

Seniors and Sexuality – Resources to Explore

Articles

[Sex Over Sixty](#) – A special feature from the Canadian National Advisory Council on Aging.

[Adventures in Adult Sexual Education](#) – What happens in adult sexual education classes?

[The 87-Year-Old Virgin](#) – Embracing sexuality as a fundamental part of adult life at all ages.

[The Sexual Revolution’s Last Frontier: How Silence About Sex Undermines Health, Well-Being, and Safety in Old Age](#) – Not talking about sex and seniors can have significant implications for the health, rights, safety, and well-being of the large and growing older population.

Books

[Naked at Our Age: Talking Out Loud About Senior Sex](#) – Real people over 50 talk candidly about how their sex lives and relationships have changed with age, and about how they see themselves, their partners, or their single life.

[The New Ourselves, Growing Older](#) – In the tradition of “Our Bodies, Ourselves,” and emphasizing the positive potential of the second half of life.

[Older, Wiser, Sexually Smarter: 30 Sex Ed Lessons for Adults Only](#) – 30 lessons to encourage participants to identify the issues that confront them, re-think their old scripts, and consider how to create new and positive ways of being sexual as they age. (You can [download a sample lesson here](#).)

[Our Whole Lives: Sexuality Education for Adults](#) – Using values, communication skills and spirituality as starting points, this program explores sexuality issues for adults of all ages.

Movies

The film industry is examining the subject of sexuality and seniors, and not shying away from recognizing that our own aging can surprise us, as can our changing abilities and health. Films provide food for thought and insights to understanding, either when seen independently or with others.

Consider Meryl Streep and Tommy Lee Jones’ 2012 film [Hope Springs](#), which takes a thoughtful look at mature relationships. (Reviews for this and other films can be found through websites such as [Rotten Tomatoes](#).)

[The Minneapolis-St. Paul International Film Festival](#) includes a topic focus on aging. The [Legacy Film Festival on Aging in San Francisco](#) and the [Silver Images Film Festival in Chicago](#) both present films that celebrate older adults. Of the Legacy Film Series, viewers wrote:

"These films allow younger people to see their potential in older years and older people to appreciate their journey to senior life."

"These films and videos help us live our lives with respect, courage, and value."

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Planned Parenthood Minnesota, North Dakota, South Dakota

Also recommended:

- [*Away from Her*](#) – The effects of Alzheimer’s disease on a relationship.
- [*If These Walls Could Talk*](#) – Dealing with the evolution of abortion rights in America.
- [*Young@Heart*](#) – A documentary about a senior chorus with passion.
- [*Cloud 9*](#) (*Wolke Neun*) – A German film about a 60-year-old woman’s adulterous affair and its effects on her marriage.

Websites

[Safer Sex For Seniors](#) – An independent collective of professional sexuality educators, researchers, authors, trainers, counselors, and therapists with many years of experience. Each fact sheet on this site is written by an expert you can contact directly through links at the bottom of that fact sheet.

[Blog page from the Sexuality and Aging Consortium at Widener University](#), dedicated to enhancing the sexual health, knowledge and well-being of people in mid and later life by providing quality sexuality education to individuals, couples, and to the professionals who serve them.

[Understanding our Sexuality](#) – A Planned Parenthood website with resources for further exploration and learning about sexuality and relationships.

Online Videos

[All of Me: Sex Over Seventy](#) – A touching, thought-provoking exploration of sexuality in older age.

[SIECUS spotlight: Peggy Brick](#) – An interview with Peggy Brick, Founder and Former President of the Sexuality and Aging Consortium, and author of *Older, Wiser, Sexually Smarter* (listed above).