

# CONVERSATION MATERIAL FOR INFORMATION ON LUST AND PLEASURE

1. Explain that you will now talk about lust and pleasure when having sex, and that you will start by watching a film about it. Explain that the film will include drawings of naked bodies.

2. Watch the film together.

3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

## QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with – was there anything unexpected, new or interesting?
- Summarize together:
  - What happens to the body when you are sexually aroused?
  - What is the clitoris?
  - What is an erection, lubrication and orgasm?
- Draw a body and indicate which areas that may feel good when touched.
- How does one know what feels good and arousing?
- Masturbation is the most common way to have sex. It is a good way to learn what you like. It is totally safe, but many people think it could be harmful. Do you have any examples of other myths or misunderstandings about sex and bodies?
- Why might it be helpful to talk with your partner about sex? What can make it easier/harder to do this?

## IMPORTANT TO DISCUSS:

- Masturbation is the most common way to have sex, and it is totally harmless.
- There is no difference between men and women with regard to the ability to feel sexually aroused.
- Sexual arousal is initiated in the brain, and can come and go suddenly, or it may need more time to set in. What makes someone sexually aroused, varies from person to person.
- How much or how often you feel sexually aroused varies throughout your life.
- Sexual lust and pleasure should be a central part of having sex – if sex does not feel good, or if you feel pressured, you always have the right to stop or say no to sex.
- Some people feel little or no desire at all to have sex with other people. This can be called asexuality. This is not bad, wrong or harmful.



FIGHTING FOR BODY RIGHTS SINCE 1933

**RFSU was founded in 1933 and is a pioneering Swedish organisation working in the field of sexual and reproductive health and rights (SRHR).**

**RFSU is a non-profit, non-governmental organisation without party-political, trade union or religious affiliation. Our aim is to spread a knowledge-based and open view of sexuality and relationships issues to overcome prejudices, bridge knowledge gaps and improve sexual health and wellbeing. We run projects and programmes to promote access to sexual and reproductive health and rights — both in Sweden and internationally. Much of this work is done with partners and other organisations. RFSU has a rights perspective of sexuality based on everyone's freedom to be what they want to be, to choose to live as they want and enjoy what they want. The International Planned Parenthood Federation (IPPF) was founded by RFSU and other actors, and RFSU remains IPPF's Swedish member association**

**You can read more about RFSU's activities at  
[www.rfsu.se/upos](http://www.rfsu.se/upos)**



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