Sexual Communication

Talking about sex is an important part of healthy sexual relationships. Use this guide to help you and your partner(s) gain skills in sexual communication.

Sex Topics to Discuss with Partner(s)

Below are some topics to discuss with your partner(s) before any sexual activity. It’s often best to have these conversations in moments that are not sexually charged where you feel safe and comfortable. Remember to always establish consent with your partner(s) every time before sexual activity.

Aftercare

- What do you and your partner(s) need after sexual activity?
- **Conversation starter:** "I really like cuddling after sex, what about you?" or "After sex, I like to take a shower. Could you please give me 10 minutes after?"

Safer Sex & Barrier Negotiation

- To prevent STIs and/or pregnancy it’s important to discuss what barrier methods to use before having sex. Although birth control protects from pregnancy not everyone can/will use it and it does not protect against STIs.
- **Conversation starters:** "I have an IUD but I still want to use condoms to protect against STIs." or "I bought some ribbed condoms, do you want to try them with me later?" or "I can’t wait to go down on you but I want to use a dental dam." or "I don’t want to have sex unless we use a barrier method because I care about our health and want to protect against STIs."

Desires & Boundaries

- Sexual activity should be a safe and pleasurable experience for everyone involved. Discuss the desires and boundaries of each partner involved.
- **Conversation starters:** "I love when my partners _____ my ______ but I don’t like when they ____ my ______." or "Oral sex makes me feel uncomfortable, but I do like ______." or "Oral sex makes me feel uncomfortable, but I do like ______.

Relationship Expectations

- You and your partner(s) should know each other’s expectations for the relationship.
- **Conversation starters:** "I am not looking for a long-term relationship. What about you?" or "I like you and what to see where this relationship will go. How do you feel?"

STI Testing & Status

- All partner(s) involved should discuss how recently they have been tested for STIs & HIV and their status.
- **Conversation starter:** "I got tested for STIs last month and my results came back negative. What about you?" or "I am living with HIV and am undetectable. That means there’s effectively no risk of me transmitting HIV to my sexual partners."

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**Information adapted from A Guide to Consent and Sexcessful Communication By UCDavis Student Health & Counseling Services**
It feels really good when you do that.

That really turns me on.

It’s so hot when you:______________.

I want:_________________.

I feel sexiest when:

I don’t feel sexy when:

These values influence my sexuality:

Three things I love about my body:

It is easy/difficult for me to have an orgasm.

If and when I orgasm, I need____minutes/hours before going again.

Sometimes______________is uncomfortable/can hurt.

These values influence my sexuality:

Three things I love about my body:

I feel sexiest when:

I don’t feel sexy when:

It is easy/difficult for me to have an orgasm.

If and when I orgasm, I need____minutes/hours before going again.

Sometimes______________is uncomfortable/can hurt.

Sexual activities that are pleasurable to me:

- Making out
- Kisses on my:__________________
- Licking on my:__________________
- Sucking on my:__________________
- Teasing over clothing
- Rubbing genitals together
- Cuddling
- Nipple Play
- Sex Toys
- Watching Porn
- Oral Sex
- Anal Play
- Massage
- ________________

Positions

- Doggie
- Missionary
- 69
- Being on Top
- Being on Bottom
- ________________

Lines that excite me during sexual activity:

- It feels really good when you do that.
- That really turns me on.
- It’s so hot when you:______________.
- I want:__________________.
- How does this feel?
- What do you want right now?
- Do you like this?
- Do you want to try______________?

How I liked to be touched:

Use the box to explore pressure and speed of touch that you enjoy on certain body parts. For example, if you like light, slow pressure on your chest, write chest in the upper left corner.

Light Pressure  Deep Pressure

Slow

Fast

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