

# SaferSex4Seniors

Information you need to enjoy safer sexual pleasure!

## Tips for the Condom Conversation, At Our Age

It's difficult enough for those of us dating after a later-life divorce or the devastating death of a partner to get involved in sex with a new person, without having to worry about protecting ourselves from STIs. When we experience the exhilaration of lust after a long period of deprivation, the excitement about a partner desiring our aging body, the emotional need for touching and physical contact -- who wants to think about condoms? But we must. These tips will make it easier to have the Condom Conversation:

### **Talk in Advance.**

Never wait until the heat of passion to bring up the subject. Instead, when the sparks and kisses signal that sex is likely in your future, have The Discussion. Agree to be prepared when you're ready for the next stage, whether that means next weekend, weeks from now, or in an hour. Use one of these approaches:

- "I always use condoms with a new partner, to protect us both."
- "I'll buy the condoms —do you prefer a special kind?"
- "Do you have condoms, or should we make a run to the store?"
- "Your condoms or mine?"
- "I've heard there are condoms that increase pleasure for women. Let's try them."
- "I'm really turned on by you, and I want to have safer sex to protect both of us."
- "How many of these do you think we'll need tonight?"

### **Try the Female Condom.**

If you're a man who can't use a condom because your erection isn't hard or dependable enough, or if you're a woman who wants to make sure you're covered, so to speak, try a female condom. It fits inside the vagina and protrudes, with flexible rings to hold it in place. They are easy to use, though funny looking until you get used to them. The woman inserts it, so it doesn't affect or require a man's erection. Men say that their sensation is better than with a male condom. More spontaneity is possible because this condom can be inserted in advance, and needn't be removed immediately after ejaculation.

### **Eroticize Condoms.**

Make condoms an erotic part of sex play. Keep them on the bedside table in an elegant box or basket that you can easily reach, rather than hiding them away in a drawer. Make sure all the discussions about safer sex have already taken place, so it's understood that one of you will reach for the condom when the time comes. If he enjoys it, use a vibrator to give his penis a boost before or after dressing him with a condom. Keep kissing and stroking while the condom is going on, and afterward.

### **No Excuses.**

Don't take chances with your sexual health. If someone is offended that you won't have unprotected sex, please put your clothes back on. Potential partners who are this casual with your sexual health and theirs have done this before—and do you really want to sleep with all the people he or she has slept with, and all of those people's casual partners? If your partner refuses to practice safer sex or is unsympathetic to your concerns, is this partner right for you? You are ultimately responsible for your sexual health.

[Adapted from *Naked at Our Age: Talking Out Loud about Senior Sex* by Joan Price, published by Seal Press in 2011.]

**About the Author:** Joan Price (<http://www.joanprice.com>) calls herself an "advocate for ageless sexuality." Joan has been writing, speaking, and blogging about senior sex since 2005. She wrote her spicy memoir, *Better Than I Ever Expected: Straight Talk about Sex After Sixty* (Seal Press, 2006), to celebrate the joys of older-age sexuality. After hundreds of readers wrote Joan with questions and concerns about their own senior sex life, she wrote *Naked at Our Age: Talking Out Loud about Senior Sex* (Seal Press, 2011), to address the problems of sex and aging. She continues to talk out loud about senior sex with seminars and workshops. Visit her award-winning blog about sex & aging: <http://www.NakedAtOurAge.com>.