

sex talk.

answers to your questions about sex and relationships

wildfact

65% of UA freshman and 77% of UA seniors have had vaginal intercourse. (2009 Health & Wellness Survey, N=1,720)

Q

I lost my virginity to my best guy friend and we've been having sex with each other the past 3 months. We are attracted to one another and it isn't stopping either of us from going out, meeting other people, and what not. I don't know if this is ever going to lead to a relationship, but in the meantime, is what we are doing healthy for our friendship, even if we are both able to put emotions aside?

A. A healthy friendship is one where both people have open, honest, communication, respect for each other, and are willing to "be there" for their friend. Having sex with your best friend might be considered a benefit for some and a complication for others. "Friends With Benefits" can work out as long as both people are honest, understanding, and have the same expectations. Right now, it sounds as though you are satisfied with the situation and are both in it for the sex and not a long term relationship. As long as you are both happy with the arrangement and emotions are not an issue, you may be able to manage a "healthy relationship."

Some things to ask yourself as time goes on:

How open is your communication? How will your friendship change if one of you wanted to stop having sex? Would he still be a supportive friend you can count on if the sex ends or you develop a more serious

relationship with someone else? Would you feel hurt or jealous if he decides to stop having sex with you?

People change over time and so do relationships. One of you might develop a liking, even love, for the other. If the feelings aren't reciprocated, one partner can end up feeling wounded or used. Emotions are an unavoidable part of being human and will eventually surface in any relationship.

In terms of sexual health, you both may have a greater exposure to sexually transmitted diseases if you are doing "what not" with other people. You may feel safer with your friend because you've known him awhile. Having a sex buddy doesn't guarantee risk-free sex. If he has several other sex partners, you may be unknowingly exposed to sexually transmitted infections such as herpes, chlamydia, genital warts, and more.



Have a question? Send it to sextalk@email.arizona.edu

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