

Sexual Health

Your Essential Guide to Intimate Wellness

SUMMER 2026 // SHE MEDIA

NAUGHTY NICETIES

A Beginner's Guide to Sex Shop Etiquette

HIT THE SPOT

Why Couples Are Turning to Prostate Play

TRACKING INTIMACY

How Wellness Apps Can Boost Your Pleasure

A portrait of Yasmin Benoit, a woman with long, straight, light-colored hair, smiling and posing with her hand near her chin. She is wearing a dark purple, open-front blazer over a matching lace-trimmed bra. The background is a solid light blue.

yasmin benoit

On Her Quest to Demystify Asexuality

FROM THE EDITOR



Sexuality is deeply personal, yet conversations about it build communities and help us understand one another in powerful ways. When we can talk and challenge assumptions, we expand our definition of intimacy and remind ourselves that there is no single "right" way to experience attraction, desire or pleasure.

That spirit of openness is at the heart of this issue of Sexual Health. Our cover interview features Yasmin Benoit, who has become an influential voice as an activist for the asexual community, increasing visibility and challenging persistent misconceptions about it. In a candid conversation, Benoit demystifies the topic and shares her experience navigating a culture that often treats sexual attraction as universal, and explains what inspired her mission to broaden the representation of asexuality.

Elsewhere in the issue, we explore a range of topics for improving sexual wellness and pleasure, including tracking apps, prostate play, men's grooming to boost intimacy, dilators and sex shop etiquette.

We hope this issue encourages you to ask questions, reconsider old assumptions and make room for a more inclusive understanding of sexuality. Most of all, we hope it reminds you that sexual health is about feeling free to define intimacy for yourself.

ARIANA RODRIGUEZ
Editor-in-Chief
ariana@shemediateam.com

FEATURED COLUMNISTS



Tim Lagman



Carolyn Eagle



Biodun Abudu



Carly S.



Kate Kozlova



Susan Bratton

Matching With Manners

Advice for Setting Boundaries and Managing Emotions When Dating Online

BY BIODUN ABUDU

Technology has changed dating and intimacy faster than many people have been able to adjust emotionally. Today, someone can access your photos, your daily routine, your private thoughts, and even parts of your body before going on a proper date with you.

That access can feel exciting, especially when attraction builds quickly through texts, apps or social media. It can also create confusion. When conversations move fast and boundaries are not clearly set, people may assume intimacy before trust has been earned.

Modern sex etiquette is no longer limited to in-person interactions. It begins with the messages, comments, likes, follows, photos and private conversations that shape how people connect. Respect, consent and accountability matter online just as much as they do offline.

Am I confusing access with permission?

One of the most important rules of digital intimacy is simple: Access is not the same as permission. Just because someone shares a photo online does not mean they are inviting explicit messages, sexual comments, or unwanted propositions.

A flirty post is not consent. A revealing outfit is not an invitation. A private message thread is not a guarantee of sexual interest. Attraction does not erase boundaries, and online attention should never be treated as a shortcut to respect.

Before sending a sexual message, ask yourself whether the exchange has clearly shifted in that direction. If the answer is uncertain, slow down. A respectful compliment, a genuine question, or a clear check-in will always go further than pressure, entitlement or desperation.

Make digital consent part of the conversation

Consent is often discussed in the context of physical intimacy, but digital consent matters too. Sharing private messages, forwarding intimate photos, recording encounters without clear agreement, or posting details about someone's sexual experiences can cause real harm.

A good rule is to treat private digital content as private unless the other person has clearly said otherwise. That includes screenshots, photos, videos, voice notes and

sensitive conversations. If you would not want someone to share your private information without asking, do not do the same to someone else.

Digital boundaries should also be discussed before they are tested. Partners and potential partners can talk about what feels comfortable, what should remain private, and what is off-limits. These conversations may feel awkward at first, but they are easier than repairing the damage caused by a boundary violation.

Am I being clear or just available?

Dating apps and social media have made people more reachable than ever, but constant access does not guarantee healthy communication. Many people now expect immediate responses, constant availability and unrestricted access to another person's time and attention.

That pressure can create anxiety. A delayed text can feel personal. A social media story can spark an argument. A like, follow or comment can suddenly be interpreted as an emotional betrayal. Technology has intensified relationship insecurity in ways many people still do not fully recognize.

Healthy communication requires more than quick replies. It requires honesty, consistency and context. If you are busy, say so. If you are interested, show it clearly. If you are not looking for something serious, be direct before the other person becomes emotionally invested.

Stop using silence as a strategy

Ghosting, breadcrumbing and inconsistent communication have become so common that many people now expect disappointment before connection. Technology makes it easy to disappear, but ease does not make avoidance emotionally responsible.

Not every dating situation requires a long explanation, especially when someone has behaved disrespectfully or made you feel unsafe. In many everyday situations, however, a brief, honest message is kinder than leaving someone to guess what changed.

The same is true for mixed signals. Watching every story, reacting to every photo, and refusing to communicate clearly can keep someone emotionally hooked without providing clarity. If you want attention but not connection, be honest with yourself first, then with the other person.

“Modern sex etiquette should include respecting digital privacy, communicating intentions honestly, and understanding the emotional consequences of intimacy.”

Are my intentions honest?

Casual relationships are not inherently unhealthy. Problems arise when honesty is absent. Some people present casual situations as emotional connections to gain access to someone's attention, body, or support without revealing their true intentions.

Others avoid difficult conversations because digital communication makes disappearing easier than facing accountability. This can leave one person feeling used while the other insists they never made any promises.

The best approach is directness. If you want something casual, say so. If you are open to more but unsure, say so as well. If your feelings change, communicate the change rather than letting the other person discover it through distance, silence, or social media clues.

Do not mistake detachment for confidence

Modern dating culture often rewards emotional distance. Caring too much is framed as a weakness, while emotional unavailability is sometimes mistaken for independence. Many people perform nonchalance while privately craving reassurance, consistency and genuine connection.

That performance can make vulnerability feel risky and emotional honesty seem rare. It can also encourage people to pretend they are comfortable with arrangements that actually harm them.

Sexual freedom doesn't mean emotional numbness. You have the right to seek clarity, ask about your position, and set boundaries regarding communication, privacy, and intimacy. Being honest about your needs isn't neediness; it's a form of self-respect.

Is this connection real or performative?

Social media has reshaped how people present themselves romantically and sexually. Attraction is now often tied to visibility, validation and perception. Some people date for connection, while others date for image or social currency.

Relationships can become performative quickly when public attention enters the dynamic. A couple

may appear connected online while avoiding honest conversations in private. A person may seek validation through posts, reactions, and DMs while neglecting emotional accountability to the person in front of them.

Before bringing a relationship into a public digital space, consider whether the private foundation is strong enough to withstand that visibility. Posting about someone should never replace direct communication with them.

Bring emotional responsibility into modern intimacy

Digital dating shouldn't become more distant or guarded. The aim isn't to revert to old shame related to sexuality. Being open about sexuality isn't the problem; rather, the issue is that emotional intelligence hasn't kept up with technological advances.

Modern sex etiquette should include respecting digital privacy, communicating intentions honestly, and understanding the emotional consequences of intimacy. It should also include recognizing that access to someone's body, attention, or online life does not entitle one to their time, emotions, or personal details.

Technology will continue to change the way people date, flirt and express sexuality. That part is inevitable. The real question is whether emotional responsibility will evolve alongside it. Sexual freedom means very little if respect, honesty and accountability disappear in the process. ■



Biodun Abudu is a New York-based author, speaker and creative entrepreneur whose work explores modern relationships, intimacy, sexuality and social behavior. Through books such as “Sex Etiquette: Uncensored” and “This Wasn’t for the Public,” he examines evolving conversations about communication, emotional accountability, personal boundaries and human connection in the digital age.