

sex talk.

answers to your questions about sex and relationships

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Check out the “Clothesline Project” on Wed. Oct. 28th on the Mall, 10am-2pm as part of Domestic Violence Awareness Month.

Q Is foreplay important? How does someone make it safe but fun?

A. Great question! First let's establish what foreplay is. Foreplay is all of the activities that come before sex (which most people define as vaginal or anal intercourse). This includes caressing, kissing, massaging, nibbling, sucking and stimulating. It is also anything you and your partner like to do to get in the mood, such as slowly undressing each other, role-playing, talking about fantasies, etc. Foreplay can add excitement and enhance pleasure for both partners.

You may have heard the saying, “men are like microwaves and women are like crockpots.” Men get aroused more quickly than women. For example, a brief moment of visual stimuli alone can arouse men, while multiple stimuli over a longer period of time are usually needed to arouse women. The time spent on foreplay gives both partners a chance to get in “the mood.” Foreplay has been known to make sex more enjoyable and allow orgasm to be reached more easily for both sexes. Here are some additional benefits:

- Physically, it can add spice and variety to your sex life. By taking the time to explore one another's erogenous zones you can both discover new and exciting ways of arousal you may never thought were possible.

- Emotionally, it can provide greater intimacy between you and your partner.
- Mentally, you and your partner can spend more time getting in the mood and staying in the moment together longer.

Foreplay is fun, but like any sexual activity it's important to make it safer. If there is skin to skin, fluid to fluid, or fluid to skin contact, diseases can spread. Getting tested with your partner is a good idea. STD testing is offered at Campus Health – to make an appointment, call 621-9202. Barriers can also be used to make oral sex safer. Campus Health sells latex dams in a variety of flavors: vanilla, banana, grape, strawberry and mint for \$1 each. You can also get 100 condoms for \$12.99!

Foreplay can be a great way to electrify your sex life, pleasure your partner, and make sex more satisfying. It is also a great alternative if you and your partner are not ready or do not want to have vaginal or anal intercourse.

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

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