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Women, HIV & sex: healthy, happy sexual relationships

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Women, Sex & HIV


Healthy, happy sexual relationships

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Conflict of Interest

In relation to this presentation I declare that I have no conflict of interest



“Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a **positive** and respectful approach to sexuality and sexual relationships, as well as the possibility of having **pleasurable** and safe sexual experiences free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”



WHO

Understanding Why



Why women? Why HIV? Why Sex?

- 1 in 3 people living with HIV are women
- Women make up one quarter of all new HIV diagnoses

(PHE, 2019)

- It is fundamental to overall good health and wellbeing. Sexual pleasure has also been linked to improved cardiovascular health, perinatal health, overall health and mental health

(Gianotten, 2021; Laan et al., 2021; Reis et al., 2021)

- The Declaration of Sexual Rights affirms that sexuality is an integral part of the personhood of every human (woman) being, regardless of whether that person chooses to reproduce.

(World Association of Sexual Health, 2015)

- Growing evidence shows the effectiveness of pleasure-focused programming in terms of improved attitudes and health outcomes, such as condom use and other safer sexual behaviours

(Hanbury & Eastham, 2016; Becasen et al., 2015; Ford et al., 2019)

What does good sexual health look like?



Safe

Pleasurable

Consensual

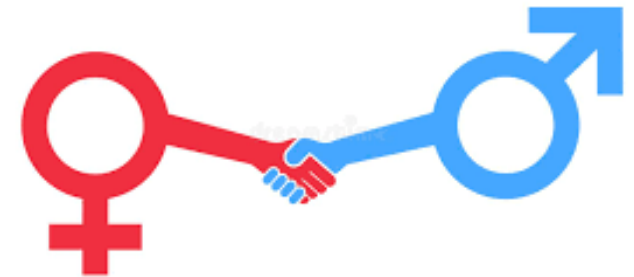
Non coercive

Respectful

Non
judgemental

Good for mental
and emotional
well being

Is what I choose
it to be




pleasurable


A word cloud graphic with the word 'pleasurable' in large orange letters. Other words in various colors and sizes are scattered around it, including 'satisfying', 'enjoyable', 'pleasure', 'sexual', 'well-being', 'mental', 'emotional', 'respectful', 'safe', 'consensual', 'non-judgemental', 'non-coercive', 'good', 'is what I choose', 'it to be', 'good for mental and emotional well being', 'pleasure', 'satisfaction', 'enjoyment', 'well-being', 'mental', 'emotional', 'respectful', 'safe', 'consensual', 'non-judgemental', 'non-coercive', 'good', 'is what I choose', 'it to be', 'good for mental and emotional well being'.

Sexual pleasure is the physical and/or psychological satisfaction and enjoyment derived from shared or solitary erotic experiences, including thoughts, fantasies, dreams, emotions, and feelings. Self-determination, consent, safety, privacy, confidence and the ability to communicate and negotiate sexual relations are key enabling factors for pleasure to contribute to sexual health and well-being. Sexual pleasure should be exercised within the context of sexual rights, particularly the rights to equality and non-discrimination, autonomy and bodily integrity, the right to the highest attainable standard of health and freedom of expression. The experiences of human sexual pleasure are diverse and sexual rights ensure that pleasure is a positive experience for all concerned and not obtained by violating other people's human rights and well-being.

(WAS, 2015)



Limitations – v – Reality

- Culture
 - Faith
 - Diagnosis – trauma
 - Biological reasons i.e menopause
 - Missed child bearing opportunities
 - Breakdown in relationships
 - DV (Increased)
 - Impact on what or how they feel about themselves
- 

Definition of Sexual Health

This is what it takes for me to be sexually healthy

I know how to
access and use
health care services
and information.

I am comfortable
with my body
and my sexuality.

I am able to recognize
risks and ways to
reduce them.

I am able to form
and maintain healthy
relationships.

I can talk effectively
with my peers,
family, and partners.

I act responsibly
according to my
personal values.

I know my body and
how it functions.

I am able to
set appropriate
boundaries.

I understand the
risks, responsibilities,
and consequences
of sexual behavior.

New York State
Department of Health
Adolescent Sexual Health
Work Group

**ACT FOR YOUTH
CENTER OF EXCELLENCE**
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Five Action Steps to Good Sexual Health

1

Value who you are and decide what's right for you

2

Get smart about your body and protect it

3

Treat your partners well and expect them to treat you well

4

Build positive relationships

5


Make sexual health part of your health care routine

fiveactionsteps.org



The Love-List

The 7 Fs

- ♥ 'Fizzical' attributes & attraction (is there a physical & sexual buzz between you? !)
 - ♥ Friendship (are you friends with each other? Do you like each other's friends?)
 - ♥ Finances (will your partner support you as best they can now and in the future?)
 - ♥ Family (will your partner's family support you & vice versa?)
 - ♥ Future plans (discussing / sharing / agreeing)
 - ♥ Mutual AFFirmation! (Do you tell each other what you appreciate about each other regularly?)
 - ♥ Fun (Do you have fun and laugh together regularly?)
- 

Support from agencies

Sexual pleasure should be integral to sexual health care services provision

Sexual health services should be accessible, affordable, acceptable, and free from stigma, discrimination, and prosecution

Enhance the development of rights-based, evidence-informed knowledge of the benefits of sexual pleasure as part of well-being

Inclusion of rights-based funding resources, research methodologies, and dissemination of knowledge to address the role of sexual pleasure in individual and public health

Summary

Good sexual health is a basic human right

Collaboration is key to achieving healthy, happy sexual relationships



THANK YOU!