

Major Points Promoting Men's Sexual Health

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The major points for promoting your sexual health:

1. **Be proud of yourself as a man.** This involves valuing your masculinity and living your life as a model of a healthy man. Be self-accepting and take pride in your sexuality. Value your masculinity and sexuality—even when others are negative.
2. **Be honest with yourself.** Start with accepting that your sexual thoughts and feelings are normal. Then evaluate your thoughts and feelings by these healthy criteria: (a) Do your thoughts, feelings, and behaviors help you to feel proud of yourself as a sexual man? (b) Are your thoughts, feelings, and behaviors respectful of others? (c) To what extent do your thoughts, feelings, and behaviors build mature intimacy?
3. **Accept childhood and adolescent sexual experiences without shame.** Otherwise, anxiety or shame about these experiences can inhibit affirmation of your adult sexuality.
4. **Remember that sexuality is a lifelong developmental process,** with changing and growing sexual satisfaction throughout your life.
5. **Keep your head “screwed on straight.”** Be conscious about filtering the negative sexual messages in our commercial society that are aimed at getting your attention rather than promoting sexually healthy attitudes and values. Be aware of your sexual cognitions, how they influence your feelings, and their role in your behaviors. This awareness facilitates making sophisticated choices for sexually healthy thoughts, feelings, and actions.
6. **Respect your biological imperative and regulate your sexual emotions and behaviors.** If you minimize this biological force and do not accept the need to regulate your sex impulses, your sex drive will betray you and at some point will get you into trouble. Respect the power of sex: (a) respect your body's drive for sex; (b) be aware of your automatic predisposition to objectify sex; and (c) monitor the tendency to emotionally sexualize other emotions. Remember that healthy male sexuality is self-regulated to promote your individual and relationship health. Self-awareness is a powerful tool for your sexual health.
7. **Take good care of your body** as the solid foundation for your sexual health. Remember that what is good for your body is good for your sexual health, and what is harmful to your body is harmful to your sexuality. Adapt to the physical challenges in your life, especially with illness and aging.
8. **Let your sexual mantra be to pursue sexual pleasure** and eroticism as an intimate team. Therein lies genuine sexual and relationship satisfaction.

9. **Adopt the Good-Enough Sex model.** Review and refresh your understanding of the features of this model (as your life, body, and relationship change).

10. **Be realistic, fitting sex into your honest lives.** Remember that it is normal for sexual quality to vary. *Flexibility* and *variability* are characteristics of couples who are sexually satisfied. Sex is about cooperation and sharing sexual pleasure, not in chasing perfect sexual performance.

11. Be aware that there are multiple negative messages about sex in our culture. You need to **affirm that your sexuality and sexual relationship is good, healthy, and important** to your relationship. God created sex. Don't let anyone denigrate your healthy sexuality. You will benefit from giving yourself a pep talk every now and then. Remind yourself:

- Feel proud that you are a sexual man.
- Your body is good.
- Your sex drive is good.
- Your desire for intimacy and eroticism is good.
- Your partner is your intimate friend; become an “intimate team” with her.
- Sex is of lifelong importance.

12. **Live your life as a leader**—personally as well as sexually. Be a role model of healthy sexual attitudes and behaviors. Because we men are seldom honest with each other, it is powerful to be able to set a positive example for other men, for your spouse, and for your children. This can be as simple as talking honestly with other men, respectfully asking a buddy to stop hitting on a woman who is obviously uncomfortable, saying that you respect and value your sex life with your wife. Don't act like a prude; rather, look for opportunities to be positive, to model your strong value of sex and the importance of sexual satisfaction as an intimate team, and to show respect for the complexity of sex and your sexual relationship.

Remember key concepts:

- Sex is good.
- Integrate your sexual thoughts, feelings, and behaviors.
- Regulate, don't castigate.
- Fit your sex life into your daily life; bring your daily life to your sex life.
- Positive, realistic expectations enhance your sexuality.
- Sexual problems are normal during your life. Address them—resolve, modify, or adapt to them.
- Ultimately, sex is about your relationship: live as an intimate team.
- Good-Enough Sex is great sex because it is honest and genuine.
- You are a sexual man from the day you are born to the day you die.

You are a sexual man all your life. Be healthy. Feel proud.