How to ask for what you want (in bed)

Video of How to ask for what you want (in bed)

Having great sex is not a privilege for the few. Everyone should feel able to have pleasurable and intimate sex in the way they want – whether that’s with someone you are in a long-term relationship with, or if it’s with someone you’ve just met or hooked up with.

But let’s be honest, talking about your sexual desires may feel like something that’s hard to do. For many gay men who’ve lived alongside the HIV epidemic for decades, the double challenge of negotiating safety and pleasure has left us feeling like we need to choose one or the other.

We want to tell you that this shouldn’t be the case. New ways to feel empowered about your health (HIV testing, being ‘undetectable’, PrEP) have radically altered relationships and the sexual dynamics between men. But even with these new strategies it can still be hard to prioritise sexual desires and ask for what you want in bed.

In our new video, we give you some practical tips on how to ask for what you want in bed. You can also listen to Alex Garner, Senior Health Innovation Strategist at Hornet, and Alex Liu filmmaker, writer and sex expert of @Asexplanation, chat about all thing sex, shame and communicating everything you want to do in bed, in our new video for Talking HIV.

Talking HIV: Alex and Alex

Video of Talking HIV: Alex and Alex

Find out more about the other videos in our gay sexual health series.

What can you do?

Spread the word about the video!

We want as many gay men as possible to have the knowledge and freedom to make choices about their own sexual health as possible:

- Watch and share our videos
- Read and share our *new* ‘Gay health, sex and HIV’ hub
- Watch out for more in the series!
Suggested Tweets

Do you know how to ask for what you want in bed? The fourth video in the @Avert_org & @hornet collab gives you some tips to talk about your sexual desires. [http://www.avert.org/gay-health/ask-for-what-you-want](http://www.avert.org/gay-health/ask-for-what-you-want)

Everyone should feel able to have pleasurable and intimate sex in the way they want. In a new @Avert_org & @hornet video, get some practical tips on how to ask for what you want in bed. [http://www.avert.org/gay-health/ask-for-what-you-want](http://www.avert.org/gay-health/ask-for-what-you-want)

HELP US HELP OTHERS

Avert.org is helping to prevent the spread of HIV and improve sexual health by giving people trusted, up-to date information.

We provide all this for FREE, but it takes time and money to keep Avert.org going.

Can you support us and protect our future?

Every contribution helps, no matter how small.

[PLEASE DONATE NOW](#)

Last full review:
06 November 2019

Next full review:
06 November 2020