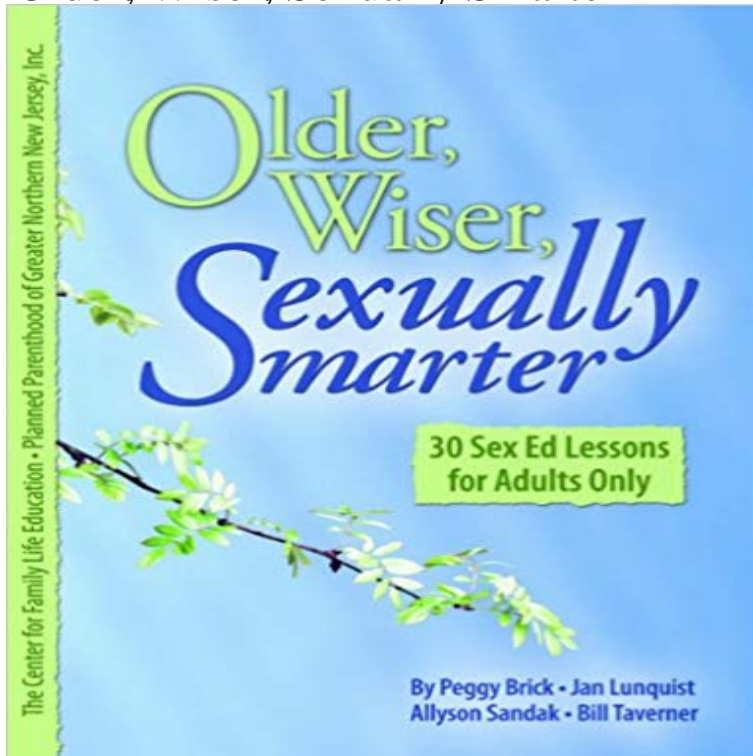


Older, Wiser, Sexually Smarter



Older, Wiser, Sexually Smarter recognizes that the sexual scripts most of us learned as children are painfully inadequate for our lives as older adults. These scripts, instructing each of us how to think, feel, and act as male or female persons, commonly focus on the reproductive function of sex, define sex as penetrative intercourse only, stereotype gender roles, portray sex as for the young, discount gay, lesbian and bisexual persons, and generally discourage positive sexual attitudes. Such scripts need to be challenged. In addition, many life changes require people to develop new expectations for their sexual lives. Loss of a partner through death or divorce, a variety of illnesses and disabilities, new relationships, even the attitudes of one's own children may require a new view of oneself as a sexual person. These lessons encourage participants to identify the issues that confront them, re-think their old scripts, and consider how to create new and positive ways of being sexual as they age. Older, Wiser, Sexually Smarter includes three useful timelines, and includes lessons that address additional concerns including: intimacy and communication issues; masturbation; body image; spirituality; cyber sex, and how to talk about sex with your physician.

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