

# 4 TIPS FOR SEXUAL WELL-BEING



## CHALLENGE SEXUAL SCRIPTS

Most people are taught that sex just means penis-in-vagina, but that's only one idea of what sex is, and it's shaped by what society says is "normal." Sex can include many different types of sexual acts because all bodies, abilities, and desires are unique! If we understand sex like this, it gets easier to talk about things like consent, staying safe, and making sure it feels good for everyone (Wright et al., 2024).



## FOCUS ON SAFETY & PLEASURE

Communication is an important aspect of sex! Focusing on things like feeling good, safe and comfortable during sex may help make people care more about the experience, which could lead to more use of safer sex practices.



## SELF ACCEPTANCE

- For queer folks, feeling good about your gender and sexuality can help make sex feel more comfortable, safe, and enjoyable (SIECCAN, 2019).
- Positive body image is linked to sexual well-being, particularly for women (Gillen and Markey, 2019).
- When men lead with things like respect and empathy, sex tends to be better for everyone, and it helps lower the risk of sexualized violence (Abebe et al., 2018; Claussen et al., 2019)



## SAFER SEX PRACTICES

Take some time to figure out what safer sex practices make sense for you. What kind(s) of sexual activities do you engage in? What outcomes are you hoping to prevent? Is it important to you to prevent pregnancy, STIs, or both? Your answers to these questions will help determine which practices are best for you!



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