

SEX, INTIMACY & WELLBEING

WHETHER SEXUALITY IS EXPRESSED WITH A PARTNER, WITH SEVERAL PARTNERS, OR WITH YOURSELF, OUR SEX LIVES CAN BE A SOURCE OF GREAT PLEASURE.

While having sex, and exploring your sexuality can be exciting, it's not unusual to feel anxious about being intimate, having sex or starting a new relationship can often spark lots of questions and emotions.

Some of these concerns might be connected to your HIV status. You may worry if you can have an intimate relationship, or ever enjoy casual sex? None of these worries are true. People living with HIV fall in love, have sex, have fulfilling relationships, marry, and have children – all the things that people who don't have HIV do.

Living with HIV shouldn't stop you from having a happy, hot and healthy sex life – but only when you're ready.

EXPRESSING AND ENJOYING YOUR SEXUALITY

Young people living with HIV have the right to express their sexuality without fear of judgement, violence or persecution.

Sexuality is how we express our sexual feelings. It can be expressed through our bodies, our clothes, the way we look, walk, talk and dance.

In many cultures it is a taboo to talk about sexuality. This lack of communication makes it difficult for people to enjoy their sexuality safely and express their love and care for each other fully.

Sexual orientation describes who you feel attracted to. Some of us may feel strongly attracted to people of a different sex/gender than us (heterosexual,

straight); some of us may feel strongly attracted to people of the same sex/gender as us (homosexual, gay, lesbian); some of us may feel attracted to both (bisexual). Other people may not feel sexually attracted to anyone (asexual).

Sometimes sexual orientation changes over time, and for some it stays the same throughout our lives. Remember: Sexual orientation isn't a choice, it can't be changed by therapy, treatment, pressure, support or encouragement from family or friends.