

# 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?"

### 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?"

### 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 \_\_\_\_\_."

### 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 UC Davis Student Health & Counseling Services

# Pleasure Profile

Fill out this profile by yourself and share it with your partner(s). This is a great way to start to learn your likes and dislikes and can be a great conversation starter to talk about pleasure.

## Pleasure basics

- 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:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Making out                | <input type="checkbox"/> Nipple Play   | <b>Positions</b>                         |
| <input type="checkbox"/> Kisses on my:             | <input type="checkbox"/> Sex Toys      | <input type="checkbox"/> Doggie          |
| <input type="checkbox"/> Licking on my:            | <input type="checkbox"/> Watching Porn | <input type="checkbox"/> Missionary      |
| <input type="checkbox"/> Sucking on my:            | <input type="checkbox"/> Oral Sex      | <input type="checkbox"/> 69              |
| <input type="checkbox"/> Teasing over clothing     | <input type="checkbox"/> Anal Play     | <input type="checkbox"/> Being on Top    |
| <input type="checkbox"/> Rubbing genitals together | <input type="checkbox"/> Massage       | <input type="checkbox"/> Being on Bottom |
| <input type="checkbox"/> Cuddling                  | <input type="checkbox"/> _____         | <input type="checkbox"/> _____           |
| <input type="checkbox"/> _____                     |  |  |

## Lines that excite me during sexual activity:

- |   |  |
|---|--|
| <input type="checkbox"/> It feels really good when you do that. | <input type="checkbox"/> How does this feel?         |
| <input type="checkbox"/> That really turns me on.               | <input type="checkbox"/> What do you want right now? |
| <input type="checkbox"/> It's so hot when you:_____.            | <input type="checkbox"/> Do you like this?           |
| <input type="checkbox"/> I want:_____.                          | <input type="checkbox"/> 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.

