

# sextalk.

answers to your questions about sex and relationships

**factoid** UA Students can purchase 100 condoms for \$12.99 at the Campus Health Pharmacy.

## Q. What is the true definition of being good in bed?

A. Being good in bed is difficult to define because it depends on each relationship's own unique dynamics as well as personal preferences. While specifics may vary, here are some general guidelines to help make the best of your time in the bedroom and strengthen your relationship in the process.

1. Establish a good line of communication with your partner before engaging in intimate activities. That way, you'll have a head start in knowing each others' likes, dislikes and boundaries beforehand, and will have more time to enjoy each other rather than sharing awkward or uncomfortable moments. Express your expectations regarding any sexual activity. Remember to work together as a team to make the experience beneficial for both of you.
2. Protect yourself and your partner by using barrier methods (male/ female condoms, & dental dam) that can decrease your chances of contracting sexually transmitted infections (STIs) and pregnancy. You can buy condoms and dental dams at the Campus Health Pharmacy that you can charge to your Bursars account confidentially. Campus Health offers STI testing as well.
3. Creativity in the bedroom can be thrilling, and make you and your partner's experience memorable. After establishing respect, communication, and trust, creativity can be the icing on the cake for great lovemaking. This may include trying new condoms (such as flavored, colored, and textured), using different lubricants that are water based (flavored or scented), new positions (buy a book or look online), strip tease, role-playing, massage, and toys (remember to clean according to product instruction afterwards, because sharing toys can spread STIs).

Ultimately, great bedroom performance all depends on you, your partner, or the nature of your sexual relationship, regardless of whether it's a onetime event or a part of a committed relationship. So is there one true definition? Probably not, but hopefully this gives you some motivation to make each experience delightful with some real "sky rockets in flight or some afternoon delight" as Starland Vocal Band would have it.

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