

## **Timaree L Schmit, Ph.D.**

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<http://sexwithtimaree.com>

### Curriculum Vitae

#### **Education**

2010: Widener University: Doctorate of Philosophy in Human Sexuality

- Dissertation: "How Body Morphology Changes Affect Preference for Thinness and Attractiveness in Partners Among Women Attracted to Women," December, 2010
- Founding Chair of the Human Sexuality Education Student Organization
- Laureate Counselor, founding executive committee member and inductee of Gamma Eta Rho, national honor society in Human Sexuality, 2009
- NCATE accreditation advisor on faculty committee to standardize Human Sexuality education

2007: Widener University: Masters of Education in Human Sexuality

- Inducted into Kappa Delta Pi academic honorary 2008

2004: University of Nebraska-Lincoln: Bachelor of Arts in Psychology

- Superior Scholar, Regent's Scholar, Honored by the University Chancellor as a High Scholar 2001, '02, '03, and '04
- Inducted into Academic Honoraries Alpha Lambda Delta and Phi Rho Sigma 2001, inducted into Psi Chi and the National Society for Collegiate Scholars 2002, inducted into Golden Key Honor Society 2002
- Elected Community Service Chair for Golden Key November, 2002.

#### **Teaching/Educational Experience**

2002-present

**Sexuality Educator**

I provide sexuality-based columns, articles and podcasts for a variety of media outlets and manage my own website, [sexwithtimaree.com](http://sexwithtimaree.com). My column, **Timaree's Body**, can be found in *Philly Weekly* and I serve as the sexuality and relationships contributor to *Philly.com*.

Additionally I create a podcast, **Sex with Timaree**, that has been listed in the top 5 noteworthy iTunes sexuality podcasts, top 4 Sexuality Podcasts by *Daily Dot*, top sex education sources by *Buzzfeed* and is downloaded over 30,000 times a week. It is currently the most downloaded and streamed Philadelphia-based podcast.

Along with comedian Darryl Charles, I also co-host the live monthly sexuality education/comedy show *DTF: Darryl and Timaree Fun Hour*. It was voted the winner of PHIT's 2013 Sweeps Week, out of 24 live Philadelphia comedy shows. It covers news and current events related to sexuality, and features a rotating panel of sexuality experts and comedians.



**2010- 2013**

**Chief Communications Officer, Sisters Nightclub**

I was responsible for social networking-based marketing for, and maintaining the online presence of Sisters Nightclub in Philadelphia. Responsibilities include expanding market reach, special events production and promotion, direct and mass advertising, coordination of live entertainment, and managing personnel.

**2007-present**

**Fitness Instructor**

With AFAA certifications in group exercise and kickboxing, certifications in Zumba, Piloxing and Flirty Girl Fitness, as well as CPR and AED certifications, Currently, I am a Pilates, kickboxing, cardio/sculpt, boot camp, spinning and dance fitness instructor for multiple locations of Sweat Fitness in Philadelphia, Jefferson University Hospital, Weston Fitness, City Fitness, Philly Dance Fitness and Widener University. Working with an ever-changing and widely varying group of clients, this experience further develops my skills in lesson planning, developing learning strategies for diverse learners and classroom leadership.

**2010- April, 2012**

**Curator of Sexuality, Relationship and Feminist Issues, Redux.com**

**Redux.com**, an internet start up that specializes in personalized, friendsourced entertainment, retains my services as the curator for all posts related to sexuality, interpersonal relationships, and content pertaining to the interests of women. I manage and contribute video content for the following internet television stations: Modern Sex with Dr. Timaree, Femme-inism, Living with People and Sex\_Love\_Intelligence.

**2006-December 2010**

**NCATE Graduate Assistant**

I was responsible for assisting faculty and administration in obtaining accreditation for Widener University's Center for Education by the National Council for Accreditation of Teacher Education. Under the guidance of NCATE Coordinator, Dr. Antonia DeGeus and Assistant Dean, Dr. Michael Ledoux, I have become intimately familiar with the requirements of certification and accreditation for institutions of higher learning. My duties included data collection and analysis, developing standardized rubrics and scoring guides, aligning syllabi of courses to the conceptual framework of the Unit, researching accreditation processes, assisting in the facilitation of workshops, trainings and meetings, creating program reports and otherwise assisting as necessary.

**2003- 2004**

**Peer Sex Educator, HIV Counselor and Tester, PERSUNL**

As part of the University of Nebraska-Lincoln Health Center's PERSUNL peer sex education program, I gave presentations on numerous sexual health subjects to groups of varying sizes and demographics, raised campus awareness of sexual health issues, regularly provided pre and post testing counseling and Ora-Sure HIV tests to the community, organized, advertised and executed well-attended HIV test drives and was responsible for tracking testing activities to maintain a federal grant. All was conducted under the supervision of Dr. Pat Tetrault.

**2001-2002**

**Volunteer Group Therapy Leader**

Working in the Adolescent Female Unit of the Lincoln Regional Center, I provided one-on-one talk time with young female inpatients and assisted in leading group sessions, under the supervision of Polly Griese. This introduced me to inpatient mental health treatment as well as small group facilitation with the population of adolescents.

## **Leadership Positions**

### **2014- present                    Co-creator/ Planning Committee Co-Chair, SEXx Interactive**

With GALAEI director Elicia Gonzales, I co-created and produced **SEXx Interactive**- an independent, TEDx style conference about sexuality, first held in Philadelphia in the summer of 2014, followed up by a 4 day event in 2015. The event brought together academics, activists, artists, educators and other people to talk about sexuality.

### **2013- present                    Faculty Advisor, Widener SHSP Diversity Blog**

Using my professional experience as a sexuality blogger, I advise the graduate students in Widener University's School of Human Service Professions on their web-based project promoting diversity and student accomplishments in the field

### **2013-present                    Advisor, Zeboken GIANTS Project**

Along with such noted sexuality educators as Mark Schoen, Dr. Don Dyson, Dr. Betsy Crane, Dr. Landi Turner, Dr. Michele Angello, Dr. Melanie Davis and Dr Mike McGee, I serve on an advisory board for Mike Zeko's film project, Giants, which seeks to record the insights and experiences of giants in the sexuality field, including Dr. William Stayton and Dr. Beverly Whipple, among others.

### **2013-present                    Faculty Advisor, Widener Sexuality Studies Blog**

Under the direction of Associate Dean of the Widener School of Human Service Professions, I designed the Widener Sexuality Studies blog.

### **2008-2011                        Student Member, Human Sexuality Education Accreditation Project**

As both a representative of graduate students and as expert consultant in education accreditation and NCATE methodology, I was the sole student member of a faculty committee devoted to developing accreditation standards in Human Sexuality education. Additionally, I was charged with leading a student and alumni group that researched, compared and contrasted the accreditation processes of numerous professional specialization organizations. This work was presented to AASECT.

### **2009- 2011                        Founding Laureate Counselor, Gamma Eta Rho**

As a founding member, I was instrumental in creating the nation's first honor society devoted to the study of Human Sexuality. The Alpha Nu chapter of Gamma Eta Rho was also the first honorary ever chartered at Widener University. My contributions included researching honor society protocol, developing and writing by-laws, constructing the membership application and assisting in the creation of the induction process. As Laureate Counselor, it is my responsibility to work as liaison between the founding chapter and subsequent chapters.

### **2006- 2008                        Founder & Chair, Human Sexuality Education Student Organization (HSEDSO)**

As founder and elected Chair, serving with the help of faculty advisor Dr. Don Dyson, I had primary responsibilities for all Widener University HSEDSO affairs, acted as spokesperson and

chief presiding officer at meetings, maintained a sizeable listserv and sent out regular announcements to members on group activities, worked with other executive officers developing and maintaining a budget, acted as liaison between students and administration, organized and promoted group functions, delegated duties to members, constructed and executed polls, was instrumental in the development of the organization's Constitution and I coordinated efforts to form an alliance between the members of the various graduate programs in Human Service Professions at Widener University.

### **Publications**

(2015) "Dumped by My Dermatologist." In *How to Break Up with Anyone: How to Let Go of Friends, Family and Everyone In Between*. Sean Press. Waxman, J., Ed.

(2014) "Facebook" and "Twitter" in *Sex Ed in the Digital Age*. Morristown, NJ: Center for Family Life Education, Taverner, B. & Milstein, S., Eds.

(2013) "Hookup Culture Can Help Build Stronger Relationships" in *Taking Sides: Family and Personal Relationships*. New York, NY: McGraw Hill. David M Hall, Ed.

(2007) "A Review of the American Medical Association's Girl's Guide to Becoming a Teen and Boy's Guide to Becoming a Teen" *American Journal of Sexuality Education*, Volume 3, Number 1. Elizabeth Schroeder and Bill Taverner, eds.

(2007) "Morality and Ethics" in *Encyclopedia of Sex, Love and Culture: Volume 6, 20<sup>th</sup> & 21<sup>st</sup> Centuries*, with Assistant Professor Donald Dyson. James Sears, ed.

### **Media Appearances**

2015, October 10. *What's My Line?* Plays & Players Theater, Philadelphia, PA.

2015, August 10. *Moms Everyday*. Omaha, NE

2015, June 13. *NBC 10*, Philadelphia, PA.

2015, June 11. *NewsWorks*, WHYY, Philadelphia, PA.

2015, June 2. *Drew & Mark Show*, ESPN Detroit.

2015, May 28. *CBS Local*, Philadelphia, PA.

2015, April 26. *Markus Goldman Show*, WMMR.

2015, April 2. *Dom Giordano Show*, WPHT.

2015, Feb 27. *Two Late with Rob and Joe*. Philadelphia, PA

2015, Feb 23 *Moms Everyday*. Omaha, NE

2014, December 1. Philadelphia Jacks: Like a Tupperware Party for Your Penis. *GPhilly.com*

2014, November 21. *Hang on with Aaron Nevins*. Playground at the Adrienne, Philadelphia, PA

2014, October. *In My Basement with Johnny Goodtimes*, Philadelphia, PA.

2014, October. *Movie Plotz*, Philadelphia Improv Theater, Philadelphia, PA

2014, August. *Philadelphia Podcast Festival*. Philadelphia, PA

2014, August. *Wait, Wut?* Philadelphia, PA

2014, July. *Talking Nerdy*. Philadelphia, PA

2014, May. *Stare at Shannon*. Philadelphia, PA

2014, May 6. *Face for Radio*. Philadelphia, PA

2014, April 28. *Potent Brew Podcast*. Philadelphia, PA

2014, February 15. *5 Minutes Deep with Sidney Gantt*.

2014, February 13. *Philadelphia Gay News*. Philadelphia, PA

2014, January 5. *Philly.com* Philadelphia, PA.

2014, January 14. *Action Phase* podcast. Philadelphia, PA.

2014, January 14. *Philadelphia Weekly*. Philadelphia, PA.

2014, January 10. *Firestarter 2014*. Los Angeles, CA.  
 2014, January 9. Geek Out over Fitness. *Geekadelphia*. Philadelphia, PA.  
 2014, January 8. Transgender Students: gender identity is not sexual orientation. *North Platte Bulletin*. North Platte, NE.  
 2013, November 8. *Potent Brew Podcast*. Philadelphia, PA  
 2013, October 15. *Pornologues II*. Philly Sketchfest. Philadelphia, PA.  
 2013, October. Self-Pleasure: The Best Masturbation Tips Ever. *Women's Health Magazine*.  
 2013, September 17. *Sex Nerd Sandra Live!* Philadelphia, PA  
 2013, September. *Sex Nerd Sandra Show*. Los Angeles, CA.  
 2013, August 20. *UnSlut Project LiveStream*. Los Angeles, CA.  
 2013, August. Wolipop.Detik.com. Malaysia.  
 2013, August. *Philadelphia Daily News*. Philadelphia, PA  
 2013, August. *City Paper*. Philadelphia, PA.  
 2013, August. *Philadelphia Podcast Festival*. Philadelphia, PA.  
 2013, May. *SkepticInk.com*  
 2013, May. *Reasonable Discourse with Jerks*. Philadelphia, PA.  
 2013, May. *FullImpact*. Pasadena, CA.  
 2013, April. *Delight You/ Try Business*. Online video series.  
 2013, March. *Sound by Resound.Info*  
 2013, March. *Pincushion Podcast*, Philadelphia, PA  
 2013, March. *GospelCoalition.com*  
 2013, January & March. *In My Basement*, For *Philly Post* Online.  
 2012, October. *Pornologues*. Philly Sketchfest, Philadelphia, PA.  
 2012, June & July. In My Basement with Johnny Goodtimes. For *Philly Post* Online.  
 2012, March. *Morgan Report*, Hartford, CT.  
 2012, March. *Urban Health Magazine*  
 2012, February. Sheknows.com  
 2011, December. *Queer to the T*, Philadelphia PA.  
 2011, December. *Goodtimes Versus Garbo*. Philadelphia, PA.  
 2011, October. *The Roger C. Snair Interview Show*, Philadelphia, PA.  
 2011, October. *Reasonable Discourse with Jerks*, Philadelphia, PA  
 2011, August. "Monogamish," *Advocate Magazine*  
 2011, June. *Sex with Jaiya*, San Francisco, CA  
 2010, September. *In My Basement*, Philadelphia, PA  
 2009, October. *Sex and Intimacy Show*- 1510 AM, Denver, CO  
 2009 "What's a Sex Columnist Look Like?" *Nerve.com*  
 2009, July. *Last Call with Leventhal*- Fox News, NY, NY  
 2005 *What's Good Hartford?* Podcast  
 2004 *Todd and Tyler*- Z92 Radio, Omaha, NE

## **Practicum**

**2007**

### **Curriculum Writer**

Under renowned sexuality educator Dr. Konnie McCaffree, I reworked the 8<sup>th</sup> grade STEPS Sexuality Educational Curriculum for the South Eastern Pennsylvania Planned Parenthood. By creating clear, concise goals and easily measurable objectives, revamping in-class activities to be more interactive, applicable and effective, and providing rationale for all theoretical and practical elements of the curriculum, I applied the skills I had learned in curriculum-development courses and according to Planned Parenthood Community Education Manager Jennifer Pennington, I greatly improved the utility of the lessons.

## **Presentations**

Schmit, T. (October 17). Educating as Allies: Human Rights and LGBTQI Issues in the Classroom. *Teaching Bravely: Developing Global Consciousness and Inclusivity in the Classroom*, Omaha, NE.

Schmit, T. (2015, June 14). *Introduction to Burlesque*. Kink Shoppe, Philadelphia, PA.

Schmit, T. (2015, May 30). How to Be Sex Positive. *TEDx Walnut Street Women*. Philadelphia, PA.

Schmit, T. (2015, May 9). Vampires, Leatherface and Girls in Their Underwear: Sexuality in Horror Movies. *SEXx Interactive*. Philadelphia, PA.

Schmit, T. (2015, April 16). How to Be Sex Positive. *Ignite Philly 15*. Philadelphia, PA.

Schmit, T. (2015, January 18). *Intro to Burlesque with HoneyTree EvilEye*. Workshop presented at Kink Shoppe, Philadelphia, PA.

Schmit, T. (2014, December 14). *Intro to Role Play*. Workshop presented at Kink Shoppe. Philadelphia, PA.

Schmit, T. (2014, September 20). ICYMI: Using Social Media to Reach Seniors. Workshop presented at *Sexuality, Intimacy and Aging Conference*. Chester, PA

Schmit, T. (2014, August 15). Sexercise. Workshop presented at *Woodhull Sexual Freedom Summit*. Washington, D.C.

Schmit, T. (2014, August 3). Sex Positive Feminism. *DIY Skillshare Conference*. Philadelphia, PA.

Schmit, T. (2014, April 23). *Vampires, Leatherface and Girls in their Underwear: Sexuality and Fear in Horror Films*. Interactive lecture given to Human Sexuality class at University of Texas-Austin.

Schmit, T. (2014, April 10). Consent and Kink. *Whipped 2.0*. William Way Center, Philadelphia, PA.

Heffernan, K., Torrey, K.T., Stardust, Z. Schmit, T. & Penley, C. (2014, April 6) Feminist/Porn Battlegrounds: Disability, Law, Religion & Tumblr. *Feminist Porn Conference*. Toronto, ON, Canada.

Schmit, T. (2014, March 20). DellAversano, R. & Schmit, T. *Venus in Furs Talkback: Sex, Gender and Kink*. Bootless Stageworks. Wilmington, DE.

Schmit, T. (2014, January 19) *Fitness, Body Love and Sexercise*. 2 hour workshop at Sexploratorium. Philadelphia, PA.

Schmit, T. (2013, November 16). *Troubleshooting Your Sex Life*. 2 hour workshop at Kink Shoppe. Philadelphia, PA.

- Schmit, T. (2013, October 19) *Negotiating with a Partner*. 2 hour workshop at Kink Shoppe. Philadelphia, PA.
- Schmit, T. (2013, September 20). "And Cut" Panel Discussion. *Gender Reel Film & Performance Art Festival*. Philadelphia, PA.
- Schmit, T. (2013, August 24) *Intro to Role Play*. 2 hour workshop presented at Sexploratorium. Philadelphia, PA.
- Schmit, T. (2013, August 18). *Talking About Sexuality*. 2 hour workshop presented to Residence Hall Assistance of Widener University. Chester, PA.
- Schmit, T. (2013, August 3) History of Burlesque. 2 hour workshop presented at Sexploratorium, Philadelphia, PA.
- Schmit, T. (2013, May 25). *Sex and the Acropolis*. Simpatico Theater post-show presentation and talkback. Philadelphia PA.
- Schmit, T. (2013, April 14). *Non-Monogamy: History and Practice*. 2 hour workshop presented at Sexploratorium, Philadelphia, PA.
- Schmit, T. (2013, March 23). *Troubleshooting Your Sex Life*. 2 hour workshop presented at Sexploratorium, Philadelphia, PA.
- Schmit, T. (2013, Feb 16). *Non-Monogamy: History and Practice*. 2 Hour workshop presented at Sexploratorium, Philadelphia, PA.
- Schmit, T. (2013, Feb 15). Body Language, Attraction and First Meetings. Workshop and Facilitated Queer Group Speed Meeting Event. *Stimulus Winter Wonderland*. Philadelphia, PA.
- Schmit, T. (2012, October 27). *Vampires, Leatherface and Girls in their Underwear: Sexuality and Fear in Horror Films*. 2 hour interactive workshop on horror film tropes, feminism, sexuality, politics, history and fear presented to student body of St. Mary's College of Maryland. St. Mary's City, MD.
- Schmit, T. (2012, October 23). *Sexuality and Horror Movies*. 1 hour interactive presentation on horror film tropes, feminism, sexuality and fear to undergraduate Human Sexuality class. Moravian College, Bethlehem, PA.
- Fabello, M. & Schmit, T. (2012, October). *Damsels in Distress: Representations of Women in Horror Movies*. MissRepresentation.com
- Mayer, S. Lollipop, L., De Blase, F & Schmit, T. (2012, August 20). *Burlesque and Noir*. Noircon. Philadelphia, PA.
- Schmit, T. (2012, August 20). *Introduction to Human Sexuality*. 2 hour interactive workshop on sexuality issues for resident assistants of Widener University. Chester, PA.
- Schmit, T. (2012, March 27). *LGBT Representation in Media*. 3 hour interactive graduate-level workshop on LGBT representations in media, media literacy skills and applications for educators.



Part of Bob Randall & Associates program, **Creating Safe Spaces: Addressing LGBTQ Issues in Schools**. Warminster, PA.

Schmit, T. (2012, January 6). *Reality TV & Sexuality*. 90 minute lecture and workshop on history and economics of reality TV, sexual content and media literacy presented to graduate class for **Contemporary Sexuality** course for David Hall & Associates. Montgomeryville, PA.

Schmit, T. (2011, December 11) HIV Prevention Efforts and AIDS Stigma: Contrasting the late 1980s and early 2010s. Talkback after a performance of *Rent: School Edition*. Philadelphia, PA.

Schmit, T. (2011, November 11) *Healthier Sexuality*. 2-hour interactive lecture on healthy relationships, gender roles, sexual orientation, safer sex practices, sexual assault, negotiation and other sexuality issues. Lycoming College, Williamsport, PA.

Schmit, T. (2011, October 7). Real Sex: Exploring Writing Careers in Sexuality Education. Presented at *Careers in Sexuality Professional Skills Conference*, Chester, PA.

Schmit, T. (2011, August 3). *Reality TV and Sexuality*. 90 minute lecture and workshop on history and economics of reality TV, sexual content and media literacy presented to graduate class for **Students Rights & Responsibilities** course for Tom Stecher & Associates. King of Prussia, PA.

Schmit, T. (2011, July 13). *LGBT Representation in Film and TV*. Hour and a half presentation/facilitated discussion on history of LGBT depictions, comparison of media, content analysis and conflict theory paradigm, presented to graduate class on LGBT Issues with instructor David M. Hall for Bob Randall & Associates. King of Prussia, PA.

Schmit, T. (2011, June 12). *The History of the Lifestyle*. Two hour presentation and facilitated discussion on swinging, polyamory and other models of non-monogamy. Meeting of Delaware Valley Synergy, Elkins Park, PA.

Schmit, T. (2011, April 15). *Reality TV and Sexuality*. Two-hour workshop on history and politics of Reality TV and current manifestations as viewed through critical lens of Queer and Feminist theory, presented to graduate class of health educators with instructor, David M. Hall for Bob Randall & Associates. Downingtown, PA.

Schmit, T. (2010, November 19). *Brangelina, Miley and the Gosselins: Using Celebrity Gossip to Teach Comprehensive Sexuality Education*. Center for Family Life Education, Somerset, NJ.

Schmit, T. & Heishman, A. (2010, April 22). *Relationships in the Age of Online Dating*. Talkback after life performance of *Nerve* at Latvian Society, Philadelphia, PA.

Schmit, T. (2009, November 20) *Using Celebrity Gossip to Talk About Sex*. Small Group discussion at Attic Youth Center, Philadelphia, PA.

Schmit, T. & Weaver, C. (2009, May 21). *One Click Away: A Voyage into Internet Sex Subcultures*. Two-hour workshop presented at CARAS and SOGI conference on Alternative Sexuality, Chicago, IL.

Schmit, T. & Weaver, C. (2009, May15). *One Click Away: A Voyage into Internet Sex Subcultures*. Session presented at annual conference of the American Association of Sexuality Educators, Counselors and Therapists, Glendale, AZ.

Ingersoll, T.S., Schmit, T. & Ruggles, D. (2007, April 14). *Relationship Violence*. Two-hour workshop presented at Widener University Take Back the Night, Chester, PA.

### **Accreditations/ Affiliations**

- Founding member and Counselor Laureate: Gamma Eta Rho academic honor society in Human Sexuality
- AFAA Certified Group Fitness Instructor, AFAA Certified Kickboxing Instructor, Certified Zumba Instructor, Certified Flirty Girl Fitness Instructor, Certified Piloxing Instructor, Red Cross certified in CPR and AED.
- Member and Founding Chair, Human Sexuality Education Student Organization
- Former Member, American Association of Sexuality Educators, Counselors and Therapists; Society for the Scientific Study of Sexuality

### **References**

Don Dyson, Ph.D., M.S.S., C.S.E  
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Director of Programs in Human Sexuality, Widener University  
[dadyson@mail.widener.edu](mailto:dadyson@mail.widener.edu)

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