



## THE SINGAPORE PLANNED PARENTHOOD ASSOCIATION

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### SPPA UPCOMING EVENT

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| <b>NAME</b>                   | <b>Sexual Intimacy &amp; Planning a Baby -<br/>"A Recipe For Better Sex"</b>   |
| <b>DATE</b>                   | <b>24<sup>th</sup> November 2007, Saturday</b>   |
| <b>TIME</b>                   | <b>2.00pm to 5.00pm</b> (Registration starts at 1.30pm)  |
| <b>VENUE</b>                  | <b>Geylang East Library</b><br>Lecture Hall, Level 3<br>50 Geylang East Ave 1<br>Singapore 169850<br>Nearest MRT : Aljunied MRT<br>Buses : SBS 80, 155 via Geylang East Central<br>SBS 40, 62, 63, 80, 100, 158 via Aljunied Road<br>SBS 2,13, 21, 26, 40, 51 SMRT 853 (on Weekend) via<br>Sims Avenue   |
| <b>Registration Fee</b>       | \$5.00 per person / \$8.00 per couple<br>(Inclusive of a goodie bag and refreshments)  |
| <b>Invited Speaker</b>        | <b>Dr Annapoorna Venkat</b><br>Senior Consultant, Obstetrician & Gynaecologist<br>Dept of Obstetrics & Gynaecology, NUH<br>Member, The Singapore Planned Parenthood Association<br><br><b>Dr Tan Bin Seng</b><br>General Practitioner<br>Member, The Singapore Planned Parenthood Association  |
| <b>Synopsis<br/>(Caption)</b> | An up-close and personal session designed for couples in fostering a harmonious lifetime marriage through sexual intimacy and effective communication skills. The O&G specialists will share with you their insightful information and useful tips on planning a baby.   |
| <b>Topics Covering</b>        | <b>1) Sexual Anatomy &amp; Physiology</b><br><b>2) Differences in Male and Female Sexual Responses</b><br><b>3) Significance of Sexual Intimacy &amp; Its Roles in a Marital Relationship</b><br><b>4) Clarifying Myths &amp; Misconception about Sexual Intimacy</b><br><b>5) Methods of Contraception</b><br><b>6) Issues on Fertility &amp; Planning for a Baby</b> |
| <b>Contact Details</b>        | Liana Yeo / Sharmaine Loh<br>Tel : 6775 8981 Fax : 6776 8296<br>Email : sppassn@singnet.com.sg   |

# **OUTLINE FOR SEXUAL INTIMACY AND PLANNING A BABY – “A RECIPE FOR BETTER SEX”**

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**Details of Seminar : 3 hrs session on 24<sup>th</sup> November 2007, From 2.00pm to 5.00pm**

**The topics covering : -**

**(INVITED SPEAKER : DR ANNAPOORNA VENKAT)**

**1) Sexual Anatomy & Physiology**

Objective : To ensure that participants understand the basic biology of their own bodies and that of their partner's. This will also make them more comfortable with their own bodies and provide them with non-offensive vocabulary to use in discussion of their bodies with each other.

**2) Differences in Male and Female Sexual Responses**

Objective : To familiarize participants with the differences and similarities in the male and female sexual responses so that they can learn to respect the needs of their partners.

**3) Significance of Sexual Intimacy & its Roles in a Marital Relationship**

Objective : To clarify that sexual intimacy is a normal and healthy part of a marriage. To place the sexual relationship in the context of the broader marital relationship; the sexual relationship is only one aspect of the interpersonal relationship

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**(INVITED SPEAKER : DR TAN BIN SENG)**

**4) Clarifying Myths & Misconceptions about Sexual Intimacy**

Objective : To help the participants rid themselves of unrealistic sexual expectations of themselves or their partners which may lead to insecurities and dissatisfaction with the relationship.

**5) Methods of Contraception**

Objective : To create awareness to the couples of the various methods of contraception and their effectiveness, advantages and disadvantages.

**6) Issues on Fertility & Planning for a baby**

- a) Issues on fertility
- b) Age & Fertility
- c) Fertility Window (lifespan and quality of egg and sperms)
- d) Pre-Pregnancy Nutrition
- e) Egg & Sperm Care