



## Sharing the Love: Gift-Giving and Conversations about Pleasure

How our gestures impact relational wellbeing



Hey there pleasure pals!



It's Niamh, a Developmental Educator and Sexologist.



Let's chat about fun stuff like sexy gifts and how talking about pleasure can make our relationships great.

First, I'd like to talk to you about **pleasure**.



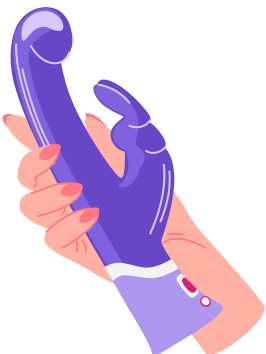
Pleasure is something that makes you feel good and happy.



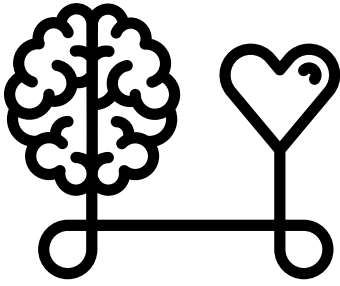
Do you remember a time you felt that warm feeling when someone nailed the perfect gift for you?



That is the magic of connection.



Sexy gifts, like toys also share a promise to explore and connect with our romantic partners.



Plus, giving a gift sets off the love hormone in our brains, making us feel all warm and connected.



But it is not only about romantic relationships. Open talks with friends build trust and make our bonds stronger.



And don't forget about yourself.



Practising self-pleasure is a game-changer.

Bonus: it's good for your health!



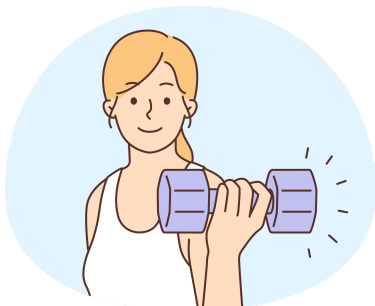
**Respecting** boundaries is super important because everyone's comfort levels are different.

Respecting means listening to other people's ideas and opinions, and caring about what they have to say.



Pleasure isn't just for fun.

It helps us to stay healthy.



It keeps our immune system strong and our bodies happy.



Thank you for reading.

Stay curious and keep the  
pleasure alive!



Your friendly sex ed pal,  
Niamh @myfriendinsexed

This document was written by Niamh Mannion for That's The Spot Pty Ltd and made in Cava and uses Canva images.

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