

Where: PR2 - Topic 3 – Module 3.3 – First video on Video resources section: “Aging & Sexuality - The #1 Problem and The Solution“

<https://edusexage-mooc.eu/topic3/>

VIDEO: Aging & Sexuality - The #1 Problem and The Solution

Dr. Cheryl Fraseer: Hello, I'm Dr. Cheryl Fraseer, welcome to this week's video "Love Byte". Today, I'm going to talk about a thorny topic for any of us in a human body which is, what do we do about the changes in sexuality that comes along with getting older. Now this is true at any age range, but where I most get this question is from people in their 40s and 50s and 60s. Now whether you're in a male or female body, in your 50s you're going to, most likely, notice some changes in your sexual functioning and your sexual desire. I'm going to briefly talk about them. This is a big topic and I can do some longer teachings another time, but I just want to reassure you, first of all you're normal if you're getting a little bit older or you've been in your relationship for a couple of decades, you have very little spontaneous sexual desire. What does that mean? It means you don't really feel like ripping your partner's clothes off all of a sudden. That tends to change over time and one of the ways to fix that is to choose to be sexual, to create something called, responsive sexual desire which is in response to something you become turned on, not spontaneously, but in response to, well I haven't made love in a few weeks and I miss you, I'm going to choose to start kissing and touching you. Then my body respond, I get turned on. Or in response to I know if we make love, I'm going to feel close and cuddly and I'm going to sleep better, so I'm going to start to make love and touch you in response to choosing to turn off the TV, get the shower really nice and hot and go have a lovely luxurious erotic shower together. Then in response to that the desire can be built. So, the topic of changes with sexuality, as we age is a really big one and I'll talk more about it in the future "Love Bytes", but for today, I wanted to take that tiny little piece about the changes in desire. Frankly not wanting to make love very often, even if you have a solo sexual life aside from your partner, meaning a masturbation life. You may not feel that turned on very often, you're normal, that's psychological and it's changeable bit by bit, by choosing to create circumstances, choosing to become lovers, choosing to be sexual, even if you're not necessarily in the mood. So, there's a little taste of one of the things that happens as we age and one of the solutions for the issue of lower desire, lack of spontaneous sexual desire as we age.

I'll be recording some more "love bytes" on changes in our sexuality over the life span, sprinkling them through, over the next few months.