

## Living a Sex-Positive Life



As Sexual Assault Awareness Month is coming to an end, we want to think of ways that we can continue this movement. How can we incorporate sexual violence prevention into our daily lives? We can work to change the culture around sex and sexuality through the practice of sex-positivity.

[Image Source](#)

**Sex positivity is the idea that consensual sexual expression is fundamentally healthy and pleasurable.** This means that even if you have different boundaries or sexual desires as someone else, you can still recognize that their choices are just as valid as yours.

Sex-positivity does not mean that you will have sex with anyone, but simply that you have the right and the freedom to have consensual sex with anyone you choose. It also means that you embrace the decision to not have sex if you don't want to and accept when others don't want to have sex with you. **Sex-positivity celebrates that everyone has the right to set their own boundaries, explore their sexuality and determine their own sexual expression.**

### How can you live a sex-positive life?

#### 1. Think about your own sexual boundaries and desires

Discover what gives you pleasure and be open to trying new things. Learn more about the human body, how it works, and what provides sexual pleasure. Expand your definition of sex to anything that you deem sexual and explore the many possibilities. Accept that your thoughts and feelings about sex are natural and good.

#### 2. Communicate with your partner(s)

Be open to discussing your sexual boundaries and desires with your partner(s). Ask your partner(s) about their likes and dislikes. Discuss expectations so you and your partner(s) are getting what you each desire from sex. Understand consent and use the [CARE method \(Check, Ask, Respect, Empower\)](#).

#### 3. Respect that everyone has the right to make sexual choices that fit their personal values

Be accepting of other people's consensual sexual practices, even if they differ from yours. Understand and be comfortable with the fact that your partner(s) might not want to have sex every time you do. Never slut-shame people for their actual or alleged sexual behavior.

#### 4. Practice safe sex

Get tested for sexually transmitted infections regularly. Protect yourself and your partner(s) by using barrier methods (like condoms) and/or other methods of birth control. Have conversations beforehand about safety if you choose to engage in higher-risk sexual activities (choking, bondage, etc.).

#### 5. Advocate for others

Support comprehensive sex education so that everyone knows how to have safe sex, what consent means, and that having sex is a natural part of life. Never make someone feel responsible for what they've experienced and intervene when others are slut-shaming or victim-blaming. Empower others to practice self-acceptance and body-positivity.

Sex-positivity can prevent sexual violence by moving the focus from solely preventing negative experiences to encouraging pleasurable ones. **By living sex-positive lives, we can create a safe environment where everyone is free to experience pleasure in whatever way they choose.**

*-Lauren Tucker, Relationship Education and Violence Prevention Ambassador*