

CONFIDENCE, CONSENT AND COMMUNICATION

HOW SEX POSITIVITY
MAKES FOR HOTTER SEX



We'll cover...

How to ask for what you want, how to ask other people what they want, how to deal with rejection, common safer sex practices.



Consent

Informed and specific
Freely given
Reversible
Enthusiastic
Ongoing



Communication

We're looking for:
Enthusiasm
Body language
Respecting boundaries
Continuous check-ins



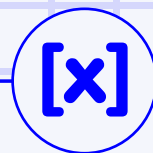
Practice communication

Practice talking about sex
Practice saying and hearing 'no'
Practice talking about STIs
Practice respecting boundaries
Learn your own desires



Consider safer sex practices

Barrier methods and contraceptives
Testing protocols
Communicating about STIs



Dealing with rejection

Give people an out
Care for yourself
Ask for support
Don't take it personally



Consider...

No zones
Words to use/words to avoid
STI status and protocols
Turn ons/turn offs



Remember

It's okay to stop an encounter if something new happens that you weren't expecting to like/not like/feel uncomfortable with. Share your feelings with your partner and decide where to go from there.

