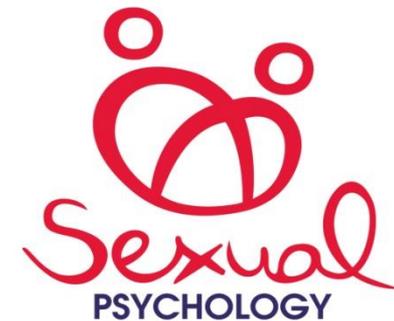


Discussion questions

1. What information could you apply to you current or next sexual relationship?
2. Can you ask for a hug when you need one or do you ask for sex?
3. What is one behaviour that would help your relationship if you could learn to like it, if you are not in a relationship now apply question to your last relationship?
4. What sexual topic do you find most difficult to discuss? And why?



Sex and Relationship Tips for Men

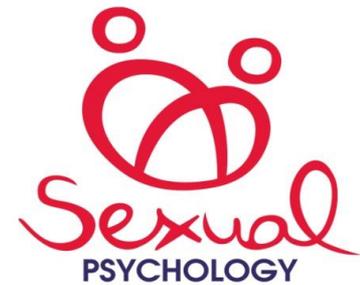
Georgina Whelan

Psychologist, Sex Therapist & Registered
Nurse

Australian Centre for Sexual Health

2-4/1A Berry Rd St Leonards

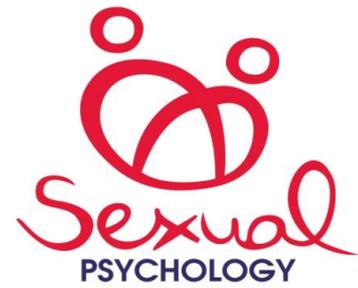
An active sex life is important for your wellbeing¹



Men (age)	Agree	Neither	Disagree
16-19	59%	15.5%	25.5%
20-29	82%	5.7%	12.3%
30-39	90.7%	3.4%	5.9%
40-49	94.1%	1.4%	4.5%
50-59	92.5%	0.9%	6.6%

1. Rissel, et al. (2003). Sex in Australia Survey. *ANZ Journal of Public Health*, 27,118-123

Overview



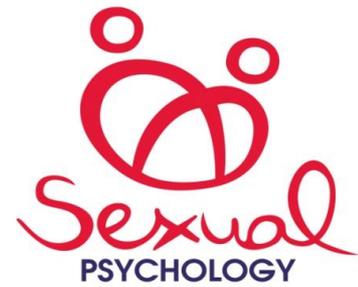
1. How to be a good lover
2. How to maintain healthy and satisfying sexual relationship

How To Be A Good Lover

1. Enthusiasm

- Positive anticipation
- Wanting to be there
- Expressive
 - What you like about your partner, physical appearance, smell, taste, sounds they make
 - Giving feed back about what your partner is doing
 - Asking for what you want. Remember it is a request not a demand

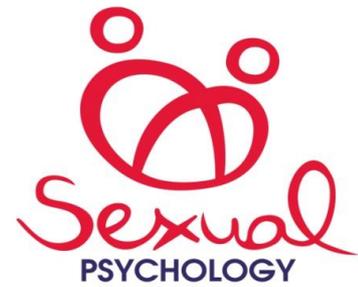
How To Be A Good Lover



2. Basic knowledge of male and female response

- Desire facilitates arousal but not necessary
- Women aroused from periphery, men centrally
- Women need clitoral stimulation for orgasm
- Slow grind vs. in and out thrusting

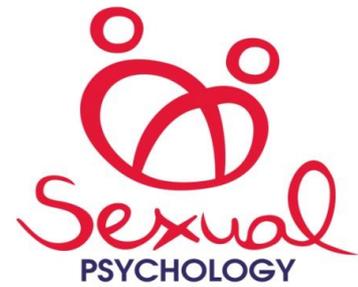
How To Be A Good Lover



3. Sex is more than intercourse

- Intercourse is just one type of sexual activity
- Focus on intercourse:
 - Reduced sexual repertoire
 - Increase vulnerability to sexual problems
 - Not all women are orgasmic via intercourse
- Your partner is more likely to say no sex if intercourse is the only option

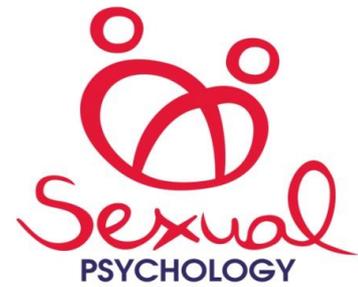
How To Be A Good Lover



4. Sex is not about performance

- Satisfying and pleasurable sex is being present in the moment, focused on sensations
- Being sexually responsive to your partner
- Goal focused sex is not pleasurable
- Sex is not a pass fail test

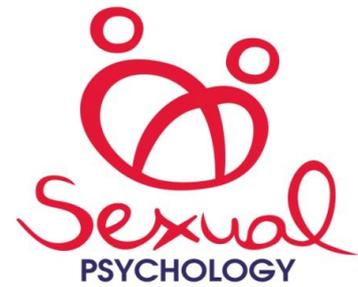
How To Be A Good Lover



5. You are responsible for your own sexual pleasure

- “If only you would: be more affectionate; give me a head job” “You never wear sexy clothes”, “we never go out”..... etc.
- You are not responsible for your partners pleasure: you are the facilitator

How To Be A Good Lover



When you accept responsibility you:

- Stop expecting your partner to be the source of your orgasms
- You stop pressuring them & yourself to meet your expectations
- You stop blaming them for not knowing what you want (mind reading)
- You learn to ask for what you really want rather than criticise.

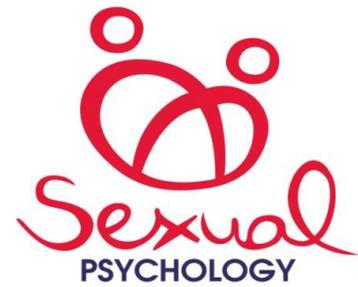
How to maintain healthy and satisfying sex life



1. Emotional intimacy fosters sexual intimacy

- Women (& men) often require emotional intimacy for physical intimacy
- 5-10 minutes every day
- Non-demand affectionate touch
- Help your partner without expectation for sex
- Go to bed at the same time (no T.V.)
- Make intimacy and sex dates
- Separate conflict from sexual intimacy

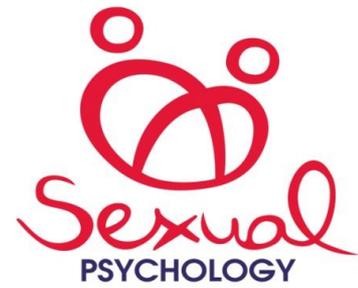
How to maintain healthy and satisfying sex life



2. Talk about sex

- Hard, no one has the language
- Necessary for sexual development
- Start with easy subjects
- Sensitive issues: never in the bedroom, after sex or late at night
- Keep it brief
- Don't expect immediate response, its a dialogue to improve understanding.

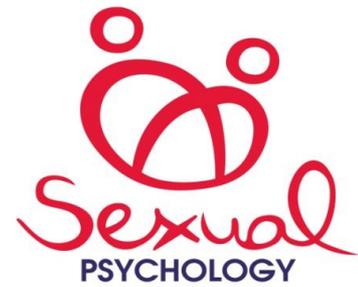
How to maintain healthy and satisfying sex life



2. Talk about sex

- Take responsibility using I statements and feelings
- Dispel myth that all men are interested in is sex: tell her why you like being sexual with her
- If you have problem with erection or ejaculation chill out, she not judging you she more likely to be thinking that you don't like her, she is unattractive

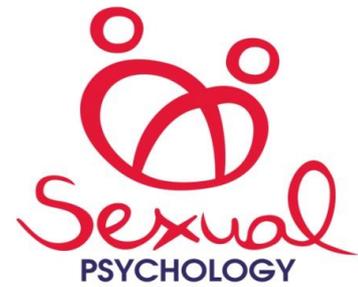
How to maintain healthy and satisfying sex life



3. Know your different intimacy needs

- Why do you want sex? Do you need to come or do just need a hug?
- Men often find it hard to ask for intimacy & women, sex
- Practice asking for warm affection, hugging kissing, spooning, especially when you don't feel as needy.

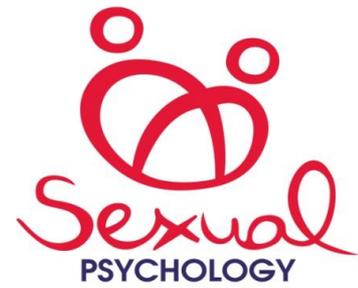
How to maintain healthy and satisfying sex life



4. Desire discrepancy

- Occurs in all long term relationships
- No is interpreted as meaning NOT with YOU!
- Problematic when partners blame each other: one partner feels rejected and the other pressured for sex
- How you say no and how you ask for sex makes all the difference
- Not tonight
- Not that way

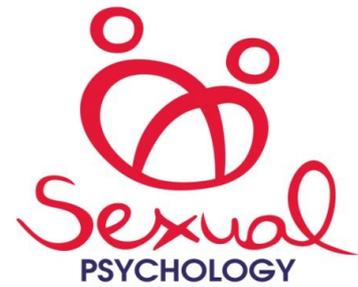
How to maintain healthy and satisfying sex life



Not tonight

- Let them know you do desire them
e.g. Nothing more I'd rather do if I was up for it
- Give rain check with reason.
- Give a specific date and keep it
- Make it fun. Tease about what or where
- Say yes to intimacy and no to sex

How to maintain healthy and satisfying sex life



Not that way

- Sex doesn't have to be intercourse or orgasm (remove performance expectations, women have them too).
- I wish I was up for sex, but I am not, how about Instead
- Don't be scornful, critical, sulk, get angry, make jokes about not having sex, talk about it public
- Acceptance reinforces loving relationships

Summary



A good lover is an enthusiastic and responsive partner with basic knowledge and sexual skills and a willingness to understand their partners needs by taking about sex.

A good lover is not preoccupied with technique, intercourse or performance and takes responsibility for his own sexual needs whilst encouraging his partner to do the same.

A healthy sex life requires both emotional and sexual intimacy and an ability to discuss sexual needs in a non-critical and encouraging manner. Blaming and pressuring for sex or ignoring a partners needs, is destructive to sexual wellbeing.