

# How to talk to your partner about sexual changes during menopause

Medically reviewed by Maven Sex Coach, Myisha Battle, and Mental Health Provider, Cynthia Coffelt



ON-DEMAND CLASS

## Self-advocacy during menopause

Led by Alissa Erogbogbo  
Maven Medical Director

It can be hard to make your needs heard by providers during menopause. Learn tips to help you speak up, share your needs, and get the support you need in this class led by Maven Medical Director Alissa Erogbogbo, MD.

## What you need to know

- Hormonal changes can affect your sex life while you're going through menopause. You might have lower libido, vaginal dryness, or even discomfort during sex.
- Talk to your sexual partner(s) about what you're going through, so they can best support you and your needs during this time.
- [Maven Sex Coaches](#) are here to help you work through challenges and help you achieve your sex and intimacy goals.

Talking about sex can feel awkward and embarrassing (cue the flashbacks to middle school health class!). But when you're going through menopause—a major change that can have a big impact on your sex life—it's important to be open and honest with yourself and your partner (or partners) about your needs.

Maven Sex Coach Myisha Battle explains how to talk to your partner about the physical, mental, and emotional changes you're going through, so you can have a fulfilling sex life through your menopause years and beyond.

## Know that it's normal (and natural) for sex to change during menopause

If you're not feeling up for sex lately, that's OK! Menopause is a huge life change, and it can take some time to adjust to your new normal. But if you want to keep having sex, know that it is possible to have a fun, satisfying sex life during and after menopause—it might just look and feel a little different than before.

Here's why: During menopause, your body slowly stops producing the hormones estrogen and progesterone, which play big parts in your sexual response.

**Lower levels of these hormones can cause challenging symptoms like:**

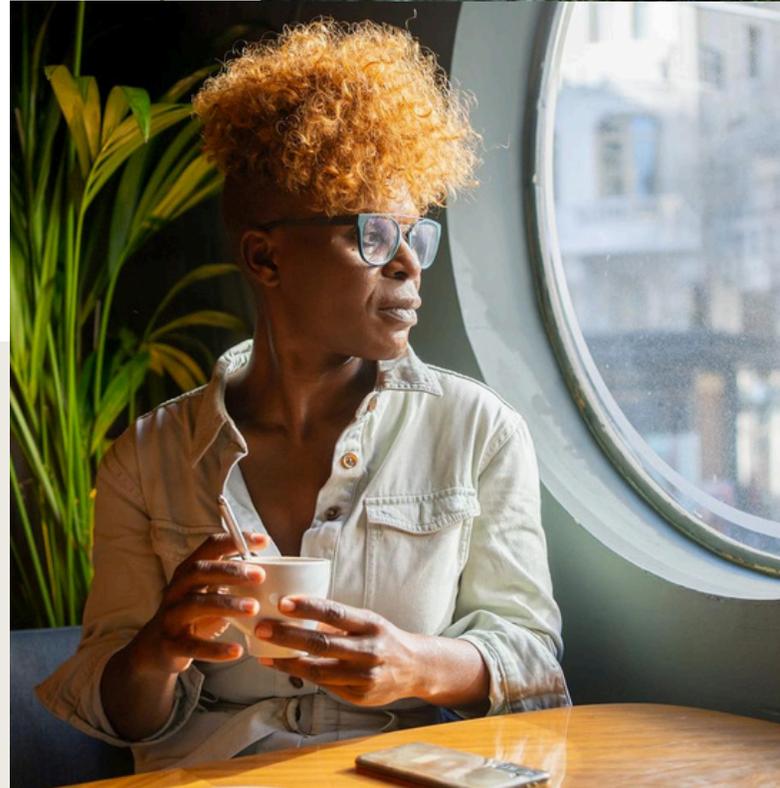
- Low sex drive (AKA libido)
- Vaginal dryness or itchiness
- Trouble reaching orgasm
- Pain or discomfort during sex

*If you have severe pain during sex or bleeding after sex, tell your OB-GYN or family physician right away. They might want to do a check-up to rule out other issues.*

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Dealing with other menopause symptoms, like fatigue, mood swings, and body aches might not exactly put you in the mood, either. Battle adds, "We get used to our bodies responding in a certain way and when they don't, we can begin to think something is 'wrong' with us or our relationship when, in reality, these changes are a result of the natural aging process."

All of these side effects can lead to a frustrating experience in the bedroom, to say the least. That's why it's extra important to be open with your partner about what you're going through, so they can learn the best ways to support you during this transition.



# 5 ways to open up to your partner about sex during menopause

Not sure where to start? Try taking these steps:

## 1. Work with a sex coach on your own or as a couple

When you're going through menopause, you might want to think about adding a sex coach to your care team. Why? A sex coach helps people navigate the ups and downs of their sex lives, and reach their sex and intimacy goals. Battle adds, "Working with a sex coach as a couple can provide space to talk through any fears or anxieties that are coming up. Sex coaches can also provide you with steps you can take to start exploring beyond your routine."

Opening up to a provider about your sex life may feel awkward at first, but remember: sex coaches are health and wellness professionals, here to help you—not judge you. [Maven Sex Coaches](#) can give you a safe space to talk about your experiences and offer advice to cope with any challenges you're facing.

## 2. Communicate with your partner

Being open, honest, and communicative with your partner (or partners) is one of the best things you can do for your mind, body, and relationship during menopause. Talking about what you're experiencing can ease tension or nervousness you may be feeling about changes in your sex life, and help you learn about each other's (new) wants and needs.

Plus, if you've been with the same partner for some time, symptoms of menopause might call for a change in your regular sex routine. Being able to give them new pointers—and feeling comfortable and confident doing so—can help you both feel more fulfilled in the bedroom.

If you're not sure how to get the conversation started, make a free appointment with a [Maven Sex Coach](#) for talking points.



## 3. Don't be afraid to ask for the support you need

It's important to get the right care during menopause, so try to talk to your partner about ways they can support you during this major transition. Battle says some things your partner can do to support the sexual aspects of your relationship are:

- **Learn more about perimenopause and menopause.** Battle says, "Understanding what's happening with your body will ease their stress and [help them] embrace the fact that sex may look and feel differently than it did before—but that doesn't mean it will be worse."
- **Research lubricants, sex positions, and sex toys that can make sex more comfortable for both of you.** A little help (or novelty!) in the bedroom is never a bad thing if it allows you to feel more relaxed and able to experience pleasure with your partner.
- **Understand that menopause is a natural part of life and any changes you're going through aren't necessarily a reflection of them.** Battle explains, "Partners can sometimes feel like it's their fault if they notice changes in libido, lubrication and orgasm." Having a conversation about the very real side effects of hormonal shifts can help clear the air.

#### 4. Suggest something new in the bedroom

It might take some time to figure out what works (and what doesn't) in the bedroom, but Battle says this can be a great time to do a little experimentation: "Many couples say that while things were in flux, they had to be creative and rely less on penetrative sex, which led them to have more oral sex or explore sex toys for the first time."

If you feel comfortable, let your partner know if there's something new you'd like to try during sex. Some interesting options are erotic audiobooks or movies, sex toys, or different positions. You can also ask a Maven Sex Coach about fun, new ways to make sex more satisfying while you're going through menopause.

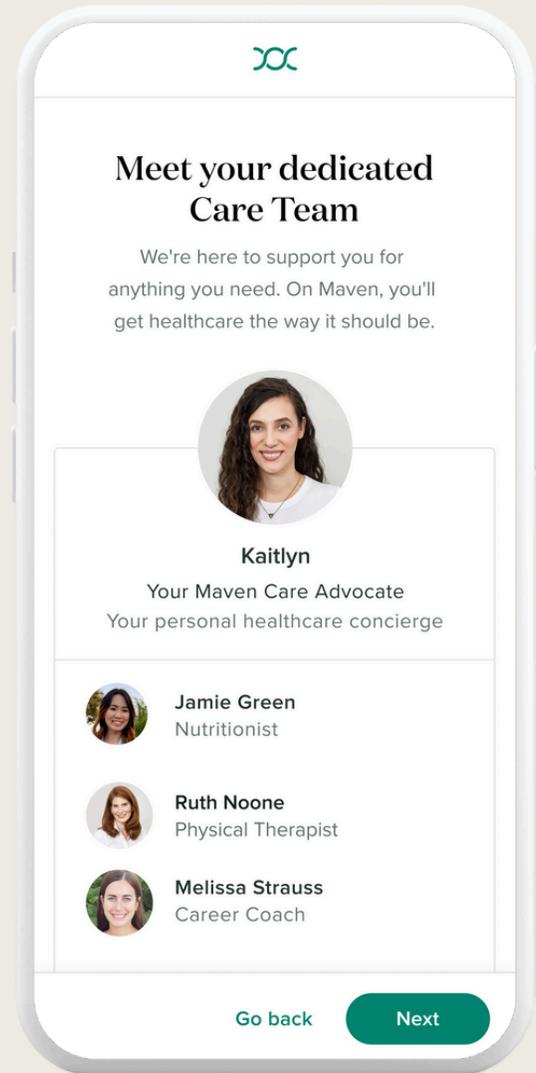
#### 5. Listen to your body—and let your partner know what you need

"I like to tell my clients to use 'ABC'—or 'always be curious'—as a model for going through periods of sexual challenge. When our bodies change, they're asking us to pay attention and get curious about what we need and how we need it," says Battle.

Your body is going through a lot right now, so try to give it the care and attention it needs. Don't feel like having sex? That's OK. Want to try a new-to-you sex position with your partner? Go for it! Giving yourself the space to process what and how you're feeling, and communicating those needs to your partner can help you both navigate this new stage of life together.

## The bottom line

**Menopause can have a big impact on your sex life, but that doesn't mean you have to stop having sex if you don't want to.** Talking to your partner about the changes you're going through and being honest about the support you need can help you have a satisfying sex life through your menopause years and beyond.



Maven is there every step of the way during your menopause journey. **Join today to get access to 24/7 appointments with top providers** like OB-GYNs, sex coaches, career coaches, nutritionist, and more—all at no cost to you.

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