

# Learning to Talk About Sex

**Emily Slater** Staff Writer Think about your last intimate encounter. Were you comfortable with the situation? Did you talk with your partner or hope that things would just work out? Did you ask them what they were comfortable with, or did you both rely on shoddy body language to be the prevailing guide?

Now think what it would be like to know how to express your needs and desires to your partner, and know how to ask them what theirs are, too, leading to a more fulfilling experience for both of you.

Mike Domitrz, national speaker and author of “Can I Kiss You?,” travels around the country giving college students the skills to talk about sexual intimacy, an area of education he thinks is sorely lacking. “We fail to give people sexual decision making skills and skills on how to verbally communicate what they want, what they don’t want...it’s almost unheard of that people learn those skills,” he says, going on to elaborate on why teaching young people how to talk about sex is such a taboo subject in our culture. “Society isn’t teaching these skills at a younger age because they have a misled fear that if you talk about sexual intimacy it leads to people engaging in more high-risk sexual activity. But that’s completely inaccurate. The more you gain skills and knowledge around sexual intimacy the better choices you make, the more



Mike Domitrz

wonderful experiences you have. Gaining knowledge is a good thing, gaining skills is fantastic.”

Domitrz explains that having the skills and confidence to talk about sexual intimacy breaks down the myths and stereotypes that lead to all of the confusion, fear, and problems people can experience when it comes to sex. The lack of conversation and teaching around the subject gives off the idea that somehow it’s a shameful or guilt-ridden topic, further pushing it under the table and leaving people floundering for guidance and answers. “Guilt is ‘I did something wrong, that was a bad choice.’ Shame is ‘I’m a bad person, or I’m not as good of a person because I didn’t have this knowledge.’ And that can lead to lack of self-confidence or lack of self-value. That’s really unhealthy,” Domitrz comments.

Also unhealthy? Where people are often turning to fill the gaps left by a lack of proper education and help concerning sex: pornography. The distorted reality of sex presented by porn coupled with the graphic video imagery on the internet now versus its predecessor of print images gives an inaccurate and damaging picture of what sex really is, Domitrz says. “Pornography is an extremely jaded view of sexual decision making. It’s not realistic, and it’s not about pleasure and connection.” He emphasizes the importance of mutuality when it comes to sexual intimacy; being able to talk and gain an understanding of what is comfortable and desired by both parties involved, leading to a more enjoyable experience all around.

Domitrz’s program, which he emphasizes is not a lecture but a time of fun and realistic conversation between himself and the audience, extends beyond giving people the skills they need to talk about sexual intimacy and decision making. He will also teach students how to intervene in a situation where a friend is being coerced with alcohol or drugs to leave a party with someone or engage in sexual activities they may not be able to consent to, and how to be a safe person who is able to support someone who has been sexually harassed or assaulted. The evening is inclusive to all genders and sexual orientations.

“Can I Kiss You” will be held on Wednesday, April 10 at 6:30pm in the Milliken Auditorium.

FREE

## CAN I KISS YOU?

Join Mike Domitrz

for an interactive presentation on communication & dating.

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Wednesday, April 10

Milliken Auditorium

6:30pm

For more information contact Student Life @ 231-995-1118

Sponsored by the Michigan DHHS Campus Sexual Assault Grant Program

## NMC SEXUAL ASSAULT AWARENESS WEEK

APRIL 8TH- APRIL 11TH, 2019

FREE

Monday, April 8:

Nacho Macho Man: Men's Perspective in the Me Too Movement

East Hall Basement 6pm

FREE

Tuesday, April 9:

Take Back The Night

Hagerty Center 5:00pm  
March 5:30pm  
Speakout 6:45pm

FREE

Wednesday, April 10:

Can I Kiss You?

an interactive presentation on communication & dating w/

Mike Domitrz

Milliken Auditorium 6:30pm

Limited free student tickets @ [mynorthtickets.com](http://mynorthtickets.com)

Thursday, April 11:

Women's Resource Center Presents:

Solace & Solidarity: Supporting Survivors of Sexual Violence

Emily Sioma, Miss Michigan 2018  
Milliken Auditorium 6:00pm

For more information, contact Student Life at 231-995-1118

Can I Kiss You? is brought to you by the State of Michigan Campus Sexual Assault Grant Program