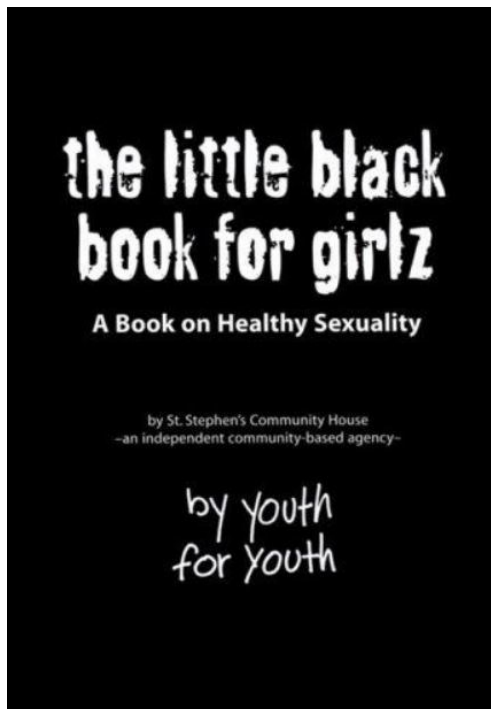


THE LITTLE BLACK BOOK FOR GIRLZ: A BOOK ON HEALTHY SEXUALITY



Book Summary:

Young women discuss and answer questions about sex, relationships, sexuality, and others.

Summary of Concerns:

This book contains obscene sexual activities including excerpts and illustrations; sexual nudity; alternate sexualities; alternate gender ideologies; references to abortion, alcohol use, and drug abuse; and profanity.

Young Adult

By St. Stephen's Community House

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CONTENT WARNING

You are about to access material that may contain content of an ADULT nature. These files may include pictures and materials that some viewers may find offensive. If you are under the age of 18, or if such material offends you or if it is illegal for you to view these materials, please exit now.

4 /5

Not For Minors
BookLooks Review Rating

Page	Content
21	<p>Sally is really in the mood and is ready to hit the sack with Alice, but Alice doesn't really feel like it. Alice feels comfortable telling Sally, "Not tonight, babe" and Sally respects Alice's boundaries and decisions.</p> <p>Equality: Julies gives Pat a blow job, and after he comes, he goes down on Julie.</p>
24	<p>Q. When did you know you were gay?</p> <p>A. Well, I guess deep down I always knew since I was a kid and playing doctor with my girlfriends.</p> <p>...Quickly I learned about this thing called "the lesbian community".</p>
26	<p>A lot of adults are homophobic and teach it to their kids.</p>
27	<p>Being bisexual for me just means that I have the freedom to fall in love with another human being. Whether it be a male or female.</p>
31	<p>ONCE A GIRL, NOW A BOY</p> <p>...Cat was kind enough to come in and do a workshop with us on everything from understanding terminology to what it was like for him to go through the process of identifying as female to identifying as male.</p> <p>...Transgendered: A broad term that describes people who transgress society's ideas of biological sex and gender norms and begin a self motivated transformation to have a lived identity as another gender (meaning people who are identified at birth as being a girl but live and walk through the world as a boy, or vice versa).</p> <p>...Transgendered people feel that the gender they appear to be physically does not match the gender they feel they are inside (i.e., a boy in a girl's body or vice versa).</p>
32	<p>Most transgendered people are aware of these feelings from as early on in life as childhood. In many cases when children begin to show their displeasure with their gender, they are diagnosed with gender dysphoria (clinical term for unhappiness with one's gender). Not every transgendered person is gay/lesbian; in fact being transgendered has nothing to do with sexual preference.</p> <p>...These groups help transgendered people explore the choices available such as living "in role" as a person of the sex they feel they are or gender-reassignment (sex change) surgery or hormonal treatments.</p> <p>...N&M: Where are you in the process of transitioning?</p> <p>C: Well, I've been through the Clarke Institute, which is a mental health facility in Toronto, and I have spoken with the psychiatrist, family doctor, and my family. I've had upper body surgery to remove my breasts, and I inject testosterone on a daily basis.</p> <p>N&M: What made you change your sex?</p> <p>C: I didn't actually feel like a girl or a guy; I felt like a person stuck in between.</p>
33	<p>N&M: When having sex, do you consider yourself straight?</p> <p>C: No, I consider myself gay, not straight. It's playing with gender roles. I don't know, I date girls.</p>
36	<p>I look at my hands. You reach out, grab my ear and hair, and pull me to you. You kiss me. Kiss me, oh, kiss me. Kiss me.</p> <p>Later in bed you're dark and liquid over me. Your hair wet in all the moonlight. I kiss you down, until finally, after twenty years I kiss the other pink place where I've always wanted to touch you. The smell reminds me...</p> <p>The smell reminds me of that day when my finger smelt almost, but not quite, like this. Less like peaches and more like hay. You sneezed in the dusty quiet of my closet just before they ripped the door open and sunlight splattered in all over us with our underwear off and thrown in the corner. You didn't even look at me but cried and ran to my mother, swearing I had forced you.</p>

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	<p>Forced you...My father never before or since hit me as hard as he did that night. His hairy worker hand with its cracked black-rimmed fingernails whistled through the air. ...You barely push my face away with one limp hand and cup the other over your crotch. ...They drop over your breasts and streak the Chinese symbols on your stomach.</p>
38	<p>I'd considered myself ugly for so long that I just couldn't say no to any guy who showed interest in me. I was so flattered that guys found me attractive! So it started out with me just fooling around with random guys from school, parties, whatever. I didn't complain that they didn't want anything but play from me. (I gave my first hand job before I got my first kiss.) ...All the same, I just couldn't shake my hooking-up habit. For two months, I stayed loyal to him, but slowly I started to get restless. He was so predictable! I stopped partying with him on the weekends and started meeting new guys. Then, at my first drunken house party (without him) in ages, an ex-fuck buddy of mine showed up. He was looking hot as ever. I was immediately drawn to him. We hung out the whole night and ended up making out. We had nothing but sexual attraction to each other, which made our affair safe for me emotionally. We used each other. He wanted to cum and I wanted...validation. ...I didn't just have one guy after me, I had two! ...I swore I'd stop the affair, but the next time I saw my fuck buddy, I just didn't know how to say no.</p>
41	Bumping Uglies
61	<p>The illustration on this page depicts a young woman standing over a toilet with her right foot resting on the toilet seat. She has a tampon in her right hand. Her skirt is lifted showing pubic hair. The words beside her head read: I hate tampons!</p>
62	<p>The image on this page depicts several candy hearts with words written on them. Some of the words read: GET NAKED, SPANK ME, SEX ME, BITE ME</p>
63	<p>The illustration on this page depicts a man and a woman sitting up in a bed. The woman has messy hair and bra with one of the straps sliding off her shoulder. Her left hand is reaching under the blanket toward a bump under the blanket near the man's groin. The man's eyes are wide.</p>
66	<p>The first time I had sex was an amazing experience. ...Then after spending the day with him and a couple of friends, he and I were lying on my bed kissing. I kept thinking about having sex with him. I knew this was the right time, and before I could say anything, he said that he loved me and asked if we could have sex. I was completely into it- I was relaxed, we were using a condom, and I knew the person I was with was the right person. ...My boyfriend and I continued to have a meaningful and very fun sex life for the next five months.</p>
67	<p>It was a cold November night and we were messing around and he asked if we could have sex. I wanted to, so we found a condom and had sex for maybe 10 minutes. He came, I didn't. ...We did it a second time 5 minutes later for a little longer. It was beautiful and I loved it. I did not come, but he did again. After that first time, we started to have sex pretty often.</p>
68	<p>Other words for sex: bouncing doggy style screwing intercourse</p>

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	<p>get laid getting me some missionary shagging slipping in the back door</p> <p>Q. What is sex? A. Sex is sex is sex is sex? There are a lot of different definitions for "sex." For some people it can be fondling, hugging, and kissing. For others it is eating someone out or a blow job (oral sex), fingering, or hand jobs. Still others insist it is penetration, penis in vagina, penis in anus, or dildo in vagina. There is no one single definition that accurately includes every type of sex.</p>
74	<p>Individuals have different sexual tastes, which is why it's important to talk about what you like and don't like. That's hard because it's difficult sometimes to talk about sex. If you're young, you may not know what you like, so it's important to get to know your own body. One way to do that is through masturbation.</p>
75	<p>Q. What is a blow job? A. A blow job is performing oral sex (using your mouth) on a guy's penis. When you give head to guy (sic) you may lick his penis and balls. You may want to suck on his penis and use your hand on the shaft. The head of the penis is very sensitive and is a good area to play with the pressure of your tongue. Slowing down and speeding up your hand will also help him to orgasm. ...At no point do you have to swallow the cum (a.k.a semen- the white stuff, usually less than one teaspoon, that ejaculates out of the guy's penis) or even let him cum in your mouth. You can spit it out or pull away and use your hand before he cums. ...I would suggest that, when you give a blow job, you have the guy lie down so you can control how deep his penis goes into your mouth/throat. ...Q. How do you have oral sex with a girl? A. When you are eating out a girl you may want to lick and gently suck on the clitoris and the labia. You may want to gently use your fingers in her vagina. You can speed up and play with the pressure of your tongue on her clitoris to help her to achieve an orgasm.</p>
76	<p>The head of the penis is a sensitive part for men. A guy will be sensitive in other areas as well, but this varies from guy to guy. ...You cannot get pregnant, but it is possible to get some STIs if you swallow cum. ...Some people find anal sex pleasurable and erotic. Some people don't. Because the anus doesn't have natural lubricants like the vagina, using lube is a good idea. Like vaginal intercourse, if you're tense, it's going to hurt. ...It may feel better if the penis goes in a little bit at a time rather than going in really quick. ...Q. Are there different types of orgasms? A. Yes, there are different types of orgasms. Some are quick, while some can be longer. Some are very intense, while some are gentler. Women can have what you call multiple orgasms; that's when you can have one after another after another. An orgasm from oral sex may feel different from a vaginal sex orgasm, which may feel different from an orgasm achieved with a vibrator. A woman can have one on her own through masturbation or with a partner.</p>
77	<p>Sometimes she may feel her vaginal lips contracting during an orgasm. After an orgasm, she may find that her clitoris is very sensitive and she may not want to be touched again too soon.</p> <p>The illustration on this page depicts a zoomed in view of a vulva.</p>

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79	<p>I didn't really think about sex until we got into our pajamas. I had a waterbed at the time (which seems even more hilarious now) and as I recall, two people in it sort of rolled together into the centre. (sic)</p> <p>After a long day, the best thing you can do for a hardworking volleyball player is give her a massage. She offered her services and I obviously complied. When I returned the favore (sic), she pulled the back of her shirt over her head, completely exposing her back to me.</p> <p>...This girl had a very nice back and being so bold, I leaned down to kiss it and continued to do so until she pulled her shirt down and turned around to face me. I kissed her face all over, avoiding her lips until she moved her lips into the path of mine.</p> <p>...The sexual intensity continued to heighten until I realized, "Oh, so this is what two girls do together...hmmm..."</p>
80	<p>I had my first orgasm on Valentine's Day and was so blown away by the experience that I grabbed my asthma inhaler immediately afterwards.</p> <p>...I had a really positive first same-se experience that continued into a six-month relationship, until she moved away that summer for a year.</p> <p>...Many young women have truly negative first experiences with other girls- at a party on a dare from some horny teenage boy or with someone a lot older than them.</p>
83	<p>The illustration on the top of the page depicts a photograph of a woman's nude breast.</p>
84	<p>We talk about our sexual interests and experiences in detail because both of us are completely comfortable with our sexuality and each other. When I say detail, I mean detail: size, length, strength, position, kinky, sweet, rough, soft...everything!</p> <p>The illustration on the bottom of the page depicts a nude young woman sitting in a cross-legged pose from a posterior view. She has a tattoo on her lower back and wings attached to her upper back.</p>
89	<p>FUN Alternatives to Intercourse</p> <p>There are a lot of ways to have sex. If you think sex is just intercourse, or screwing, that's where you're wrong! There are many other fun, intimate things you can do together.</p> <p>...69ing</p> <p>Cyber sex</p> <p>Fingering</p> <p>Fondling, groping</p> <p>Grinding</p> <p>Hand jobbing</p> <p>Kissin, making out</p> <p>Massaging</p> <p>Oral sex (going down on each other)</p> <p>Petting</p> <p>Phone sex</p>
90	<p>Masturbation</p> <p>...My mom said I touched myself as soon as I could reach.</p> <p>The illustration on the bottom of the page depicts an abstract image of a nude woman leaning back. Her breast is exposed and her left hand is reaching toward a patch of hair between her thighs.</p>
91	<p>Masturbation is an important part of developing your sexuality. As children, touching and playing with your body and vagina is normal.</p> <p>...Knowing how to give ourselves sexual pleasure brings us freedom.</p>

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	<p>...We know more about our own bodies, how they work, and what turns us on.</p> <p>...Find a quiet place where you can be by yourself. Rub your body with cream or oil or something that feels good. Explore your body, touch yourself in different ways. If you want, think about people and situations that turn you on.</p> <p>There are many different ways you can masturbate, by rubbing your clitoris with wet fingers, for example. Try different positions or speeds. Some women cross their legs and move muscles around to put pressure on the entire vagina and labia, others may insert something into their vagina, such as a finger or a dildo. Some women rub their breasts. Some use a pillow between their legs or a shower massager.</p>
93	<p>The illustration on the bottom of this page depicts several types of dildos and vibrators. See Figure 1.</p>
95	<p>Sex for girls, especially the first time, can be painful and there are a few reasons for this. If you are nervous about having sex for the first time, getting caught, etc., your muscles may tense up, resulting in your vagina being very tight. This will make it difficult for the penis to enter and it will be uncomfortable.</p> <p>...How can I make sex more pleasurable?</p> <p>...Before you have sex, try having lots of foreplay. Make out, touch each other, get your partner to eat you out, or masturbate. This will help you relax, make you wetter and bring you closer to achieving an orgasm. While having sex, don't forget about the clit! Find a position where it's easy for your partner to touch your clit during sex (like woman on top).</p>
96	<p>What and where are the clitoris and the G-spot?</p> <p>The clitoris is a sexual organ and the only part of the human body designed purely for pleasure! So here are some quick directions on how to find it: where the lips of your vagina meet at the top (the end furthest from your bum) there's a small fold of skin, and hiding underneath is the clit. As you get aroused, the clit will swell with blood...it's kinda like a girl's version of an erection.</p> <p>The G-spot is a bit more complicated; in fact, it'll probably take a while to master it on your own, let alone with a partner. The G-spot is a mass of nerve tissue inside the vagina. Slowly insert one or two lubricated fingers into the vagina, and using your index finger, make a "come here" motion with your fingers. Some women find this incredibly exciting, but some are different or don't like it at all.</p> <p>SO there ya go! Find a private place where you and your partner can find your clit and G-spot together, and have fun!</p>
97	<p>How do you give oral sex?</p> <p>Giving oral sex is all about communication...in fact, all sexual activities are about communication!</p> <p>...Also, with any sort of oral sex you want to find a position that you're both comfortable in, considering you don't know how long you're going to be down there!</p> <p>When giving oral sex to a woman, focus on the clitoris- lick it, suck it, kiss it, all that fun stuff. One technique is to spell out the alphabet with your tongue on your partner's clit.</p> <p>When giving head to a guy, the main pleasure spot is around the head of the dick. Most guys don't enjoy the feeling of teeth when receiving head- to avoid this, put your lips over your teeth. Remember that you don't have to swallow his semen when he ejaculates; it's totally up to you. In fact, you don't have to have his cum in your mouth at all! Just ask him beforehand to tell you when he's going to cum, and finish him off with your hand.</p>
98	<p>How do girls masturbate?</p> <p>Most women masturbate by rubbing, touching, stroking, etc., their clitoris. You can do this with your hands, although some women enjoy using a dildo, vibrator, pillow, or any other</p>

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	<p>prop they can use to pleasure themselves. ...What do I do if I think/know I'm pregnant? ...If you are pregnant, you have three options: abortion, adoption, or motherhood.</p>
102	<p>You slide the condom over the penis before you have sex and it catches all the cum when he ejaculates. A diaphragm (sic) is a shallow cup made of rubber, shaped like a dome. You have to be fitted by a doctor and it can be reused for up to a year. ...You need to be refitted if you have an abortion, get pregnant, or gain or lose weight of 4.5 kg (10 lbs) or more. The diaphragm (sic) can be used while are on your period. You put it in with spermicidal jelly and bonk away. Six hours after the bonking is done, you remove it.</p>
103	<p>Apparently it can be rather noisy while you are having sex. It lies over top of your clitoris; some women find it reduces the pleasure, while other women find it increases it, with the ring being there and all.</p>
109	<p>You gotta have a Plan B Emergency Contraceptive Pill ...Plan B is an emergency contraceptive that can be taken within 72 hours of when you had sex.</p>
111	<p>I decided I was ready to have sex. We tried several times before it actually happened. First, we tried on Algonquin Island, in broad daylight. I was really uncomfortable and it hurt like hell. He couldn't get it in, so we gave up. I was bruised for days. We tried again in his bedroom. I was not really interested but I felt I had to. Again, it was unsuccessful and hurt like hell. I cried this time and we gave up. Finally, in the laundry room, it worked. I was not thrilled. It was awkward and painful.</p>
118	<p>My Choice Waiting for the results, My patience grew thin, I knew we should have used a condom, Now there's no way to win. Just as I thought, My suspicions were true, Now comes the decision, Of what I should do. The day will soon come, For this young teen, When the baby inside, Can plainly be seen. Do I keep my baby, Whose father's not here, To raise on my own, Despite my own fear? I could carry to term, And give it away, For some family to raise, But at what price to pay? If I choose abortion, What will society say? But if it's right for me, It's the only way. Confused am I,</p>

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	<p>As to what I should do, I want what's best, It's all too new. Whatever I choose, It's my choice alone, Not for others, To condemn or condone.</p> <p>The illustration on this page depicts a nude young woman in a frontal view. Her arms are spread out to the sides. Her abdomen is large and round and her breasts are exposed.</p>
119	When you are drunk or high, your ability to think straight is altered.
120	<p>Q. How can recreational drugs affect (sic) your pregnancy? A. If you do things like smoke weed/pot/marijuana/hash or drink alcohol, it could hurt the baby.</p>
124	<p>The illustration on this page depicts a headless nude woman with her knees bent from a frontal perspective. Her breasts and vagina are exposed and a baby is coming out of her vagina. The words on the image read: STRENGTH-BEAUTY-SPIRIT. The word STRENGTH is written below the baby with an arrow angled upward toward the woman's vagina.</p>
125	The illustration on the bottom of the page depicts abstract image of a nude man and woman holding a baby between them.
127	<p>Alternatively, she will receive a drug called "misoprostol" to help the miscarriage continue. These miscarriages are different from the kind of abortion that is done by choice. That is called a "therapeutic" or "induced" abortion.</p>
128	<p>Q. Can you make yourself have a miscarriage? A. That would be an abortion. ...It would be my hope that, if anybody thought they wanted to bring a miscarriage on, they would go to an abortion clinic to have it done safely.</p>
129	<p>Abortion Chapter 6</p>
130	<p>We smoked a joint to settle us down, then we watched a movie. Then we started to kiss and then we moved into his bedroom. We got to that point, the point we had never gotten to, new territory. I was scared but totally excited. He kept asking if I was OK with it all- he was great. Well, finally we did it and it was...OK. ...One of the problems was that the condom was hard to put on and it kinda fell off, but I was sure that was fine.</p>
132	<p>In the end I had an abortion. It changed my life forever. I realize now, two years later, it was the right decision, but it still sucks. ...I guess I screwed up, but at least I had a "choice" (there's that word again) about what to do.</p>
134	<p>Q. What happens during an abortion? A. The "suction abortion" is the process that uses a tube that goes into the uterus and gents sucks out the embryo. ...There's a variation on this procedure called a "manual vacuum aspiration." This method uses something like a big syringe to provide suction. It can be done on a pregnancy up to 79 days after a woman's last menstrual period.</p>

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139	<p>Q. HOW DO YOU GET AN STI?</p> <p>A. You can get an STI through some form of sexual contact. This means sexual contact-through penis/vagina, penis/mouth, penis/anus, anus/mouth, or vagina/mouth contact.</p>
143	<p>STIs are passed through warm, moist surfaces like the vagina, penis, anus and mouth. Make sure to wear a latex condom while having oral, vaginal, or anal sex to prevent catching and spreading STIs.</p>
151	<p>The illustration on the bottom of the page depicts a nude woman from a posterior view lying on a table with her legs splayed open and her knees bent. A male doctor is standing between her knees with a tool.</p>
156	<p>The illustration on the top of the page depicts a man and a woman kissing. There is an image of a condom above the woman's head.</p> <p>The illustration on the middle of the page depicts a woman with a skirt and bra in a posterior view. She is standing between another woman's legs.</p>
162	<p>Around her birthday, turning 12, Jasmine started experimenting with drugs. She first tried marijuana, acid, and hash. Then she used cocaine and heroin. Jasmine started sharing needles and abusing these substances.</p>
164	<p>slang phrase implying secret information, but also having to describe black subculture of "straight" men having sex with men.</p> <p>...Men on the "down low" engage in sex acts with other men while continuing sexual and romantic relationships with women.</p> <p>Men on the "down low" don't consider themselves gay or bisexual; the same-sex sexual behavior is usually only for physical pleasure.</p> <p>Men on the "down low" don't identify as gay, due to the stigma attached to being gay in the black community; in general, the image portrayed of a gay man is a stereotypically flamboyant and effeminate white man.</p>
166	<p>T "go down on a woman," you need the following: dental dam or a latex condom cut in half (A dental dam is a soft thin stretchy piece of latex that feels silky. You hold it between your partner's vagina and your tongue while giving her oral sex. It feels really good and also helps prevent the spread of STIs.)</p> <p>To give a blow job to a guy, you need the following: a dry latex condom</p> <p>To finger a woman, you need the following: latex gloves or finger cots</p>
167	<p>"I can see that you're big, but as you can see I can fit this entire condom on my fist so I think it will fit!"</p>
168	<p>The illustration on this page depicts a woman holding a condom-shaped balloon.</p>
169	<p>The illustration on the top-right side of the page depicts a zoomed-in view of an erect penis with a condom being rolled onto the head of the penis.</p> <p>The illustration on the bottom-left side of the page depicts a zoomed-in view of an erect penis with a condom rolled on it.</p> <p>The illustration on the middle of the page depicts a profile view of a young man sitting up with his right hand wrapped around the base of his erect penis. The penis has a condom on it. <i>See Figure 2.</i></p>

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170	<p>The illustration on this page depicts a nude young woman lying back with her breasts exposed. A pair of hands are holding a piece of film near her vulva. Pubic hair is illustrated above the film being placed on the woman. The words around the picture read: THE DENTAL DAM Make sure you don't lick the powdery side. Go for it! Place Dental Dam over the "lickin' area" (vagina, anus, penis) <i>See Figure 3.</i></p>
173	<p>Sex passion, desire sweating, wanting, touching backseat of a car, loved, intoxication, forever heating, screaming, hating used, forced rape</p>
174	<p>It also includes any kind of sexual activity (including giving a hand job or blow job) that a woman is forced to perform when she does not want to.</p>
180	<p>Beware of Rohypnol and other date-rape drugs- These are drugs that some men are putting in women's drinks in clubs and bars. What has been happening is that a guy will try to pick up a young woman. He will slip the pill in her drink. Soon she will start to feel sleepy and ill. He will then offer to take her home and eventually she will pass out. Then he will sexually assault her.</p>
185	<p>8 RED BULL BEERS Love beat into me that night it fisted me and made me cry I pretended that I like it So maybe he'd like me and I lay there My legs spread My thighs hot and bruised I couldn't bare to live after this war was over (I prayed he would kill me) And I was already dead when he hurt me and raped me and I told him I loved him.</p>
195	<p>anal sex- Just like it sounds; inserting something (penis, dildo, finger...) in the bum hole for pleasure ...blow job- Slang for oral sex on a guy: using the mouth on the penis for pleasure ...cunnilingus- The clinical word for oral sex on a girl; using the mouth/tongue on a woman's vagina for pleasure. Cyber sex- When people use the internet to talk to others in an arousing or sexy manner</p>
196	<p>doggy style- Slang for a sexual position where one person is on their hands and knees and the other person penetrates from behind ...eating out- Slang for oral sex on a girl ...fellatio- The clinical word for oral sex on a guy (blow job)</p>
197	<p>finger cot- A device resembling a male condom and used to cover the fingers during sex; it helps protect against STIs fingering- Slang for having intercourse with fingers in a partner's vagina rather than a penis fisting- Inserting a fist in another person's anus or vagina for sexual stimulation foreplay- All the stuff that gets you excited before sex: flirting, touching, rubbing, kissing, licking... fuck buddy- Slang for a chosen friend who you have sex, but not a serious relationship, with ...go down- Slang meaning to give oral sex ...hand-job- Slang for using your hand to rub a guy's penis until he cums head (giving head)- Slang meaning to give oral sex</p>

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198	masturbation- Touching oneself in a sexual manner for pleasure with fingers, toys (such as a dildo), etc. ...oral sex- Using your mouth and tongue on your partner's genitals to excite him or her
199	phone sex- Simulating sex by describing it to someone on the phone ...rimming- Performing oral sex on someone's anus ...sex toy- Any object that is designed and used to make sex fun and exciting
200	vaginal sex- Penetration in the vagina for sexual gratification by fingers, penis, toys, etc.

Profanity/Derogatory Term	Count
Ass	1
Bitch	3
Dick	2
Dyke	3
Fag	1
Fuck	4
Pussy	1
Queer	7
Shit	10

Q: IF YOU MASTURBATE WITH A DILDO DOES IT MEAN YOU ARE NOT A VIRGIN?

A: A lot of people have different views of what virginity is. I think that most people think that until you're with someone else, you're a virgin, whether you masturbate or not. Medically, if there is a hymen intact, then you are supposed to be a virgin, but the thing is a lot of people can break their hymen in non-sexual ways, like bike riding or horseback riding. Therefore, having a hymen does not define virginity. So it's kind of a vague notion and people have different ideas about what virginity is.

Q: HOW DO YOU KNOW IF YOU ARE HAVING AN ORGASM WHEN YOU ARE MASTURBATING?

A: It takes time to figure it out. That was my experience masturbating when I was young. But eventually you know. You feel an incredible body buzz and you feel it go through your body. And there are lots of different kinds of orgasms, and even if you don't have one, you can still have a good time.

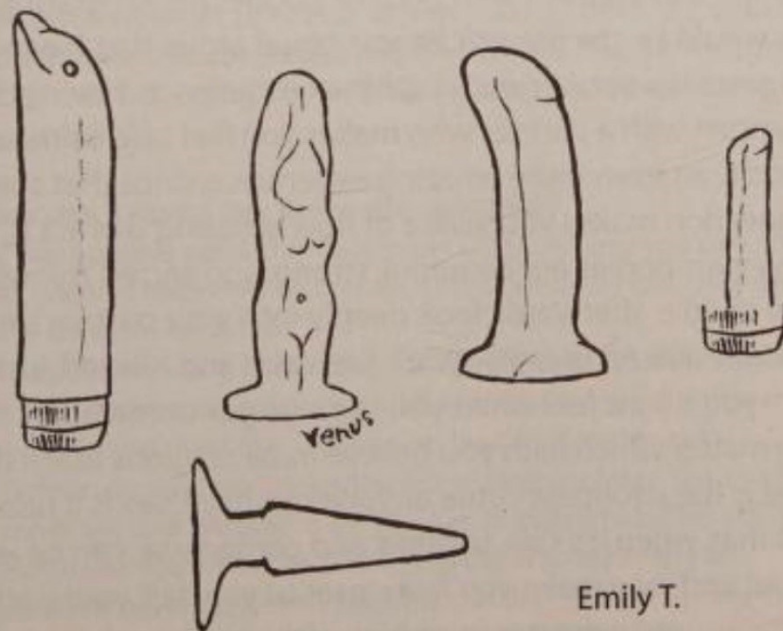


Figure 1

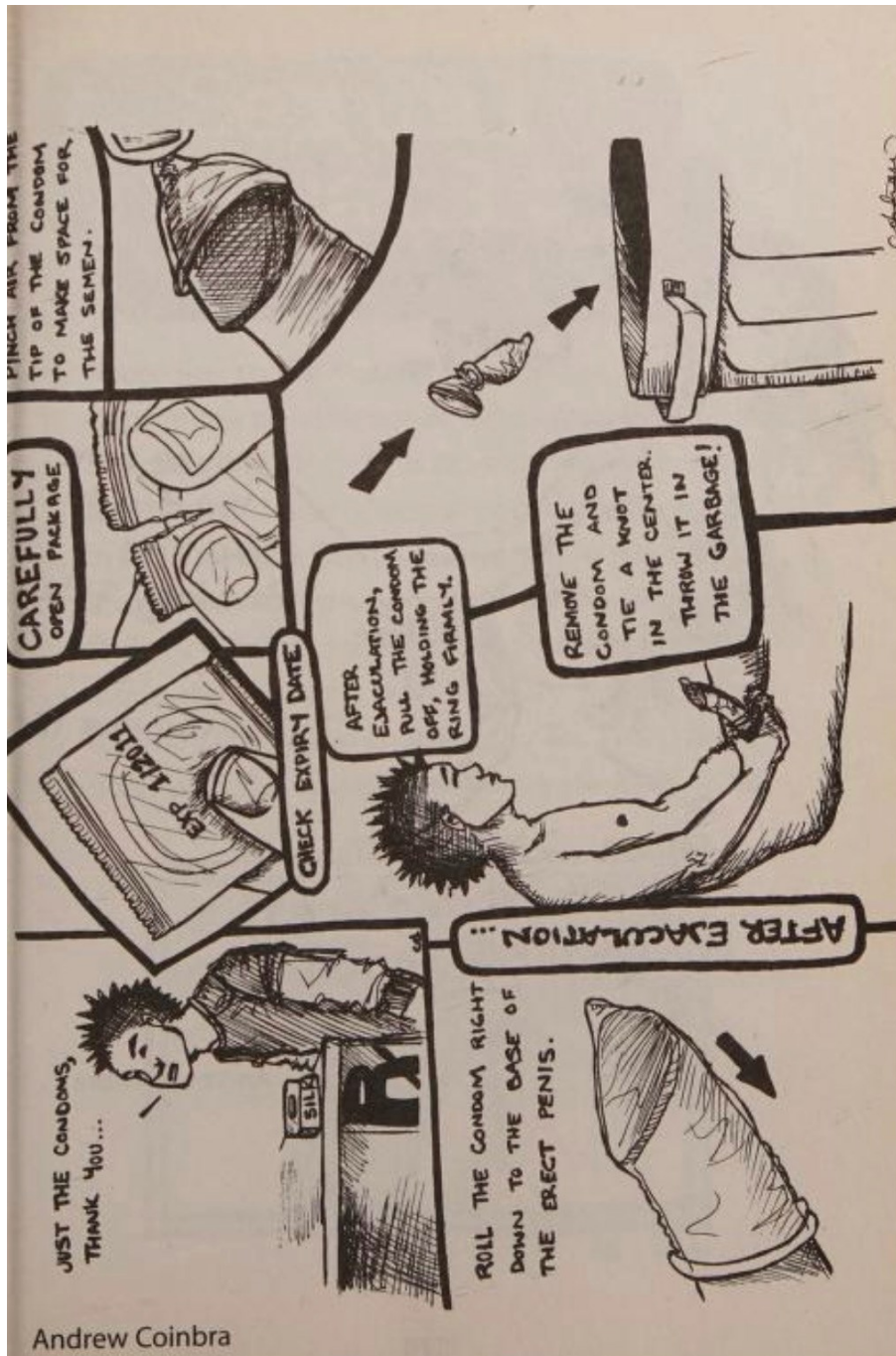


Figure 2

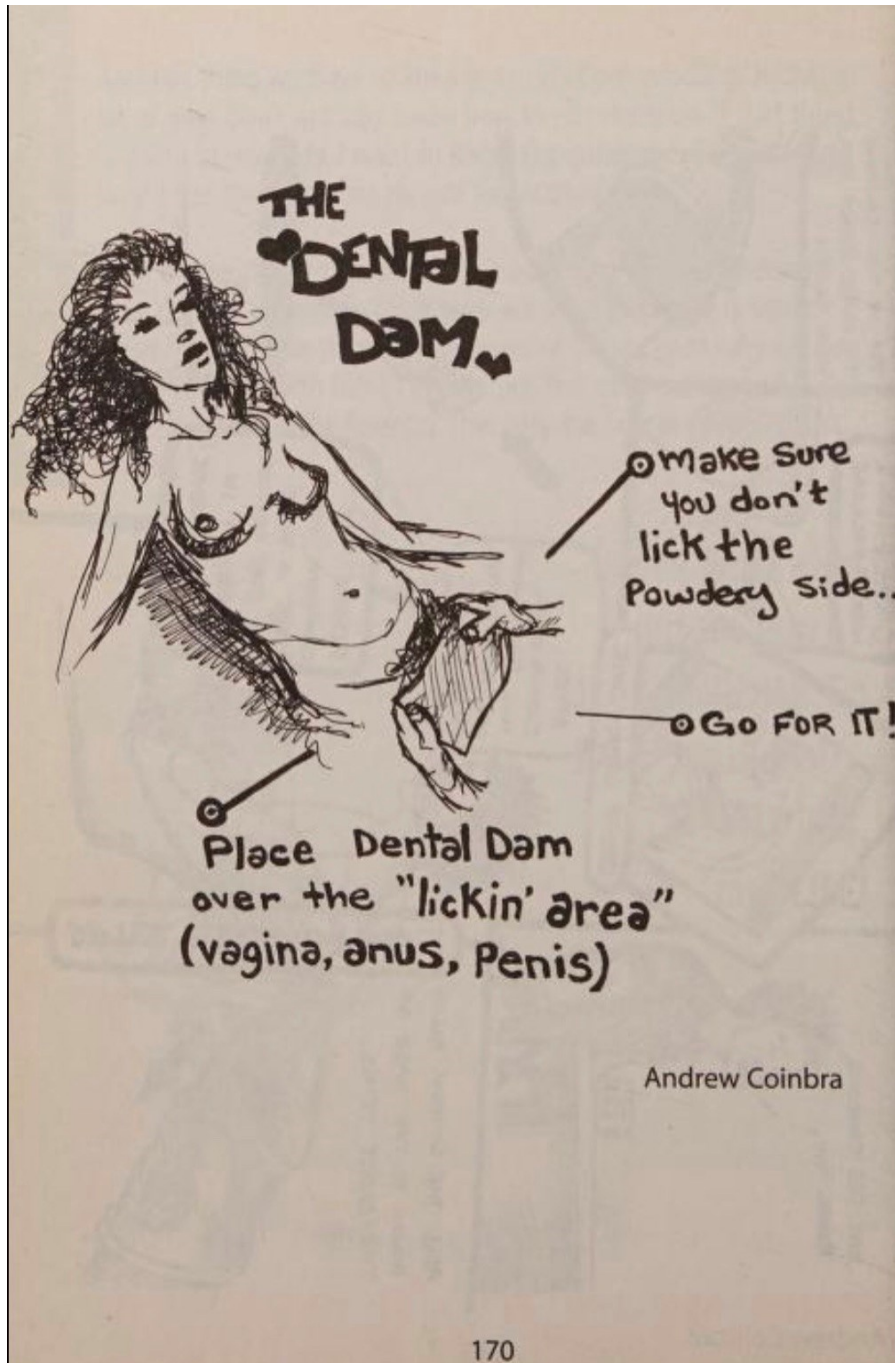


Figure 3