

Online Sex Education Chat Room

Students of the Certificate in Sex Education course can participate in chat room sessions, to learn more on the topics and exchange ideas with their tutors. Below are some extract of conversation between students and teachers in one of the chat sessions.

(extract from 18 December 2002 Online tutorial chat room on the chapter “Sexual Attraction, Intimacy and Desire)

S = Student T = Tutor

Extract 1 Intimacy & Ideal Love

S1: There are not many couples in the world who love each other!

T: Yes! Intimacy is an important criteria for DEEP, LASTING love. If love is defined that way, there are not as many couples in the world who have that CHERISHED experience

T: Yes you are correct in your correction (smile). But I will admit that there are many LEVELS of LOVE. People can use the word loosely, and as therapists it is important if a patient uses it, to clarify what they mean.

S2: Usually opposite sex will have attraction between each other,

then what about homosexual?

T: My definition of intimacy is IN TO ME YOU SEE

S1: I believe that ideal love is rare because being open to someone equals to open your weakness not only to your partner but to yourself which many people particularly men find it difficult to handle.

T: So think in your experience whether you have had that feeling, or if patients that you see have expressed an experience that is that OPEN to another

T: Homosexual can have similar dynamics as heterosexual in attraction; based on similar characteristics I will list. One very stereotypic difference is that homosexual men have traditionally not stayed as committed in relationships, but that has been changing over the years.

T: The characteristics of attraction include (1) Physical: is s/he your TYPE? (2) past experience (you first kissed someone like that (3) family dynamics (the person reminds you of an important past figure (4) chemical – chemical rush in your body like adrenaline and endorphins and (5) social (availability, or friends’ think that person is attractive (6) situational (where you are, on vacation, alone on a trip, etc.)

T: You are right, ideal love is rare because people are AFRAID to be open and YES you are right that MEN have a harder time than

women And you are right, that people feel like it is a weakness when really it is a STRENGTH and we as therapists must REDEFINE that for them

Extract 2 Attraction & Relationship

S1: If the people themselves don't believe in real love, it is difficult for them to maintain a good relationship. Do you agree?

T: This is a new paradigm since the old view just started with four stages of sexual response cycle, leaving out attraction.

S2: I think the real love or ideal love was depended on individuals.

T: Yes, I agree. If the people do not believe in real love, they have a different level of relationship. But we cannot say it is not good. The main important point in all of sex and love, is TWO factors: 1) If you both AGREE on what you want, 2) As long as it does not hurt each other or others.

S1: There are many reasons why a person is attracted to another. It could be money. It could be money. It could be a compensation of one's inadequacy, etc. as your notes have set out.

Extract 3 Sexual Desire

S1: Someone see a sexy girl in the street, then she has sexual desire, is it normal or is it sick?

T: Yes it is normal if someone see a sexy girl on the street and then has a feeling in his body of desire, or a tingling in his loins or a sexual THOUGHT about her or what he might want to do

S1: So male will easily has sexual desire or female?

T: The next step matters – does he approach the girl or not? It must be an appropriate situation. These days people are more suspicious and cautious about pickups – for good reason.

Extract 4 Sexual Desire of women

T: I must point out that it is very important to help the Chinese woman to be more in touch with her sexual desires and feel more in control of them, to choose to act on them or not.

T: But all too often they have been too shy. I have seen this over and over at many speeches and classes and books signings that I have done throughout all of China and in Hong Kong.

Extract 5 Synchronizing sexual desire

S1: Being considerate is also important. Because it is impossible to synchronize sexual desire.

T: Yes there is a pattern. I will tell you the ways to synchronize.

T: Synchronizing sexual desire takes several steps: (1) accept the potential changes (2) explain what is going on with you (3) tell each other what you need and desire at that time (4) agree that you

can take turns, where one week one person gets their sexual timetable more attended to , and the next week it is the other's turn (5) a real amazing technique is one that I describe in my book "The Complete idiots Guide to Tantric Sex" where you do 10 minutes connects. That means that even if you don't want SEX, you spoon together and breath at the same time.

Extract 6 The Function of Massage

S1: Professor, do you mean massage should always be done WITH the demand to have sex after, or WITHOUT?

T: Massage should be agreed that we will take turns pleasuring each other to relax and pleas, but we don't have to have sex after. The pleasure can come from many parts of the body. Of course there are more erotic spots in the massage. The first massage should AVOID the sexual parts, to give the person more relaxation and less pressure. This is the way to increase TRUST.

S1: sometimes massage is a way to show love and intimacy, for my patients who has hysterectomies. During the recovery period, I always encouraged couple to touch each other without intercourse because women will feel their husband's love.

T: EXCELLENT! Yes, massage after all those very emotionally challenging surgeries is crucial. Hysterectomy is like mastectomy in upsetting the woman's feeling of feminist. The same is true for

prostate cancer – an increasing problem for men, and affecting over 50% of men over 50.

Extract 7 Hypoactive sexual desire

S1: Professor, is hypoactive sexual desire considered a medical problem?

T: This is a problem VERY recognized in America and JUST being acknowledged in China. Hypoactive sexual desire can be medical or psychological!!!

T: Sexual desire is affected by our attitudes and experiences (psychological) and also by medical factors, so decreases can occur based on both or either. In that case, low sexual desire is an adaptation... it is a way to protect from feeling frustrated and it is called SITUATIONAL – because of lack of partner.