



# Sexuality & Pregnancy

## Parenting Awareness for Young people

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# Myths about pregnancy & sex

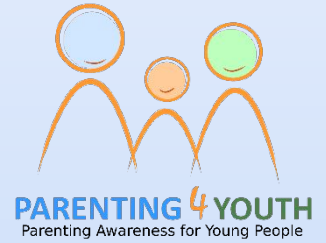
Lack of a good sexuality and reproductive education can lead to disinformation about pregnancy sex.

Female pleasure and desire should not be neglected, neither during pregnancy.



**Have you heard any myths  
about sex & pregnancy?**

# **Myth I: You can't have sex while pregnant**



**Sex will not harm the baby** at any stage during a typical, uncomplicated pregnancy.

The baby is protected by strong uterus muscles, amniotic fluid, and a mucus plug that develops around the cervix.

## **Myth II: Sex can cause a miscarriage**



Having **sex** while pregnant **won't provoke a miscarriage.**

Most miscarriages occur because the fetus isn't developing normally.

# Myth III: Pregnant sex hurts



Although some positions will be off limits because they can cause some pain, generally speaking pregnant sex should be enjoyable.

Some women find it more enjoyable than regular sex, because the genitals are engorged and more sensitive and oxytocine levels are higher.

## **Myth IV: Post-sex bleeding means damage to the baby**

**Post-sex bleeding is common and is not cause for alarm.**

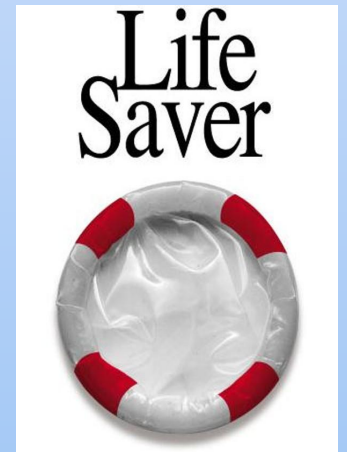
During pregnancy, the cervix becomes very soft and can bleed with minimal contact.

Although if post-bleeding sex is excessive and not only few spots of blood, medical care providers should be contacted.

# Myth V: Condoms are not necessary during pregnancy

Having a **sexually transmitted infection** during pregnancy can cause serious health problems for the baby and pregnancy complications.

Condoms should be used at all times when there's a risk of transmission.





# When should sex be avoided?

Medical care providers might recommend avoiding sex in cases of:

- vaginal bleeding
- leaking of amniotic fluid
- cervix opening prematurely
- placenta covering the cervical opening
- history of premature birth

# Benefits of sex during pregnancy

Some of the benefits of having sex during pregnancy include:

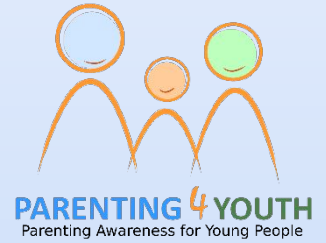
- better orgasms
- physical activity
- boosts immune system (sex increases antibody IgA)
- released endorphins help mother&baby feel relaxed
- facilitates labour

# Changes on sexual drive

Pregnancy affects people's sex drives in different ways and there is no typical response.

Boost of hormones and blood flow to the genitals might increase sexual desire, whereas fluctuation of hormones or physical pain might decrease it.

# Kegel Exercises



For women:

<https://www.youtube.com/watch?v=TtIOa1KKDQY>

[https://www.youtube.com/watch?v=28Xy\\_HbQ7a8](https://www.youtube.com/watch?v=28Xy_HbQ7a8)

For men (Kegels are beneficials for men too!):

[https://www.youtube.com/watch?v=dSqK4\\_3YSMI](https://www.youtube.com/watch?v=dSqK4_3YSMI)

# Avoiding Prolapse

When preparing for childbirth, prevention of Pelvic Organ Prolapse should be considered.

Pelvic muscle exercises (Kegel) help preventing prolapse and as well as urine incontinence, and also bettering sexual function.



# Orgasmic Birth

Contrary to popular belief, that relates labour to pain, some mothers experience physical pleasure during childbirth.

Anatomical, neuroendocrine, psychological and cultural hypotheses may explain this unique link between pain and pleasure.

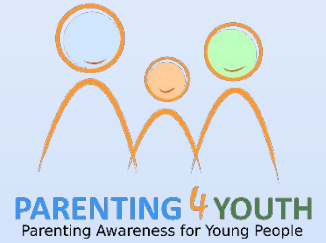
# Orgasmic Birth

The “pleasurable birth movement” claims that a natural birth might be an empowering and enjoyable experience.

To know more:

- *Pariremos con placer* (“We will give birth with pleasure”) by Casilda Rodrigáñez
- “Orgasmic Birth. The best-kept secret” (2008)

# Sources



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- <https://www.oviahealth.com/guide/10348/myths-about-pregnancy-sex>
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