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WITH STEPHANIE AMADA

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FEATURE

GIRL TALK

INSIDE THE “HOOK UP” CULTURE WITH STEPHANIE AMADA

WORDS AND PICTURES BY JORDAN POLL

My college ladies, we all have been there. Whether it is at a bar, dorm, sorority, fraternity, or house party, we have all been asked the golden question. Do you wanna hook up?

I don't know about you, but that is one heck of a loaded question for me. My initial gut response is to ask whoever it is what they mean. After all, everyone has their own definition and idea of what “hooking up” is. It is this very reason that makes navigating the world of hook up culture so confusing. However, Stephanie Amada has made it her mission to help confused college students to leave the walk of shame behind and figure out how to answer the golden question in a way that will make us truly happy with her new book *Hookup Up: A Sexy Encounter with Choice*.

Stephanie Amada is a professor of Writing and Rhetoric at Michigan State University. She teaches many classes on campus; her favorite is *Women in America*. In fact, it is through the class discussions and conversations with her students in this class that she was inspired to create this Ebook on hook up culture.

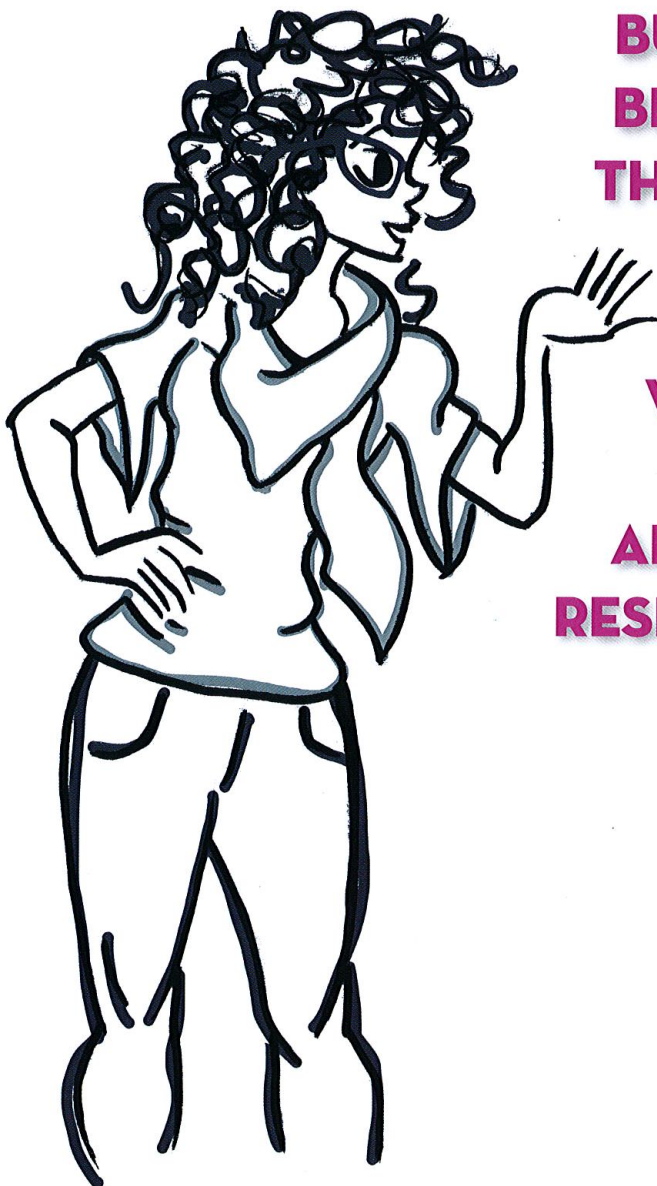
“It was in the spring, two years ago. I was sitting in my living room with my laptop trying to make a list of what

to do for the weekend. After grocery shopping and grading papers, and before I even realized it, I added write an Ebook about hook up culture to the list. I had this moment of thinking ‘this is cool but also really weird’ so I walked away for a moment and returned shortly after to act on that brainstorm. I wrote *How to Deal with Hookup Culture: an Ebook About College Life*, the first edition of *Hookup Up: A Sexy Encounter with Choice*, that very weekend,” Amada confided that before she knew it, this very brainstorm moment turned into a personal mission. “Between the conversations I had with students about hook up culture in my *Women in America* classes and my observations from pieces written by psychologists and journalists, I noticed that there was all this research and writing ABOUT college students and hook up culture but nothing FOR them. I want to help students navigate this crazy, mixed up world of hook up culture, especially because I wish I had some sort of guidance when I was in college. I hope the book helps the reader begin to think about what it is that she really wants for herself. To begin to filter out the influential voices of the media, friends, the opposite sex, and their parents. They may have the best interests at heart but they don't always know the situations and pressure you may face.”

“I'm not a fairy godmother, and I can't just wave my magic wand and grant your wish, but I can tell you that if you don't figure out what it is that you truly want, aside

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**-STEPHANIE
AMADA**



from the pressures, the trends, the voices that aren't yours, you won't get it." - How to Deal with Hookup Culture (27)

"You are under the influence of a lot of things but you will be happier in the long run if you can recognize what those influences are and take responsibility for your choices," Amada said to her young female audience during her speaking event with MSU sorority Sigma Kappa. In the final chapter of book, Amada says that the first and most important step to answering the question "Do you wanna hook up?" is to recognize and pinpoint all the influences and pressures you may be facing. Ask yourself, "Where did these ideas come from? Who told me that? When was I told this? Why was I told this?" By recognizing these influences and pressures, you can narrow down what it is you truly want and what is important to you. However, just know that not all influences are bad, you just have to be sure that it is your choice to act on it because it is you who will have to take responsibility for them. "Once you know what you want, it becomes about helping you build your confidence and the inner strength to stand strong and make the choices you will feel good about even in the face of peer pressure."

Even though this book is written by a woman and is mainly geared towards young college women, its brother book geared towards young college men is currently in the process of being written by Amada and

MSU Professional Writing student, Simon Zagata. Editorial Note: The first edition of the Stephanie Amada's Ebook, How to Deal with Hookup Culture: an Ebook About College Life, is available at <http://www.stephanieamada.com/how-to-deal-with-hookup-culture/>. The second edition, Hooking Up: A Sexy Encounter with Choice, as well as the brother book are forthcoming. Look for them on Amazon Kindle this spring.



Illustrations by: Morgan Redding



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