

SAMANTHA'S THOUGHTS

Why is sex or having sex considered “dirty” or bad for you?



A male friend told me the story about how his mother told him regularly as a child that she'd “tried” for six years to have a child, namely him.

As he grew older it became abundantly clear that she didn't like or want to have sex.

Sex was an activity that was performed by “the animals in

the field!” It was almost as if she'd expected to have an immaculate conception like the Virgin Mary as she was a very devoutly religious woman.

Pornography... that fearful word for many people, especially religious persons. It comes from Greek (πόρνη) “porne” meaning a prostitute coupled with (γράφω) “grapho” meaning to write. So, it's intended to convey a sense of explicit description or exhibition of sexual activity in various media that's intended to stimulate erotic rather than aesthetic feelings within the reader or purveyor of the medium.

Of course, no-one wanted a woman to lose her virginity prior to “*one man one woman*” symmetry in many cultures, except of course in the cultures where virgins were expected to make themselves available publicly to all sexual lovers for a period of time before marriage. Or, alternatively, in cultures where the father or village chief was expected publicly to deflower his daughter / villager prior to marriage.

In many cultures, prostitutes were regarded as the “*lowest of the low*” in society, yet that was the way things were and it was tolerated, if not embraced within those societies. There might well have been public bath houses or houses of “ill-repute” in Egyptian, Greek, Roman and other cultures.

It didn't mean that as a culture they necessarily accepted generally all the

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practices of such establishments. It was more tolerated than accepted at times.

So, what makes it all so “dirty”? Both hundreds, nay thousands of years ago, and more so now. Now with religiously judgemental antonyms used frequently.

There is probably no single and simple answer to this anomaly. A combination of factors come into play.

Governments have always been interested from an inheritance laws perspective. An illegitimate child should not be allowed to inherit any property. Such people might gain too much power and undermine the government of the day, whatever type of ruling class it might be at the time. This happened, however.

Religious peoples have always been interested because of their disparagement of the physical and applauding of the non-physical soul/spirit. The body being of no value in the after-life and hence of little or no value in the current life. To pay attention to the body detracted from attention needed for the soul.

The whole matter of sex being dirty however is also likely to have been contributed to by the super-efficiency of the construction of the human body.

Imagine the following word-pictures of a human body – female or male or hermaphrodite.

Urine is excreted from a human body via a hole in a person's index finger.

Faeces is excreted from a human body via a pouch-like structure attached to a human stomach.

A baby is conceived and brought to viability in a test tube from a woman's ovarian eggs and a male's sperm. [Which is where we might be heading over the next 500 years.]

A woman's vulva, vagina and clitoris are completely separated from any of the functions above.

A man's penis does nothing but ejaculate sperm when stimulated.

These last two functions (*clitoris and penis*) are for nothing other than providing

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pleasure to the person either alone or with another person.

Would we still think about sex as being dirty? Why?

Any proximity to waste product evacuation from the human body has been removed. The pleasurable sex organs are there isolated from any of the “dirty” features of the human body.

Would we still think about sex as being dirty because sperm is ejaculated or a woman secretes juices from her Skene gland even though completely divorced from the urinary tract?

Would people writing pornographic literature or those filming sex scenes still want to position their models or characters in toilets/lavatories whether public or private?

Such environmental positioning cries out that sex and the “dirt” of human evacuation are inexorably linked. Clearly, in the minds of many people for one human to piss on another human must make it “dirty” in the extreme. And how much more so is anal sex amplified to be even “dirtier”!

This concept of “dirtiness” tied in with sex removes considerable impetus from various people to engage fully with another person or persons in the fullest enjoyment of sexual activity.

It's astounding the number of people who will not kiss/lick a woman's pussy because it's *“dirty down there”* ... or will not kiss/lick a person's anus because that's *“where the shit comes out”* and it's dirty.

We're not suggesting that people ought not go to the toilet/lavatory and/or wash these areas of the human body prior to sexual activity. But even if washed, there are some people who *“will not go there”* ... and are appalled by the very thought of doing so!

The religiously flawed purpose of sex will be dealt with in a later article. Suffice it to say at present that procreation is not the sole purpose of sexual activity.

So very often we believe the bias or prejudices of people expressed by them in

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their ardent point of view about sexual activities and behaviours. That point of view might be deeply religious or based on past experiences that were not pleasant, just like the mother mentioned at the beginning of this article who certainly didn't like sex or anything about it.

It was merely her duty to seek to produce a child!

The sheer and embedded delusion that the act of having sex is purely physical does not assist to elevate any desire for total engagement between two or more humans. The religious find it easy to classify such "*poke and squirt*" activities as "*lust*" which then is described as bad, since it's thought "*sinful*" activity.

Lust is self-centred and very real. In such situations, it's not the "sex" that's bad, rather it's the lack of consent between the parties and/or failure to take into account the other person's desire for satisfaction also and lack of any attempt to satisfy that need of the other person.

This is made worse where one or more parties induce "intoxication" (*in one form or another*) into another party to essentially "force" them to have sex. It's unfortunately true that this occurs too often and in the majority of instances to the detriment of females. It's essentially "date rape" and needs to be treated as such. However, high inebriation of many of the participating parties make the accuracy of any testimony unreliable for legal purposes.

Any of these behaviours are certainly not sex conducted with love in one's heart for another person and a desire to give them satisfaction.

It's absolutely fantastic if participants are wholly satisfied – physically, mentally, emotionally, psychologically, etc – through the act of having sex. But that happens less frequently than we'd like to believe.

So, sex and the act of having sex is frowned upon and people adhere to or adopt disparaging phrases to describe it. More often than not it is not fully satisfying for many women who don't have a sensitive and knowledgeable sexual partner. Even to have males who have the simple understanding of the fact that women generally take longer than males to be aroused when neither of them are aroused initially.

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This does not mean to say that on rare occasions it's totally undesirable for the partners to have a "quickie" in which one or other of the partners is not fully satisfied. That is loving someone to the extent of helping them fulfil a very physical need – more often than not, it's a male emptying over-filled scrotum of sperm that is painful. Less frequently it happens that the male will help a woman satisfy her immediate need for sex which at times in different circumstances can become overwhelming.

In each of these scenarios the satisfied partner needs to return in the not too distance future to help the other partner be fulfilled. Not doing so on a regular basis leaves a sour taste about sex and the sex act and contributes to it beings about and disparaged with the myths of sex being dirty and bad for you.

The reality is that no amount of these descriptions or prohibitions about sex have every stopped people from having sex regardless of the culture or political/religious beliefs. The more sex you have (*especially prior to that perceived "magic bullet" of marriage*); and learn how to satisfy their partner fully, wholly, completely, and have them satisfy you, the better your life will be.

Not everyone is compatible in most things. You need to find a truly compatible partner, especially a sexually compatible partner. That "magic bullet" won't change sex from being "bad" to forever "good". Don't pander to the lawyers who flourish from the higher divorce rates among the sexually inexperienced prior to marriage and the roving eyes and desires in marriage.

Never let the "work/success ethic" blind you to the need for pleasure with another/other human being(s). Sex is healthy and natural and needs to be enjoyed with people learning from the different experiences they encounter. The exercise and endorphins released in orgasm are good for people.

The exercise is not simply healthy for the visible physical muscles – sexual or otherwise. It also causes people to breathe more deeply and exercise the non-visible lung muscles which pump more oxygen into the bloodstream and help to strengthen the heart and other organs. People who orgasm a lot are happier people! If that needs to happen with multiple people, then so be it!

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Never let the baggage of prejudice about sex being dirty or bad for you weigh you down in your life journey! Never let views of others about having multiple sex partners drag you to the bottom of society's views about multiple sexual engagements. Never doubt that some people are more forcefully drawn to sexual activities with others than other people – one of these is not right and the other(s) wrong!

Engage and enjoy sex to the fullest extent possible at all ages post-sexual maturity which is coming earlier in boys and girls despite what is provided for in legislation. But informed consent matters for all!

What are your thoughts about sex and the prejudices surrounding it? Do you have limited or lots of sexual experience? How many sexual partners have you experienced in your life? Are you afraid or not afraid to ask someone to be your sexual partner for a one-off encounter or regularly? Why does sex bother you or not bother you? How about writing an article and/or erotic novel and share your thoughts with others?

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Publisher - Play4Mates.com

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