

# want to swing...

## 'newbies'

However, in the 1960s and 1970s it was very much the thing to do, and became very popular. Flower power and free love were very much the order of the day, and the allure of drugs and experimentation proved the catalyst for the start of what is known as 'swinging'. And you thought the 60s were so-called 'swinging 60s' because of the Beatles and the Rolling Stones – well think on.

So, here you are. You and your partner are really up for this – the idea of having sex with someone else while your partner enjoys the same, really excites the both of you.

### Can swinging ruin my relationship?

The simple and most honest answer is no, BUT if your relationship is already on thin ice, then to be fair, Relate would be a better place to be than a swingers' club. Swinging cannot fix a failing relationship. It is only suitable for couples in strong relationships who want to play and experiment.

### Do I have to be sex-mad to enjoy swinging?

For the majority of the time, swinging will mainly end up involving sex – however it isn't all about sex. Recently it has become more of a social activity, where you can eat, drink and chat, and feel more comfortable and happy with the situation. Social and sexual intercourse are very much the flavour of the moment. Getting to know someone socially makes the sexual part much more fun.

### Are there any swinging rules and regulations?

There are no hard-and-fast rules and regulations to swinging – it's more what you would call a 'code of practice', or 'terms and conditions'. It is what is known as 'etiquette'. A couple should arrive as a couple, and leave as a couple – it is not viewed as auspicious if one partner leaves early and the other one stays all night. It's always advisable to arrive on time for parties or meetings, as if you turn

up late you may find it harder to fit in, and you may make other people feel awkward. No-one can predict traffic hold-ups, especially those motorway car parks, but if you know you're going to be late, give the host or the club a ring.

Be polite and courteous – a smile can go a long way – and treat people as you would like to be treated. The swinging lifestyle is not like the Masonic fraternity, but it still has its insecurities and uncertainties. Be sensitive, thoughtful and understanding and, more importantly, be friendly with everyone. Even if you don't want to take things further with them, you may find you have other interests in common, and they may introduce you to people you like.

So you have your first invite to a party, how nervous does that make you feel?

### What do we do next?

Respond to the invite – even if you can't make it, or you have changed your mind. Let them know as soon as you can. If you are taking the plunge and attending your first party, always read or find out what's required