

# sex talk.

answers to your questions about sex and relationships

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## Is foreplay important? How does someone make it safe but fun?

Great question! Foreplay is all of the activities that come before sex (which most people define as vaginal or anal intercourse). This includes caressing, kissing, massaging, nibbling, sucking, and stimulating. It is also anything you and your partner like to do to get in the mood, such as slowly undressing each other, role-playing, talking about fantasies, etc. Foreplay can add excitement, fun, and enhance pleasure for both partners.

You may have heard the saying, “men are like microwaves and women are like crockpots.” Generally speaking, men get aroused more quickly than women. The time spent on foreplay gives both partners a chance to get in “the mood.” Foreplay has been known to make sex more enjoyable and allow orgasm to be reached more easily for both sexes. Here are some additional benefits:

- Physically, it extends the arousal period which gives more time for vaginal lubrication. It can also add spice and variety to your sex life. By taking the time to explore one another’s erogenous zones you can both discover new ways of arousal you may never have thought were possible.

- Emotionally, it can provide greater intimacy between you and your partner.
- Mentally, you and your partner can spend more time getting in the mood and staying in the moment together longer.

Foreplay is fun, but like any sexual activity it’s important to make it safer. If there is skin to skin, fluid to fluid, or fluid to skin contact, diseases can spread. Getting tested with your partner is a good idea. Confidential STD testing and treatment is offered at UA Campus Health – to make an appointment, call (520) 621-9202. Barrier methods can also be used to make oral sex safer. Campus Health sells latex dams in a variety of flavors: vanilla, banana, grape, strawberry, and mint for \$1 each. You can also get 100 condoms for only \$15.99!

Foreplay can be a great way to electrify your sex life, pleasure your partner, and make sex more satisfying. It is also a great alternative if you and your partner are not ready (or do not want) to have vaginal or anal intercourse.



[www.health.arizona.edu](http://www.health.arizona.edu)

Have a question? Email it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)



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