



KNOWLEDGE

EMPOWER

*by Peggy Brick and  
Jan Lunquist*

*“Human beings are sexual from birth until death”  
is a popular mantra for sexuality educators.*

*Yet we have done little to create resources  
to help people understand their sexuality at midlife and beyond.*

The lessons in ***New Expectations: Sexuality Education for Mid and Later Life*** will help professionals develop workshops and trainings for people in mid and later life to identify the sexuality issues that confront them, to re-think their old scripts, and to consider creating new and healthy ways of being sexual. Among the 25 lessons:

- Loving Your Libido
- Just Do It! The Reality of Diminishing Desire
- Not Only for the Young: Safer Sex for Older Adults
- Sexuality and Chronic Illness
- New Expectations: Women and Sexuality at Midlife
- New Expectations: Men and Sexuality at Midlife
- Everyone Grows Older: Sexuality Issues for People Who Are Gay, Lesbian, or Bisexual
- Skin Hunger: Everyone Needs Touch
- Good Sex: What Makes It So?
- Grandparents: Sexuality Educators par Excellence
- A Guide for Centers and Caregivers: Being Sensitive and Sensible About Sexual Expression

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