

# SEX 101

## THE "NEW" NORMAL

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### Session Objectives

- Define sex and human sexuality
- Discuss the sexual frame of reference
- Develop practical approaches to having meaningful conversations with partners and physicians
- Discuss challenges of sex and chronic illness and disease

### Creating your frame.....

1	2	3
4	YOUR NAME HERE	5
6	7	8

### Did you know?

# 100%

"Sex is more than an act of pleasure, sex is the ability to be able to feel so close to a person, so connected, so comfortable that it's almost breath-taking to the point you feel you can't take it. And at this moment you're a part of them."

Sophia Loren

### Understanding your "frame"

Sexual intelligence involves self-understanding, interpersonal sexual skills, scientific knowledge, and consideration of the cultural context of sexuality, and these abilities help us make responsible decisions about our sexual behavior based on our personal values.

Our Sexuality, ©2014, 2011 Wadsworth Publishing, Cengage Learning

## Defining Sex and Sexuality

Human sexuality encompasses the sexual **knowledge, beliefs, attitudes, values, and behaviors of individuals**. Its various dimensions involve the **anatomy, physiology, and biochemistry of the sexual response system; identity, orientation, roles, and personality; and thoughts, feelings, and relationships**. Sexuality is influenced by **ethical, spiritual, cultural, and moral concerns**. All persons are sexual, in the broadest sense of the word.

*The Sexuality Information and Education Council of the United States (SIECUS)*

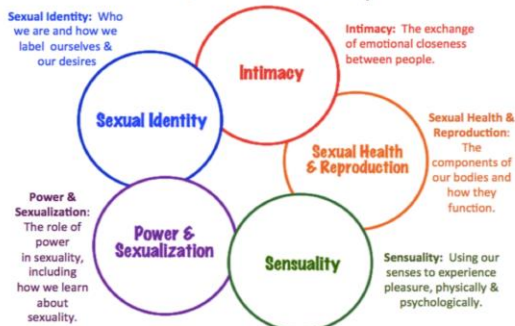
## Our Sexuality is defined by:

### 4 Components of Sexuality

1. Identity
2. Relationships
3. Practices & Behavior
4. Sexual Health

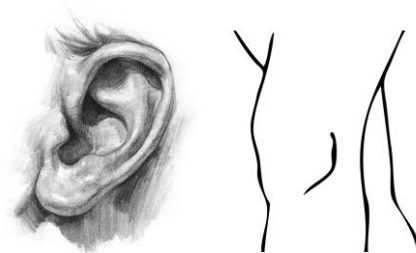
### Denny's Circles of Sexuality

#### The 5 Circles of Sexuality



A Holistic Model of Sexuality, Based on the work of Dr. Dallas Denny, 1994.

## Let's Get COMFORTABLE!



Person A

Person B

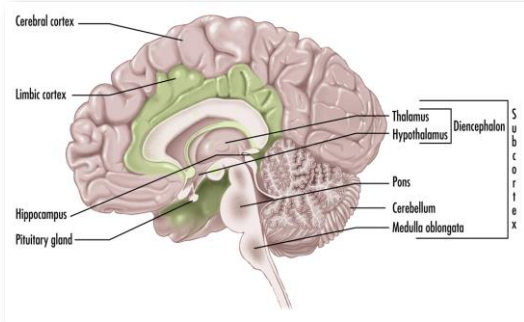
## Sexual Behavior

The role of the five senses in sexual foreplay



Photos © Photos.com

## Its all in your head.....



## How the Body Controls Sexual Response

➤ The role of the human body's five senses

- *Seeing*
- *Hearing*
- *Touching*
- *Smelling*
- *Tasting*

## The Five Senses

### Touch

- Sexual touching is central to sexual stimulation
- Gentle touching and caressing of the skin

### Sight

- The power of visual images is prevalent in society
- Books, magazines, films, and television in sexual stimulation

## The Five Senses

### Smell

- Popularity of perfumes and colognes
- Pheromones

### Hearing

- Words and sounds

### Taste

- Kissing can be a very erotic, sensual activity in and of itself

## Thinking outside the "sack" .....



## Sexuality and Health Issues

### Reduced sexual desire

### Impaired sexual arousal

- Erectile dysfunction in men
- Lack of lubrication or dryness and discomfort in women

## Sexuality and Health Issues

### Orgasm dysfunction

- Delayed ejaculation or an inability to reach orgasm in men
- Difficulty reaching orgasm or inability to reach orgasm or intensity

### Painful intercourse

- Conditioned reflex of the muscles in which they clamp shut
- Penetration is extremely painful or impossible for both men and women

## Useful Tips

- Plan sexual activity for the time of the day when you have the most energy and your health problems are least problematic.
- Be sure you are rested and relaxed.
- Wait at least two hours after eating to have sex.

## Useful Tips

- Take any required pain medication 30 minutes before sexual activity.
- Alcohol and tobacco can affect sexual function.
- Reduce or stop taking medications that have a negative impact on sexual functions before sexual activity (on the advice of a physician).

## Useful Tips

- Communicate with your partner. Be honest and open. Tell your partner what you like and do not like. Listen to your partner's likes and dislikes.
- Try different sexual positions to accommodate your body's changing abilities. Experiment with positions that minimize weight bearing or tiring movements.

## Useful Tips

- Try personal lubricants to reduce discomfort during sexual intercourse.
- Book appointments for sex with your partner. Conserve your energy and save it for some intimate time with your partner.
- Consider either self-stimulation or mutual stimulation.

## Useful Tips

### Try something different or NEW

- Increase your mental arousal (play music, meditate, practice visualization before sex).
- Increase genital stimulation (practice on self and then transfer to a partner situation).
- Use a personal lubricant.

## Useful Tips

### Try something different or NEW

- Explore new ways to pleasure one another without being orgasm-oriented.
- Use sight, sounds and smells.
- Expand your sexual repertoire to include, fantasy and sensory experience.

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# QUESTIONS??

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