



Enjoying Sex as We Age

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“Sexual pleasure and sexual expression have no expiration date. We are sexual beings lifelong.”

-Joan Price

Myth #1
Older people shouldn't have sex.

Myth #2
An aging body isn't sexy.

Myth #3
Women aren't interested in sex after menopause.

Myth #4
A man who can't have a dependable erection cannot satisfy his partner and enjoy sex.

It's possible to
Maintain
Regain
and Improve
your sexual enjoyment
as you age.

- ### Sexual Changes for Women
- Reduced estrogen and testosterone
 - **Less blood flow to the genitals**
 - Decreased genital lubrication
 - **Thinning of vaginal tissues**
 - Decreased sexual desire, libido
 - **Decreased clitoral sensitivity**
 - Slower arousal
 - **Longer stimulation needed for orgasm**
 - Less intense orgasm
 - **Inability to reach orgasm**

Sexual Changes for Men

- Difficulty achieving and/or maintaining erection
- Erections are less hard
- Reduced testosterone
- Thinning of vaginal tissues
- Decreased sexual desire, libido
- Decreased penile sensitivity
- Longer stimulation needed for orgasm
- Less forceful ejaculation, less semen
- Less intense orgasm
- Longer refractory period

Additional Challenges

- Loss of flexibility
- Arthritis
- Fatigue
- Lack of stamina
- Health
 - Diabetes
 - Heart Disease
 - Cancer
 - More!

“All our sexual challenges have solutions.”
 -Joan Price

Start here . . .

- Intentionally seek arousal
- Desire follows action
- Then use it, don't lose it!
- Commit to regular sex, solo and partnered!

How do I get aroused?

Reading erotica	Kissing
Watching porn	Fantasizing
Candlelight	Think of a memory
Sexy lingerie	Good smells
Sensual touch	

Try something new!

What is sex?

Think beyond penis in vagina!

- Fingering and hand jobs
- Oral sex
- Anal sex
- Dry humping/genital rubbing
- Masturbation!

**“Masturbation
is our primary sex life.
It is our sexual base.”**

-Betty Dodson

Solo Sex: Benefits

- Takes the pressure off pleasing a partner so you can focus on your own pleasure!
- **Explore and discover what feels good**
- Enables you to take charge of your own sexuality
- **Enhances partner sex!**

Solo Sex: How to

- Set aside time
- **Get your head in the game**
- Touch your body sensually
- **Use lube!**
- Stimulate your genitals with fingers and/or vibrator and toys.
Note what feels good!
- **Let the orgasm come to you. Don't chase it!**

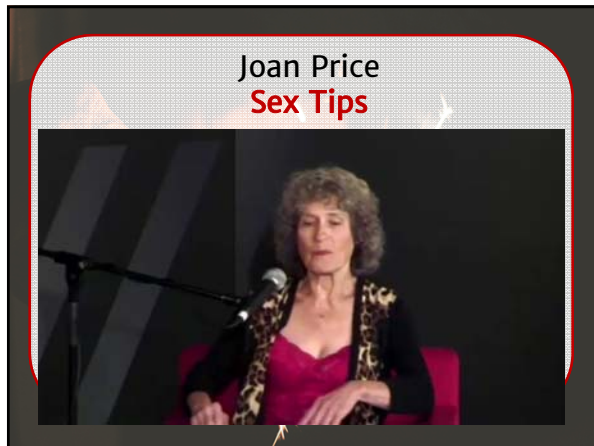
Betty Dodson
Sex at 90

Partner Sex Tips

- Do sexy things before you hit the sheets, on your own and with your partner.
- **Appreciate, decorate, and celebrate your body and your partner's body.**
- S-L-O-W down! Give your bodies time to get aroused.
- **Kiss and kiss then kiss some more!**

More Partner Sex Tips

- Make sex dates during high energy times – Morning? Afternoon?
- **Use a good lubricant**
- Incorporate vibrators and sex toys
- **Enjoy snuggle time: before, during, and after**
- Have fun and laugh a lot!
- **Communicate!**



Is it difficult to maintain or get an erection?

- A man can experience orgasms without an erection.
- A man can give his partner orgasms without an erection.

If vaginal sex is painful . . .

- Women can still experience orgasms with clitoral stimulation.
- Anal penetration is often pleasurable

Toys for Pussy Pleasure

Mystic Wand
Magic Wand® Rechargeable
EROSCILLATOR®
womanizer™ THE ORIGINAL

More Toys for Pussy Pleasure

Dildos! Many sizes & materials!

Betty Dodson's Barbell
SYBIAN

Toys for Penis Pleasure

Stroker or Masturbation Sleeve
FLESHLIGHT

Cock Rings

Vibrators

Aneros + Toys for anal/prostate stim

Hugo Prostate Massager By Lelo

Mystic Wand
Pulse III By Hot Octopus



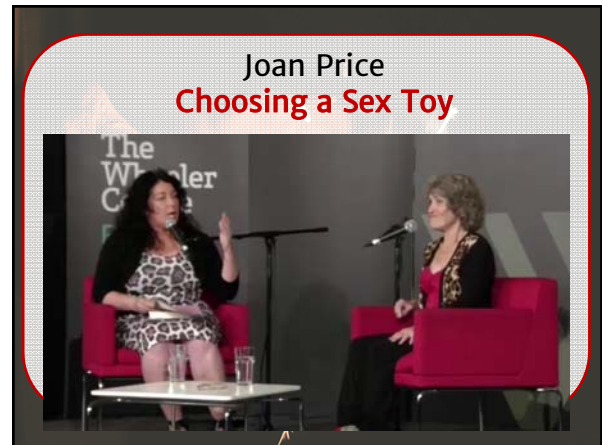
Tips for Choosing a Sex Toy

- **Vibrators: Rumbly vs Buzzy**

- **Choose body safe materials:**
100% silicone, glass, stainless steel
- **Read reviews online**
- **Visit a sex shop, compare in person**

Where to Shop

- **Good Vibrations**
GoodVibes.com
- **Pleasure Chest**
PlesureChest.com
- **The Stockroom (BDSM & Kink)**
Stockroom.com
- *Buyer beware: Amazon & Ebay*



Lubricant

Lubricant is the #1 sex toy!
Never touch a penis or clitoris without lube.

- **Water-Based Lube**
without glycerin
with glycerin
Tip! Reactivate with water or saliva

Lubricant

- **Silicone**
Long lasting!
Good for vaginal dryness or pain
Tip! Do not use with silicone toys or "Cyberskin" toys (Fleshlight)
- **Hybrid**
Contains some silicone
Safe to use with silicone toys!
Longer lasting than water-based

Lubricant

- **Plant-Based Oil**
Natural, no harmful chemicals
Long lasting!
Coconut Oil, virgin unrefined
(antibacterial, antifungal, anti-viral)
Almond Oil, organic
Do not use with latex condoms
Use polyurethane (Trojan Supra)
or nitrile condoms
Do not use on porous materials
TPE, PVC, "jelly" toys

Lubricant

- **Check ingredients**
AVOID:
Parabens – allergies, linked to cancer
Glycerin(e), and Propylene Glycol – yeast infections, allergies
Nonoxynol 9, Chlorhexedine Gluconate, Petroleum Oils,
Polyquaternium-15, Benzocaine, Sugars & Sugar Alcohols,
Ureas

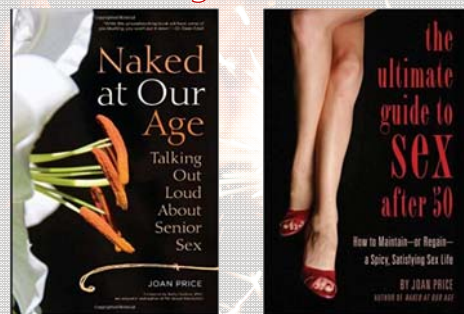
The Big Lube Guide
DangerousLily.com/lube-guide

Accessories & Furniture

Liberator.com



Books by Joan Price



by Betty Dodson



Don't Give Up!

If you need more help,

- **Consult a medical doctor** to rule out any conditions that may interfere with sexual pleasure
- **Consult a sex educator or sex therapist**

"Aging is not lost youth but a new stage of opportunity and strength." *Betty Friedan*

Sex can be fun after eighty, after ninety, and after lunch! *George Burns*

"A dirty book is rarely dusty." *Anonymous*

"You're never too old to enjoy sex." *Laura*

Please visit
this workshop page on my website
for resource links and full videos

BodysexCleveland.com/sex-as-we-age

Keep your sexual spark burning!

