

Older, Wiser, Sexually Smarter

30 Sex Ed Lessons for Adults Only, a book co-authored by Jan Lunquist, former Vice President of Education for Planned Parenthood of West and Northern Michigan

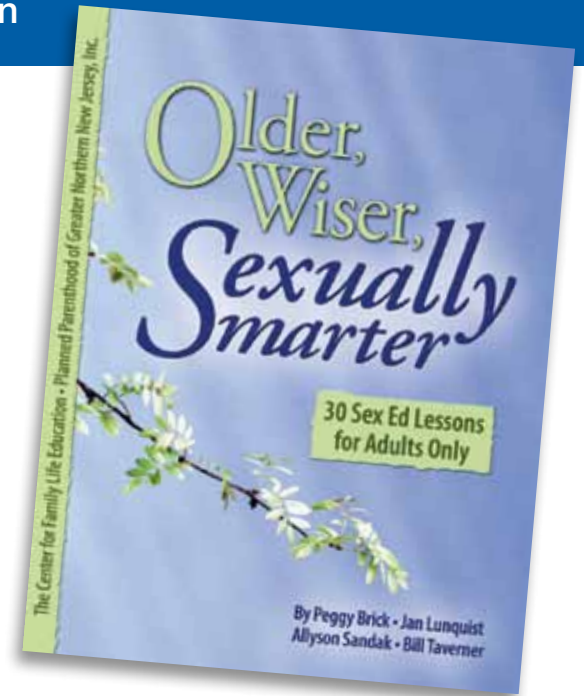


“Older, Wiser, Sexually Smarter offers 30 complete lesson plans for teaching about sexuality and sexual health in an interactive and fun manner. The topics cover the entire gamut, from basic information to sexual experiences for people with chronic illness to sexual rights in nursing homes. This is a must read for sexuality educators around the world.”

—Beverly Whipple, Ph.D., RN, FAAN
Professor Emerita, Rutgers University and co-author of
*The Science of Orgasm, The Orgasm Answer Guide, & The G Spot:
And Other Discoveries about Human Sexuality*

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Older, Wiser, Sexually Smarter: 30 Sex Ed Lessons for Adults Only

The Lessons

1. Sexuality In Mid & Later Life: An Introductory Lesson
2. What's So Funny? Laughing At Ourselves — What Jokes Tell Us about Sex Over 50
3. Sexuality Today: The Changes We've Seen
4. Sages through The Ages: Advice from the Past, Questions for the Present
5. Reflections: Past, Present, & Future
6. Five Generations of Change: Looking Backward & Forward
7. People in My Life: Charting a Personal Network
8. Everyone Grows Older: Sexuality Issues for People Who Are Gay, Lesbian, or Bisexual
9. Sexuality...What's Spirituality Got to Do With It?
10. Get a Second Wind: Women & Sexuality at Mid & Later Life
11. Get a Second Wind: Men & Sexuality at Mid & Later Life
12. Getting in Touch with Your Senses
13. Skin Hunger: Everyone Needs Touch
14. Every Body Deserves Respect: Love the Skin You're In!
15. A "Touchy" Subject: Masturbation in Mid & Later Life
16. It's History! 25,000 Years of Sexual Aids
17. "Good Sex": What Makes It So?
18. Talk about Sex
19. Intimately Speaking
20. Conversations about Sex: Skills to Navigate Challenging & Turbulent Waters
21. Sexual Decisions after 50: What's Your Opinion?
22. Looking for Love Later in Life
23. Not Only for the Young: Mix & Match Safer Sex Activities for Older Adults
24. Safer Cyber Sex: Exploring Online Relationships
25. From Problems to Possibilities: Sexuality, Aging, Disabilities, & Chronic Illness
26. What's Up, Doc? Talking with Your Physician about Sex
27. Grandparents: Sexuality Educators Par Excellence
28. Your Parent Can Love Again: Encouraging Healthy Sexuality for Widowed Parents
29. A Guide for Centers & Caregivers: Being Sensitive & Sensible about Sexual Expression
30. For the Whole World: A Vision of Sexual Rights

WARNING!
This book may contain information
never received from parents, doctors,
clergy, friends, or partners!

Reviews

*"Sex education just blasted through the age barrier with the publication of **Older, Wiser, Sexually Smarter!** These top-notch sexuality educators have written a comprehensive book that is both sophisticated and fun. From dating decisions to long-term lovers, this information is so solid that people under 50 will want to crash these sex ed lessons. This is a book for educators and learners who want healthy sexuality to last a lifetime and who know that 'sexy grandmother' is not an oxymoron!"*

—Sallie Foley, LMSW
Author of *Sex and Love for Grownups*
and former columnist for *AARP - The Magazine*

*"**Older, Wiser, Sexually Smarter** is a wonderful resource with hundreds of ideas to choose from!"*

—Paul Joannides, Psy.D.
Author of *Guide to Getting It On*

*"Take an all-star team of sex educators, focus on a population whose sexuality gets almost no attention — older adults — cover every aspect of the subject with insight, gentleness, and a fiercely sex-positive attitude — and **Older, Wiser, Sexually Smarter** is the wonderful result. It's a welcome, easy-to-use resource for professionals and lay people alike."*

—Marty Klein, Ph.D.
Author of *America's War on Sex*
and publisher of *Sexual Intelligence*

*"An absolutely essential resource for every sexuality educator, **Older, Wiser, Sexually Smarter** is the first comprehensive manual of its kind and much needed in the field. The positive approach and easy-to-apply techniques cover all aspects of sexuality, [including] the physical, emotional, familial, social and spiritual. It's about time such for lessons to serve this population and honor the continued intimate lives of people of this age group, which is so consistent with my favorite advice that 'you never have to retire from sex.'"*

—Judy Kuriansky, Ph.D.
Pioneer sex therapist, radio call-in advice host, and author
of many books including *The Complete Idiot's Guide to Tantric Sex*