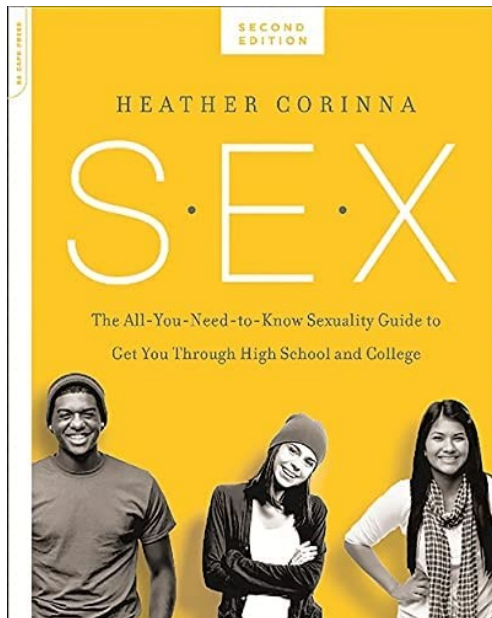


# S.E.X THE ALL-YOU-NEED-TO-KNOW SEXUALITY GUIDE TO GET YOU THROUGH YOUR TEENS AND TWENTIES, 2<sup>ND</sup> EDITION



## Book Summary:

Instructs teenagers and adults on gender, sexuality, and sexual activities.

## Summary of Concerns:

This book contains obscene sexual activities with instruction for aberrant sexual behaviors; sexual nudity; profanity; alternate sexualities; alternate gender ideologies; references to abortion; and controversial social commentary.

*Young Adult*

**By Heather Corinna**

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**4** /5

**Not For Minors**  
BookLooks Review Rating

Page	Content
16	And we made a political analysis of the practices and policies that limited women’s control over our sexuality and reproduction—from sexist medical school training and laws making abortion a crime to the biases against women of color that were built into the medical care system.
17	<p>Though Heather asks readers of this book only to enjoy their own lively, self-defined sex and to respect others’ right to do the same, their vigorous slant on justice—on the need to counter inequities based on race or class, sexual orientation or gender identity—may just inspire your own activism.</p> <p>...This new edition of S.E.X. shows a deep commitment to justice and inclusion: gender-neutral pronouns and body part descriptions are used throughout; there’s strong support for any person who is stretching or refusing restrictive notions of a male/ female gender dichotomy; there is new work on the central importance of consent in sexual relationships, balancing “no means no” with “yes means yes”; young LGBTQ people who counter healthcare discrimination will learn what to do . . . and so much more.</p>
20	<p>The term abstinence is very rarely used in these pages.</p> <p>...Gender-neutral pronouns; a nonbinary approach to bodies, genders, and sexual orientations; and a presentation of sexuality and relationships that aims to represent the highly diverse spectrum of people’s lived experiences are employed.</p>
27	We field as many pregnancy scares, rape crises, and anal sex questions in a day as we do questions about breast development, weight gain, gender inequity, bisexuality, orgasm, and how to ask someone out or break up.
36	How much power or agency each of us has in general and in specific situations varies a whole lot, in really big ways—based on what power and agency we may or may not have in the world because of how rich or poor we are, what color we are, what our gender is, how our bodies do or don’t work—and then in smaller, more situational ways, such as in one given relationship.
38	In most cases when I need a pronoun, I use a third-person gender-neutral pronoun—that is, they and them—for everyone. And when I talk about certain kinds of bodies, I won’t assign gender to them—because it’s not my place or anyone else’s to assign gender to anyone!—so I talk about people who have a penis or testes, rather than boys, and people who have a uterus or a vagina, rather than girls. So, you’ll see I use “people who have a penis” or “someone with a vulva” like you might say “people with freckles” or “someone with brown eyes” to describe other physical characteristics. If and when I say cisgender, I’m talking about someone whose gender identity feels like it matches their assigned sex; when I say gender nonconforming or transgender, I’m talking about someone who feels that their assigned sex, or the cultural roles or ideas associated with it, does not feel like it fits with the gender they identify with.
43	Lists of erogenous zones can sometimes seem arbitrary—like someone is just listing what they personally like best—but for many people, typical erogenous zones are the lips, tongue, palms and fingers, soles of the feet, inner thighs, nipples, neck, ears, armpits, and genitals. Our skin, as a whole, really is an erogenous zone. Mucocutaneous regions of the body (those made of both mucous membrane and cutaneous skin) are also usually particularly sensitive; these are parts like the foreskin, penis, external clitoris, inner labia, perineum, mouth, and nipples.

Page	Content
44	<p>The external part of the genital system I'm about to talk about is, instead, called the vulva. Cunt, pussy, fanny, twat, coochie, muff, and snatch are some common slang names for the vulva.</p> <p>The illustration on this page depicts a zoomed in view of female genitalia. The various parts are labeled, including: MONS PUBIS OR "THE MONS", PUBIC HAIR, URETHRAL OPENING, VAGINAL OPENING, PERINEUM, ANUS, LABIA MINORA (INNER LIPS), LABIA MAJORA (OUTER LIPS), CLITORIS (JUST THE GLANS), CLITORAL HOOD.</p>
45	<p>Clit Lit</p> <p>Just inside the vestibule—beneath the fourchette, where the inner labia connect—is nestled the visible part of the infamous clitoris (sometimes called the clit).</p>
46	<p>The illustration on this page depicts a dissected view of THE CLITORIS. The various parts are labeled, including: CLITORAL SHAFT, CRURA, VAGINAL OPENING, VESTIBULAR BULBS, URETHRA, GLANS CLITORIS</p>
47	<p>The illustrations on this page depict zoomed in views of four different female genitalia. <i>See Figure 1.</i></p>
48	<p>On the front wall of the vagina, you may be able to feel a small spongy or textured area, kind of like what's on the roof of your mouth. That is the infamous G-spot, or Gräfenberg spot, another potential contributor to sexual pleasure and response.</p> <p>The illustration on this page depicts a cross-section of female reproductive organs and surrounding parts. The various parts are labeled, including: OVARY, CERVIX, VAGINA, RECTUM, ANUS, VAGINAL OPENING, URETHRAL OPENING, LABIA MAJORA (OUTER LIPS), LABIA MINORA (INNER LIPS), GLANS CLITORIS, CLITORIS, URINARY BLADDER, UTERUS, FALLOPIAN TUBE</p>
49	<p>There's no reason to ever worry about losing a tampon, a toy, or anything else in the vagina: the os is very, very small.</p>
50	<p>The illustration on this page depicts the menstrual cycle with three uteruses in various stages of the cycle.</p>
56	<p>The illustration on this page depicts nude female torsos with the breasts of six females exposed.</p>
58	<p>Many people experience this and the glans as the most sensitive areas of the penis.</p> <p>The illustration on this page depicts a zoomed in view of male genitalia. The various parts are labeled, including: FRENUM/FRENULUM, SCROTUM/TESTICLES, URETHRAL MEATUS, CORONAL RIDGE (CORONA), FORESKIN, SHAFT</p>
59	<p>The illustration on this page depicts zoomed in views of two male genitalia. The top image is labeled "UNCIRCUMCISED PENIS" and the bottom image is labeled "CIRCUMCISED PENIS."</p>
61	<p>The testicles, testes, or "balls" hang below the penis in a sac of skin and muscle called the scrotum.</p> <p>...They're incredibly sensitive to touch and pressure.</p> <p>The illustration on this page depicts a cross-section of male reproductive organs and the surrounding parts. The various parts are labeled, including: SEMINAL VESICLE, RECTUM, PROSTATE GLAND, ANUS, BULBOURETHRAL GLANDS, EPIDIDYMIS, TESTES, SCROTUM,</p>

Page	Content
	URETHRAL OPENING, GLANS, PENIS, CORPUS CAVERNOSUM, CORPUS SPONGIOSUM, VAS DEFERENS (SPERMATIC CHORD), BLADDER
62	<p>It's okay for someone not to ejaculate during masturbation or partnered sex activities, either because they haven't begun ejaculating yet or because, for whatever reason, it just doesn't happen.</p> <p>...As well, no volume of ejaculate is better than another, nor is "dribbling" rather than "shooting" anything to be embarrassed about—how much and with what force someone ejaculates vary based on levels of semen from day to day. To date, there have yet to be any Olympic competitions or cash prizes for ejaculating, so as long as somebody is physically comfortable and everything feels fine, chances are everything is fine.</p>
63	<p>They produce a liquid sort of mucus called pre-ejaculate, or precum, that is excreted when someone becomes sexually aroused, usually with an erection.</p> <p>...The prostate, like the G-spot, clitoral glans, or the glans of the penis, is sensitive to touch, so plenty of people enjoy prostate stimulation during sexual activity. Some people call it the "P-spot." Because of its location, it is stimulated by receptive anal sex or stimulation or deep massage of the anus or perineum.</p>
66	<p>Vasocongestion (aka Blue Balls)</p> <p>...Blue balls . . . aren't about balls at all. Nor are "blue balls," correctly termed vasocongestion, exclusive to people who have testicles.</p>
67	<p>If, during masturbation or partnered sex, you or a partner feel you are "too tight," relax (and ask them to relax as well, for crying out loud).</p> <p>...Take the time you need to chill out, to become aroused by activities that don't involve the vaginal opening and canal (like snuggling, massage, kissing, or stimulating the clitoris) before you attempt vaginal entry with a penis, fingers, or sex toys.</p> <p>The illustration on this page depicts several zoomed in views of male and female genitals creating a frame around the words: GENITALS COME IN ALL SHAPES AND SIZES! <i>See Figure 2.</i></p>
68	<p>Some people with longer or larger labia worry that they've altered them by pulling at them or by masturbating, but that's very unlikely.</p> <p>...In the same vein, what peers have to say about what's "normal" in genital appearance often comes from their own very limited viewing of other genitals (if they've even seen any at all), from seeing genitals in photographs or porn, or from what they've heard from someone else.</p>
69	<p>And even on user-generated sites or tools where people are posting their own penis pics, the people posting are often just as worried about size as anyone else, so they probably pick angles that exaggerate the size or shape of their penis (including showing it erect) or they are not even posting pics of their own penises at all.</p> <p>...If we're talking about anal sex (see page 239) or oral sex (see page 231), more times than not, less is more when it comes to what's most comfortable in the mouth or anus.</p>
70	<p>Sometimes, oral or manual sex may feel better to you than vaginal or anal intercourse.</p> <p>...In terms of partnered sex, mouths, vaginas, and rectums are all flexible and have curves of their own.</p>
85	<p>After all, most of us probably want our headstones to say more than Beloved Sister, Great Ass, Perfect Hair.</p>

Page	Content
87	When a person says, “I want sex,” or “I feel horny,” they are expressing sexual desire.
89	For people who have these parts, during arousal the clitoris and inner and outer labia often become puffy, stiffer, and somewhat enlarged, and vaginal secretions, or a feeling of “wetness,” can occur. That’s not only normal and nothing to worry about but also a bonus during sexual activities that involve the genitals because lubrication (sometimes called “vaginal sweating”) makes any sort of sex a lot more comfortable and enjoyable.
90	Multiple orgasm is generally achieved the same way a single orgasm is: without rushing or a single-minded goal of making it happen, with attentiveness to the whole of the genitals and body—not just the vaginal canal—and with information and knowledge that someone has gained through masturbation and other sexual experience (most people who can reach orgasm with partners can also do so via masturbation, and most people who experience orgasm generally have had it happen first with masturbation rather than with a partner).
93	For the record, masturbation is what’s usually most recommended when someone is struggling in this way, and secondarily—or at the same time—counseling that can address sexual issues that often play a part in this, such as religious shame or poor self-image. But because more often than not people who grew up socialized as girls and women get stronger messages not to masturbate, masturbation is probably the big missing link in the gender divide when it comes to orgasm.)
94	There’s a term for psyching yourself out of orgasm, and that’s spectating, which means engaging in masturbation or sex with partners and being hyperfocused on making orgasm happen.
95	[MASTURBATION: A SEXUAL SOLO] ...Solo sex. ‘Bating. Ménage à moi. Jacking off, jilling off, whacking off, beating off. Paddling the pink canoe, pocket pinball, teasing the kitty, testing the plumbing, fingerbating, jerkin’ the gherkin, spanking the monkey, soaking the whisker biscuit, surfing the channel, the sticky finger rhumba. No matter what you call it—or how goofy what you call it is—masturbation is one of the few things that almost everyone does or has done at some point: about as many people masturbate as play video games, and there are more people who masturbate than people who have computers at home or who own cars.
96	Most of us, if not all, masturbated before we can even remember: infants and very young children commonly fondle their own genitals and do other things to seek pleasure. ...Although motives and execution may differ, it’s masturbation all the same.
97	How Do You Masturbate? ...All these variables affect what arouses people, brings about orgasm, and sexually satisfies them. So, although for one person, rubbing their penis or clitoris briskly with their hands or fingers with little lead-up may get them off, another may like to read a book while using a sex toy, and another may enjoy a long soak in the tub followed by a slow and gentle self-massage. ...Masturbation isn’t just about genital stimulation. Plenty of people also incorporate touching or stimulating other parts of their bodies: breasts, nipples, or chests, thighs, hands or feet, parts of their faces—you name it, somebody’s touched it while masturbating. Some people experiment with certain sexual practices alone rather than with (or before sharing with) partners, by using new sex toys or certain types of role-play or sexual fantasy. ...Although, no, you can’t really kiss yourself, you can massage your lips with your fingers, for instance, or run your hands over the sensitive areas of your neck, nipples, legs, or arms.

Page	Content
	<p>...Take your time: when you're masturbating, you are your own lover, so treat yourself and your body just the way you'd like a lover to treat you.</p> <p>When and if you do want to move the action to your genitals, keep in mind that this is all about you—what feels good to you, what you want—not about what you've seen or heard works for someone else. So, although a lot of people might enjoy stroking the penis with their hands, others might find that rubbing their groin up against something feels good at a given time. Some people want to incorporate vaginal entry into their masturbation; others like to keep things limited to their external clitoris or other parts of the vulva. Because you don't have to negotiate with anyone about anything you do when you masturbate, what you do is 100 percent your call and entirely and only about what you want and enjoy.</p>
98	<p>In regard to toys or objects used during masturbation, if they can't be boiled to sanitize them, it's always best to cover them up with a condom or other latex barrier before use to avoid bacterial infections.</p> <p>Some Common Ways People Masturbate Genitally</p> <p>People may stimulate the penis, scrotum, perineum, or anus:</p> <ul style="list-style-type: none"> <li>With hands and fingers (usually with a lubricant or lotion), such as by stroking, rubbing, or slapping the shaft and base of the penis</li> <li>By using something to surround the penis, such as a sex toy made for that purpose, or household objects like fruit skins, socks, or warm towels, or via penetration with suction such as with a penis pump</li> <li>With vibration or pulsation to the penis, scrotum, anus, or general genital area via vibrators or small vibrating objects, by sitting or leaning on larger vibrating items, or with water</li> <li>With vibration, massage, or entry of the anus with hands or objects</li> <li>People may stimulate the entire vulva, or some portions, including the clitoris, inner or outer labia, the vaginal opening or canal; the perineum; and/ or the anus:             <ul style="list-style-type: none"> <li>With fingers, rubbing, pinching, massaging, or tapping the external genitals (such as the clitoris or labia) and/ or penetrating the internal genitals, such as the vagina or rectum</li> <li>With general stimulus to the whole genital area, such as by squeezing thighs together rhythmically, by "humping" a pillow, or by sitting or leaning on a vibrating object such as a washing machine</li> <li>With objects or items for vibration, such as by applying a water source (like a shower or water jet), vibrator, or massager to the clitoris or vulva as a whole</li> <li>With objects for vaginal or anal entry (and usually with lubricant), such as dildos or other safe and similar objects</li> </ul> </li> </ul>
101	<p>Some people find that their sexual fantasy takes them places they feel weird about visiting—people have sexual fantasies about things like group sex, casual sex, or sex with a partner of a different gender than they want to be with in real life, even though the idea of doing these things for real may be totally unappealing to them. They may fantasize about being with someone incredibly inappropriate or dangerous, about being raped, about sex with a family member, or about sexually manipulating someone.</p>
104	<p>When we talk about gender roles, we're usually talking about how we or others think or insist people of a given gender are supposed to look, think, feel, act, or interrelate based on their assigned sex or their own gender identity, when gender is not the same as the sex someone was assigned.</p>
105	<p>Not all cultures and communities see or treat gender as binary. In many Native American tribes, a gender called two-spirit (a person who considers themselves neither male nor</p>



Page	Content
	<p>female, determined by identity, not by their genitals) was known and respected. In India, a “third sex” called hijra is recognized. Xanith is an Arabic term that recognizes persons whose gender identity is not in accord with their assigned sex.</p> <p>...Gender norms can even dictate the “right” way to have sex, such as ideas that it’s not “manly” for men to enjoy receptive anal sex or not “feminine” for women to ask for sexual activities to bring them to orgasm after their male partner has had his. Queer people, relationships, and communities are not immune to typical gender roles either: lesbians and gay men have often—some voluntarily, but some involuntarily—been divided based on appearance and behavior into binary masculine (butch or top) and feminine (femme or bottom) categories whose attributes are often based on heteronormative gender roles.</p>
106	<p>Many of us have at one time or another experienced what is called gender dysphoria: discomfort with our sex or gender identity and the gender norms and roles out and about in the world.</p>
108	<p>Transgender (TG): Those who experience their gender identity or expression in profound conflict with their sex assignment. Transgender, or just trans, is an umbrella term that can include people who may or may not pursue medical interventions such as hormone therapy or surgeries, who transition between gender identities, or who transgress or transcend them altogether.</p> <p>Gender nonconforming: This is a big tent term used to describe a person who does not experience, follow, or identify with the most common ideas, systems, roles, and frameworks of gender and whose identity and sense of self disagree with how they or others are “supposed” to look, behave, or essentially be, based only on the sex they were assigned at birth.</p> <p>MTF (male to female), trans woman, transgender woman, or just woman, all by itself, like many women use it: These are the most common current terms used by and for people assigned male sex who identify as women.</p> <p>FTM (female to male), trans man, transgender man, or just man, all by itself, like many men use it: These are some common terms used by and for people assigned female sex who identify as men.</p> <p>...Genderqueer (GQ): Those who identify as genderqueer generally reject binary systems of sex and gender outright, often express or seek a place for themselves within the gender spectrum, and/ or participate in endeavors, behaviors, or activism that queer up traditional gender approaches. Genderqueer folks may also consider themselves covered by the trans umbrella because they transgress or transcend gender altogether.</p> <p>...Cisgender: A term often used to refer to a person whose gender does feel like a fit with their assigned sex. For example, someone assigned female sex at birth who identifies herself as a woman.</p>
109	<p>There’s nothing “weird” or wrong with being transgender or otherwise gender nonconforming, just like it’s not weird to be brown instead of white or to feel that you’re an atheist when you grew up with Catholicism as an assigned belief system for you.</p> <p>There’s also nothing new about it. It’s not like gender-nonconforming people were dropped from a spaceship twenty years ago and were never part of the world before. There’s just more visibility now than there was in the past.</p> <p>...Some transgender people choose to physically change their bodies from having the kind of body that feels and looks like the wrong sex or gender to having a body that looks and feels like the right one.</p>

Page	Content
	<p>...For some, this involves lifestyle, external appearance, and legal name changes; for others, those things and more: psychotherapy and counseling, hormone therapies, and even gender confirmation surgery for those who wish to adopt the physical characteristics typically expected of their gender.</p>
110	<p>Also called sexual reassignment surgery (SRS), gender confirmation surgery (GCS) isn't something a person can just walk in and have done; it is often very difficult to even qualify for. Presently, those who wish to qualify for any medical interventions related to gender often must be diagnosed with a psychiatric disorder. In other words, transgender identities are still, quite unfortunately and inaccurately, considered to be "disorders" by medical standards, even though being gender nonconforming is not an illness or disorder but just a way some people experience and understand themselves.</p> <p>...If surgery is wanted and okayed—and is also within reach, financially and otherwise—genital and/ or nongenital procedures may be performed. These may include surgery that changes the genitals and/ or internal reproductive system, breast implants or reduction, facial surgery, voice surgery, and/ or other cosmetic surgeries. Just as the words and terms for transgender and other gender-nonconforming identities are in a pretty constant state of flux, all of these medical protocols or standards change a lot, too. If you want to keep current and see healthcare protocols created and endorsed from a more modern and less biased perspective, check out the World Professional Association for Transgender Health (WPATH) standards of care, which you can find easily online.</p> <p>[TRANSPHOBIA, DISCRIMINATION, AND BIAS]</p> <p>Despite all the recent strides we've made in many parts of the world, gender discrimination is still rampant for cisgender people, especially women, and it's more prevalent still for gender-nonconforming people, especially when they're also women. Those of us who are disadvantaged in one or multiple ways by the gender binary are oppressed: disadvantaged socially, politically, and economically. Those who benefit from the gender binary are thus privileged—through cisgender privilege or male privilege, for example. Privilege can be understood as all of the things you don't have to worry about, which can make it hard for some folks to identify when they possess or leverage it.</p> <p>...So, it's no surprise that transgender individuals—and especially transgender women, who get a double-whammy in this department—often experience profound sex and gender discrimination.</p>
111	<p>There are plenty of people who feel satisfied with sex and gender systems, roles, and norms just as they are. There are plenty who've never thought about it much at all. For those people, the idea of gender dysphoria may not make much sense. They may be unable to understand it and may label gender dysphoria as a mental illness (as some schools of thought and medicine have done).</p> <p>...Some may be transphobic—scared of or hateful toward those who are transgender or intersex—and perpetuate or even believe the myths that all transgender people are sexual deviants, are homosexual, are simply trendy people who want to change their bodies the way others change hairstyles. Many of us have heard, seen, or experienced similar intolerance for other groups—toward women or feminists, people of color, people who are homeless, queer people, senior citizens, or youth.</p> <p>Others argue validly that current gender roles, statuses, and norms, even the whole concept of gender, are oppressive and problematic but nevertheless dismiss transgender people or</p>



Page	Content
	disapprove of or are even abusive toward them. The problem with that position—besides bigotry, which is never anything but a problem—is that gender is applied to everyone.
112	<p>Gendermending</p> <p>We're all lucky in that some aspects of gender have become less binary, less limiting, and less strictly enforced than they have been throughout much of our known history. Gendernormativity is becoming more of a choice than a mandate for many. Thanks, activists!</p>
113	1. Don't assume to know someone's gender identity or sexual orientation based only on your perception of them or the gender you think they are. We find out someone's gender by asking if and when we do need to know (which we actually won't very often).
115	Queer: Generally, queer is an umbrella term that describes a person who is not heterosexual.
116	Androsexuality refers to someone who is attracted to masculinity; gynesexuality, to femininity; an ambisexual is someone who can be attracted to both or either or who experiences gender as a nonissue; and a skoliosexual is someone who is attracted to noncisgender or nonbinary people in general.
117	Queer, dyke, and straight are terms for sexual identity, as might be kinky, polyamorous, slut, asexual, vanilla, tutti-frutti, and so on. Because sexual identity is so personal, some people get creative and come up with combination phrases, such as "genderqueer granola dyke" or "heteroflexible kinky poly switch."
124	Homophobia is often at the root of hate crimes against queer as well as transgender people or those assumed to be. Many hate crimes go unreported and unpunished, or they do not get media attention, and this lack of exposure of the issues helps to perpetuate homophobia.
130	Some parents kick young people out of the house when they come out, cut off college-age kids financially, disown them, or ship them off to therapists or communities that claim to be able to "convert" GLBT people. By the way, those approaches—often called "conversion therapies," even though they're anything but therapeutic—have never been proven to transform people who aren't straight into people who are.
136	For example, if your current family is not supportive of you as someone who is queer or gender nonconforming or as someone having a sexual life or pregnancy outside marriage, you can conceptualize and create a family who is supportive. This can mean separating from your existing family entirely or just a little bit or adding more members to your family so that it includes people who support you. Family can be created of friends and sexual or romantic partners, neighbors, mentors, or anyone else you can think of (including pets!); family doesn't have to be just people we're related to and doesn't have to be something someone can make anew only if they reproduce.
146	Some people use it as a masturbation aid to incite or inspire sexual fantasy. Others use it to experience arousal or feed fantasy that they want to bring to partnered sex later. ...We're probably never going to hear someone in porn say, "Please don't call my vulva a pussy, okay? I hate that word."
147	The majority of material produced as pornography, like most mass media, portrays pretty unrealistic body types and appearances: the penises and breasts we see in porn are usually much larger than average, and when we see diversity with race or ethnicity, it also often comes with a heavy dose of racism or tokenism.

Page	Content
148	It's rare to see actors in pornography who don't reach orgasm, who have orgasms that are quiet or subtle, or who aren't turned on by (or are totally turned off by) typical "porny" stuff—yet all of these reactions are normal and common in real-life sex.
152	In sexology, exhibitionism is a term that basically describes when someone feels turned on sexually—or responds sexually, like with orgasm—by being seen or watched publicly (like on a city street) or semipublicly (like in self-made media shared with partners) being naked, sexual, or engaged in some kind of sex, whether it's masturbation or sex with partners.
170	Polyamory means having more than one romantic or sexual partner at once—or being open to that idea even if the opportunity isn't currently available—and usually at least one of the partnerships is a committed one. Polyamory isn't "cheating," nor is it simply "dating" lots of people at one time. It's about making a conscious choice to have more than one ongoing partner, with full disclosure to and agreement from everyone involved. Open, polyamorous relationships may involve more casual secondary relationships or hookups, for some, sometimes even in the company of another partner. Polyamory also usually involves more than one partnership, and each involves some level of commitment: a dedicated intention, in feelings or actions, to each relationship and to any shared agreements that are part of that relationship.
189	You can date more casually. If you feel sexually frustrated, you can masturbate.
199	That can be a make-out session, fingering or a hand job, sharing a sexual fantasy, oral sex, vaginal intercourse, anal play (or even just showing someone your naked butt), mutual masturbation, massage, or tech sex.
208	There may be lines you won't or don't want to cross, such as having sex in public, having penis-in-vagina intercourse without birth control, or having certain parts of your anatomy looked at with a magnifying glass and a flashlight during sex.
212	I'd like to have sex tonight. Would you? Anything you want to do or try? If you want to have sex, should I also order a pizza now so it can be here for postsex munchies?
226	Talking about sex with a partner also involves discussing the pace you're comfortable with; your sexual health and your partner's; what you want or need to be comfortable engaging in a given sexual activity; how you masturbate; how you feel about your body; what feels good and what really doesn't; safer sex and birth control; your sexual ethics and beliefs; the relationship model that works for you both—the works.
229	So, you and yours may hit roadblocks to productive sexual communication if, say, you're talking about "tea bagging" or "fingering" and your partner has no idea what you're referring to, or if your partner calls your genitals a "pussy" or a "prick" and those terms are offensive to you.
234	Indecent exposure: This is the term for public acts of nudity, masturbation, or partnered sex. ...For instance, having any kind of sex in a car in a public garage or parked out on public property, like on the street or in a park, is public rather than private sex, and thus indecent exposure. "Public nudity" generally applies to exposure of body parts deemed sexual, such as genitals and breasts.
235	Sodomy: Sodomy laws criminalize any act of oral or anal sex, even between consenting adults. These laws have almost exclusively been applied to homosexuals and bisexuals.

Page	Content
238	Unfortunately, justice systems—and their related agencies—are often not fair or kind to young people. If you’re a member of an oppressed group (or are both a young person and a member of one or more oppressed groups), like if you’re queer or gender nonconforming, of color, poor, disabled, or undocumented, the same goes double.
240	Sure, more people kiss before oral sex or intercourse than not. And, yes, a majority of people like some things that a minority of people don’t.
241	Some heterosexual men engage in receptive anal sex with their girlfriends, and some lesbian women participate in blow jobs or vaginal intercourse using dildos or hands; the idea that there are “straight” sexual activities and queer ones is utterly busted.
242	<p>[KISSING]</p> <p>AKA: Making out, macking down, sucking face, smooching, snogging, pecking, French kissing.</p> <p>...Kissing is when two people press their lips together all smoochy-like or enjoy exploring one another’s mouths or any other part of the body with their lips, teeth, and/ or tongues.</p> <p>...Openmouthed, or “French,” kissing means just what it says: your mouths are open in some way. That may mean using your tongue to explore your partner’s tongue or lips and slight nibbles on the lips or tongue with the teeth.</p> <p>...Kissing isn’t just reserved for mouths: you or your partners can kiss any part of the body. Many people find kissing and outercourse (like petting, cuddling, and “dry sex”) to be some of the most enjoyable and intimate sexual activity there is.</p>
243	<p>[PETTING/ MASSAGE]</p> <p>AKA: Feeling up, rubbing, necking, petting, touching up, outercourse.</p> <p>...During petting, massage, or cuddling, you can rub, stroke, knead, or pull your partner’s skin with your hands and fingers, varying in intensity from very light, almost tickly touching to very deep kneading or massage. Sometimes you might add your mouth to the mix, licking, sucking, or kissing parts of the body.</p> <p>...Some people can even reach orgasm due to intense petting or massage or from touch to parts that aren’t genitals: the breasts, neck, thighs.</p> <p>...Young people who’ve got penises tend to reach orgasm and ejaculate very soon after any given sexual activity begins. According to studies, on average, someone with a penis—of any age—tends to reach orgasm, ejaculate, or both within just a couple minutes of intercourse.</p> <p>...If you’ve got a penis and feel like you’re reaching orgasm or ejaculation in such a short time that you don’t feel satisfied, or if you want to try to extend the length of time of erection for other reasons, you can also try masturbating before partnered sex; taking pauses of a few minutes from sexual activity when you feel close to orgasm; or making sure that the sex you’re having is more full-body than just genital. An added bonus of condom use is that the ring of the condom applies pressure to the base of the penis, which can help maintain erection.</p>
245	<p>[MUTUAL MASTURBATION]</p> <p>AKA: Circle jerking/ jilling, flop-whacking, wankwatching (okay, so I made the last two up). What is it, and how do you do it? When partners masturbate in each other’s presence, instead of alone, it’s called mutual masturbation. (Sometimes, mutual masturbation is also the term used to describe partners giving each other manual sex at the same time, but that’s not what we’re talking about here.) During mutual masturbation, there is no genital contact between partners; it is self-contact with a partner present. Both partners may be masturbating at the same time, one after the other, or only one person may be</p>

Page	Content
	<p>masturbating with a partner looking on.</p> <p>It's common to have mutually masturbated with friends during childhood, puberty, or adolescence, by the way: plenty of people do or have done that, no matter their gender or sexual orientation.</p> <p>...[FROTTAGE OR "DRY SEX"]</p> <p>AKA: Dry sex, dry humping, grinding, freaking, body rubbing, tribadism (or tribbing), intercourse.</p> <p>What is it, and how do you do it? It's when two people grind their genitals together (or grind their genitals against a partner) but while dressed (thus the "dry" part) and without any direct genital-to-genital contact or entry.</p> <p>In any position where there is (covered) genital-to-body or genital-to-genital contact, both partners simply move their hips around to stimulate the genitals via pressure and friction. Some couples also enjoy dry sex by pressing the penis from behind into the buttocks; some couples position themselves to use each other's thighs or genitals for simultaneous stimulation that way.</p> <p>...If one of you is nude or wearing garments that don't really cover your genitals or won't stay put to keep them covered (like a G-string), a latex barrier (a condom or dental dam) is a good idea to prevent accidental fluid contact (for more on barriers and how to use them, see Chapter 12). If everyone's naked, then we're talking about tribadism—scissoring or grinding with direct genital contact—which carries risks dry humping doesn't.</p>
246	<p>[MANUAL SEX]</p> <p>AKA: Hand job, fingering, finger-fucking, whacking off, wanking, jacking off, jilling off.</p> <p>What is it, and how do you do it? Manual sex is when one partner is engaging a partner's genitals with their fingers or hands.</p> <p>Manual sex can mean stimulation of the penis, testicles, perineum, anus, and surrounding areas; the vulva, including the mons, inner and outer labia, clitoris and vagina, and/ or the perineum, anus, or surrounding areas.</p> <p>"Fingering" is often assumed to mean vaginal entry only, when, in fact, more people enjoy either clitoral stimulation or pairing clitoral stimulation or stimulation of any other parts of the vulva with vaginal entry.</p> <p>Bear in mind that the vaginal canal and rectum are curved, not straight. So, if you are going to engage in manual sex with those body parts, putting a rigid finger or three in there as if pushing an elevator button isn't likely to feel so hot. Instead, try to keep your fingers curved in a little, as if you were holding a ball, and feel out the body part you're going inside very gradually with your fingers, as it feels good for your partner. Like with any kind of sex, checking in with someone as you're exploring tends to go a lot better than just going at it like there isn't a person—a person who can give you information their body parts can't about what feels good—attached to the body part you're touching or are inside of.</p> <p>If you are going to enter the vagina or anus with fingers, lubricant is advised for comfort and pleasure, and latex or nonlatex gloves can also be used.</p> <p>...Lubrication (what's lube? See page 294) is really important, as is starting slowly and gradually.</p> <p>If you're not in a position to look at your partner's genitals and you want help finding any part of them to explore, like the external portions of the clitoris, just ask. So long as they know their own body well, it's pretty easy for someone to place your fingers where you and they are wanting them to be. Experiment with different levels of pressure, depth, and speed and with what part of the genitals you're touching. How direct or indirect someone might</p>

Page	Content
	<p>want contact with parts of the genitals that can be supersensitive—like around the ridge of the head of the penis, with the foreskin, the opening of the rectum, or the clitoral glans—varies a lot, so per usual, be sure to ask, check in, listen, and be responsive to the feedback a partner gives you.</p> <p>An erection—either of the penis or of the parts of the vulva—isn't required for manual sex, so you don't need to wait for erection unless you or your partner has a preference.</p>
247	<p><b>Deeper manual sex</b></p> <p>More involved, as it were, manual sex is colloquially called fisting, but that's not because you make a fist and try to put it into a vagina or anus, which is unlikely to be anything but painful, if not impossible. Rather, this kind of manual sex involves starting with one or two gloved fingers (and lube, added as you go) and slowly working up to more, as it is—and only if it is—pleasurable for the receptive partner. If a whole hand is wanted by both partners, and four fingers feel good, the performing partner can then tuck his or her thumb into their palm or inside the fingers to make the whole hand as slim as possible, and then slide upward. Once it's all inside, that partner can then turn the hand back and forth, slowly open the fingers up gently and rhythmically, or go up and down, as is comfortable for their partner.</p> <p>Fisting isn't that common, and the more fingers we're talking about, the less common it becomes. Fewer people will likely be interested in it, especially at the beginning of their sex lives, and more people are generally interested in vaginal fisting than anal fisting. While both canals really can make room for that much inside, and it can feel good, this can be hard to imagine if we're still getting used to the idea of single fingers, a penis, or a dildo inside the vagina or anus. As with any sort of entry to the vagina or anus, if the idea of deep manual sex makes you very nervous, it's smarter to opt out, because being scared or nervous not only inhibits arousal but also keeps the muscles of both canals from relaxing enough for deeper entry to be comfortable and pleasurable.</p> <p>Very deep manual sex carries higher STI risks than less intrusive manual sex does.</p>
248	<p><b>[ORAL SEX: CUNNILINGUS]</b></p> <p>AKA: Eating out, licking out, going down on, going south, giving head, tipping the velvet. What is it, and how do I do it? Stimulating the vulva externally (inner labia, clitoris, vaginal opening, perineum) and/ or internally (the vagina) with lips, tongue, and/ or teeth. Although for many people the clitoral glans is the preferred center of activity for oral sex, remember that the labia and the clitoral hood are also connected to or part of the clitoris and full of nerve endings, so stimulation there often also feels good.</p> <p>...Some people like external licking or sucking of the vulva. You can circle the clitoris and vaginal opening with your tongue, lap at it top to bottom or side to side, flick at it with your tongue, suck on it and the labia, even give your partner's vulva loads of soft kisses. Some people enjoy having their vaginal opening, or even more deeply into the vagina, explored with the tongue. Even teeth, with gentle nibbling or grazing, can feel good. You may wish to hold your partner's outer labia open (and they can also do it with their own hands), to be able to see where you're going or provide more intense sensation to the whole area.</p> <p>...Some people also enjoy vaginal or anal stimulation during oral sex, either with fingers or a sex toy, and some also enjoy oral stimulation to the perineum or anus (see rimming, below). If you're using a latex barrier for oral sex and are going to incorporate anal play, just be sure to use a new dam for that area rather than sliding the same one back and forth.</p> <p>...[ORAL SEX: FELLATIO]</p>

Page	Content
	<p>AKA: Blow job, blowing, giving head, sucking off, hummer, tea-bagging (for oral sex on testicles).</p> <p>What is it, and how do I do it? When the penis is stimulated with the mouth, tongue, lips, and, often, hands at the same time. There isn't usually any actual blowing involved; in the 1950s and 1960s, blow was slang for ejaculate, which is probably the source of blow job as slang for fellatio.</p> <p>Generally, fellatio involves licking, lapping, and sucking the head of the penis, the ridge beneath it, and the shaft. It can also include oral contact with the testicles, perineum, and/or anus.</p> <p><b>DON'T CHOKE</b></p> <p>If you're the receiver of fellatio, a quick etiquette tip: imagine, if you will, someone roughly shoving an unpeeled banana fully into your mouth and throat.</p> <p>...Holding a partner's head gently or guiding their mouth with your hands during fellatio is completely fine if they're down with it (not everyone is). Pressing your pelvis very intensely or quickly into a mouth isn't anything but a good way to choke somebody, so just be sure to be attentive, if holding a partner's head, to what your hands are doing and to what their limits are.</p> <p>...Don't suck on a penis too roughly; start slowly and softly, and then change it up based on your partner's feedback. Even when you use a little more intensity, remember that the skin is delicate there. If you're giving fellatio, know this: you do not have to try to fit the whole penis into your mouth or throat. You can use your hands as an extension of your mouth, instead, to stimulate the parts of the penis not covered by the mouth, and that's a mighty common way people go about this.</p>
249	<p><b>[ORAL SEX: ANALINGUS]</b></p> <p>AKA: Rimming, rim job, tossing the salad, hitting it.</p> <p>What is it, and how do I do it? One partner orally stimulates a partner's anus or rectum with their lips or tongue. Rimming is one of those activities often assumed to be practiced only by gay men, but people of all genders and orientations may enjoy rimming as well as stimulation to the perineum. The idea that only gay men—and all gay men—like and want any kind of anal sex is based more in stereotype than in reality.</p> <p>It's strongly advised to use a latex barrier during analingus, because traces of fecal matter that everybody's butt has at any time often carry bacteria that can cause infections, especially if you're also using your mouth on other portions of your partner's genitals.</p>
250	<p>Women may also sometimes give blow jobs as a way to say no to something else—for instance, to get a partner to cease pressures to have intercourse—or they may come up against cultural attitudes about serving “male needs,” being dominated, or women being responsible for getting male partners off.</p>
251	<p><b>[VAGINAL INTERCOURSE]</b></p> <p>AKA: Sexual intercourse, heterosexual intercourse, having sex, screwing, fucking, making love, shagging, hitting it, nookie, getting laid, the horizontal mambo.</p> <p>What is it, and how do I do it? Vaginal intercourse—and specifically, penis-in-vagina intercourse—is often the assumed “default” sex, as in, that's what many people mean, and assume others mean, when they say they're “having sex.” Vaginal intercourse is when the vagina interlocks with something that can go inside of it, like a partner's penis or a sex toy. Partners then generally move about while interlocked in whatever ways feel best to everyone involved.</p>



Page	Content
	<p>...An erection of the penis is required for penis-in-vagina intercourse; relaxation, sexual arousal, and lubrication—which often means extra from a bottle—beforehand and during are usually needed for intercourse to feel good to the person whose vagina is being entered.</p> <p>...If a person with a vagina is aroused and intercourse is likely to feel good, a few fingers inside the vagina and a penis or dildo entering the vaginal opening feels good and aren't a struggle or strain.</p>
252	<p>If a partner feels too “tight” (to themselves or a partner) or if that initial entry is painful, unless they have a health issue at the root of the pain, like an active infection or a genital pain condition, chances are very good they're just not yet fully aroused.</p> <p>...People may find the most sensitive stimulation they feel from intercourse is from shallower depth, because more fine-touch sensory nerve endings are present at or near the front of the vagina and at or near the top of the penis.</p>
253	<p>Some schools of sexual thought concern different ways to engage in intercourse to meet certain ends. Tantric practice, for instance, focuses on slowing down movements during intercourse and delaying or withholding orgasm or ejaculation.</p>
254	<p>One of the most common complaints about intercourse from receptive partners is that their partner “finishes” before they're done, and that complaint sometimes comes with character indictments, like the person who reached orgasm first is being selfish. Now, if someone is reaching orgasm from intercourse and is all “Seeya, good luck getting off, buddy!” then it makes sense to talk about selfishness.</p>
256	<p>[ANAL SEX/ INTERCOURSE] AKA: Buttfucking, asslove, backdoor action. What is it, and how do I do it? Anal sex is entering the anus and rectum for sexual satisfaction of both partners.</p> <p>...Men who enjoy anal sex—whatever their orientation or their body parts—may enjoy being the person doing the entering, the person whose body is being entered, or both. The idea that it's only masculine to put yourself into someone else's body parts, but not to allow sexual partners into any of yours, is just gender stereotyping and other kinds of silliness.</p> <p>If you're using toys or dildos for anal sex, be sure the object has a flared base that is a good deal larger than the anus. Although things can't get “lost” inside the vagina, they can inside the rectum. As with use of sex toys for anything else, be sure you are either covering toys with a condom or only using toys that can be sanitized; otherwise, bacteria from the rectum can make a toy a vector for infections.</p> <p>...Some young people engage in anal sex, though it's less common than many might think.</p>
258	<p>The rectum doesn't produce its own lubrication. The anus is also a tighter, smaller orifice. So, plenty of lubricant is essential with any anal sex, not optional.</p> <p>...If one or two gloved, lubed fingers feel good to the receptive partner, and they want to move up to a fuller sensation, then you can do that—again, slowly and gradually, and with a condom on the penis or other object. The person doing the anal entry shouldn't be pushing or forcing their way in: if they/ you go slow, the anus will slowly “accept” and pull in more of what's introduced to it, and that's something you can feel with whatever body part you're putting inside the anus. After that, how deep, fast, or slow one should go is up to the person on the receiving end, so communication is as important here as ever. Like other sexual activities, anal play or intercourse can be combined with oral sex, manual sex, or even vaginal intercourse by using fingers or sex toys such as butt plugs.</p>

Page	Content
260	<p>[SENSATION PLAY]</p> <p>What is it, and how do I do it? Experimenting with different sensations, throughout the body, not just genitally (in fact, it need not be genital at all). Some people do this by applying hot and/ or cold items to the body, by stroking the body with different items, such as feathers or silky or rough fabrics, and by adding food or liquid items to sexual play. Others might use clothespins for a pinching sensation, snakebite kits for “cupping” certain areas of the body for a feeling of suction, safe forms of electrical play with static electricity machines configured for sexual use, or hands, whips, or paddles to strike the skin.</p> <p>Some use sensation play as part of SM or BDSM activity. But those roles or structures aren’t at all required for sensation play; many people engage in sensation play without incorporating them at all.</p> <p>...Role-Play</p> <p>What is it, and how do I do it? Just like “make-believe” or “playing doctor” as a kid, some people do the same in a sexual context with partners. That may mean a couple pretends that they’re in a different place, that someone is watching, or that they’re different genders—what have you. The rectum doesn’t produce its own lubrication. The anus is also a tighter, smaller orifice. So, plenty of lubricant is essential with any anal sex, not optional. ...If one or two gloved, lubed fingers feel good to the receptive partner, and they want to move up to a fuller sensation, then you can do that—again, slowly and gradually, and with a condom on the penis or other object. The person doing the anal entry shouldn’t be pushing or forcing their way in: if they/ you go slow, the anus will slowly “accept” and pull in more of what’s introduced to it, and that’s something you can feel with whatever body part you’re putting inside the anus. After that, how deep, fast, or slow one should go is up to the person on the receiving end, so communication is as important here as ever. Like other sexual activities, anal play or intercourse can be combined with oral sex, manual sex, or even vaginal intercourse by using fingers or sex toys such as butt plugs. Some bring costumes and props into the scene; for others the fantasy is solely in the imagination. Role-play can be a way for couples to play out sexual fantasies together. Sexual cosplay is a kind of role-play, as is most sex that incorporates domination or submission (which sometimes is about an abusive relationship where that’s for real, not about consensual sexual role-play). Some people may incorporate hierarchal roles into their fantasy scenarios; some may be about “powerplay,” in which partners explore different power relationships between them or sexual fantasies in which power or hierarchical elements are in place, such as student/ teacher or employee/ boss. Some people explore scenarios that would either be harmful, dangerous, or taboo in actuality, such as incest, rape, or sex with strangers. Others may use role-play to explore existing gender roles or stereotypes or to enjoy sillier fare, like playing doctor, cops ‘n’ robbers, badass super( s) hero and captured bad guy, Bert and Ernie—whatever floats your boat.</p> <p>Role-play that plays with risk, consent, taboo, hierarchy, and power can be very charged and loaded, and more easily coercive.</p>
262	<p>BDSM</p> <p>D/ S is a term usually used to describe sexual dominance and submission play, in which one partner “tops” and another “bottoms” and/ or one partner is dominating and another submitting. The top or bottom may be of any gender, and the action may involve extending pleasure past a point of physical or emotional comfort; “punishing” a partner via humiliation, sexual play, or withholding of sexual activities; and utilizing bondage, sensation</p>

Page	Content
	<p>play, or verbal enactments. SM or S/ M is an abbreviation for sadism and masochism, or sadomasochism, which means that one partner is giving pain (sado–), and the other is receiving it (–masochism). The B in BDSM usually refers to bondage.</p> <p>BDSM educators recommend what’s often known as the SSC rule: safe, sane, and consensual.</p> <p>...D/ S play may involve sex acts most people are familiar with, such as oral sex and intercourse. D/ S may also incorporate sensation play, bondage, or other “kinky” sexual activities. Many people engaging in D/ S play incorporate safewords into their play: phrases or gestures understood by both to express thresholds, limits, and boundaries. Saying a safeword stops the role-play or sexual activity at any time, immediately and without question. Like polyamory, D/ S or BDSM play often requires more discussion and negotiation than other sexual activities might. D/ S roles shouldn’t be dictated by sex or gender: people of any gender can be tops, bottoms, or “switches,” people who enjoy both roles. What role someone should choose is the role that they want.</p>
263	<p><b>Bondage/ Restraint</b></p> <p>What is it, and how do I do it? Bondage or restraint is the practice of having one partner (or less often, both partners) restrained in some way, usually with ropes, cords, other types of fabric or cuffs, and other restraints, during sexual activity for the purpose of increasing pleasure. Some people self-restrain during masturbation. Others use rope or cord to create intricate and creative patterns of knot-tying on the body.</p> <p>...Like sensation play, sometimes bondage and restraint are incorporated into BDSM or role-play, but just as often, they aren’t. Bondage can be used to allow a partner to be selfish in terms of being given all the pleasure, being unable to reciprocate during a given sexual activity, because they can’t use their hands or mouths. Some people enjoy being bound or restrained in certain ways that keep them from engaging in behaviors that may be habitual for them, as a way to seek out other avenues of pleasure; for instance, a person who typically masturbates during intercourse may enjoy having their hands bound and then having to seek out other forms of extra stimulation.</p>
264	<p><b>Body Fluid or Blood Play</b></p> <p>What is it, and how do I do it? Some people enjoy any number of body fluids sexually: ejaculate, vaginal fluids, menses, urine, or blood. They may simply enjoy tasting, feeling, or smelling them during sexual activities, or they may engage in activities specific to enjoying those fluids, such as “golden showers” (being urinated on) or having a partner ejaculate on them. Some enjoy this because it feels taboo, or naughty, to have intimate contact with body fluids. For others, fluid play may be enjoyable because a certain intimacy or sacredness is experienced in fluid bonding.</p> <p>...Sex Toys</p> <p>What is it, and how do I do it? Sex toys come in many varieties. From vibrators—electric and battery-operated, big and small, swanky and silly—to silicone dildos, anal plugs to masturbation sleeves, cock rings to clitoral suction devices, toys and tools run the gamut. People use them for masturbation as well as for partnered sex, by themselves or in conjunction with other activities.</p> <p>Generally, sex toys aren’t available for purchase by minors and are sold in sex toy shops, through catalogs, and on Internet sites. Some people also make their own sex toys or use household objects as sexual toys or aids: electric toothbrushes, plastic bottles, socks, pillows, and all sorts of other objects.</p>

Page	Content
	<p>So long as simple directions are followed for items sold as sex toys, they're usually safe for use. For instance, using something electrical in a bathtub isn't safe or smart, and using an item not designed for anal use—and without a flared base—in the anus is a bad idea. Anything with sharp edges should generally not be used on or in the genitals. You must be able to cover with a latex barrier anything that is being used as a sex toy, especially if it is shared, or be able to boil it; otherwise, you could brew and pass around infections and bacteria. Shared (and uncovered) toys are often a very common route for infections to be spread between female partners, something lesbian women often aren't even aware of. Using household items—such as electric toothbrushes, the zucchini for dinner, or shampoo bottles—as sex toys, when they are shared by household members, who are unaware of what they're being used for by you, is decidedly on the Not Okay list.</p>
265	<p>There are so many different kinds of toys, and so many different ways to use them, a whole separate book would be required to cover all the bases. But people of all genders can and do enjoy a multitude of toys, and many people, and often especially women, who have trouble first reaching orgasm find that a vibrator can help get them there. People may like vibrators or suction toys used on their clitoris or labia, on the penis or testes, on the perineum or anus, or the nipples, or almost any other body part. Dildos, plugs, and insertable vibes can be used inside body parts or body parts can be put into them. People can use dildos paired with harnesses worn on the hips for intercourse.</p> <p>People often ask whether vibrators can permanently desensitize areas they're used on: the answer is no. Very fast or intense friction or sensation can temporarily cause less sensation to be experienced in the genitals, because heavy friction tends to numb things slightly. A person can experience that with a vibrator but also with oral sex or by riding a motorcycle. Clap your hands together very intensely for a while, for instance, and you can get an idea of how loss of sensation can happen and how quickly sensitivity usually returns. Right after the clapping, the tingling in your palms will be intense, and touching your palm with fingers may not feel like much, but shortly the tingling subsides and your touch will feel more sensitive again. No big. Too, any one form of stimulation can, after a while, feel old or become a mere habit. But vibrators and other sex toys don't damage people's bodies or genitals in any way simply by being used, even when used frequently.</p> <p>Some partners feel insecure about a suggestion to use sex toys together, feeling like if a toy is "needed," they or their genitals or other body parts are inadequate in some way. Generally, some people mistakenly think that they are supposed to be their partner's absolute sexual everything and that their body is the only playground. Explaining the difference between "need" and "want," in these situations, is often helpful, as is making clear that wanting to add toys to play is really no different from wanting to try any new sexual activity.</p> <p>Also, toys that all partners can enjoy, in whatever ways, are often helpful for dealing with feelings of insecurity about sex toys: when everyone involved uses them, instead of just one person, that can help a partner who wants to use a toy but feels self-conscious about being the only one. Some partners may feel that sex toys are "unnatural," but nowadays, so much of our environment, from our sex lives to the foods we eat to what we put on our hair, is man-made or synthetic that, although the desire to stay close to nature is understandable, sex toys aren't holding the world back from that. Too, people with some kinds of disability often need sex toys or devices to engage in the sexual activities they want to.</p>

Page	Content
266	<p>Because many sex toys are sold “for novelty-use only,” manufacturers can dodge health regulations. Toys that are made of “cyberskin” or “jelly toys” are most likely to contain these substances; silicone, hard plastic or acrylic, glass, and metal sex toys usually do not. ...If you’re a minor without access to manufactured sex toys, life will go on without them for the time being. You can also do a little DIY if you like: a lot of people use “back massagers” (and two of the most popular vibrators ever sold, the Hitachi Magic Wand and the Wahl Coil are such “massagers”), the backs of electric toothbrushes, or other self-fashioned toys. So long as it belongs to you (or you can throw it away), no part of it can injure you, and you can make it sanitary, it’s probably safe, fine, and someone else has probably also made it work for themselves before.</p>
267	<p>A partner touching me sexually in public          Touching a partner sexually in public          ...Having my shirt/ top off with a partner          Having my pants/ bottoms off with a partner          Having a partner’s pants/ bottoms off          Being naked with a partner          A partner being naked with me          ...Being looked at directly, overall, when I am naked</p>
268	<p>Sex of some kind( s) with one partner at a time, only          Sex of some kind( s) with two partners at a time          Sex of some kind( s) with three or more partners at a time</p>
269	<p>Feeling and being aroused (sexually excited) alone          Feeling and being aroused with or in front of a partner          Having genital sexual response, like erection or lubrication, alone          Having genital sexual response, like erection or lubrication, seen or felt by a partner          ...Being unable to reach orgasm alone          Being unable to reach orgasm with a partner          Having orgasm alone          Having orgasm with or in front of a partner          Ejaculating alone          Ejaculating with or in front of a partner          Having a partner ejaculate with me/ while I’m present          Having an orgasm before or after I feel like I “should” with a partner          Having a partner have an orgasm before or after you feel like they “should”          Making noise during sex or orgasm alone          Making noise during sex or orgasm with a partner</p>
270	<p>Giving hickeys          Getting hickeys          ...Having my chest, breasts, and/ or nipples touched or rubbed          Touching or rubbing a partner’s chest, breasts, and/ or nipples          Frottage (dry humping/ clothed body-to-body rubbing)          Tribadism (scissoring, rubbing naked genitals together with a partner)          A partner putting their mouth or tongue on my breasts or chest          Putting my mouth or tongue on a partner’s breasts or chest          Masturbating in front of/ with a partner          A partner masturbating in front of/ with me</p>

Page	Content
	<p>Manual sex, receiving  Manual sex, giving  Ejaculating (coming) on or in a partner's body  A partner ejaculating (coming) on or in my body  Using sex toys (like vibrators, dildos, or masturbation sleeves) alone  Using sex toys (like vibrators, dildos, or masturbation sleeves) with a partner  Oral sex (to vulva), receptive partner  Oral sex (to vulva), doing to someone else  Oral sex (to penis or strap-on), receptive partner  Oral sex (to penis or strap-on), doing to someone else  Oral sex (to testes), receptive partner  Oral sex (to testes), doing to someone else  Oral sex (to anus), receptive partner  Oral sex (to anus), doing to someone else</p>
271	<p>Anal intercourse, receptive partner  Anal intercourse, insertive partner  Using food items as a part of sex  ...Being bitten, scratched, slapped, or spanked by a partner in the context of sexual pleasure  Scratching, biting, slapping, or spanking a partner in the context of sexual pleasure  Pinching or having any kind of clamp used on my body during sex  Pinching a partner or using any kind of clamp on them during sex  ...Reading pornography alone  Reading pornography with a partner  Viewing pornography alone  Viewing pornography with a partner  A partner reading or viewing pornography  Giving pornography/ erotica to a partner  Getting pornography/ erotica from a partner</p>
272	<p>Maybe you performed oral sex on a partner and so feel they “owe” you the same, even if they aren’t as interested in it as you are—or maybe you only performed that oral sex to try to earn some for yourself. Or you find you feel guilty about a partner rubbing their genitals with your hands when you don’t want to or don’t feel ready to yet, and you think you’re being unfair in some way. Perhaps you always initiate sex in your partnership and would really like the shoe to be on the other foot for a change. One partner might feel that the other always gets what he or she likes but that they never get what’s good for them.  ...With activities like sexual intercourse, dry sex, and kissing, where the same or similar parts are getting used and stimulated at the same time, we assume reciprocity: that both parties are giving and getting the same thing.  ...If we’re with someone who is a good partner for us, we’re not just getting off on being pleased, we’re getting off on our partner experiencing pleasure.  ...Double-check with yourself to be sure that partnered sex rather than masturbation is really what you want at the moment and that you’re not engaging in any sexual activity out of obligation rather than desire.</p>
273	<p>We don’t lend and borrow sex the way we lend and borrow our favorite sweaters or a cell phone, nor do we “owe” someone a blow job for going out with us like we owe someone who fixed the toilet payment for their services.</p>



Page	Content
	<p>...When your partner is doing their homework in their head during sex rather than being fully present with you or is just saying yes to avoid an argument, it can feel pretty weird and create some unhealthy patterns.</p> <p>Maybe your partner performed oral sex for you, so you feel that you're obliged to perform a similar or understood-to-be-equal activity, whether you like it or not.</p> <p>...If your partner engaged in oral sex with you and your genitals, and they're expecting something in return that you aren't interested in, let them know you aren't interested in whatever that is, and fill them in on the things you are interested in instead.</p>
274	<p>[FAKING IT]</p> <p>Plenty of people (and not just women!) fake orgasm, for a variety of reasons: They may feel that if they don't "come," they are ruining something for their partner; they may be worried that they'll look sexually immature or inexperienced if they don't have an orgasm or that they'll hurt a partner's feelings.</p>
277	<p>[" QUEER" SEX AND "STRAIGHT" SEX: WHAT'S THE DIFF?]</p> <p>The sex queer people engage in most often involves the exact same sort of things that it does for straight people: kissing, hugging, snuggling, petting, touching, frottage, mutual masturbation, manual sex, oral sex, and vaginal or anal intercourse and stimulation—the works. Any and all of those activities are just as fulfilling, satisfying, and orgasm-inducing (or not) for queer people and couples as they are for anyone else.</p>
289	<p>Transgender and/ or Queer Care</p> <p>If you're a trans guy who still has a cervix, you'll also still need Pap smears.</p>
291	<p>Queer or gender-nonconforming patients often face additional challenges. Discrimination can manifest in many ways.</p>
297	<p>How do you get it? The why and how of BV are not clearly understood, but your chances of developing it are increased by douching, sexual activity (especially with new partners), switching between vaginal and anal sex (either unprotected or by using the same condom for both), sharing sex toys that can't be or weren't boiled or covered with a latex barrier, improper wiping after bowel movements, or antibiotic use.</p> <p>...Just as BV occurs when "bad" bacteria are introduced to the vagina, a UTI (sometimes called cystitis) or bladder infection occurs when bacteria—from the anus, the external genitals, clothing, hands, sex toys, or partners—get into the lower urinary tract or the bladder.</p> <p>...UTIs or bladder infections can develop from improper toilet wiping, which can bring bacteria from the rectum into the urethra, and from sexual activity (namely, manual, oral, or vaginal sex, though "dry" sex can also cause a UTI).</p>
305	<p>They're a long sheath made of latex or suitable latex alternatives (like polyurethane or polyisoprene) that are put on a penis or toy. Condoms are used as safer sex barriers for vaginal or anal intercourse (with a penis, toy, or other object), for fellatio, and for covering shared sex toys, like dildos or vibrators, especially those that cannot be boiled or sterilized. They can also be used to cover the penis during manual sex, in lieu of latex gloves, or cut lengthwise and opened for use as a barrier for cunnilingus or anilingus.</p>
307	<p>The illustrations on this page d308for putting a condom on a penis. The second image depicts an erect penis between two hands holding a condom upright. The next image depicts the same erect penis with one hand holding the end of the codom as the other hand</p>

Page	Content
	is rolling the condom down. The image on the bottom-left side depicts an erect penis with a condom on and a hand his holding the condom on the penis.
308	<p>3. After ejaculation, withdraw while the penis is still erect, while holding on to the base of the condom to make sure it doesn't slip off.</p> <p>...For every new or repeated sexual activity, always use a new condom. Do not switch between vaginal, oral, or anal sex without also switching to a new, unused condom. Condoms also cannot be reused: once you've used one, it's toast.</p>
309	Stay sugar-free. Flavored condoms are for oral sex, not for anal or vaginal intercourse.
310	The illustrations on this page depict the process for inserting a female condom into the vaginal canal. The image on the right-side depicts a view of a woman's pelvis in a three-quarts view as she holds her labia open with one hand and inserts the condom into her vagina with her other hand.
311	For consistent pleasure and comfort with sexual activities that involve a lot of friction—like intercourse, manual sex, or masturbation—most people want or need lubricant and find that it increases their pleasure and sexual enjoyment.
312	<p>Dental Dams</p> <p>Dental dams are used for cunnilingus or anilingus.</p> <p>The illustration on this page depicts a zoomed in view of a woman's nude pelvid area. The legs are spread wide and two arms above the pevlis are holding a rectangular film over the pelvis. The woman's genitalia are shown through the film.</p> <p><i>See Figure 3.</i></p>
314	<p>Finger Cots</p> <p>Finger cots are used for manual sex, when only a finger or fingers are being used, such as for anal play or clitoral stimulation. They can also be used to cover small sex toys (like remote vibrators).</p>
318	Alot of people have the idea that alcohol or recreational drugs (including prescription drugs used recreationally) are sexual enhancers.
319	<p>Condoms can help to maintain erection and delay ejaculation in a way that's often desired. Manual sex or anal play with a glove and lube usually feels a whole lot better and more comfortable.</p>
333	<p>Queer people often have to face homophobia in the process of reporting and seeking help with abuse, and queer women, specifically, may also have to face sexism; for gay men and lesbians of color, racism as well.</p> <p>Transgender people often have to deal with transphobia. If a queer person in abuse is marginalized in more ways than by just being queer—like being an ethnic or racial minority or poor—the challenges when it comes to seeking and finding help and support often get bigger and bigger.</p>
334	Violence that specifically targets queer or gender-nonconforming people is one kind of hate crime. Given the frequently gendered nature of sexual abuse and assault, it's also sound sometimes to talk or think about rape as a hate crime.
336	We might tell ourselves that maybe they just like "rough sex."

Page	Content
364	While all of this is going on, should someone with a penis ejaculate (“come”) inside the vaginal opening or very directly, and without barriers, onto the vulva, then we’ve got some of the other things needed for a potential pregnancy: semen and sperm cells.
367	Can Someone Get Pregnant If Their Partner Ejaculates While Someone Has Pants on, Is in the Bathtub, or Is Across an International Border? ...Scenarios like giving a partner unprotected oral sex in which you have oral contact with their semen, then kiss them, and then your partner engages in cunnilingus presents STI risks, but not pregnancy risks. Sitting in a tub with someone who ejaculates in the water without actual genital contact? No way. If there is a distinct barrier between a vagina and a penis, such as thick or impermeable clothing (like a few layers of denim or polyester), water, or an international border, there is not a risk of pregnancy.
372	Condoms—latex or nonlatex sheaths—either rolled onto the penis or, when using inside or female condoms, inserted into the vagina work by preventing sperm cells from having any contact with the vagina or vulva, because any fluids are contained within the condom.
373	It’s ideal for everyone to know how to put a condom on; that way, if a partner needs help—or finds it’s sexy when their partner puts on the condom for them as part of sex!—help can be, literally, at hand.
387	Withdrawal (aka “Pulling Out”) Withdrawal means that a partner with a penis withdraws from the vagina before ejaculating.
394	Do I really need to use a condom for oral sex?
400	In most areas, a person who wants to choose abortion has around five or six months after pregnancy occurs before they are outside the window for a safe, legal abortion. The later that decision is made, the fewer the options available, the greater the cost, and the greater the health risks (which always increase the longer a pregnancy goes on, abortion or not).
415	Abortion: Terminating a Pregnancy Abortion is a medical procedure performed to remove and end a pregnancy, just like tooth extraction is a medical procedure performed to remove a tooth. ...Legal abortion procedures are very safe: statistically, we know that the health risks are much greater for carrying a pregnancy to term than they are for abortion. No long-term health problems have been found, through extensive study, to be associated with legal medical or surgical abortion. ...A dose of one drug is given in the healthcare provider’s office, while the other is taken a day or two later at home. Usually a few hours after the dose of the second drug, the embryo (not a fetus yet, and certainly not a baby) and other products of conception pass out through the vagina.
417	After the cervical opening is dilated, the pregnancy tissue is removed through a combination of suction and the use of instruments called forceps. This process takes between five and fifteen minutes, not including the time it takes for dilation or the night that may have passed.
418	If you can’t find one, use a search engine and enter current choice-respecting common terms like “right to abortion,” “reproductive health care,” “options counseling,” “contraception,” and “pro-choice.”
419	By the age of forty-five, about one in every three people who become pregnant will have an abortion.

Page	Content
	...The majority of people who have abortions subscribe to religious beliefs, and 70 percent or more of those who have terminated pregnancies are members of Judeo-Christian religions, including Catholicism.
420	In fact, studies support that the majority of people who freely choose abortion for themselves have positive rather than negative psychological responses over the long term.
423	The reproductive choice you make may not be what your partner wants. That's a toughie, because if the pregnancy is occurring in your body it is your choice to make.
425	It's difficult to be involved in a reproductive choice that you had a part in bringing about but that is not happening in your body or directly to you. Ultimately, the reproductive choices a person who becomes pregnant makes are—and should be—their choices, just like anything that was happening in and to only your body should be yours. ...Understand that trying to pressure a pregnant partner into a certain reproductive choice just isn't okay. It's their choice, not yours, however difficult that might be to accept—their body, not yours.
429	If you are in any way marginal in the world at large—like if you're a woman, of color, transgender or otherwise gender nonconforming, poor, pregnant, queer (including asexual), a teen or young parent, of size, or disabled—then it's very likely that managing and owning aspects of your sexuality will often not come easy or receive latitude.

Profanity/Derogatory Term	Count
Ass	7
Cock	2
Cunt	1
Dick	1
Dyke	1
Fag	5
Fuck	3
Piss	3
Prick	1
Pussy	4
Shit	1

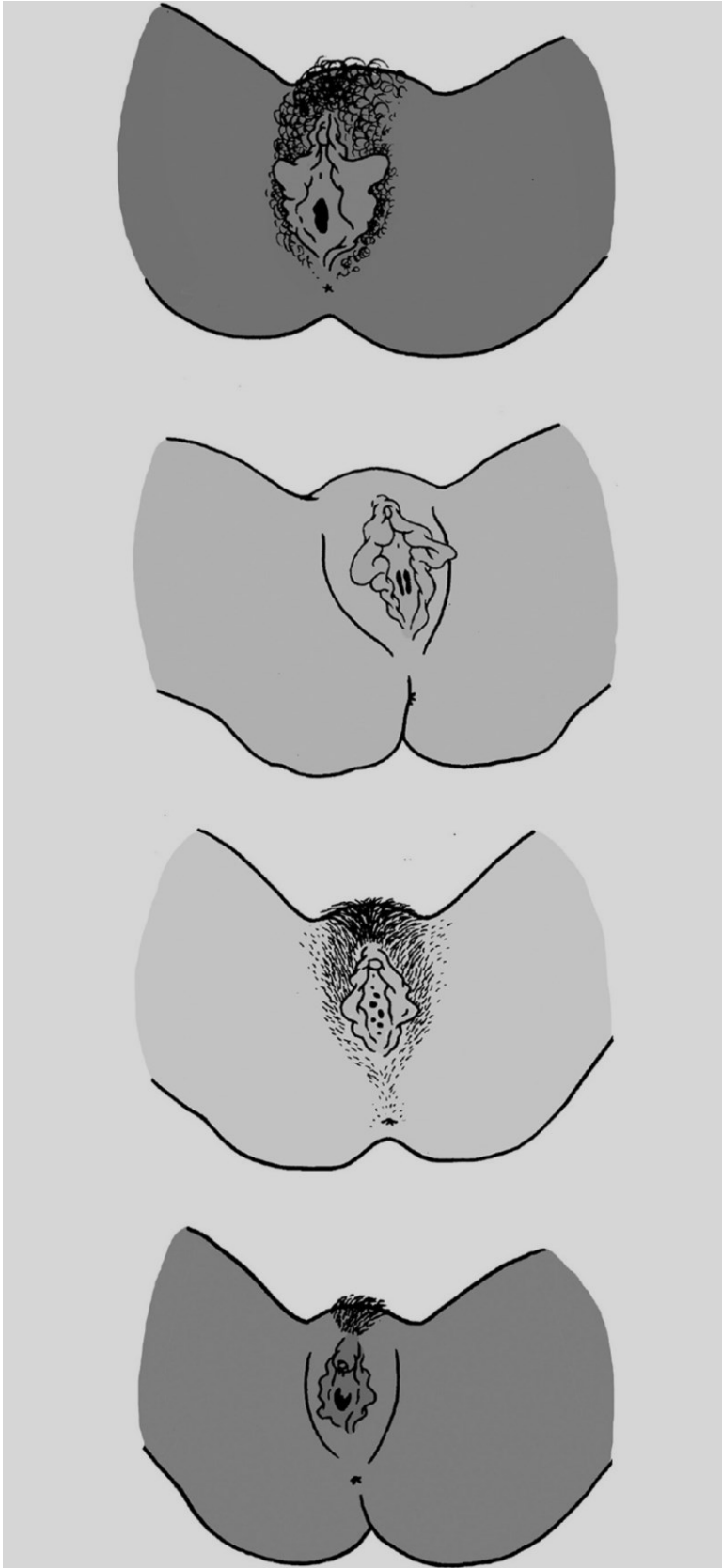


Figure 1

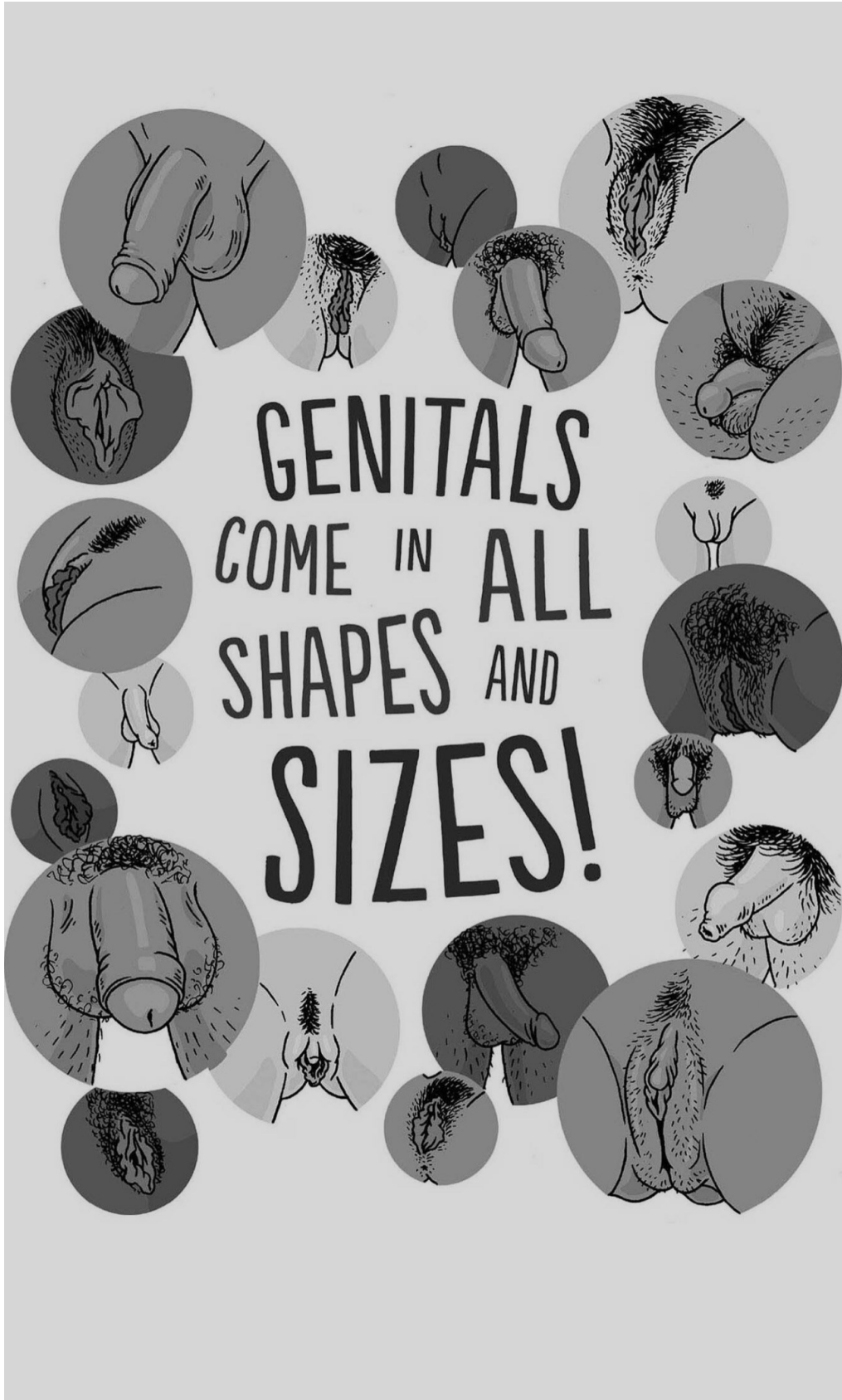
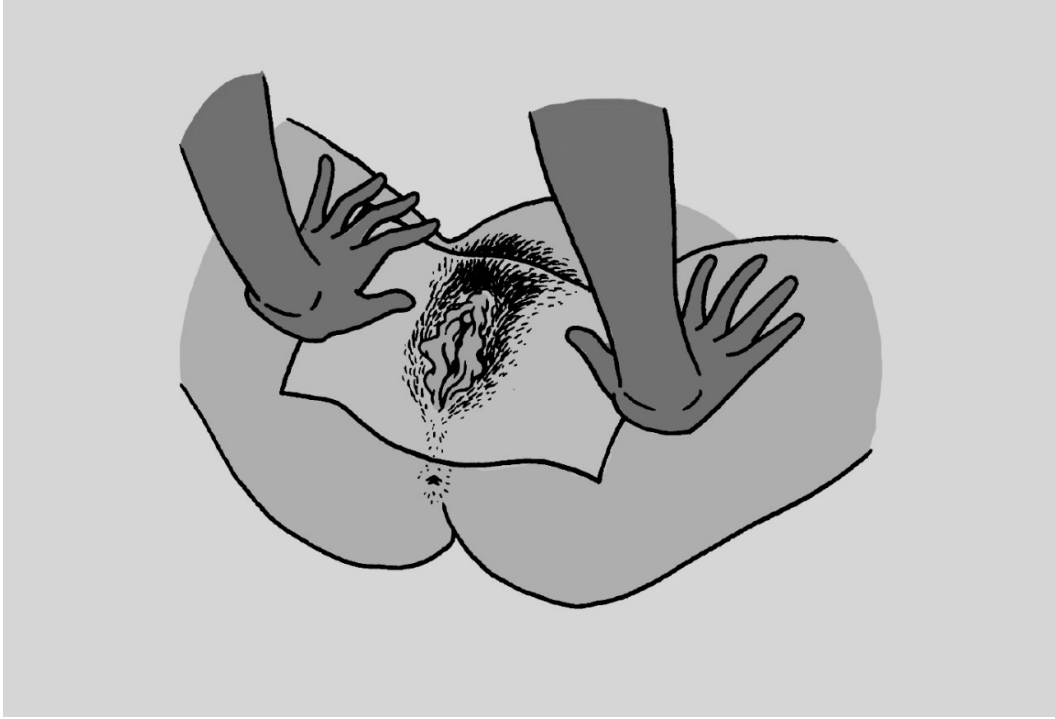


Figure 2





*Figure 3*