by followers themselves, reinforcing the collective, educational, and plural nature of the project. For Plã, the persistence of difficulties in understanding one's own body and the body of others is directly related to the lack of adequate sex education in schools and the predominance of distorted representations of sexuality, historically limited to pornography or unrealistic fictional narratives, highlighting the relevance of initiatives such as Jouissance Club in addressing this informational gap.

Following its digital success, Jüne Plã published in 2020 the book *Jouissance Club, une cartographie du plaisir*, translated in Brazil as *Clube do Orgasmo: uma cartografia do prazer*. The work, widely illustrated with clear diagrams, presents itself as a "sex education manual that promotes pleasure accessible to everyone — woman, man, non-binary, straight, gay, bi, etc." The central proposal of the book is to offer an illustrated guide to sexual pleasure, breaking with the normative, heterocentered, and biologicist models that still predominate in literature and educational practices on the subject.

One of the greatest strengths of *Clube do Orgasmo* is its inclusive and welcoming approach. Jüne Plã defends pleasure as a right and an experience accessible to all bodies and identities, including women, men, non-binary people, heterosexual, homosexual, and bisexual individuals. This perspective aligns directly with the broader concept of sexual health defined by the World Health Organization (WHO), which prioritizes physical, emotional, mental, and social well-being related to sexuality (World Health Organization, 2015).

Furthermore, the author proposes a true deconstruction of stereotypes and preconceived ideas about the body and sexuality, promoting a more honest sex education, free from moral judgment and centered on

[1] Medical student. São Leopoldo Mandic Faculty, Araras, Brazil. sofializgutierrez@hotmail.com

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mutual respect. By treating sex as a natural subject that can and should be learned and discussed, the work challenges the culture of silence and repression that still permeates many societies (Foucault, 2014).

Despite its inclusive language and important social and educational role, *Clube do Orgasmo* is not free from criticism. One aspect that deserves attention is the fact that Jüne Plã does not have formal training in health sciences or sexology. As a result, some recommendations — such as the use of food during masturbation or genital stimulation — lack scientific support and, according to health professionals, may pose risks to intimate health, including infections or injuries. Such guidance should therefore be interpreted with caution, emphasizing the importance that educational books about sexuality be based on safe and scientifically validated practices (AMCR Brasil, 2021).

Another controversial point is the discussion of pornography consumption. Although the topic is relevant, the book lacks a deeper critical analysis of the impact of pornography on the construction of body and behavioral standards, especially among young people and adolescents in the process of identity and emotional development (Monaghan et al., 2016; Rios, 2006).

Despite these limitations, *Clube do Orgasmo* represents an important contribution to the field of alternative sex education. The book can be understood as a complementary resource in the process of discovering and exploring sexuality, not intended to replace professional guidance, but rather to encourage readers to reflect on their bodies, desires, and relationships in a more conscious, empathetic, and uncomplicated way.

From an educational perspective, the work can be used as a supporting tool in sexual health promotion activities in non-formal contexts, such as discussion groups, educational workshops, and support groups. Its pedagogical potential lies in the way it brings technical knowledge closer to the lay reader without relying on jargon or exclusionary models.

In summary, *Clube do Orgasmo* is a reading that engages with self-knowledge and bodily autonomy, presenting itself as a bold and liberating proposal in a society still marked by taboos and misinformation about sexuality. By encouraging open dialogue, valuing pleasure, and respecting diversity, the work contributes to a healthier, more inclusive, and more conscious sexual culture — core values for the promotion of individual and collective sexual health.

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Recebido em: 25/07/2025
Aprovado em: 07/02/2026