

Sex & COVID-19



A digital workshop with Eva Bloom, MSc. (she/they)

Explore sexting & digital sex



Sexting & digital sex can be great ways to **foster intimacy and spice things up** while following distancing guidelines



Reflect on what feels comfortable and pleasurable to explore & share with a partner(s)



Infuse consent into sexting by using **strategies for initiation**: reminiscing about previous experiences, hypothetical fantasies, and referencing external medical



Use apps like **Signal and PhotoVault** to increase privacy while sexting

Sex Toys & Erotic Materials

Invest in **body-safe sex toys** made of 100% silicone, glass, stainless steel or ABS plastic

Water-based lubes are great to use with toys and barrier methods (ie condoms)

Explore a **paid subscription site** or one-off purchases for erotic materials (Many Vids, Filthy Figments, Dipsea)



Talk about it

Talk to partners about **risk factors & precautions** and avoid sex if feeling symptoms

Avoiding kissing and choosing positions that aren't face-to-face can reduce risk



Have self-compassion around sex drive

Recognize that **stress is the #1 influence on sex drive**. Find ways to reduce stress & increase pleasure without pressure to have partnered sex.

LEARN MORE: [EVABLOOM.CA](https://www.evabloom.ca)

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