



### Sexual pleasure

is the exciting and pleasant feeling that can come as a result of sexual experiences, both shared with a partner(s) and by yourself, such as:



Women living with HIV have needs related to sexual desire and pleasure – and deserve providers who can talk about that in a positive, nonjudgmental way!

### Why is sexual pleasure important for women living with HIV?

All women have the potential, and the right, to feel sexy or desirable – women living with HIV are no different. Sexual pleasure is something all women ought to be able to experience if they want to.

**So if sex and pleasure are not often talked about when it comes to HIV, it's time to ask... Why not?**

Not only does it feel good, but experiencing sexual pleasure is good for you both emotionally and physically and can lead to:

- Lower stress
- Better sleep
- Increased levels of oxytocin (the "love hormone")
- ...and more!

### Sexual pleasure empowerment

is the ability to make safe, informed decisions while expressing your desires and yourself sexually. Important medical advances have translated into tools that can help you feel confident as you explore all kinds of pleasure with partners, including:

- **U=U! Undetectable = Untransmittable:** People living with HIV who take HIV drugs as prescribed and keep an undetectable viral load CANNOT sexually transmit HIV to their partners
- **PrEP (Pre-Exposure Prophylaxis):** A drug (once-daily pill or long-acting injection) can greatly reduce risk of acquiring HIV
- **Condoms:** Internal ("female") or external ("male") condoms are highly effective in reducing HIV transmission
- **PEP (Post-Exposure Prophylaxis):** A drug taken within 72 hours after possible exposure to HIV greatly reduces HIV acquisition

**Ask your provider for more information!**

### Communication is key!

It is important to find out what excites you, what turns you on, and what you are open to doing or not.

Some women prefer to learn what they find pleasurable while being sexually active with themselves (masturbation), while others like to learn what feels good in the company of another person.

**ONCE YOU KNOW WHAT YOU LIKE, it helps to be able to say it to your partner:**

- Be direct with what you like or don't like
- Don't be afraid to ask for what you want

**SHE/HER/THEY**

Visit [bit.ly/SheHerThey](http://bit.ly/SheHerThey) to learn more!

### To me, sexual pleasure means...

**"The revolutionary act of me reclaiming my bodily autonomy as a Black woman living with HIV by exploring all of my most intimate and kinky desires, with or without a partner, one orgasm at a time." – MARNINA MILLER**

**"To embody and explore my personal sexuality and femininity. – MASONIA TRAYLOR"**



### Scan the QR code

to access resources that affirm the importance of pleasure, sex positivity, and reproductive justice for women living with HIV across the gender spectrum.



**SHE/HER/THEY**

SEXUAL HEALTH EDUCATION/HIV EMPOWERMENT RESOURCES/TREATING HIV EQUALLY

### Visit The Well Project

to access evidence-based fact sheets and other educational programming; community support; advocacy and leadership development; collaborative engagement; and women-focused research!

**Join our dynamic community of women living with and vulnerable to HIV at: [www.thewellproject.org](http://www.thewellproject.org)**