

# SaferSex4Seniors

Information you need to enjoy safer sexual pleasure!

## Be Sexually Wiser & Smarter as You Grow Older!

**Most of us have “scripts” playing in our heads – messages from long ago that are still influencing our beliefs and our behaviors. Check out all your old sexual scripts.**

Do they apply to your life now? In fact, there’s a good chance they never enhanced your sex life at all! Challenge messages you received in your youth as well as those you receive daily from youth-obsessed and advertisers determined to sell you an expensive and often ineffective quick fix.

### **Try communicating!**

Be brave! Break the silence barrier. Start talking with your partner(s), physicians, friends. Check out some of the other FAQs for some great tips on how to have those conversations: **How to Talk with Your Doctor about Sex** and **How to Talk to Your Partner about Sexual Challenges**.

### **Remember that sex is more than intercourse.**

Discover how “outercourse,” non-penetrative sex, is “...the opening shot in a long-term process of remodeling sexual norms and exploring sexual options.” Sex therapist Marty Klein continues, “When you forget about erections and lasting longer and just focus on having the time of your life...things will fall into place!”

### **Explore the many resources that can help revive your sex life.**

- Search for a sex or couples workshop or encourage your local senior center, academy, religious group to develop one. The teaching manual, *Older, Wiser, Sexually Smarter: 30 Sex Ed Lessons for Adults Only* provides all that’s needed to create informative, fun, interactive sessions. [sexedstore.com](http://sexedstore.com)
- Find a book that addresses your particular concerns or interests. Check out the extensive bibliography on the website of the Sexuality and Aging Consortium of Widener University. [Sexuality and Aging Bibliography](#)
- Check out the variety of websites offering advice, films, and sex toys. You might want to click on one of those listed under Adult Toys and Enhancements and Videos on this website: [SaferSex4Seniors Resources](#)
- If you’re really stuck, consider a certified sex therapist. You can find a list of them on the website of the American Association of Sexuality Educators, Counselors and Therapists. [AASECT - Find A Therapist, Counselor or Educator](#)

**Laugh!** Enjoy the adventure of overcoming all the old myths about sex and aging!

**Author Bio: Peggy Brick, MEd, CSE**, a sexuality educator for over 40 years, is a consultant specializing in sexuality in mid and later life. She is co-author of *Older, Wiser, Sexually Smarter: 30 Sex Ed Lessons for Adults Only* (2009) and *New Expectations: Sexuality Education for Mid- and Later Life* (2003). She is an AAASECT-Certified Sexuality Educator who has received numerous awards for her leadership in the field of human sexuality. She has trained thousands of educators and health care professionals across the nation. Contact Peggy at [PeggyBrick@verizon.net](mailto:PeggyBrick@verizon.net)