



# AND BETWEEN THE SHEETS

exploring sex in later life

DR. ERIN YELLAND, KANSAS STATE UNIVERSITY

# Stereotypes

- Older adults:
  - *Are unattractive and sexually undesirable*
  - *Aren't interested in sex*
  - *Are physically incapable of having sex*
  - *Are asexual*
  - *Should not, cannot, and do not want to have sex*
  
- Older adults' sexuality is often treated with:
  - *Humor*
  - *Ridicule*
  - *Distaste*
  
- Which results in:
  - *Disempowerment*
  - *Inhibition of open expressions of sexuality*
  - *Prevention of healthy sexuality*








**VIAGRA**  
(sildenafil citrate) tablets

VIAGRA usually starts to work within 30-60 minutes.




**VIAGRA**  
(sildenafil citrate) tablets


 **VIAGRA.COM 1-888-4VIAGRA**



**VIAGRA**  
(sildenafil citrate) tablets

 **VIAGRA.COM 1-888-4VIAGRA**

The blue diamond tablet shape is a registered trademark of Pfizer Inc.



VIAGRA does not protect against sexually transmitted diseases including HIV.



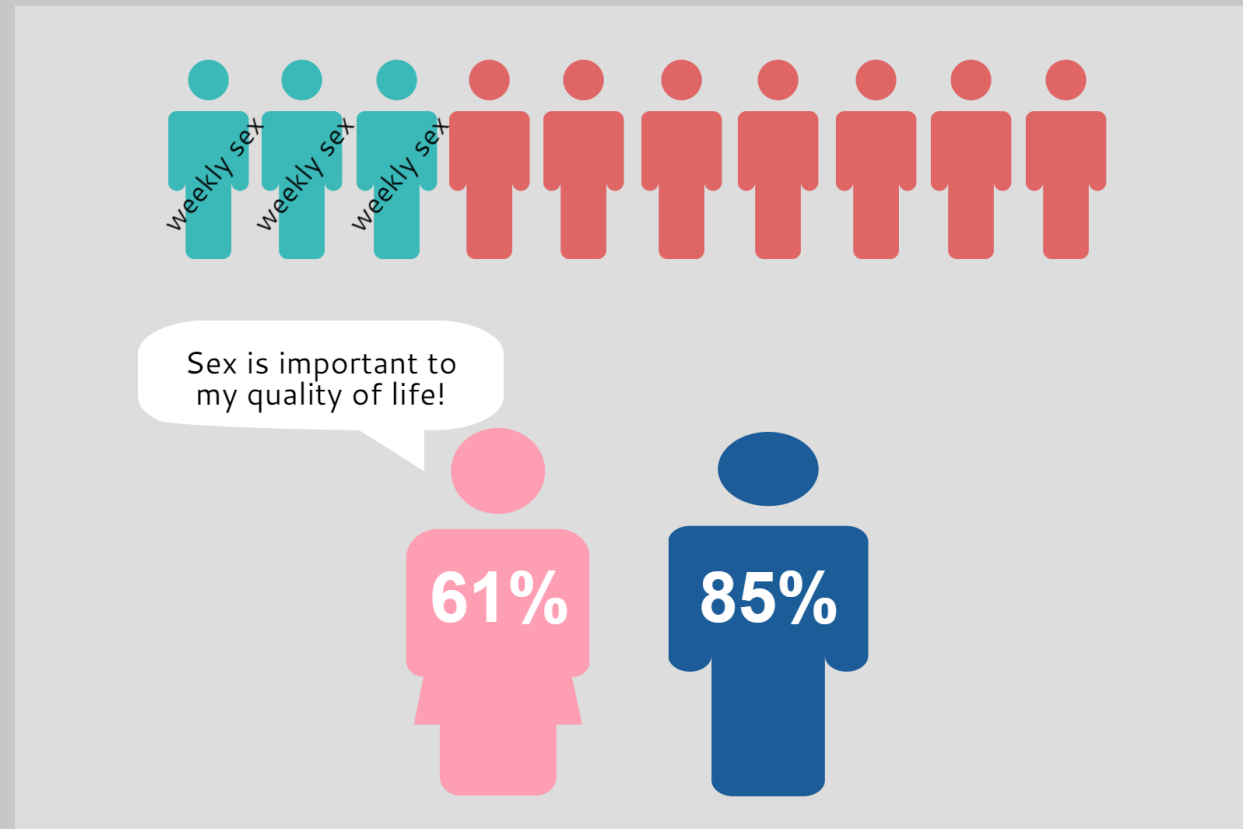
# **Sexuality is only the province of a youthful society!**





# Seniors & Sex

| Sexual Activity with a Partner in Previous 12 Months |       |       |       |
|--|-------|-------|-------|
|  | 57-64 | 65-74 | 75-85 |
| Men  | 83.7  | 67.0  | 38.5  |
| Women  | 61.6  | 39.5  | 16.7  |



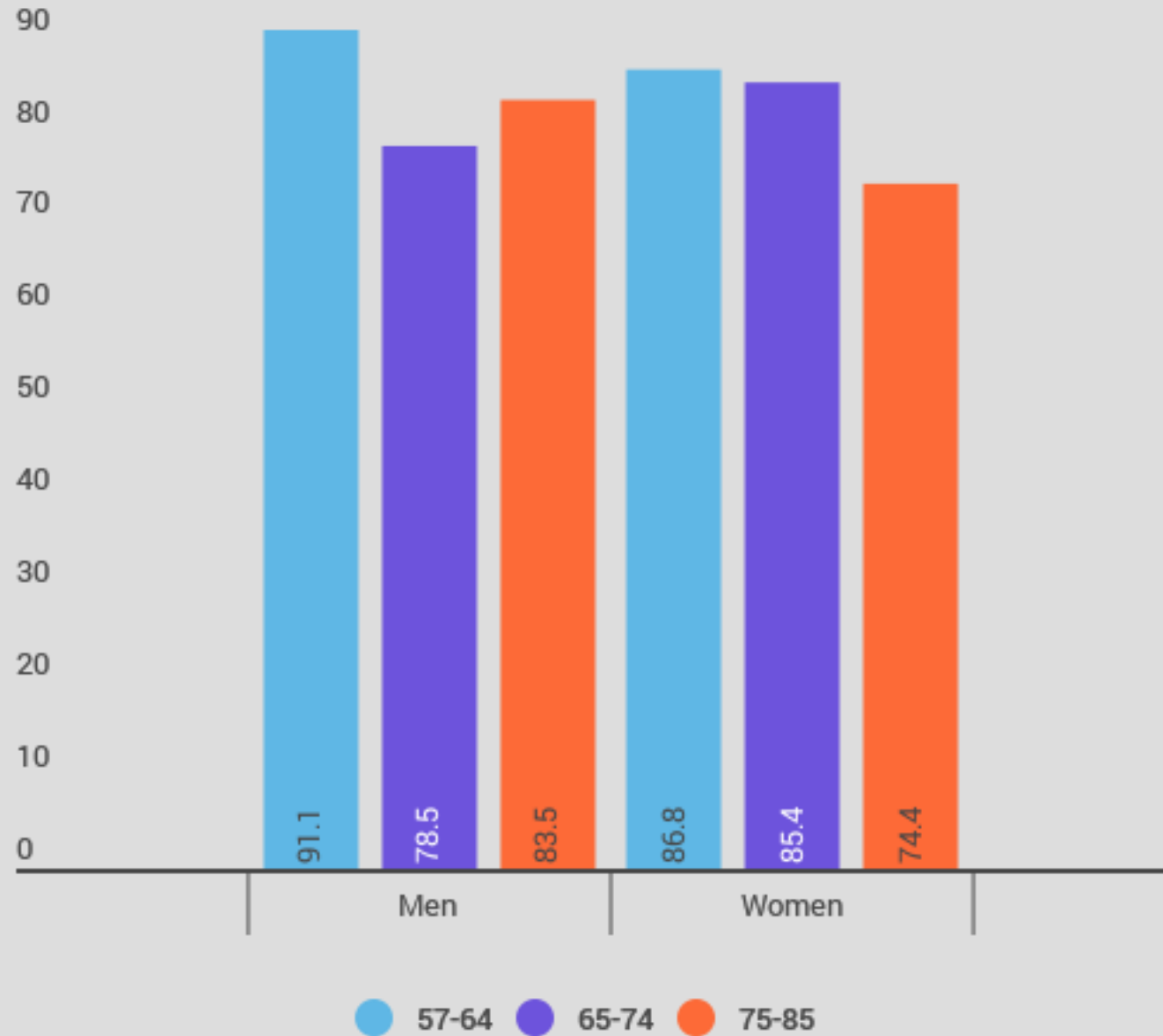
But things change...





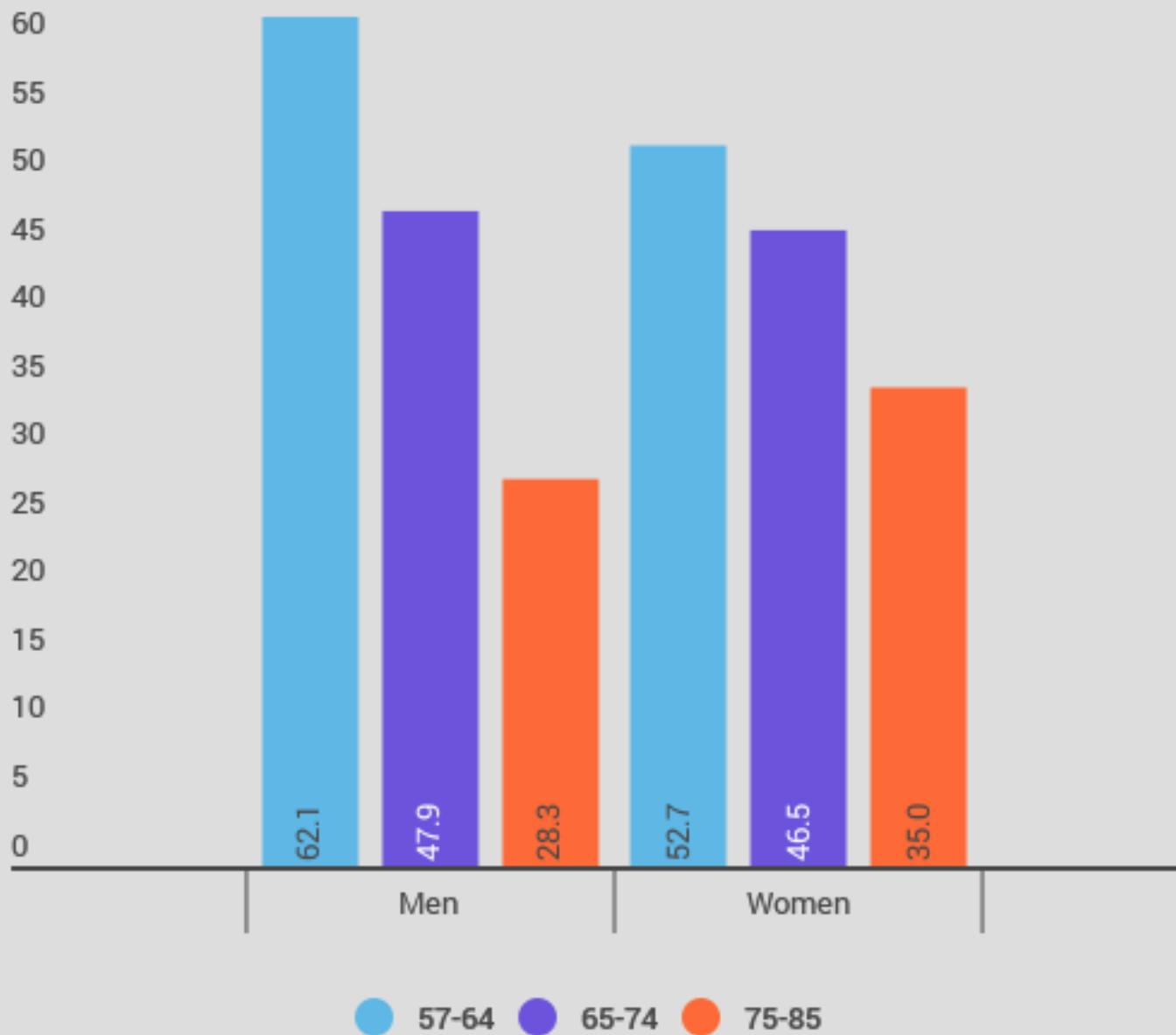
# Vaginal Intercourse

(usually or always)



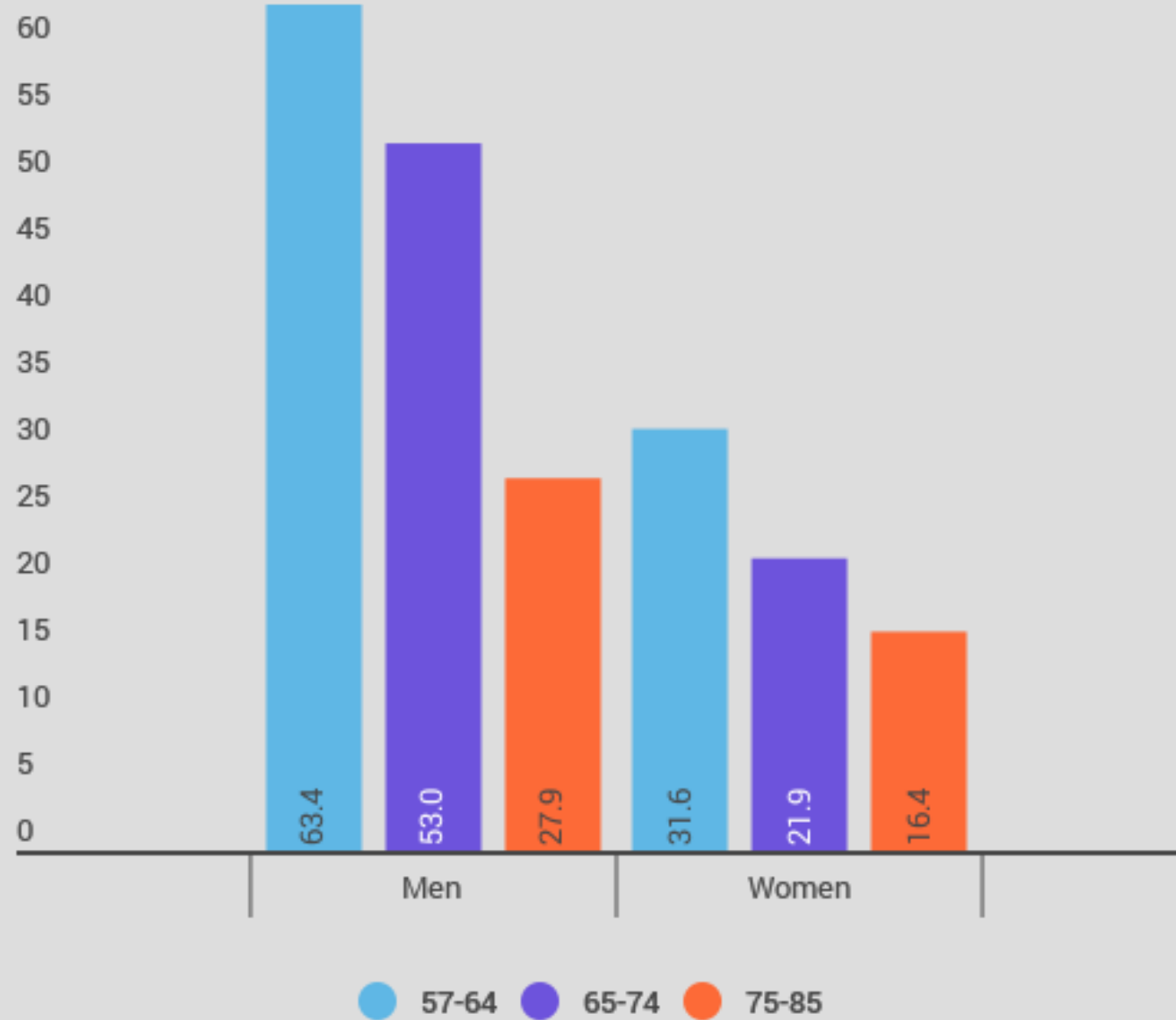
# Oral Sex

(in previous 12 months)



# Masturbation

(in previous 12 months)



And challenges arise...



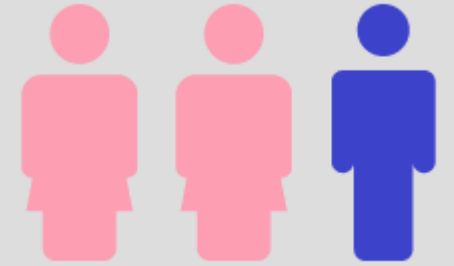
# Barriers to Sexual Activity

- Heterosexual women

- *Lack of an available partner*
- *72% of men 65+ are married – 45% of women 65+ are married*
- *Who do men choose?*

*“For most women, aging means a humiliating process of gradual sexual disqualification.”*

- *Married → widowed*
- *Interest?*





*"Having sex is like playing bridge. If you don't have a good partner, you'd better have a good hand."*

*Woody Allen*

# Barriers to Sexual Activity

- Men
  - *Physical health*

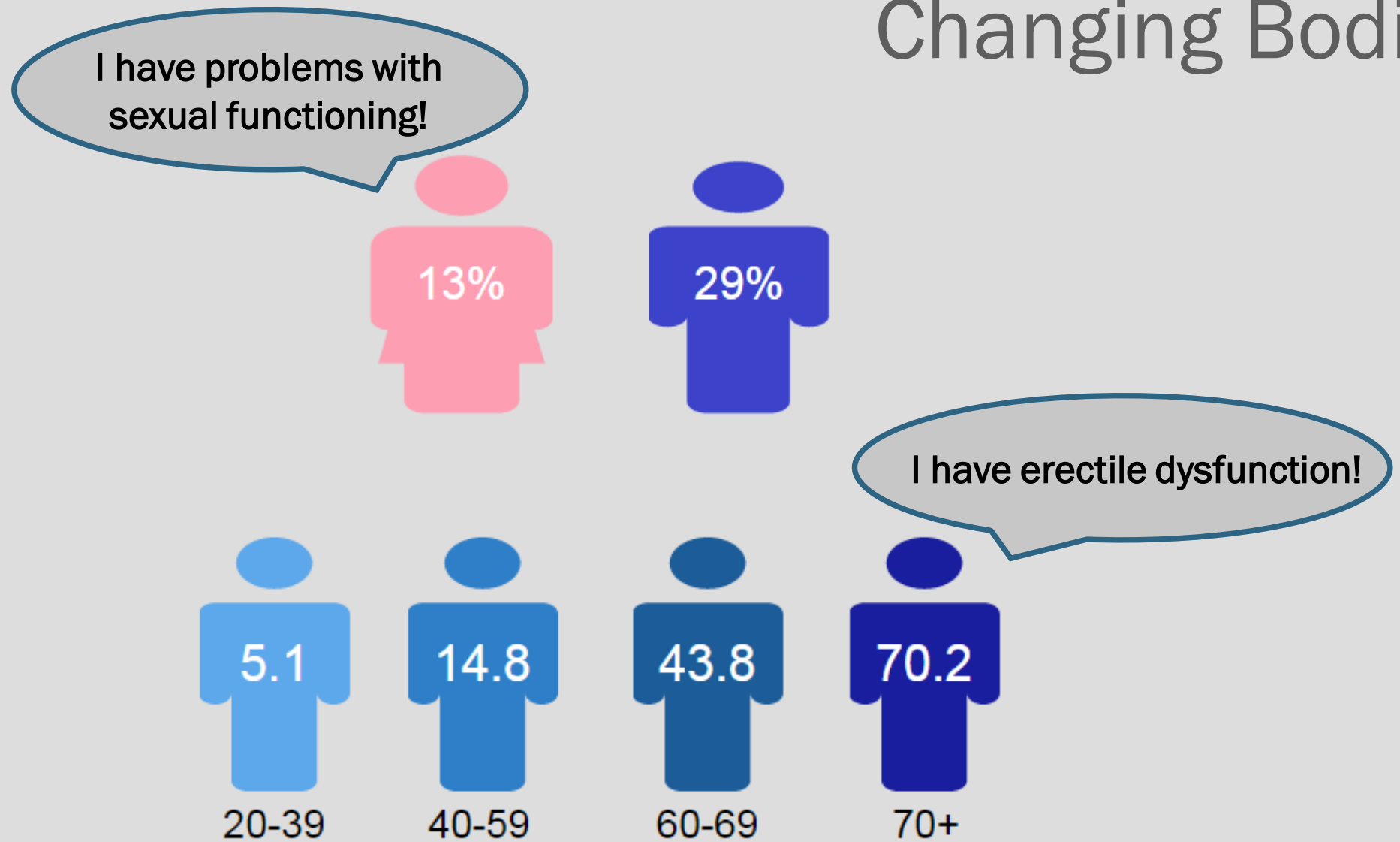


Men's physical health status is probably more responsible for any decline in sexual activity for older couples.

And bodies change...



# Changing Bodies



30% lower risk of ED if.... you take care of yourself!

# Changing Bodies

## Men

- Longer/more stimulation to achieve erection
- Erections may not be as firm
- Erections may be lost before climaxing
- Prolonged intercourse/stimulation to achieve climax
- Climax may not involve ejaculation
- Climax may be less forceful
- Less volume of ejaculate
- Increased refractory period

## Women

- Slowed/reduced vaginal lubrication
- Thinning of the vaginal tissue
- Shortening of the vaginal canal
- Labia and clitoris are less engorged with blood during arousal
- Perceived orgasmic intensity may decline

But the need to  
stay safe persists...

Why should we use condoms?

*Pregnancy prevention.*

But, I can't get pregnant! 😊

*Well then, what's the point? There are few risks!*







# Have Sex?

**Age is not a condom.**

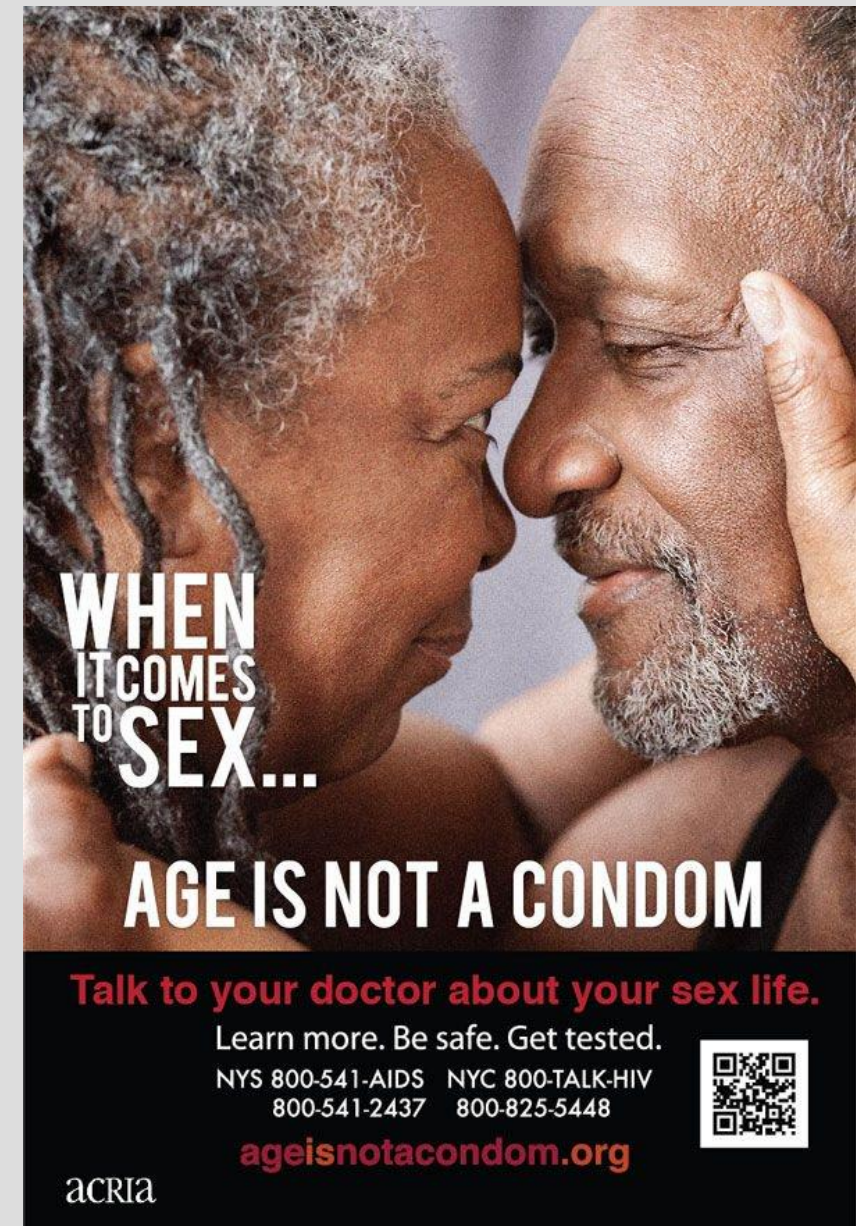


**WHEN  
IT COMES  
TO SEX...**

**AGE IS NOT A CONDOM**

**Talk to your doctor about your sex life.**  
Learn more. Be safe. Get tested.  
NYS 800-541-AIDS NYC 800-TALK-HIV  
800-541-2437 800-825-5448  
[ageisnotacondom.org](http://ageisnotacondom.org)

ACRIA




**WHEN  
IT COMES  
TO SEX...**

**AGE IS NOT A CONDOM**

**Talk to your doctor about your sex life.**  
Learn more. Be safe. Get tested.  
NYS 800-541-AIDS NYC 800-TALK-HIV  
800-541-2437 800-825-5448  
[ageisnotacondom.org](http://ageisnotacondom.org)

ACRIA





I rarely/never use protection!



LUST

LOVE

DESIRE

Condoms?

# STIs and Older Adults

Age does not protect you from STIs

- Rates of STIs (chlamydia, gonorrhea, syphilis) & HIV have doubled for older adults in the past decade
- Lowest rates of condom use is among adults 45+
- Safe sex awareness among older adults & promotion by health care providers is lacking



ONLY 23% OF  
SEXUALLY ACTIVE  
HIGH SCHOOL STUDENTS HAVE  
BEEN TESTED FOR HIV.

1000 NEW HIV CASES  
AMONG YOUNG PEOPLE  
EVERY MONTH.

APRIL 10<sup>TH</sup> IS  
YOUTHAIDSDAY.ORG



DON'T BE A  
FOOL  
WRAP YOUR TOOL

**WHY YOU'RE AN STD RISK**

**TOP RISK FACTORS FOR ACQUIRING AN STD**

- UNPROTECTED SEX**  
Although not a guarantee in contracting STD, unprotected sex increase the chance to get an STD among sexually active people.
- MULTIPLE PARTNERS**  
The more partners you have, the more likely it is that you will be exposed to an STD.
- BEING UNDER 25 YEARS OLD**  
Young women are more biologically susceptible to STDs than older women.
- ALCOHOL USE**  
People who use alcohol on a regular basis, particularly in social situations, may be less discriminating about whom they choose to have sex with.
- ILLICIT DRUG USE**  
Drug influence makes easier to engage in risky sexual behaviors. Also, injection drug use increases risk of blood-borne diseases.
- TRADING SEX FOR MONEY / DRUGS**  
People who trade sex for money or drugs may not be sufficiently empowered to negotiate that their sex be safer sex.
- SERIAL MONOGAMY**  
People who practice serial monogamy are likely to be tempted to stop using safer sex precautions.
- HAVING AN STD**  
Having one STD frequently makes a person more susceptible to infection by other STDs.
- COMMUNITY WITH A HIGH PREVALENCE OF STDs**  
People living in high STD prevalence areas are likely to be exposed to an STD any time they have sex or require blood transfusion.
- HAVING HIGH RISK STD PARTNER**  
A person with sex partner(s) possessing risky characteristics provides strongest predictor for STDs.
- CONTROL PILLS AS YOUR SOLE FORM OF CONTRACEPTION**  
Once protected from pregnancy, some people are reluctant to use condoms as part of their sexual routine.

Reference: <http://std.about.com/od/riskfactorsforstds/tp/topriskfactors.htm>

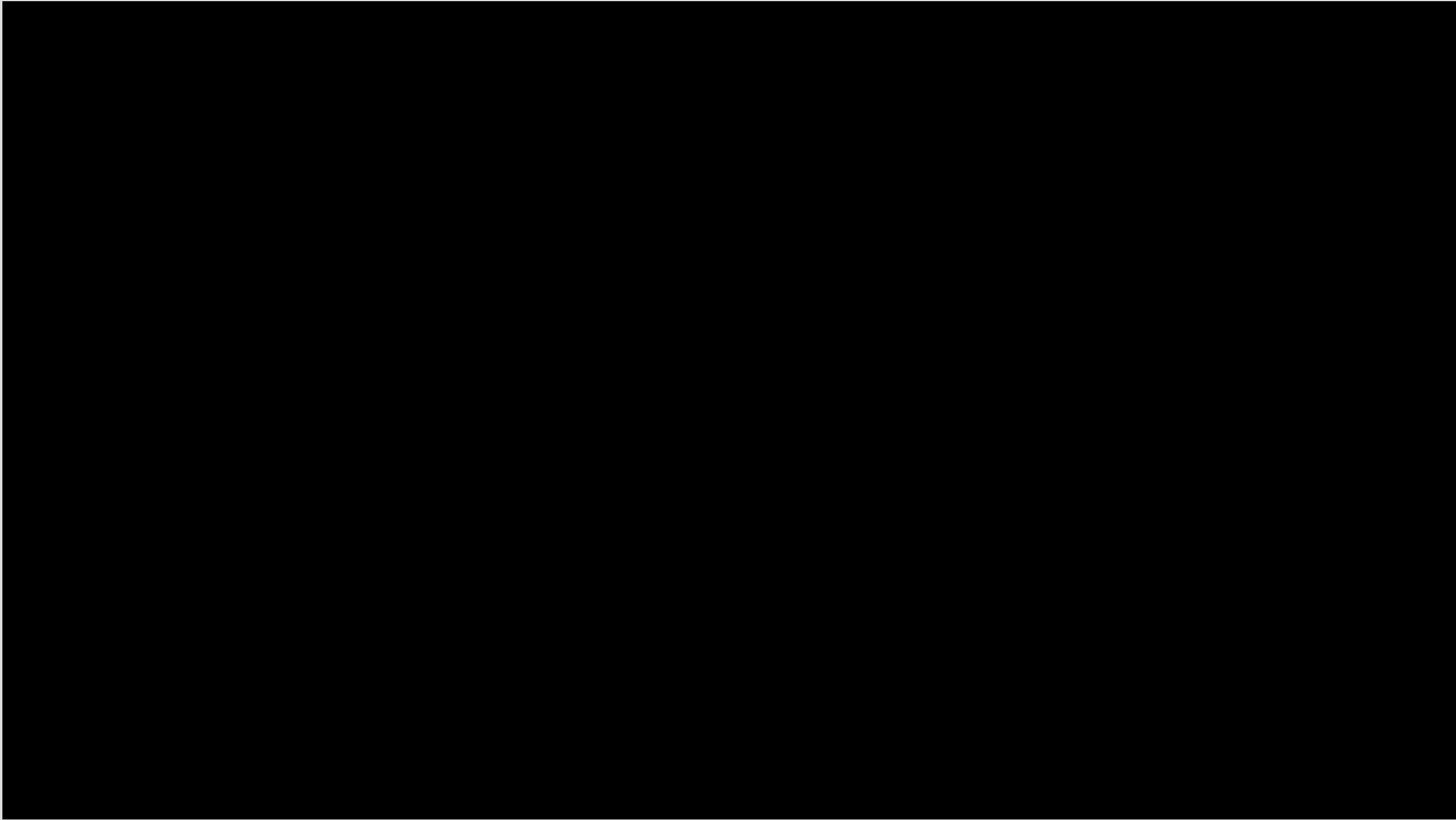
EVERYDAY  
in AMERICA  
10000  
TEENS CATCH  
a SEXUALLY  
TRANSMITTED  
DISEASE

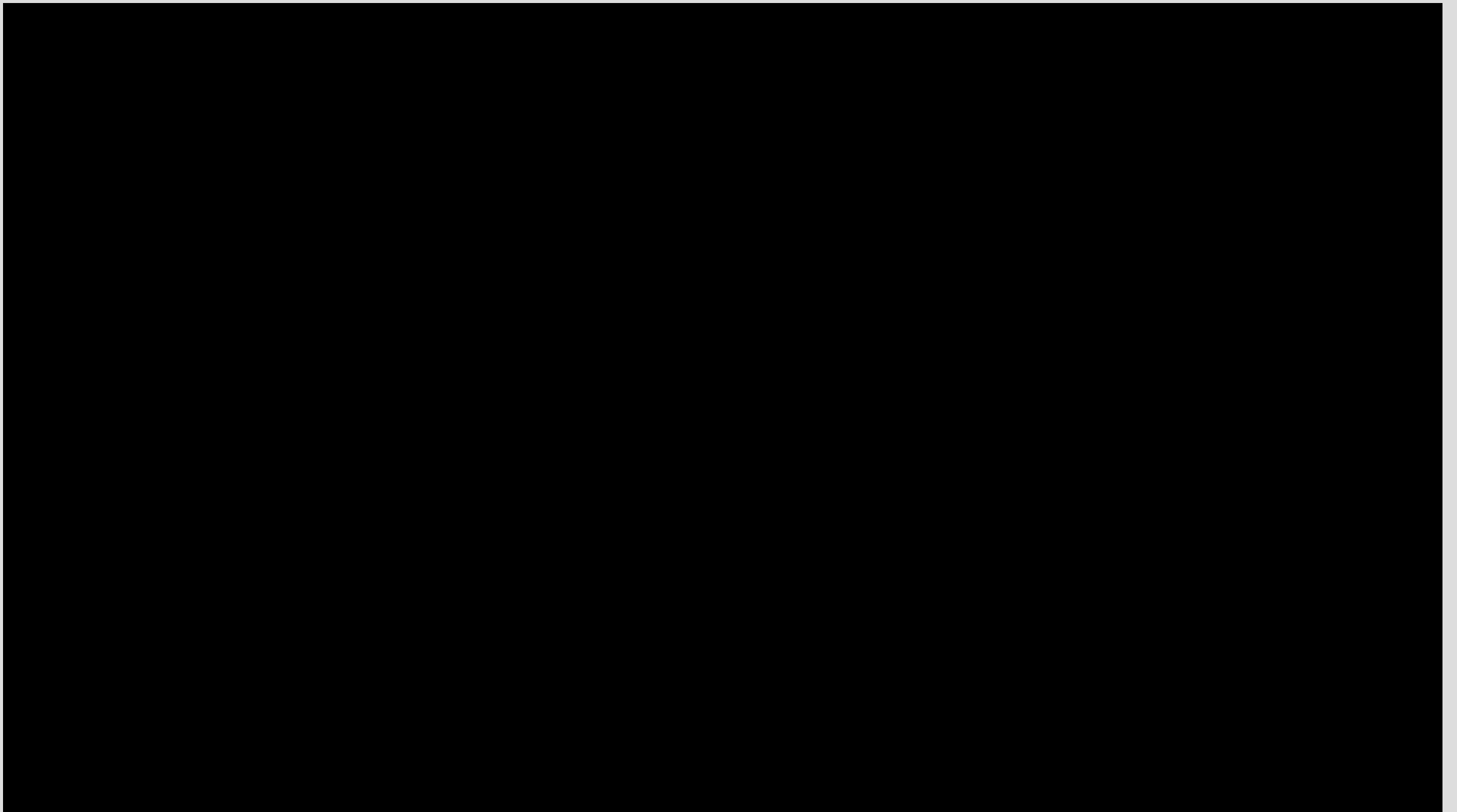


STD/STI's and  
Teen Pregnancy









Do you know how  
to be safe?

# Conclusions

- There are deeply ingrained societal stereotypes which indicate that older adults are asexual beings
- Although they may face certain barriers and challenges, older adults
  - *Want to be sexual*
  - *Can be sexual*
  - *Are sexual*
- And they must continue to practice safe sex



*First you forget names, then you forget faces, then you forget to pull  
your zipper up and then you forget to pull your zipper down."*

*Leo Rosenberg*

May you never forget to pull your  
zipper down.

*Thank you!*