

# LET'S TALK ABOUT SEX

# #GLOBALGUYTALK

CONVERSATION GUIDE

A COOPERATION BETWEEN:

MAKE  
EQUAL

Si. Swedish  
Institute

# HOW TO USE THIS GUIDE

This guide contains several questions on the topic of sex that you can choose from when hosting a **#globalguytalk**. They have been divided into different categories. Decide which questions you will answer and in which order. Choose questions based on what is most suitable for the target group and the local context.

## INTRODUCTION

*'It wasn't until I talked to my friends about sex that I realised what a common problem it was to have sex even if you don't really feel like it. A few times, it's been hard to say no because my partner expects me to want to have sex all the time... just because I'm a guy, I guess. I've also had the preconceived notion that men constantly want sex, so it has felt like something I've had to live up to. I was honestly relieved when I heard other guys talking about the same thing. It's weird, isn't it? I'm really practicing listening to myself and what I want – and of course*

*what the other person wants. I guess that's what "being a man" should be all about.'*

These stories show you how you can open up and speak from the heart when joining the **#globalguytalk**. The topics in this guide are: **sex, communication, sexual arousal, performance anxiety, sexualisation, porn, consent** and more.

# WARM-UP STATEMENTS – ANSWER YES OR NO

- I've felt sexually inadequate.
- If I get the chance to have sex, I take it.
- I've lost my libido during sex and kept going.
- I haven't always considered what my sexual partner has wanted during sex.

# QUESTIONS

## LEVEL 1

- Have you felt expectations to 'perform' during sex? How were you affected by that? Possible follow-up question: Why do/did you want to have sex for the first time?
- How can you ensure that a person doesn't feel forced to say 'yes' to sex with you? Possible follow-up question: How can you tell if someone is giving you their consent?
- Do you think that a good relationship has to include a lot of sex? Possible follow-up question: Have you ever used sex to keep a relationship together?
- Have you wanted to talk about your sex life with someone else, but not been able to? Possible follow-up question: What do you think are the consequences of that?

# QUESTIONS

## LEVEL 2

- Has your body ever not responded 'correctly' during sex (having trouble becoming aroused or maintaining arousal)? If so, how did it feel? Possible follow-up question: Is there a specific situation in which this happens to you?
- Do you have somebody you can talk to about sex? Possible follow-up question: How do you make sure it's easy for others to talk to you about sex? Have you ever failed at this?
- Have you ever initiated sex without being in the mood? **Why?** Possible follow-up question: How do you make sure to only have sex when you're in the mood? How do you feel after having sex when you're not in the mood?
- Is it difficult for you to be physically intimate with others in a nonsexual way? Possible follow-up question: Have you had sex when what you wanted was closeness?

# QUESTIONS

## LEVEL 3

- Do you watch porn? How do you think it affects you and your view of sex? Possible follow-up questions: What has porn taught you about people's turn-ons, and what they find attractive in men? Do you think that's true in real life?
- Have you ever crossed somebody's personal boundaries? Possible follow-up question: Have you ever badgered or persuaded someone to have sex with you?
- Have you ever wanted to try something new sexually, and not had the courage to suggest it to your sexual partner? What steps can you take to try to do so? Possible follow-up question: How do you react if someone you're having sex with wants to try something new?
- If you've had sex, think about the last time. Was it pleasurable for you? Was it pleasurable for the person you had sex with? Possible follow-up question: How do you take responsibility for making sure that sex is pleasurable for those you have sex with? How can you know that

they like what you are doing?

- **Are you afraid of anything happening during or before sex?**

Possible follow-up question: How would it feel to tell this to a sexual partner?