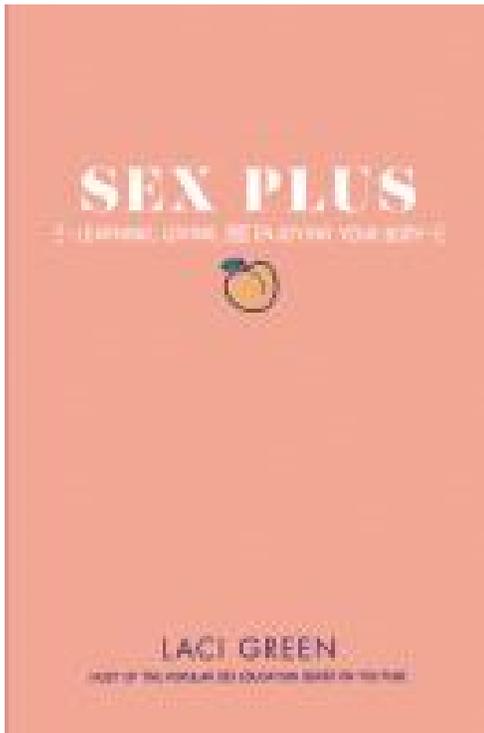


SEX PLUS: LEARNING, LOVING, AND ENJOYING YOUR BODY



Summary of Concerns:

This book contains illustrations and references to sexual nudity and obscene sexual activities.

Young Adult

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4 / 5

Not For Minors
BookLooks Review Rating

Page	Content
0	Prologue page 5 At its core, sex positivity presents a loose set of guiding principles based on the assumption that sexuality is a normal part of life. It asserts that sexuality is diverse, expansive, and worth celebrating. I'd loosely chalk being sex positive up to: Who cares? Just don't be a jerk." (I know- pretty wild stuff).
0	Prologue page 7 The fight for a sexually healthy society goes hand in hand with the fight for broader social equality.
0	Prologue page 8 Information about sexuality is censored, hidden, or distorted in sex-negative cultures. Misinformation is common.
0	Prologue page 10 I move through the world as white, bisexual, and cisgender. While I don't feel any single identity defines me, together they influence my experiences and perspectives in sexuality.
2	The clitoris was never mentioned in the erotica I read on the internet in secret at night. I had never seen or heard the clitoris mentioned in porn.
3	The vagina is the oh-so-magical pleasure pocket and birth canal.
4	The fat on the mons pubis provides a cushion when you're having sex; that way you're not grinding your bones together.
5	#LabiaBoner
5	Boys at school joked about girls with dreaded "roast beef curtains" and how their vaginas were "gross". Supposedly, having longer labia meant a girl was a slut who had a lot of sex.
6	In mainstream porn, female performer's genitals typically look pretty much the same: very short labia that are completely hairless.
11	The illustration depicts a cross-section of a female with fingers inside her vagina. The illustration depicts how and where fingers are placed inside the vagina to find the "G-spot". <i>See Figure 1.</i>
12	You're definitely gonna want to know the rest of these bits to understand things like squirting, orgasms, and periods down the road.
16	TV often had a plot line about a young guy who starts getting random boners (I mean, it happens), and dicks are definitely a favored subject for graffiti art and notebook doodles. Our obsession with dicks isn't anything new.
20	It is also more ethical in the case of routine infant circumcision, which permanently alters the genitals of male infants without medical necessity before they are able to consent.
21	Perineum Also known as the "taint" or the "gooch,"...
28	...altering their body (circumcision) without permission can compromise a person's sense of ownership of their body down the line.
31	BEING INTERSEXY ...whether they identify as male, female, nonbinary, or gender fluid...
34	...I find it helpful to think of sex as more a matter of degree, rather than stark black-and-white categories. The vast majority of humans follow one of two

Page	Content
	developmental pathways (XX or XY), but along those pathways, there is a whole lot of variation and diversity.
37	Basically, a uterus smoothie. Mmmmmmm.
52	<p>There's something particularly sinister about this cultural tale we tell, in part because it operates to delegitimize a woman's aptitude and ability. During Hillary Clinton's first presidential run in 2008, Bill O'Reilly asked Marc Rudov during a television program about the downside of a female president. Rudov replied, "You mean besides the PMS and the mood swings, right?" Rudov, a master of female biology, must have forgotten the vast majority of women no longer menstruate when they're sixty years old. But Rudov's jab comes with another telling implication: that men are never irrational or emotional. Obviously, no male president has ever had a mood swing or been irrational. No male sports fan has ever had a meltdown after a disappointing loss. No man has ever lashed out at a bar over the wrong look. Nope. No, sir. Nothing to see here.</p> <p>In this way, menstrual misogyny slyly casts an emotional double standard. When a man expresses strong negative emotions, he probably has a reason to. But should a woman do the same, she is hysterical, she's PMSing, she's irrational. To be heard, to be seen as equally competent, to be taken seriously, a woman must remain calm and collected, and never flinch. She must not fly off the handle, raise her voice, or appear angry, lest she be dismissed. Women in powerful positions are tasked with the impossible expectation of not appearing too emotional (signaling she is unfit for a "man's job") but also appearing emotional enough (signaling she is not a robot or an ice queen).</p>
56	<p>If you want to make sure you smell nice, perhaps because you're expecting a visitor between your legs, just place a small dab of perfume between your thighs. No harm to the vag and works like a charm.</p> <p>I'll admit to being a little salty that "feminine products" like douches, vaginal soaps, sprays, and whatever-the-hell even exist.</p> <p>...But then again, if that were their message, these douchebags would be outta business.</p>
70	I don't think I've met a single human being in my life that has claimed not to like boobs. Makes sense. Boobs are pretty, they're squishy, they feel nice.
71	Breasts serve a pleasurable function too, of course. They are an erogenous zone that are highly sensitive for a lot of people; male, female, and everyone in-between!...For some, nipple stimulation can even cause orgasm.
79	Sexual orientation, romantic orientation, and gender identity are three key aspects of sexual identity- and in the next couple chapters, we'll discuss them all.
80	<p>These labels define attraction in terms of someone's femininity or masculinity (gender expression).</p> <p>A person who is attracted to masculine traits and appearance is androsexual.</p> <p>A person who is attracted to feminine traits and appearance is gynosexual.</p> <p>A person who is attracted to androgynous or genderqueer people is skoliosexual.</p>
82	...sexual identity is diverse and personal, so people use lots of different words to describe those experiences. It's not that there are so many new sexual

Page	Content
	orientations or genders now, it's that people are finally finding language to describe differences that have always existed.
92	As a person's tolerance for their own sexual orientation increases, they are less likely to see themselves as heterosexual.
106	This theory of homophobia also offers some insight into why gay men are demeaned with insults like "sissy," "fairy," "pussy."
109	<p>Religious texts, like the Bible, have been interpreted in many ways throughout history. Study their history and how they have been used to both harm and uplift people throughout history. Opt for interpretations that call for us to embrace one another.</p> <p>Challenge yourself and your faith leaders to make your congregation an even more supportive place to be. You, and your faith, can only grow from it.</p>
111	For those who see gender as the same thing as sex, one will conclude that there are, basically, only two genders and that this entire conversation isn't really necessary. However, lived experiences; the available research in biology, psychology, neurology, and anthropology; as well as a brief look at other parts of the world paint a more complicated picture of gender.
111	<p>Gender, on the other hand, is not physical; it is the cultural and psychological facets of the sex. Gender is how I'm expected to behave in my culture because I am female. Gender is the clothes I'm expected to wear, the hobbies I'm supposed to enjoy, the careers I am supposed to pursue- because of my genitals. For some, gender is part of how we see ourselves within our culture. While sex and gender are different, they intertwine to inform our sexual identities.</p> <p>Gender can be broken down into three basic pieces:</p> <p>Gender roles: how we're expected to behave based on our perceived sex.</p> <p>Gender expression: how we express our gender to others</p> <p>Gender identity: how we see ourselves</p>
113	The illustration depicts two boxes with "Traditional Gender Roles". The "feminine" box is misrepresented in a negative manner with characteristics such as "irrational", "manipulative", "passive", "weak", "afraid", "victims", "small", "submissive".
115	One of America's most visible groups pushing the boundaries of gender expression are drag queens.
116	<p>...it's normal for children to become aware of their gender at an early age, a child's understanding of their gender sometimes shifts during puberty, and gender identity is likely informed by both biology (nature) and environment or culture (nurture).</p> <p>When a person's gender matches their birth sex, they are cisgender, or cis for short.</p>
117	The illustration depicts an umbrella labeled "TRANSGENDER". Under the umbrella are the words: "GENDER FLUID", "GENDER EXPANSIVE", "GENDERQUEER", "PEOPLE WHO TRANSITION THEIR SEX", "NONBINARY GENDERS (AGENDER, BIGENDER)", "3RD GENDERS (TWO-SPIRIT, HIJRA, ETC).

Page	Content
129	The benefit of medical transitioning is that it can help bring the physical self and internal self closer together, making the day-to-day challenges of gender dysphoria more manageable.
129	Hormone therapy can feminize or masculinize your physical appearance by altering things like fat distribution, muscle mass, and body hair. It's kind of like a second puberty.
134	Ask for/Use Proper Pronouns.
161	<p>How to Give Yourself an Orgasm</p> <p>...You can stimulate the clitoris with your hand, a shower head or bath faucet, or a vibrating toy. Experiment with different strokes! Try gentle rubbing up and down across the clitoris, rubbing around it in a circular motion, or gently tapping it. Every touch or stroke will slowly heighten your pleasure. If direct rubbing of the clitoris with your fingers is too intense, try sliding your fingers along the side of the clitoris in a "V" shape between your labia. You can pinch your fingers in this "V" formation to heighten the sensation...In porn, I sometimes see people mashing into a clitoris aggressively- but this can dull the sensation, especially at first.</p>
161	The illustration on this page are of fingers rubbing a clitoris; fingers making a "V" around the clitoris; a hand, with two fingers inside the vagina; and an illustration of a vibrator and a shower head. See Figure 2.
162	Recall from before that about one to two inches inside the vagina, on the upper wall, you may find a pleasurable little area known as the g-spot. Make a gentle "come hither" motion toward the belly button to feel it out. You can also stimulate the outside of the clitoris while you finger yourself by positioning the bottom of your palm over the clitoris.
167	<p>Be Able to Masturbate/Have Sex for More Than Ten Minutes Without Orgasming.</p> <p>If you have trouble going longer than ten minutes without orgasming, practice pulling yourself back from the edge before you orgasm...Other things that can help are gently squeezing the head of the penis, taking a deep breath, or changing the rhythm of your stroke.</p>
167	<p>Practice Edging.</p> <p>Now that you know how to stop yourself from orgasming and can go for a little while, practice doing it multiple times in session. Edging is the practice of getting as close as possible to orgasm before backing down. Edging several times before orgasm can produce very powerful orgasms.</p>
174	Why vibe in the first place? To be blunt, the most powerful orgasms I've ever had were with a vibrator. I mean, it's basically a power tool. It gets the job done faster and more efficiently than my hand ever could.
177	<p>Types of Sex Toys</p> <p>DILDOS</p> <p>A dildo is a fake penis or phallic toy that is used in vaginas and butts...Some people also use household items as dildos, because it turns out that a lot of things are shaped like a dick. Popular choices seem to include vegetables, hairbrush handles, makeup brush handles, candlesticks...you get the idea.</p>
177	The illustration depicts an erect dildo.

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178	VIBRATORS... RABBIT... G-SPOT VIBRATOR...
178	The illustrations depict a rabbit vibrator and a g-spot vibrator.
179	MAGIC WAND... MASTURBATION SLEEVES...
179	The illustrations depict a bullet vibrator and a magic wand vibrator.
180	PROSTATE MASSAGER... BUTT PLUGS AND ANAL BEADS...
181	COCK RINGS...
181	The illustrations on this page depict a butt plug, anal beads and a cock ring.
182	This page contains an illustration of a strap on.
231	This page contains an illustration of step-by-step instruction on “How to...Turn A CONDOM into A DENTAL DAM”
233	Safer sexting ...In a perfect world, nobody is an asshole who uses the sacred sexiness of scandalous photo swaps against their partner...But the world is not perfect, and shitty people are out there.
259	The “Pull-Out” Method (Withdrawal) ...The pull-out method is exactly as it sounds: the partner with a penis pulls out before ejaculating. ...Because, as it turns out, the pull-out method can actually be incredibly effective at preventing pregnancy- freaking 96% if it’s done perfectly!...Rule of thumb: on is better than in! Ejaculating on the tummy, breasts, butt, etc., is okay- just not inside.
260	Here are a few ways to make the pull-out method more effective: Get to know your sexual response/ejaculation time better with masturbation. ...Use sexual positions that make it easier to pull out, like missionary or doggie. Withdraw completely from the vagina before ejaculation.
273	abortion ...The procedure is heavily stigmatized, and while about one in four women have an abortion by age forty-five, most keep it a secret.
278	MY ABORTION EXPERIENCE ...I am learning to forgive myself with each passing day, and I refuse to let myself believe that I am a bad person for having an abortion. I don’t believe that we should feel bad about doing what is right for ourselves.
280	THE ABORTION PILL
281	IN-CLINIC ABORTION Rather than being prompted by a pill, an in-clinic abortion uses gentle suction to empty the uterus.
313	The charts depict checklists for sexual interests, fantasies, and preferences to be used with a sexual partner. The chart contains words and phrases such as: “Tribadism (naked genital rubbing)”, “Frottage (clothed genital rubbing)”, “Food

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	<p>play (whipped cream, chocolate, etc.), "Oral sex", "Facesitting", "G-spot play", "Prostate play", "Pegging", "Nipple play", "Sex in public," "Sex outdoors," "Cam sex", "Fisting", "Watching porn", "Partner swapping/swinging", "Voyeurism", "Exhibitionism", "Cross-dressing", "Vibrators/dildos", "Cock ring", "Butt plug", "Anal beads", "Strap on", "Nipple clamps," ...</p>
325	<p>Mutual Masturbation Masturbating together is an intimate experience that can offer a lot of excitement and pleasure without the risks of pregnancy or STIs.</p>
325	<p>FINGERING ...Most of my experiences with finger when I was younger involved my partner aggressively thrusting a couple of fingers in and out of my vagina hoping that I'd orgasm....When and if your partner is ready for more, lubricate your fingertips (using saliva or lube) and gently rub their clitoris. G e n t l y. Don't mash it In- keep strokes light and repetitive. Try a circular motion or moving your fingertips back and forth over the clitoris. Ask your partner what feels good and listen to their body. You can switch things up by inserting a finger or two inside. Instead of moving your fingers in and out of the vagina, try a more fluid "come hither" motion up toward their belly button. Gently curl your fingers inward to press on the back of the clitoris, pulling downward and massaging the vagina as you move in and out. To heighten stimulation even more, stimulate the external clitoris by positioning your palm over it, or with your other hand. Your partner may also enjoy gentle caresses or kisses as you go, particularly in sensitive parts of their body- like lips and nipples.</p>
327	<p>HAND JOBS ...Apply lube to the penis or to you hands, then firmly but gently wrap your hand around the penis and stroke up and down. If you partner is uncircumcised, this will gently tug the foreskin back and forth over the head of the penis. ...You can enhance the sensation by twisting your hand across the corona as you come up and down over the head. With your other hand, you can caress their body, paying attention to the inner thighs and testicles. Some people like gently stroking or tugging of the testicles to enhance sensation. Your partner may also enjoy gentle massaging of the perineum, which can indirectly stimulate the prostate gland. Oral sex</p>
330	<p>Oral Sex to a Vulva (a.k.a. Eating Out) Of all the silly "hot tip" I've read on eating someone out, the advice that stands out to me as the most ridiculous is to do the alphabet with my tongue on my partner's vulva. ...Begin by touching your partner's body, caressing and kissing their thighs. If you want to give yourself better access to their clitoris, gently spread the labia with your fingers...Gentle licks with the flat of your tongue, and generating a gentle suction with your mouth, will stimulate the clitoris... ...To increase pleasurable feels, you can run your hands over their body, and especially their erogenous zones like thighs and nipples. ...To rev up the sensation, many people enjoy a finger or two in the vagina to</p>

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	<p>massage the back of the clitoris at the same time. Using a gentle “come here” motion with your fingers, knead the back of the clitoris as you eat your partner out. If your mouth needs a break, you can use your fingers to keep the sensation going.</p> <p>...If your partner is getting close to orgasm...and you want to help them come, just keep doing what you’re doing- steady and consistent. For some people, it helps to suck ever-so-slightly harder as they get closer to the edge, but avoid being too aggressive unless specifically requested. Sucking too hard can dull sensation rather than enhance it, bringing their arousal back down.</p>
331	<p>Oral Sex to a Penis (a.k.a. Blow Jobs)</p> <p>I had no idea what a “blow job” was until I started watching porn.</p> <p>...You can begin by using your hand or your mouth, but whichever it is, make sure it is well lubricated. Work up some saliva in your mouth, and lick your partner’s penis to lubricate it up.</p> <p>...Using your mouth with your tongue flat, gently lick and suck the head of the penis. You can use your hand to simultaneously stroke the base of the penis. You can use your hand in tandem will increase the surface area that you can stimulate at once. Work your head up and down the penis (as far as is comfortable for you) to generate a gentle suction with your mouth.</p> <p>...As you suck, you can enhance pleasure for your partner by flicking the flat part of your tongue against their frenulum, swirling your tongue around the corona, or twisting your hand around the base and up over the head to give your mouth a quick rest...They may also enjoy gentle rubbing or tugging of the testicles.</p> <p>If your partner is getting closer to orgasm...and you want to help them come, stay consistent with your rhythm and speed unless they direct you otherwise. Some may enjoy slightly harder sucking to put them over the edge. Right before your partner comes, you may feel a pulse through their penis- and a polite partner will let you know when they’re about to come as well. If you don’t want their ejaculate in your mouth...finish them off with your hand.</p>
333	<p>The illustration depicts a cross-section of a male with a finger in the rectum. The image is labeled “PROSTATE STIMULATION”.</p> <p><i>See Figure 3.</i></p>
334	<p>Prostate stimulation can feel amazing and send someone over the edge, if they are receptive to it...With lube (Important!! Do not forgo the lube here as the butt doesn’t make its own), gently rub the anus to warm your partner up as you stroke their penis. When they’re ready, gently insert a finger inside and find the prostate with your partner’s guidance...Gently create a “come here” motion to stimulate the prostate with the pad of your finger. You can also rub in a circular motion (a flat circle, not up and down); just ask them what feels good!</p> <p>...Prostate orgasms themselves are typically dry (no ejaculate).</p>
334	<p>Oral Sex to an anus, a.k.a. Rimming</p> <p>...The technique is fairly straightforward. Just lick.</p>
335	<p>Vaginal Sex</p> <p>...I’m sure I don’t have to tell you that putting things in your vagina is fun. It’s a magical hot pocket that is soft, warm and wet, and can facilitate lots of orgasms.</p>

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336	<p>WHAT TYPES OF CLITORAL STIMLUATION FEEL GOOD? ...Most reported enjoying stimulation of the clitoris in an up-and-down or in a circular motion. A third enjoyed side-to-side.</p> <p>POSITIONS FOR CLITORAL STIMULATION ...Missionary...By pulling your knees up a bit, you can pull your partner in closer to bump up against your clitoris with they thrust. Hop on top. Lean back while on top and hold our partner’s thighs while you grind to better hit the g-spot. Since your partner has two free hands, they can stimulate the external clitoris. You can also stimulate it yourself by spreading your knees apart enough and grinding. Scissor. Stack your legs to interlock with each other. This offers lots of skin-to-skin friction for more external clitoral stimulation. It also offers pretty good access to the internal clitoris, depending on the angle you are positioned in. Doggy, but with your hips popped up...Popping your hips up offers pretty deep and intense stimulation of the g-spot. For extra zing, have your partner reach around and stimulate the external clitoris too. Front-facing embrace. Face each other and cross your legs around their back. Or perch on top on your knees, and rock back and forth for g-spot stimulation. Pull in close and grind up on your partner for external clitoral magic. Spooning. While you’re on your side with your legs on top of each other, gently rock back and forth on your partner’s penis or strap-on. The pressure of your legs combined with their penis inside can stimulate both the internal and external clitoris. It’s also easy for a partner to reach around and stimulate the clitoris or for you to stimulate it yourself with this one. Reverse spoon, with your partner’s leg between yours. Same benefits as spooning, but instead of relying on the pressure of your own legs, you can grind up against your partner’s.</p> <p>QUEEFS... ...SQUIRTING</p>
342	<p>butt sex If there is a God, she must have a sense of humor, considering the male g-spot is in the butt.</p>
343	<p>The illustration is a depiction of several objects with a butt sticking up in the air and a label “SHOULD I PUT THAT In My Butt?”. On the “Sure” side of the image, there are “FINGERS”, “PENISES”, “TOYS WITH A FLARED BASE”. On the “NOPE” side there are “ANYTHING WITHOUT A FLARED BASE”, “BASEBALL BAT”, “VEGGIES”, “MOM’S ANTIQUE FIGURINES”, “CACTI”.</p>
344	<p>Prepping for Butt Stuff ...If you do encounter poo, don’t stress. Shit happens... How to Have Butt Sex Before beginning, both partners- and their butts!- should feel relaxed and at ease. ...Just like with the vagina, start small; use a finger or small flared-base toy before using larger toys or a penis.</p>
357	<p>Get creative with exploring your sexuality. If you can’t hold a vibrator, try a lightweight long pen to help you reach clitoral climax. If you have a penis, wear pants with a large fly for easier access to yourself.</p>

Page	Content
360	Nipple play- playing with the nipples via licking, sucking, touching, squeezing, etc. Erotic massage- massage that stimulates genitals, breasts, and sexy bits. Roleplay- playing out different scenarios, typically involving a dominant and submissive role. Cuckolding- having sex with someone while their partner watches Edging- getting close to orgasm and then pulling back to keep going. Furries- dressing up as animals or pretending to be an animal/pet Being watched while having sex or masturbating Having sex in public Group sex Anal sex.
391	MANAGING JEALOUSY IN POLYAMOROUS RELATIONSHIPS

Profanity	Count
Bitch	1
Shit	8

♥ The Vagina

The infamous vagina is a canal made up of folds of soft mucous membrane and muscle. It is 4 to 7 inches long on average and lengthens when you are turned on. That's right—vaginas get erections where the vaginal tissues engorge with blood. It's also tilted; it sits at about a 45-degree angle up toward your belly if you're lying down. At rest, the vagina has approximately the shape of the letter "W," but vaginas conform to the shape of whatever is inside of it, like a freakin' shape-shifter.

While the vagina is considered to be *the* pleasure organ for females, in reality, for most women that organ is the clitoris. Meanwhile, the vagina remains significant for reproduction: it is the canal that sperm must swim through to fertilize the egg, and it's the birth canal that babies are delivered through.

♥ The "G-spot"

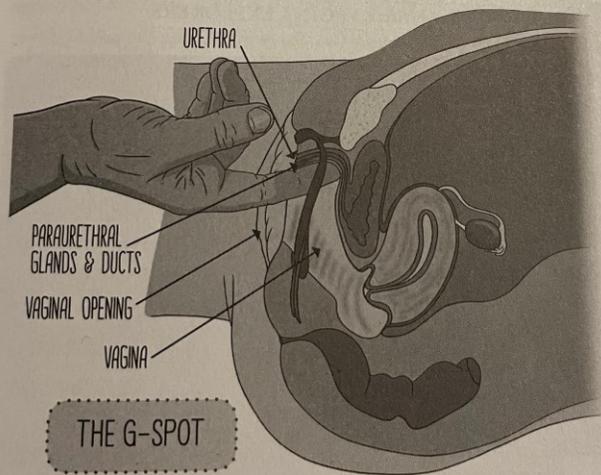
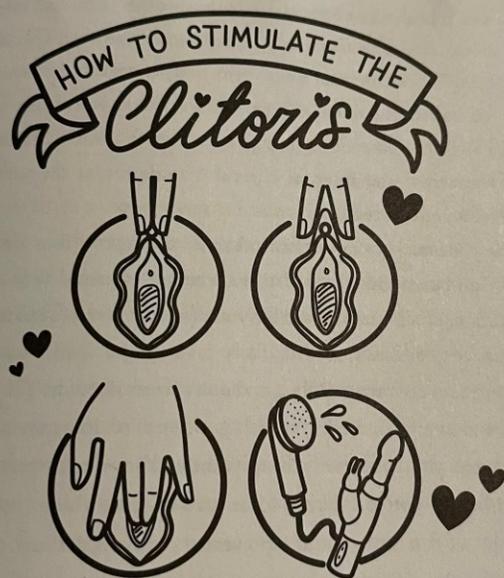


Figure 1

those who enjoy touch, many people enjoy a gentle, lubricated touch that is consistent and repetitive. Use lube, or saliva in a pinch. You can stimulate the clitoris with your hand, a shower head or bath faucet, or a vibrating toy. Experiment with different strokes! Try gentle rubbing up and down across the clitoris, rubbing around it in a circular motion, or gently tapping it. Every touch or stroke will slowly heighten your pleasure. If direct rubbing of the clitoris with your fingers is too intense, try sliding your fingers along the side of the clitoris in a "V" shape between your labia.



You can pinch your fingers in this "V" formation to heighten the sensation. Try out different pressures, speeds, and levels of lubrication to figure out what feels good. In porn, I sometimes see people mashing

Figure 2

...el good.
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them over the edge. Right before your partner comes, you may feel a pulse through their penis—and a polite partner will let you know when they're about to come as well. If you don't want their ejaculate in your mouth (STI-wise, it is safest to avoid their fluids), finish them off with your hand.

If you're the one who's getting oral, guide your partner to let them know what feels good, and don't forget to give some love for their hard work down there afterward. :o)

Prostate Massage

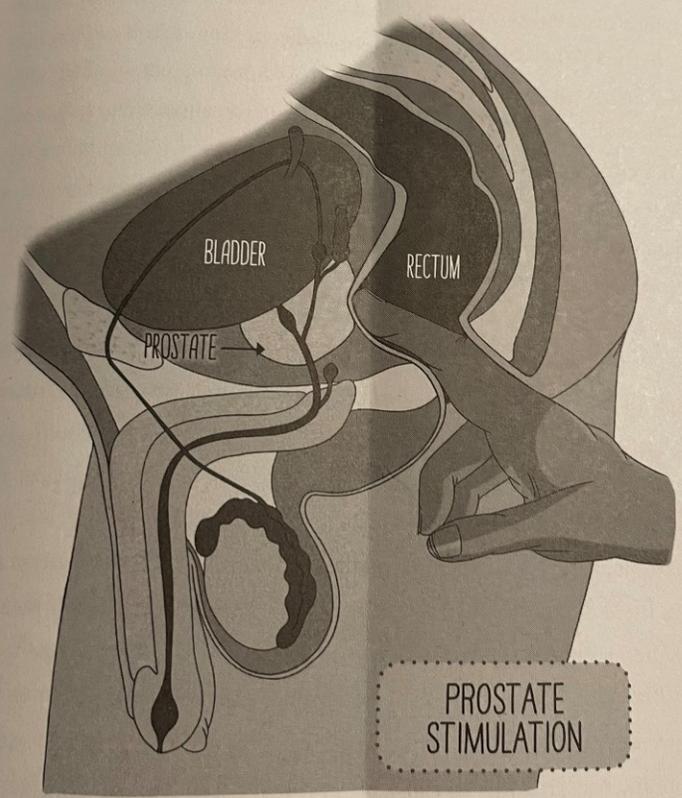


Figure 3