

Conclusion

According to Darrel Ray in *Sex and God: How Religion Distorts Sexuality*, “People who learn sex without guilt make better decisions, talk and negotiate more openly with their partners and respect the sexual preferences and desires of others. They enjoy their own bodies and are less jealous, possessive and judgmental” (Ray 22). People should not be afraid to have sex, but rather equipped with correct information.

SenseU will help people form a more positive relationship with sex. In the opinion of many, abstinence-until-marriage education does not work; it does American society a disservice by preventing people from learning about sex during one of the most hormonally unstable periods of their lives. Teenagers and adults alike need to be informed about sex in order to prevent unplanned pregnancies. This project will help people make better decisions about sex.

Before the agricultural revolution, sex was a group activity that centered around many people experiencing physical release (Ryan, Jetha 14). The authors of *Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships* state that Bonobos, one of our closest genetic relatives, still emulate this behavior and “use eroticism for pleasure, for solidifying friendship, and for cementing a deal” (Ryan, Jetha 85). According to Planned Parenthood, sex has many health benefits including lower risk of mortality, reduced stress, enhanced fertility, and improved sleep (Whipple, Knowles, and Davis 2). People should not stop having sex, but rather do so in a safe and informed manner.