

## SEXUAL THOUGHTS AND BEHAVIOUR

# Why do people have sex?

## KEY WORDS

sexual activity | pleasure | family planning | love | emotions



Engaging in sex is a natural part of life, and it's totally normal. Evolution has made it enjoyable and satisfying for us when we are ready for it.

**How people have sex is not one-size-fits-all:** what feels wonderful to you may not feel good to someone else. Everyone is different, yet, there are several common ways you and your partner can express yourselves sexually.

A healthy sex life is beneficial both emotionally and physically. Sex can help you connect with another person, and sexual pleasure is good for your health whether you are with a partner or on your own. Here are some most important reasons behind why people want to be sexually active:



**Love and crushes** can make people want to get closer physically. It is about feeling emotionally connected and deepening your bond with someone special.

**Curiosity** - You might be curious about your own body or just want to understand more about what happens when two people get close.

Sometimes the reason can be as simple as: because it just **feels good!** Your body produces a natural high during an orgasm releasing endorphins, which are hormones that inhibit pain and make you feel good. It can make you feel all warm and fuzzy inside. It can be the way to relax yourself or to release your stress.

Another reason is **family planning**, when the time comes and both partners decide on it. But if that is not the case for you, make sure you use contraception to prevent an unplanned pregnancy. If you'd like to learn more about pregnancy prevention, let me point you to another text: "What are the different forms of birth control and how do I use them?"



Some might think that having sex is a cool thing to do because of **what their friends are saying or doing** or they feel pressured by it. But your choices should always be about when and what feels right for you, instead of just following the crowd.

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Having a close, personal connection with someone can be a really positive experience. But remember, it is crucial to agree or initiate sex only when you feel absolutely ready. If someone is pressuring you, it is completely okay to say NO. To help clear things up even more, head over to our text: “Should I ever feel forced to have sex?”. Clear communication between partners and consent from both sides for any sexual activity is important.

And, most importantly, always make sure you are comfortable and safe if you decide to take that step!



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