



PLEASURE



Sexual wellbeing is more than just an absence of harm, but rather a positive and respectful view of sexuality, sexual relationships and your body. Sexual wellbeing also includes having pleasurable and safe sexual experiences! Having open and respectful conversations with yourself and with others about all things sex is an important way to promote sexual wellbeing.



Orgasms:

While enjoyable, orgasms are not the ultimate goal of sex. Having an enjoyable and pleasurable experience is!

Talking about pleasure doesn't have to be taboo!

Knowing, exploring and pleasuring yourself and others you sexually and consensually engage with is your choice (and can be very fun!)

Pleasurable and safe sex practices are proven to:

1. Decrease anxiety and improve sleep
2. Enhance memory and brain power
3. Provide the same health benefits as exercise.



Pleasure With A Partner:

Check in consistently and continuously - ask them if they like what you are doing or if there is something they want you to do. Always check for consent and ensure it's a pleasurable time for all!



Handy Hints:

- Explore your body to see what makes you feel good
- Only do what you are comfortable with
- Something that feels good for one person may not be pleasurable for another
- If it interests you, enhance your sex using sex toys
- Ensure you are relaxed
- Practise safe sex and never forget the lube!

Communicate:

Communication and enthusiastic consent is key!

