

Where: PR2 - Topic 3 – Module 3.1 – Second video on Video resources: “Simple Tips To Having Great Sex As You Get Older”

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

#### **VIDEO: Simple Tips to Having Great Sex As You Get Older**

Sex is an important part of life, and it never stops changing. As you get older, your needs may change too but those changes don't have to be a bad thing. If anything, they can make for even more fulfilling sex than ever before. We want you to feel free in exploring all the different ways that senior citizens are able to enjoy their sexual lives, and we hope these tips will help you do that. It's time to take back control of your sex life, because age doesn't matter when it comes down to what's best for you. Since we can't stop aging, the videos on this channel can help us have the best life possible. In today's news update I want to talk about – ways to have better sex as a senior.

The top six tips for seniors on how to have better sex as they get older are:

1. Take care of yourself by working out regularly and eating healthy foods. This will help you feel confident about your body no matter what size or shape you are.
2. Talk to your partner about sex more openly and don't be afraid of what they might think. Sex is meant to be enjoyed together. Don't let it become a source of stress or make you feel self-conscious.
3. Explore sex toys as another way to explore your sex life. Sex toys can add a new level of excitement.
4. Try sensual sex, because sex doesn't always need to end with orgasm. Many seniors find that sex is more meaningful when it's about feeling good and connecting with your partner, not about reaching climax.
5. Sex isn't always just about sex, it can be a great reason to reconnect with your partner and enjoy some intimate time together.
6. (Here is the ultimate tip for seniors.) No matter what changes occur within you or your sex life, remember that sex is about being happy and taking care of your needs.

Four myth about sex and seniors that need to change:

1. Sex is only for the young. Contrary to popular belief, there is no age limit when it comes to sexual intimacy. Both man and woman can enjoy fulfilling their desire for physical closeness at any point in life.
2. You can't have sex if you're disabled or in a wheelchair. This myth stems from the idea that people with disabilities are limited in their physical abilities. That's not true. You may need to modify some positions or use adaptive devices like vibrators or other types of toys for sexual stimulation, but there are many ways to achieve orgasm even when mobility is limited.
3. People over 60 are too old to enjoy sex. There are many benefits of continuing sexual activity into your later years, such as decreased risk of cardiovascular disease, improved mood and sleep quality, enhanced self-esteem and more.
4. Seniors don't need protection from STDs and HIV/AIDS. A recent study conducted by the CDC found that seniors are at a higher risk for STDs and HIV. The study is particularly alarming because it was recently reported that one in four people over the age of 50 has a genital

herpes, which can have a serious impact on their health and quality of life. Seniors need protection from STDs and HIV to maintain their well-being.

In conclusion, sex is a fundamental part of life, but our society has created many myths about what sex means for seniors. The truth about sex is that it changes as we age and that's okay. You can enjoy great sex at any point in your senior years with the right knowledge and attitude.