

## **Respect Other Sex Choices**

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What does it mean to be sex positive?

It starts with accepting that human beings are designed to have and enjoy having sex. Sexuality is a fundamental aspect of humanity. There is nothing dirty about sex – it's as natural an act as breathing or eating.

Embrace the many forms human sexuality can take – heterosexuality, homosexuality, bisexuality and more. In turn, respect a myriad of sexual relationship dynamics: The husband and wife who were High School sweethearts and have been faithfully together for over 25 years; the polyamorous bisexual who has a loving and committed relationship with more than one partner; or the adventurous single person who enjoys attending sex parties or visiting bathhouses.

Define your own sexual style through self-exploration, honest communication and a sense of play with your sexual partner(s). This will enable you to find and know your sexual self. Throughout your journey of self-discovery your sexual self will grow and evolve and change. Your needs and wants at 19 will not be the same needs and wants at 90.

Accepting your sexuality, embracing all forms of sexuality, respecting all sexual relationships and continually exploring your sexual self are all intrinsic steps towards being sex positive.