

# SaferSex4Seniors

Information you need to enjoy safe sexual pleasure!

## Is It Really Okay to Keep Having Sex...at my age??

**If you want to continue to enjoy sexual pleasure, with a partner or by yourself, there is no age limit. In fact, as long as you are healthy enough to have sex and are being sure to protect yourself from sexually transmitted infections, having sex in your older years is downright good for you!**

First, it might be useful to define what that word “sex” means. In terms of physical behavior, when people talk about sex, they are often talking about intercourse – penis in vagina, penis in mouth, penis in anus. Sadly that definition really limits our understanding of sexual behavior. In our older years –and our younger years as well – “sex” can mean many ways of providing physical pleasure that don’t even include penetration, but do cause a sexual response, and maybe even orgasm.

And speaking of orgasm, you don’t have to have one to be having sexual intimacy! Lots of times cuddling, stroking, dancing, talking can be sexual intimate behaviors.

**Author bio: Joan Garrity** has spent 30+ years nurturing the ability of healthcare and social service providers to be more effective in addressing sexuality issues with clients, young and old. Her workshops provide concrete strategies participants can immediately apply to their work. Joan is on the Board of OWEL – Older Women Embracing Life – a network of senior women providing support and health-related education to women and their families infected with and affected by HIV/AIDS. Learn more about Joan at <http://www.joangarrity.com> Copyright 2012©by Joan Garrity