



Sexual Positive Framework

According to the [World Health Organization](#), *sexual health* is “...a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.” (WHO, 2006a)

At Tandem Columbus, we take a common, sex-positive approach when addressing sexual health and wellness that generally include these defining components:

- Pleasure-focused sex; pleasure and function are equally valued
- Realistic biological, psychological, and relational expectations
- Self-compassion, and sex without shame
- Consent, and non-exploitative sex
- Honest and open communication about sex
- Sexual curiosity; acceptance of sexual expression across the lifespan
- Acceptance of bio-psycho-social differences and similarities in desire and arousal
- Acceptance of varied sexual practices, and an appreciation of erotic diversity
- Sexual knowledge, and access to comprehensive sex-education
- Risk-reduction for unwanted pregnancy and HIV/STIs
- Insight and awareness of peak erotic experiences, including the attachment-origins and emotional influences that fuel specific ‘turn-ons’ and erotic passion
- An interactive relationship between love and lust
- Replacement of ineffective and oppressive sexual scripts
- Values-based sexual decision-making and fantasy fulfillment
- An ability to differentiate between fantasy and action/behavior
- Exploration and confrontation of unexamined erotic impulses

Resources:

International Society for Sexual Medicine. (n.d.). *What does “sex positive” mean?* Retrieved March 22, 2023, from <https://www.issm.info/sexual-health-qa/what-does-sex-positive-mean/>.

Morin, J. (1995). *The Erotic Mind*. Harper Collins.

Sexual Medicine Society of North America. (n.d.) *The sex positivity movement: what it means to be sex positive*. Retrieved March 22, 2023, from <https://www.smsna.org/patients/did-you-know/the-sex-positivity-movement-what-it-means-to-be-sex-positive>.