FINE-TUNING

Your Sexual Pleasure Centers

By Judith Harper and Deb Stroh

FINE-TUNING (continued from p. 16)

We have explored the biological and psychological aspects of sex, and now we turn our attention to the cultural and social factors that influence sexual pleasure. In this article, we will examine the role of the media in shaping our perceptions of sexuality and how these perceptions can affect our ability to enjoy sexual experiences.

The Media's Impact on Sexual Perception

The media has a significant influence on our perceptions of sexuality. The portrayal of sex in the media can create a distorted view of what is considered normal or acceptable. For example, media images of sex often depict a narrow range of body types and sexual orientations, which can lead to body image disordered and negative self-esteem.

The media can also create unrealistic expectations about sexual performance and pleasure. Movies, television shows, and advertisements often portray sex as passionate, without pain or discomfort. This can lead to menstrual shame and guilt about menstruation, as well as increased body shame and disordered eating.

The media's portrayal of sex can also affect our ability to enjoy sexual experiences. When we are constantly comparing ourselves to the images we see in the media, it can be difficult to feel satisfied with our own sexual experiences.

Overcoming Media-Induced Shame

To overcome media-induced shame, it is important to develop a healthy body image and self-esteem. Practicing positive self-talk and focusing on the unique qualities that make us who we are can help to create a more positive body image.

It is also important to recognize that our own sexual experiences are just as valid as those portrayed in the media. By embracing our own bodies and sexual desires, we can create a more satisfying sexual life.

In conclusion, the media can have a significant impact on our perceptions of sexuality. By developing a healthy body image and practicing positive self-talk, we can overcome media-induced shame and create a more satisfying sexual life.

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