

Sexually (inter)Active

What is the best way to keep excitement and satisfaction in a relationship throughout the year?

Lets Talk
about Sex



BY CAROLINE BLEADOWSKI
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We've probably all been through that scenario at some point in a relationship. You're sitting at home with your partner, watching TV and either exchanging meaningless talking points or simply not talking at all.

This is usually the point where your relationship has gotten serious and all the butterfly-excitement has turned into normal, boring life again. Don't get me wrong, that's great!

Nevertheless, relationships won't just last forever by spending time together. Among other aspects, sex is an important part of a relationship and shouldn't be overlooked. Sex is not always fun; sometimes you have to make it exciting. A 2009 study in the Canadian Journal of Human Sexuality listed "interpersonal risk taking and exploration" as one of the key factors of good sex. Even the best missionary position in bed can get boring after a while.

Instead of starting to stretch your muscles for advanced Kamasutra positions, try working on the time and place of your sexual interactions. How about surprising your partner in the morning by having sex before class? I bet you're not going to fall asleep during that lecture.

Or why not just making out in the stacks before you go back to your research paper? Actions can be louder than words. Try stroking

Queerly
Speaking



BY LAUREN BORNSTEIN
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Good ol' Valentine's Day: the mushiest, gushiest day of the year. Love one another. Send chocolates. Sweet kisses. Yay, romance!

Whether or not you like Valentine's Day, we can all agree this day has become the lovey-dovey day where you go out of your way to cherish a special someone. This should not be the case. When it comes to healthy relationships, you shouldn't rely on holidays as the main way of letting someone know how much you care.

I mean, as all those Hallmark cards saying "Just Because" demonstrate we aren't meant to appreciate others just on holidays.

In case you're one of those hopelessly deluded, romantically inept types, here's some love advice from me to you: It's not about the money you spend. Love is deeper than material goods. It's about letting the person you love know it in whatever way you can.

Use words or sweet touches. Set aside time or leave a random love note. It's the little things that make the biggest difference.

There's a reason every preteen Facebook status has those cliché quotes, "Wait for the guy who calls you beautiful instead of hot."

More aptly phrased in the eternal words of Blink 182, "All the small things true care, truth brings. She left me roses by the stairs, surprises let me know she

Sex and
Sensibility



BY MELISSA LYTTON
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Everyone has heard that communication is important for a healthy relationship. It helps a couple avoid arguments, understand different viewpoints and achieve great things together.

But I've found that communication is also one of the keys to continuous passion and more complete satisfaction in all aspects of a relationship.

In general people are curious creatures, and their sexuality is no exception. I've met very few people who are only interested in standard, missionary-style intercourse. The funny thing is, two very adventurous people can be dating each other but never try anything new.

Although the stigma surrounding alternative sexual practices has lessened throughout the years, conversation about the subject can still feel a little awkward for some people, even those in the more promiscuous college demographic.

If you don't tell your partner what you want to try, you'll probably never try it.

Opening up the floor for honest sexual conversation does so much more than just feed romantic excitement. Being able to talk about such private subjects deepens intimacy and reinforces communication in general. Plus, if you're able to accept your part-

your partner's back while you're waiting in line or flashing them a smile. Who would not appreciate a sudden sensual kiss while doing the dishes?

Small acts that don't happen on a regular basis but usually evoke a good feeling will keep your affection for each other alive and renew your feelings without having to say it.

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cares." I think you get the idea.

Express yourself beyond material goods and more than a few days in the year. Try a little tenderness. Then try it again.

If that doesn't work out, post your own wonderful Facebook status about love like I did in the slightly toned-down words of Andre Segui, "You don't send me flowers anymore, you big meanie."

Bornstein is a senior from Lawrence in women's studies.

ner's desires, even if you don't indulge them, your partner will feel more relaxed, loved and fulfilled. And a happy partner is more likely to be interested in romantic encounters.

It's a wonderful cycle that grows exponentially the more you invest in it, and all it takes to start is a little time to talk frankly with your partner. How much easier could it get?

Lytton is a senior from Kodiak, Alaska, in creative writing.

Agree? Disagree? Just want get involved in the conversation?

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Sexually (inter)Active is looking for male and female volunteers to participate in an upcoming panel discussion.

If interested, e-mail opinion editor Emily McCoy at emccoy@kansan.com.