

### 1: 15 things you should know about sex - NHS

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A bottle of perfume wrapped in fancy paper. Taking her to brunch at a nice restaurant. A pair of earrings or a gift certificate for a massage. As a young adult, you understand more fully the nuances of life that may have escaped you as a child, how even really great experiences contain moments of difficulty. Motherhood is like that. There are countless wonderful happenings and a shit-ton of really hard work. A mother plans and arranges, scrounges and works, her head down, her eyes focused on the task at hand—“raising you”—and then one day, seemingly out of the blue, poof! How has she ended up where she is? The transition from being mom with at-home children to the empty-nest phase can be difficult. I know, I raised three children who are now thriving young adults. Navigating that transition from mom to individual often takes everything a woman has, but it can be smoothed with a little help from you. After all, your mom spent years helping you find your footing in this world. The following gift suggestions may demonstrate your love in a new and heartfelt way. What dreams did she hold close? What travels or adventures did she engage? Use this holiday to suggest she re-connect with that self who may have gotten lost in the shuffle. Was she a musician? Dust off her violin. Buy her a sketchpad and sharpen some pencils. Get her a rhyming dictionary. Sometimes we all need a little nudge in that direction. Moms are no different. Then together, go online and find photos that represent those activities. A plane ticket to Nepal. A cross-country road trip. A vegetable garden busting with organic treasures. You can use these images in two ways: Sign Her up for a Class. Operating a flight simulator. Learning new skills and joining in fresh experiences fires our neurotransmitters and increases our neuroplasticity. Nothing makes us feel more alive than challenging ourselves, and then rising to meet the challenge. But in the years spent raising you, Mom may have gotten out of practice with these encounters. Inspire her to keep growing. Tell her you believe in her. Economist Tibor Scitovsky studied the relationship between happiness and consumerism. Help Mom enjoy the little details in life that provide her with pleasure. Or a bottle of her favorite wine. Teach her to pamper herself. Suggest a weekly outing with girlfriends from high school or college. Research shows that after years of tending the family, women at midlife begin to direct their energies toward the world outside, perhaps for the first time. Remind her that this phase of life can be as rich as she chooses. Encourage Mom to connect with this creative fire within. The brain chemicals that turn women into wonderful nurturers and doting caregivers during the childbearing years drop off in midlife, leaving women with the same basic hormonal makeup they had at about age 30. What had she been interested in back then? See if you can get her to resurrect that passion. I started riding a Harley at age 48 and shocked everyone in my social circle. But it opened a whole new world to me. Thank goodness my kids thought my new hobby was badass rather than embarrassing. They inspired rather than dissuaded me, and their support made a world of difference. Does she want to try pole dancing? This is her chance to live. Persuade her to give it a shot. People of all stripes are more engaged in life and less likely to demand from others the pleasure they desire when they have created their own conduit to joy. Live your life fully and let her know you expect her to do the same. Far too many parents try to live vicariously through the lives of their children. Now, just stand back and watch her blossom. Bernadette Murphy is the author of *Harley and Me*: She has published three previous books of narrative nonfiction including the bestselling *Zen and the Art of Knitting*, is an Associate Professor in the Creative Writing Department of Antioch University Los Angeles, and a former weekly book critic for the Los Angeles Times. Her website is [Bernadette-Murphy.com](http://Bernadette-Murphy.com).

### 2: Scarleteen | Sex Education For The Real World

*A gender and sexuality inclusive sexual education web series for teens and young adults. | Check out 'The Young Adult's Guide to Sex Ed' on Indiegogo. A gender and sexuality inclusive sexual education web series for teens and young adults.*

Sex over the age of 50 can present challenges, and you may feel discouraged by issues connected with the aging process, but these problems are not insurmountable. Good sex at any age The need for intimacy is ageless. And studies now confirm that no matter what your gender, you can enjoy sex for as long as you wish. Naturally, sex at 70 or 80 may not be like it is at 20 or 30—but in some ways it can be better. As an older adult, you may feel wiser than you were in your earlier years, and know what works best for you when it comes to your sex life. Older people often have a great deal more self-confidence and self-awareness, and feel released from the unrealistic ideals of youth and prejudices of others. And with children grown and work less demanding, couples are better able to relax and enjoy one another without the old distractions. For a number of reasons, though, many adults worry about sex in their later years, and end up turning away from sexual encounters. Without accurate information and an open mind, a temporary situation can turn into a permanent one. You can avoid letting this happen by being proactive. There is much you can do to compensate for the normal changes that come with aging. With proper information and support, your later years can be an exciting time to explore both the emotional and sensual aspects of your sexuality. Benefits of sex as you age As an older adult, the two things that may have brought the greatest joy—children and career—may no longer be as prevalent in your everyday life. Personal relationships often take on a greater significance, and sex can be an important way of connecting. Sex has the power to: Improve mental and physical health. Sex can burn fat, cause the brain to release endorphins, and drastically reduce anxiety. Through its health-improving benefits, a good sex life can add years to your life. Sex is a chance to express the closeness of your deepest relationship. Sex gives you a chance to escape from the sometimes harsh realities of the world. In fact, sex can be more enjoyable than ever. As you find yourself embracing your older identity, you can: Reap the benefits of experience. The independence and self-confidence that comes with age can be very attractive to your spouse or potential partners. No matter your gender, you may feel better about your body at 62 or 72 than you did at 20 or 30. And it is likely that you now know more about yourself and what makes you excited and happy. Your experience and self-possession can make your sex life exciting for you and your partner. As you age, try to let go of expectations for your sex life. Do your best to avoid dwelling on how things are different. A positive attitude and open mind can go a long way toward improving your sex life as you age. Love and appreciate your older self. Naturally, your body is going through changes as you age. You look and feel differently than you did when you were younger. Confidence and honesty garner the respect of others—and can be sexy and appealing. Good sex as you age is safe sex as you age As an older adult, you need to be just as careful as younger people when having sex with a new partner. Talk to your partner, and protect yourself. Encourage your partner to communicate fully with you, too. Speaking openly about sex may not come easily to you, but improving your communication will help both of you feel closer, and can make sex more pleasurable. Broaching the subject of sex can be difficult for some people, but it should get easier once you begin. And as an added bonus, you may find that just talking about sex can make you feel sexy. Try the following strategies as you begin the conversation. Being playful can make communication about sex a lot easier. Use humor, gentle teasing, and even tickling to lighten the mood. Honesty fosters trust and relaxes both partners—and can be very attractive. Let your partner know how you are feeling and what you hope for in a sex life. If you want to try something new, discuss it with your partner, and be open to his or her ideas, too. The senior years—with more time and fewer distractions—can be a time of creativity and passion. You may belong to a generation in which sex was a taboo subject. But talking openly about your needs, desires, and concerns with your partner can make you closer—and help you both enjoy sex and intimacy. Focus on intimacy and physical touch A good sex life—at any age—involves a lot more than just sex. Even if you have health problems or physical disabilities, you can engage in intimate acts and benefit from closeness with

another person. Taking your time Without pressing workloads or young children to worry about, many older adults have far more time to devote to pleasure and intimacy. Use your time to become more intimate. Start with a romantic dinner or breakfast before lovemaking. Share romantic or erotic literature and poetry. Having an experience together, sexual or not, is a powerful way of connecting intimately. Hold hands and touch your partner often, and encourage them to touch you. Tell your partner what you love about them, and share your ideas about new sexual experiences you might have together. Find something that relaxes both partners, perhaps trying massage or baths together. Relaxation fosters confidence and comfort, and can help both erectile and dryness problems. Expanding your definition of sex Sexuality necessarily takes on a broader definition as we age. Try to open up to the idea that sex can mean many things, and that closeness with a partner can be expressed in many ways. Sex can also be about emotional pleasure, sensory pleasure, and relationship pleasure. Intercourse is only one way to have fulfilling sex. Touching, kissing, and other intimate sexual contact can be just as rewarding for both you and your partner. Find new ways to enjoy sexual contact and intimacy. You may have intercourse less often than you used to, but the closeness and love you feel will remain. The key to a great sex life is finding out what works for you now. Sex as you age may call for some creativity. Try sexual positions that you both find comfortable and pleasurable, taking changes into account. For men, if erectile dysfunction is an issue, try sex with the woman on top, as hardness is less important. For women, using lubrication can help. Expand what sex means. Holding each other, gentle touching, kissing, and sensual massage are all ways to share passionate feelings. Try oral sex or masturbation as fulfilling substitutes to intercourse. Simple, creative changes can improve your sex life. Change the time of day when you have sex to a time when you have more energy. For example, try being intimate in the morning rather than at the end of a long day. Because it might take longer for you or your partner to become aroused, take more time to set the stage for romance, such as a romantic dinner or an evening of dancing. Or try connecting first by extensive touching or kissing. Being playful with your partner is important for a good sex life at any age, but can be especially helpful as you age. Tease or tickle your partner whatever it takes to have fun. With the issues you may be facing physically or emotionally, play may be the ticket to help you both relax. Restarting a stalled sex drive Some older adults give up having a sex life due to emotional or medical challenges. But the vast majority of these issues do not have to be permanent. You can restart a stalled sex drive and get your sex life back in motion. Remember that maintaining a sex life into your senior years is a matter of good health. Try thinking of sex as something that can keep you in shape, both physically and mentally. The path to satisfying sex as you age is not always smooth. Understanding the problems can be an effective first step to finding solutions. Stress, anxiety, and depression can affect your interest in sex and your ability to become aroused. Psychological changes may even interfere with your ability to connect emotionally with your partner. As you notice more wrinkles or gray hair, or become aware of love handles or cellulite, you may feel less attractive to your partner. These feelings can make sex less appealing, and can cause you to become less interested in sex. Tips to Improve Your Sex Life: Enjoy More Fulfilling Sex Low self-esteem. Changes at work, retirement, or other major life changes may leave you feeling temporarily uncertain about your sense of purpose. This can undermine your self-esteem and make you feel less attractive to others. This may be a problem you have never before had to face.

### 3: Better Sex as You Age: Tips for Enjoying a Healthy Sex Life as You Get Older

*Chesser, Eustace. Young Adults' Guide To Sex. New York: Drake Publishers [, c Print. These citations may not conform precisely to your selected citation style. Please use this display as a guideline and modify as needed.*

Can I get help and information on sex if I need it? Can you get pregnant the first time you have sex? This happens before you have your first period. Using contraception protects against pregnancy. Before you have sex, talk to your partner about contraception, and make sure you have got some. Can you get pregnant if a boy withdraws pulls out before he comes? It only takes 1 sperm to get a girl pregnant. Always use a condom to protect yourself against STIs, and also use other contraception to prevent unwanted pregnancy. Can you get pregnant if you have sex during your period? Yes, a girl can get pregnant during her period. The truth is, she can get pregnant at any time of the month if she has sex without contraception. Can you get pregnant if you have sex standing up? Yes, a girl can become pregnant in any position that she has sex. There are also no "safe" places to have sex, including the bath or shower. Pregnancy can happen whatever position you do it in, and wherever you do it. Can you get pregnant from oral sex? Does alcohol make you better in bed? Can you use clingfilm as a condom? Only a male condom or female condom can protect against STIs. You can get condoms free from: Boys and men produce sperm all the time. Ejaculation can happen if they masturbate or have a wet dream. Can you wash condoms and use them again? No, condoms should only be used once. If you have used a condom, throw it away and use a new one if you have sex again. Condoms need to be changed after 30 minutes of sex because friction can weaken the condom, making it more likely to break or fail. Can you get pregnant if you have sex only once? You may have heard the myth that you have to have sex lots of times to get pregnant. To avoid pregnancy, always use contraception, and use a condom to protect against STIs. Do you always get symptoms if you have an STI? No, you might not know if you have an STI. Sometimes you might have symptoms, such as it hurting when you pee, or an usual discharge, smell or soreness. Check-ups and tests for STIs are free and confidential, including for unders. Yes, women who sleep with women can get or pass on STIs. If a woman has an STI, the infection can be passed on through vaginal fluid including fluid on shared sex toys, blood or close bodily contact. Do all gay men have anal sex? No, anal sex, like any sexual activity, is a matter of preference. Does starting her periods mean a girl is ready to have sex? People feel ready to have sex at different times. Find out more about periods and the menstrual cycle

### 4: The Young Adult's Guide to Sex Ed | Indiegogo

*The co-creator of the popular online Midwest Teen Sex Show brings us a hilarious, honest, and in-depth look at every teen's favorite subject: sex. This isn't your mother's sex book: It's punchy and unapologetic.*

### 5: 9 Gifts For Mother's Day: A Young Adult's Field Guide To Middle-Aged Moms - Role Reboot

*Most sex positions don't directly stimulate the clitoris. There are other ways to pleasure her. "Women orgasm much more consistently from oral sex than from intercourse," Kerner says.*

### 6: A Guide of our clean book review system | Rated Reads

*"About Sex" 23" A lively, frank guide to healthy sexuality and to contraception. For teenagers and young adults.*

### 7: Advanced Sex Tube - Couple porn movies.

*In young children, masturbation is a normal part of the growing child's exploration of his or her body. Most people continue to masturbate in adulthood, and many do so throughout their lives.*

### 8: Library Resource Finder: Location & Availability for: Young adults' guide to sex

*Watch porn movies here! Become advanced in sex:) We aggregate the best of Xhamster, Tube8, Xideos, Deviantclip, Hardsextube, Empflix, Beeg and other popular free porn tubes.*

### 9: Living with your parents as an adult: a survival guide | Life and style | The Guardian

*Better Sex as You Age Tips for Enjoying a Healthy Sex Life as You Get Older. Sex can be a powerful emotional experience and a great tool for protecting or improving health, and it's certainly not only for the young.*

*Black men and divorce Chalabi under seige, May 2003 Aging In America (Reference Shelf) 2001 cr125 service manual Patient health record harvard sarah collins publications Born Again? What Now? Women and violence Watch out for George Wallace Build your kingdom here lead sheet How to use the science of mind. The book of topiary Labor and urban politics From the closet to the classroom The little big book of baseball Le application penetration testing Backyard Bug Battle (Grphic Sparks, a Buzz Beaker Brainstorm) Beyond Perestroika The life and works of John Heywood Applications of X-Ray Topographic Methods to Materials Science The occult files of Francis Chard Elementary mathematical astronomy Brazde =: Rich furrows The Perfect Thing Remove apple drm from Aieee 2007 physics question paper with solutions Philosophical issues in journalism The Metalwork of Albert Paley The Hug Therapy Book of Birthdays and Anniversaries/Date Book Socialsecurity gov ha 501 Amazing Fish (Eyewitness Junior) The vision of six sigma Mostly Amusing, Always Amazingly True Memories Psychology of pregnancy 3./tRandom mutation/t296 Chicago Taxi Confessions Sketches of great painters for young people Fans guide to the Iditarod The freezing preservation of fruits, fruit juices, and vegetables Badass body diet Barrons ap art history*