

PRESIDENTIAL LECTURE

Building Bridges: From Research on Sexual Problems to the Promotion of Sexual Health and Rights

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In this lecture I will review 25 years of research on psychosocial determinants of sexual function and dysfunction in men and women, with particular emphasis in the role of cognitive and emotional factors. Studies using survey methods and cross-sectional designs, as well as longitudinal studies and experimental studies conducted in the laboratory will be reviewed systematically, and a summary of the main findings for the understanding of sexual dysfunction and implications for the treatment and prevention of sexual problems will be presented.

Moreover, I will build a bridge between the prevention of sexual problems and the promotion of sexual health. I will review existing evidence of the importance of sexual satisfaction and well-being to promote life satisfaction and quality of life and reflect on the need to increase global awareness and acceptance of the benefits of sexual health and well-being across the world.

Keywords: Sexual Dysfunctions & Sexual Satisfaction, Sexual Health & Rights, Life Satisfaction & Quality of Life

Conflict of Interest and Disclosure Statement: No conflict of interest

JOHN MONEY LECTURE

Placing Pleasure into the Tired Narratives of Danger, Death, Disease in Sexual Health Promotion

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Introduction: Pleasure is one of the key motivators for sex globally. However, the framing of sex education and sexual health programmes continues to be one of avoiding danger, avoiding death, and avoiding disease rather than seeking pleasure, enjoying and affirming our bodies, and articulating desires. In fact, pornography, which rarely shows safer sex but has immense erotic appeal, is now one, if not the key channels for sex education globally.

Action: The omission of pleasure in sex education curricula has a damaging effect on sexual health and wellbeing by failing to recognise diverse sexualities, and perpetuating the myth that women are not sexual beings. On the other hand, people with a more positive view of their own sexuality are more likely to practice safer sex, use contraception consistently, have higher sexual self-esteem and therefore be more sexually assertive and confident. Despite evidence that attitudes about sexuality influence safer-sex practices and agency, few evaluations of sex education and sexual health interventions consider these aspects of people's sexual

experiences. The recent massive increase in access to erotic media globally, with a very limited view of pleasure, gender, race and sexuality, makes the need for more holistic discussions of sexuality and sexual health more urgent. We need to advocate and undertake more 'pleasure audits' of organisations who aspire to improve sexual health and well being, and share these for responsibility for global well-being and health.

Conclusion: We need to champion pleasure education as part of safer sex education and making erotica safe. The two worlds of pleasure and prevention are strange bedfellows, with vastly different epistemologies, but with much to learn from each other. The next steps include pleasure-inclusive sex education, more safer sex porn, research into effective pleasure inclusive sex education and a global declaration bringing together the pleasure and health communities.

Keywords: pleasure, sex education, wellbeing

Conflict of Interest and Disclosure Statement: None