

Card 12: Sexuality and intimacy

Introduction

Sexuality is an intimate subject that can be hard to talk about. But to dare to discuss it and to reflect on pleasure in an intimate relationship can give support and grant new perspectives.

What sex means can differ from person to person. It can be more than just intercourse, for instance oral sex, caressing, role play, masturbation etc. The important aspect here is communicating with your partner to make your sex-life work.

Sexuality concerns emotions, vulnerability, physicality, closeness and pleasure – not just sex. Both partners have to agree to make things work for both.

Hints for themes of discussion:

What sex can encompass, how sex-life has changed, how to be a sexual person and still a parent and how to make time for sex (calendar, getting a babysitter etc) ...

Aim of meetup

To practice talking about sexuality and intimacy and gain support from the group.

Re-connect to last meetup:

What did you bring with you?

Is there something you would like to discuss further?

Warm up — End the sentence with the first thing that springs to mind

- For me sexuality is...
- To talk about sexuality feels...
- Closeness and intimacy are themes that I feel are...
- After getting children I feel my sexuality has...
- In a relationship (for me as a single parent) I think sex is...
- If someone has difficulties with their sexuality I would recommend...

Discuss in a group or with your partner

Discussion 1:

Is there a time and a place for sexuality in your everyday life?

Possible follow-up

- *If not, how could you make it fit better?*
 - *Who could assist in you getting personal time for a date or sexual intimacy?*
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Discussion 2:

What ingredients are necessary for a good sex life?

Possible follow-up

- *Are there things that are needed for everyone? (e.g. communication, pleasure, reciprocity, security etc.)*
 - *How can we make or make room for more of this?*
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Discussion 3:

To feel good in your sexuality it is important to be able to communicate with your partner. How do you think this works for you?

Possible follow-up

- *Why can it be difficult to talk about sex?*
- *How can one practice and become better at it?*

Homework:

Discuss with your partner how you experience your sexuality, has it changed after you got children? If you are a single parent you can reflect by yourself or discuss with a friend.

Is there something you would like to change in regards to your sex-life?

What could the first step in a change look like?

What would make the transit from everyday stress to sexual intimacy easier?

- *How can you help each other?*

Extra resources:

<https://www.rfsu.se/om-rfsu/om-oss/in-english/> (broadly on sexuality for all ages and groups)

To sum up

Is there something you would like to discuss further?