

Slide 1

BMR:MDSS1 Good Evening! It is wonderful to see so many folks here tonight. Before we start: I am going to presume some things about all of us. First: that we all agree that people over 30 can have great sex.

Bird, Megan R :LMG Med Dir Surgical Specialty, 9/12/2016

BMR:MDSS4 I am going to presume that we are all different with our own unique preferences, practices, upbringing, and body parts.

Bird, Megan R :LMG Med Dir Surgical Specialty, 9/12/2016

BMR:MDSS5 If I talk about one of these things it is an example, not a requirement.

Bird, Megan R :LMG Med Dir Surgical Specialty, 9/12/2016

Slide 3

BMR:MDSS8 I know this is where the doctor comes in. And it can be incredibly important. The first three: vaginal thinning, pelvic floor dysfunction, and nerve damage can cause pain. And pain that isn't sexy.

Bird, Megan R :LMG Med Dir Surgical Specialty, 9/19/2016

BMR:MDSS9 Then other kinds of nerve issues, medications, blood flow issues and low testosterone can interfere in our ability to get pleasure from sex.

Bird, Megan R :LMG Med Dir Surgical Specialty, 9/19/2016

BMR:MDSS10 Finally , let's be honest, sometimes we physically cannot get into that position we loved at 20.

Bird, Megan R :LMG Med Dir Surgical Specialty, 9/19/2016

Consent
It's Not Just for the Kids

CONSENT IS:
CLEAR COHERENT
WILLING ONGOING

<p>CLEAR Consent is active.</p> <p>It's expressed through words or actions that create mutually understandable permission.</p> <p>Consent is never implied, and the absence of a no is not a yes.</p> <p>Silence is NOT consent.</p> <p>"The next time," "I don't know," "Maybe" and similar phrases are NOT consent.</p>	<p>COHERENT People incapacitated by drugs or alcohol cannot consent.</p> <p>Someone who cannot make rational, reasonable decisions because she or he lacks the capacity to understand the "who, what, when, where, why or how" of the situation cannot consent.</p> <p>People who are asleep or in another vulnerable position cannot consent.</p>	<p>WILLING Consent is never given under pressure.</p> <p>Consent is not obtained through psychological or emotional manipulation.</p> <p>Consent cannot be obtained through physical violence or threat.</p> <p>Someone in an unbalanced power situation (i.e. someone under your authority) cannot consent.</p>	<p>ONGOING Consent must be granted every time.</p> <p>Consent must be obtained at each step of physical activity. If someone consents to one sexual activity, she or he may or may not be willing to go further.</p>
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never be ashamed for liking what you like as long as it's **SAFE** and consensual

there is no shame in **ASKING** for what you want

don't feel pressured to do **ANYTHING** you're uncomfortable with

own your **SEXUALITY**

no one has the right to shame you

consent isn't the absence of 'no' it is the **PRESENCE** of 'yes'

#BetterSexTalk

Satisfaction
Responsive Sexual Cycle Accelerators Brakes

Biological, psychological and sexual stimuli

Spontaneous sexual drive

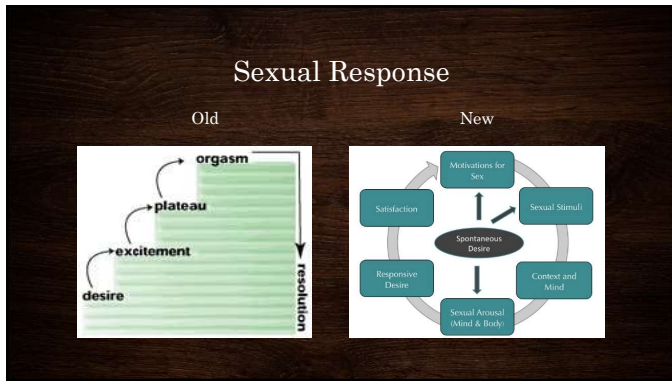
Emotional and physical satisfaction

Arousal and sexual desire

Receptivity to sexual stimuli

Intimacy

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Accelerators and Brakes

The Dual Control Model

Courtesy of Emily Nagoski and Erika Moen

Satisfaction

Know YOUR Body
Know YOUR Ons
Know YOUR Offs
Use YOUR Words