

Sex and sexuality



Language



- We take a broad and inclusive approach to the topic of women's health.
- We write health information for people with diverse backgrounds, experiences and identities. We use the terms 'women' and 'girls', but we acknowledge that these terms are not inclusive of all people who may use our content.

Presentation aims



By the end of this presentation, we hope you will:

- understand what sexual health and sexuality are, and know some of the things that can impact them
- understand the importance of consent in sexual relationships
- know about two common sexual problems and what you can do about them.



Sexual health

Sexual health



- Sexual health is an important part of your health, wellbeing and quality of life.
- It's not just about physical health – it's also about emotional, mental and social wellbeing.

Sexuality

- Sexuality includes sex, gender identity, sexual orientation, eroticism, pleasure, intimacy and reproduction.
- It is experienced and expressed in thoughts, desires, beliefs, attitudes, behaviours, roles and relationships.



Sexuality influences

Sexuality can be influenced by:

- friends and family
- culture
- media – including movies, TV and pornography
- religion.



Impact of pornography



- Pornography can include:
 - gendered stereotypes
 - scenes showing sex without consent
 - unrealistic depictions of pleasure.
- Pornography is entertainment – it's not real life.



Sexual relationships and consent

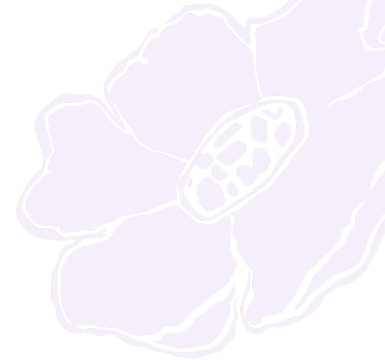
Healthy sexual relationships

Healthy sexual relationships involve:

- respect
- open communication
- consent
- safety.



Consent



- Consent means agreeing freely and happily to participate in a sexual activity with another person or people.
- You and your sexual partner(s) need to agree to have sex or do sexual things.
- Consent is more complicated than ‘yes means yes’ and ‘no means no’.
- Sex without consent is sexual violence and is not okay.

Consent is important **every time** you have sex.

Making sure you have consent

- Ask questions like, 'Where do you want me to touch you?', 'How does that feel?', 'What do you want to do?'.
• Pay attention to verbal and non-verbal cues.
• Stop if you are unsure.



Who can you talk to?



- **1800 RESPECT** (1800 737 732) is the national sexual assault and domestic family violence counselling service.
- You can call the service 24 hours a day, 7 days a week.
- The counsellors can listen to your story and provide support that is right for you.



Sexual pleasure and what can influence it

Sexual pleasure



- Having pleasurable sexual experiences is an important part of sexual health.
- You can have a more fulfilling sex life by:
 - getting to know your body
 - talking to your sexual partners about what feels good
 - making time for sex
 - getting professional help for sexual problems.

Sex across your lifetime

- It is normal for your sex life to change over time.
- Your sex life can be influenced by things like:
 - hormones
 - mood
 - desire
 - partners and sexual relationships
 - home environment
 - caring responsibilities.



Sexual problems

Many women have worries or concerns about sex.



Low libido



- Libido is also known as 'sexual desire' or 'sex drive'.
- All women can experience low libido, although it becomes more common as women get older.
- Low libido is a problem if it causes you worry or concern.

Low libido – what can you do?

- If low libido causes you worry or concern, there are treatments available.
- Your doctor can help you identify the cause and recommend appropriate treatment or therapy.



Painful sex

- Painful sex means pain before, during or after vaginal sex.
- It can affect all women.



Painful sex – what can you do?



- Painful sex can have lots of different causes. For example:
 - hormone changes after childbirth or around menopause
 - inflammation or infection
 - conditions such as endometriosis.
- If you have painful sex, talk to your doctor. They can help find the cause and recommend the best treatment.

More information and resources on sexual health



- Jean Hailes for Women's Health
jeanhailes.org.au/health-a-z
- Family Planning Alliance Australia
familyplanningallianceaustralia.org.au



Thank you

Go to jeanhailes.org.au/subscribe for updates on the latest in women's health





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Disclaimer. This information does not replace medical advice. If a person is worried about their health, they should talk to their doctor or healthcare team.

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