

# Did you know?

PEOPLE ARE MORE COMFORTABLE

HAVING SEX THAN TALKING ABOUT IT



Communicating about sex is important because it can protect you and your partner(s) and make it more pleasurable!

## Important Things to Talk About:

- Type Of Relationship You Would Like
- Sexual Pleasure
- Sexual Desires and Fantasies
- Sexual Boundaries
- Sexual Activities
- STI Status
- Birth Control & Safer Sex Methods

## How to start a conversation?

“This is great, but before we continue, I want to make sure we are on the same page.”

“How do you feel about \_\_\_\_\_?”

“Do you like \_\_\_\_\_?”

“I’ve been wondering about \_\_\_\_\_?”

“Today I saw something on (Facebook, Instagram, TV, Netflix etc.) about \_\_\_\_\_, I’m curious, what you think about that?”

# Communication Tips



SHORE  
CENTRE

SHORE CENTRE

130-235 KING STREET EAST  
KITCHENER, ONTARIO, N2G 4N5

519.743.9360

[shorecentre.ca](http://shorecentre.ca)

Use "I" statements.

Be clear and open about what you need and want.

It is ok not to agree on everything. Respect each other's boundaries and do not pressure anyone.

People also communicate through body language, pay attention and ask if you are confused.

Acknowledge it might be a little awkward.

Be sensitive - this topic makes some people feel uncomfortable and vulnerable.

Watch the words you use (e.g. slang that might have different meanings)

Talk often: before, during and after sexual activity.

Stay relaxed and have fun - it is okay to laugh at yourself!