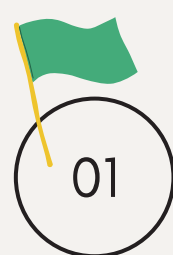


See the (sexual) boundaries exploring consent and boundaries in relationships



Partners checking in with each other even during a sexual act.

Healthy relationships involve ongoing consent. Consent can change whether you're starting or in the middle of a sexual encounter. It's always important to check in to see if your partner is comfortable with what you're doing. It's also perfectly fine to take breaks or stop having sex if you no longer wish to continue. Ongoing conversations, whether verbal or nonverbal, contribute to a pleasurable sexual relationship.



Feeling coerced to continue even after no and visible discomfort.

Sexual relationships where partners feel pressured or manipulated into uncomfortable activities are unhealthy. Healthy relationships involve addressing behaviors that prioritize comfort and consent. If one partner says "no," the other must honor that response.



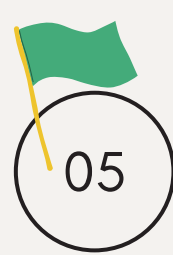
Emotionally connecting before intimacy, and knowing what the partner's limits are.

Healthy sexual relationships involve mutual pleasure and respect. Connecting and having a conversation about your wants, needs, and limits allows couples to foster healthy relationships in and out of the bedroom and allows for a more pleasurable sex life.



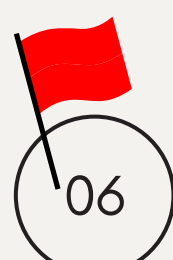
Feeling disempowered during and after sexual encounters, the partner makes all decisions in daily and sexual life.

Unhealthy sexual relationships often exhibit poor communication and an imbalanced power dynamic in both sexual and daily interactions. There's a lack of respect and a sense of safety when one partner's pleasure dominates, while the other is unable to share their opinions, desires, or fears.



Able to discuss contraceptive use regardless of sexual experience and stage of relationship.

Contraceptive negotiation is an integral part of a healthy sexual relationship: It promotes autonomy, shared decision-making, and pleasure. Dr. Martina Bergieva, a urologist and sexual health and fertility expert, says negotiation and protection is more than just family planning and protection from STIs, it's about mutual respect, safety, and equal standing in relationships.



Always freezing at specific points when the partner touches certain parts of your body.

Although this may not seem like a typical unhealthy indicator, it lacks verbal and nonverbal communication. One partner is not expressing themselves, and another is not noticing the discomfort or ignoring the pain and freezing when touched. Partners are not attuned to each other's emotions.



ADVICE: CONNECT AND RESTORE

"To establish healthy boundaries, communicate them before, during, and after sex. Discuss what you'd like to try, what you're curious about, and what doesn't feel good. Talking about sex outside of sexual situations provides perspective, allowing you to process the experience and articulate your boundaries and needs more clearly." – *Sofie Roos, Sexologist and Relationship Therapist*