

The Better Sex Talk

Sexual Health is much broader than most people realise. It's mental, emotional, spiritual, physical and energetic.

Here are some components of a conversation about sex that you could explore with a potential sexual partner before you engage sexually, in order to stay healthy on all levels:

1. Last STI check: what you were tested for and the results?
2. Subsequent sexual partners, their sexual health and potential risk of exposure?
3. Any relationship agreements either party is subject to?
4. Any known trauma or anything you each need to feel safe and to stay in your bodies and in consent during sex?
5. Any fears you have about engaging with this person?
6. Any desires you have about engaging with this person?
7. Any safe words you'd like to use or/and a discussion of whether you can be trusted to say stop if it's not working for you, or not?
8. Any boundaries, activities and areas of your body that are off limits.
9. Is it ok to just go with the flow or do you want a check-in before moving to new areas of the body or activities?
10. What are your expectations about connecting again in the future, needs for communication in the days or weeks following, in order to feel respected?
11. Is there any meaning you might make of the intimacy that the other should be aware of?
12. Do you have any time constraints or expectations for your time together? Or the next morning?
13. Do you have any expectations or preferences around orgasm?
14. Do you like to be held after sex or not?
15. Anything you'd really love the other person to try with you?
16. How you'd like to be touched or kissed?

About Emma K Harper

I am passionate about Healthy Sexual Expression, as a critical component of good overall health.

As a Sex Educator, PsychoSexual Somatics® Therapist and Sexual Empowerment Coach, I am a strong advocate for open and transparent conversations about sex. My work is to support conscious, sexual adults to re-educate themselves about sex and take their sexual and interpersonal development to the next level. Sexual aspects of ourselves become split off or blocked by shame and fear due to the nature of our culture or personal trauma and I champion the creation of spaces which support reintegration of these critical aspects of ourselves for a more connected life.

Learning healthier ways of intimate relating supports deeper inter and intra personal connection and safer sex for everyone. For a trauma-informed approach to healthy sexual relating, Discover your Sexuality, Integrity, Freedom at www.emmakharper.com