

Sexuality

We are sexual beings from the moment we are born until we die. Sexuality is always present in our lives in one way or another. In our society, there is a lot of talk about it, but it is rarely discussed honestly and/or without shame.

Sexuality is about **diversity**: there is no 'normal' frequency for having sex, nor are some practices better than others; all are valid as long as they are consensual.

Gender identity: Our gender may or may not match the one assigned to us at birth (cisgender man/woman or transgender man/woman, non-binary person, etc.)

Sexual orientation: We may be attracted to people of our own gender (homosexual), of another gender (heterosexual), or feel indifferent to gender (bisexual/pansexual). Some people do not experience sexual attraction (asexual/demisexual). This orientation may be emotional and/or sexual.

Relationship orientation: Some people are in only one relationship at a time (monogamy), whilst others have emotional and/or sexual relationships with several people simultaneously (non-monogamy).

All these options are equally valid, and we must normalise all options and combinations thereof.

Consent in sexual activities is **essential** from the beginning to the end of any sexual encounter and should be confirmed repeatedly.

Consent must be **revocable**; at any time, a person has the right to say they do **NOT** wish to continue, and the other person must respect this without questioning the reason, and without blackmail or coercion. If any of these conditions are not met, it is considered **sexual abuse**.

Orgasm: It should not be a goal. The most important thing when we have sex whether alone or with others is **to enjoy it**. We must focus on pleasure. When we have sex with other people, in addition to **pleasure**, we can also find intimacy and connection.

Intercourse: It is just one practice among many. Having sex with another person does not always have to end in intercourse.

Desire: Many factors

influence desire, causing it to fluctuate: increasing or decreasing it. It can diminish or disappear when we are tired, ill, or worried, and during significant life events. Desire needs to be nurtured, as it is not always spontaneous. It is true that we should have sex because we want

to, not out of obligation, but erotic intimacy can also begin without desire, which may then arise if we feel comfortable and are enjoying ourselves.



To be able to enjoy our sexuality, it is important **to know ourselves**: to know what we like, how, when, with what intensity, and where. The best way to find this out is through exploring our own bodies, calmly, without expectations, and by trying different forms of stimulation. Sex isn't just about the genitals.

We also need the ability **to communicate** with the people we're with, so we can ask for and explain what we like and don't like, and so we can ask what the other person likes.

We also need to look after ourselves and each other **by preventing sexually transmitted infections**.

Many people have doubts about sexuality, as there is a lack of proper sex education. If anything is worrying you, it would be a good idea to discuss it with your general practitioner so that you can find a solution together.