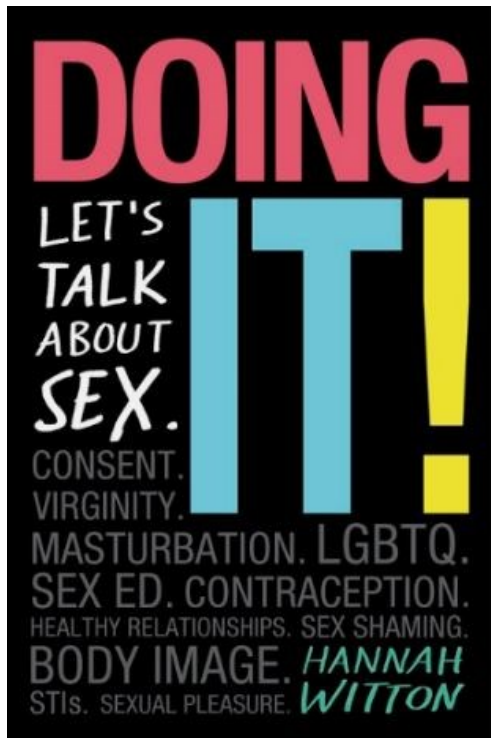


# DOING IT!



*Young Adult*

**By Hannah Witton**

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## Book Summary:

Instructs teenagers about gender, sexuality, pornography, and sexual activities.

## Summary of Concerns:

This book contains sexualities; and alternate gender ideologies; alcohol use; mild profanity; and abortion commentary.

**4** /5

**Not For Minors**  
BookLooks Review Rating

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7	<p>The argument got a little heated, until I basically yelled, "Look, miss, we're all sixteen or seventeen, and we're all having sex, so you could at least teach us how to do it safely!" The answer was still no. (Also, I know that not all sixteen-to-seventeen-year-olds are having sex, and that's completely fine. I was just trying to make a dramatic point.)</p> <p>...Sex and relationships education is still not on every state's mandatory curriculum in the United States. It's a dream of mine not only that the government changes this, but also that I can advise on what should be on the curriculum and maybe even teach some of it...</p> <p>Genuinely, I would love that! However, until then, you have this book. Here, you will find information, advice, and support on everything ranging from puberty to porn, from consent to contraception, from masturbation to menstruation, from bisexuality to body image, from virginity to venereal disease (the old-fashioned term for STIs—sorry, I just really wanted to continue the alliteration).</p>
8	<p>So you can say " Ooh, I fancy a bit of healthy relationships today " and just read that section, or " I'd quite like some porn today " and read that part.</p>
20	<p>He's just chased you through an airport to stop you from getting on an airplane and flying to your new dream job. Would you give up said dream job for Mr. Sexy-metal-magic-hand?</p>
24	<p>6 I slept with someone whose birthday is February 14, and he had a birthmark in the shape of a heart on his penis.</p>
29	<p>When I was in school, mostly inspired by Angus, Thongs and Full-Frontal Snogging, my friends and I came up with our own kissing scale.</p> <p>Level 1</p> <p>I could kiss you in a club.</p> <p>Pleasant to look at.</p> <p>If I were drunk...</p> <p>Non-offensive clothing.</p> <p>Level 2</p> <p>Sometimes you cross my mind.</p> <p>More than two things in common.</p> <p>Nice haircut.</p> <p>Reasonably attractive.</p> <p>Not a dumb f**k.</p> <p>Level 3</p> <p>We should hang out.</p> <p>Potential to date.</p> <p>The idea of seeing you naked does not repulse me.</p> <p>Knows how to dress.</p> <p>We can maintain a conversation.</p> <p>I'm conscious of my behavior around you.</p> <p>Level 4</p> <p>My friends have Facebook-stalked you.</p>

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	<p>I want to have consensual sex with you.            Your flaws are now defensible.            "Fanny flutter" when I see you.            Nice and good humored.</p> <p>Level 5            Fire in my loins.            I would have sex with you multiple times.            You're my +1.            I think about you. A lot.            I wish you were here.</p> <p>Level 6            Maybe I need you.            I want to have intimate, frequent sex with you.            Don't mind if you meet my parents.            This could be unhealthy.</p>
37	<p>What about sexting?            ...Can you watch porn?</p>
39	<p>ALTERNATIVES TO MONOGAMY</p> <p>It's important to remember that just because a relationship isn't monogamous (exclusive), that doesn't mean it's not healthy. A lot of people are in open (nonexclusive) relationships or are polyamorous (have more than one partner), but this is not the same as cheating.</p> <p>...In society, monogamy is the norm, but other types of relationships are just as valid if that's what works for the people involved. I've always wondered if I'd be able to have an open relationship, and, although the idea sounds cool, I don't know if it's be able to hack it in reality. You do you, I say, and don't judge others for their choices.</p> <p>...S. F. on Polyamory</p> <p>...I loved each of my partners very much, but I was constantly struggling with the fact that I wanted to be with other people as well. I knew polyamory, to varying extents, existed—being in more casual relationships, being in an open relationship, being able to see multiple people at the same time—and after way too long worrying over what it would mean for me and what others would think of me if I were to label myself that way, I decided to try it.</p> <p>Since then, I have dated maybe twenty-five people.</p> <p>...I happen to be pansexual as well as polyamorous, meaning I am attracted to people of all genders, but this doesn't have to be the case. I know people of a whole variety of sexualities who are polyamorous. I also sometimes see more than one person as a unit. I've dated a few couples and even a trio of people, but some polyamorous people prefer to only see partners one-on-one. This is all still under the umbrella of polyamory, which just means to knowingly and consensually engage in relationships with multiple people and have your partners do the same.</p>
40	<p>Polyamory works for me right now. My partners are great, and it gives me a freedom to explore my sexuality, which I never felt like I had when I was in monogamous relationships.</p>

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43	We were sixteen and had been together for about six months. We'd spoken about having sex before, done "everything else," and made sure we were ready.
44	We all slept over at my friend George's house and his sister wasn't home, so my boyfriend and I got her room to ourselves. She's gay and I remember there being sexy pictures of ladies on her walls as we were making out and undressing each other. ...We did that but we also had sex. In the morning, on a mattress, on the floor, surrounded by paint buckets and brushes in a half-decorated room. I even remember what underwear I was wearing—girl boxers with red and white stripes from a shop called Primark, if you were wondering. It didn't hurt; it was just uncomfortable. A strange and new sensation, this thing "sex" that everyone talked about and said was so incredible and magic and life changing. But there were no fireworks—there never are (unless you have sex on the Fourth of July).
46	The first thing I want to talk about is how we're taught that you lose your virginity the first time you have penetrative sex that involves a penis and a vagina. But by this standard, there are loads of LGBTQ + people who have technically never lost their virginity and aren't having "real" sex, which is just plain wrong. There are so many different types of sex, and the way we usually talk about virginity in society excludes the experiences of a lot of people. There's mutual masturbation, oral sex, anal sex, sex toys...
49	What if I cum early? ...Sex isn't an endurance test like you see in some porn. Also, it is quite likely that if you have a penis, the first time you have sex, you will ejaculate quickly, and that's fine. If you are with someone, and they cum (or come) early, don't make them feel more embarrassed than they probably already feel. ...What if I don't cum at all?
50	What if I can't get it up?
53	Sex can hurt, but by no means does your first time have to be painful. If you are relaxed and aroused, your vagina will produce its own lubrication to prevent any friction, but there's also no shame in using some extra lube from a bottle. ...I wish I'd known this when my boyfriend and I used Vaseline (which is oil based) as lube. The condom broke, and I had to get the morning after pill. Fun times.
54	My tips for having non-painful sex: lube go slow lots of foreplay relax, breathe, and have fun remember you can stop at any point be in a position where you are in control i.e. on top
54	On a weekend away with her youth group, she saw two people having sex: "I just remember the sleeping bag going up and down... and I couldn't figure it out."
55	I knew that gay people existed and that it was perfectly fine and normal, but there was never any specific education that would have helped the young LGBTQ + people who were sitting in the classroom, and no education about what being transgender meant. There was a girl in my school who was trans, but at the time, none of us had the

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	vocabulary or knowledge to understand it other than “she was a boy and now she’s a girl.”
58	<p>LGBTQ + I’m a straight cis woman. I’m attracted to the opposite sex, and the sex I was assigned at birth matches my gender identity, so there are a lot of things that I don’t have to think about when it comes to sexuality, dating, socializing, my body, friends, and family. Because of this privilege, and my lack of personal experience with all things LGBTQ +, I’ve invited some of my friends to write about it and tell their stories themselves. But first, let’s start by looking at what LGBTQ + actually means. L Lesbian G Gay B Bisexual T Transgender Q Queer/ Questioning + So many other things!</p> <p>There are many differing opinions within the LGBT community about whether the Q and the + should be included, and also about the addition of other letters (A for Asexual, I for Intersex, and even another A for Ally). Some people have started using GSM— Gender Sexuality Minority—instead, but it seems that in the mainstream, at least for now, LGBT is most commonly understood.</p>
62	<p>Cisgender Your gender identity matches the sex you were assigned at birth. Transgender Your gender identity does not match the sex you were assigned at birth. For example, if you were born with male genitals and hormones but identify as female. Often transgender people will transition, but everyone’s transition is different. It could be changing your name, using different pronouns, dressing differently, taking hormones, or surgery.</p> <p>Nonbinary This means not identifying as male or female. Male and female are at opposite ends of the gender spectrum, but there’s a whole host of sexes, genders, and identities in between; for example, gender queer, gender fluid, etc.</p>
63	<p>Juno Dawson on Being Transgender While acknowledging gender is 100 percent made-up bullshit, I was undeniably more drawn to clothes, hair, and makeup assigned to the female sex. ...Technically, I am a transsexual—I’m not just changing my gender, but I’m also changing sex through hormone therapy. However, before I started to change sex, I had already changed gender. My hair, clothes, passport, name, and bank accounts were all female before I even swallowed an estrogen pill. Making life easier for trans people starts with everyone rebelling against gender binaries.</p>
66	<p>Riley Dennis on Dating While Trans For cisgender people, announcing what genitals you have the moment you meet someone would be considered pretty weird. ...It’s not anyone’s business but my own and the people I might be having sex with. However, I do think it’s reasonable (although also extremely awkward and not totally socially acceptable yet) to discuss genitals with people I might end up sleeping with. I get it—you want to know what you’re working with. ...And nonbinary folks are often expected to constantly look androgynous. ...But sex doesn’t always look like we think it does. Sometimes gay sex is penis in vagina. Sometimes straight sex is two people with vaginas.</p>

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68	<p>Roly on Being Gender Fluid</p> <p>...I was trying to work out what I did identify as, because my feelings seemed to change from day to day, so I searched different genders online and came across “gender fluid.”</p>
71	<p>However, apps for queer women tend to be peppered with (heterosexual) guys looking for threesomes with their girlfriends. Boo! The sexual commodification and objectification of queer women (for example, the fact that lesbian porn is produced seemingly solely for straight men) spills out into these spaces that were meant to be ours.</p>
74	<p>Alayna Fender on Being Bisexual</p> <p>...As a woman who finds herself attracted to men, women, and everyone in between, the identifier I use is bisexual.</p> <p>...By definition, I am pansexual.</p> <p>...However, the bi in bisexuality indicates two—an attraction to two genders, most often assumed to be male and female. Because of this, the pansexual label, which acknowledges attraction to genders other than simply male and female, is much more fitting for me.</p>
75	<p>It was thanks to YouTube and the plethora of information and community there that I learned the term bisexual.</p>
76	<p>Sex can be really fun—you don’t need to be sexually attracted to your partner (or partners) for that to be the case. Some asexual people find that the emotional intimacy of sex makes it enjoyable for them. They don’t need sexual attraction for that either. Sometimes, an asexual person might have sex because their non-asexual partner wants to have sex.</p>
80	<p>That word never felt right to me though, and a few years later, I stumbled across the term pansexual, which was much more fitting.</p>
88	<p>Sometimes it can be hard at first to realize that you have a straight or cis privilege because your sexuality or gender is something you’ve rarely thought about. But that’s exactly it: you’ve never had to think about it, and that’s a privilege. So here are some ways that us hetero-cis folk can help our LGBTQ + friends and be the best allies to them:</p> <p>1 Check your privilege.</p>
96	<p>I really want to have sex with you</p>
98	<p>2 If they are drunk or high</p> <p>Yes, a lot of sex occurs when people have been drinking or taking drugs but when a person is incapacitated, they cannot consent.</p>
99	<p>ALCOHOL AND SEX</p> <p>I know, technically, this book is aimed at readers fourteen years old and older, and the legal age to buy alcohol in the U.S. is twenty-one. But in Western culture, sex and alcohol often go hand in hand, so I think it’s important to talk about this. My first-ever one-night stand happened at a house party. Also, at the time of writing, the last time I had sex was after a night out, so I can’t sit here and pretend to be a perfect role model.</p> <p>...But what about the place in between one drink and drunk? A lot of sex happens in this tipsy, flirty, boozy area, and it’s important to know how the effects of alcohol on your body and mind can alter your sexual decisions and behavior.</p> <p>...Most of this information is provided from Sexplanations, a YouTube channel dedicated to sex and relationships education, which is hosted by my dear friend Dr. Lindsey Doe.</p>

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	<p>Thank you, Lindsey and Sexplanations, for all your informative and interesting videos. ...A lot of people have sex when or after they've been drinking, so there have to be some good things about it. Alcohol lowers your inhibitions and can give you a bit of "Dutch courage," which in turn can give you the confidence to say what you really want sexually, truly express yourself, and maybe also allow you to try new things. It can be a great tool for helping you explore your sexuality. Alcohol can give you that warm, fuzzy, relaxed feeling so you worry less about what other people think of you, and it can also make you feel turned on, especially bio-sex females. And I can back this up from personal experience. Public spaces where alcohol is consumed can facilitate an environment of sharing, bonding, and flirting. And kissing in bars and clubs is usually very acceptable. Yay alcohol!</p>
109	<p>Azi and Dan are in a relationship. As part of their foreplay, they enjoy pretending to put up resistance. Azi normally runs around the room shouting no before being "captured" by Dan, who lifts her over his shoulder and takes her to the bed. One evening, Azi genuinely doesn't feel like having sex. She keeps saying no, but Dan assumes it is all part of the foreplay and has sex with her anyway.</p>
121	<p>Masturbation, self-pleasure, me time, busting one out... the euphemisms are endless, and so are the benefits of spending a little time looking out for your own sexual pleasure.</p> <p>...Whether you orgasm or not, the feelings of sexual arousal and pleasure are wonderful, and you should cherish them. I say this about orgasms because some people see masturbation as a way to reach this end goal, and sometimes that's fine—sometimes you just need that release. But sometimes that focus on trying to orgasm makes having an orgasm less likely. So it's about enjoying the pleasure in the moment, as it's happening. Being in the present and focusing on the pleasure you're experiencing make masturbation a fantastic way to relieve stress. Whatever's worrying you, masturbation is a great way to destress and just focus on yourself for a minute, or two minutes... or an hour. Don't ask how, but I had an orgasm on a plane once.</p>
122	<p>Another thing masturbation is great for—sleep! We all know the cliché that men fall asleep after sex. Well, it's kind of true, and it works for women too.</p> <p>...Also, the more you know about your own pleasure, the better the sex you'll have with someone else because you can communicate what feels good to you. Some people say that when you get into a relationship, sex replaces masturbation, or that if you masturbate when you're in a relationship, then that takes away from partnered sex. But this just isn't true. Masturbation adds to sex and sex adds to masturbation. You could even try masturbating together. A common thing to happen though, especially if you have a vagina, is that even if your partner is doing exactly the same thing that you do when you masturbate, it might take longer for you to reach an orgasm or it might not happen at all.</p> <p>...Sometimes during masturbation, especially if it's vaginal, you might feel like you need to pee. This is because your bladder is really quite close to everything, but it's more likely you're going to orgasm or ejaculate. I used to worry about this a lot, particularly during sex, so much so that I'd have to stop because I was scared I was going to wet myself. It's unlikely to happen, but if you are still worried, then pee before you have sex or masturbate, put a towel down, or play in the bath or shower. And don't forget to</p>

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	<p>breathe, relax, and let go. Some people like to use sex toys like vibrators, dildos, anal beads or butt plugs, etc., when they masturbate.</p>
123	<p>One thing that I wish I'd been taught about masturbation when I was younger is that female masturbation does not equal fingering. Some people do masturbate vaginally, but for most, the clitoris is the main pleasure spot.</p>
125	<p>It didn't have my first orgasm until I was twenty, and then it took another two years until someone other than myself could also give me an orgasm. And at the time I'm writing this, I just had my second orgasm during penetrative sex last week. The first one was five or six months ago.</p> <p>...For years I actually thought the party was disgusting. (By "party" I mean masturbation, by the way.) As a teenager, I was completely grossed out by the idea of touching myself "down there."</p> <p>...The boys in my school talked about their penises all the time. I was friends with a lot of guys who would tell me about their recent "session," and I remember once being in a room with a bunch of guys who were comparing how far their semen could reach when they ejaculated.</p> <p>...Since opening up more about masturbation, I asked some of my friends from school when they first started doing it, and it's like twelve, thirteen, fourteen years old.</p>
126	<p>I can't remember the exact terms I used at thirteen, but I imagine they were something like "jerk off" and "finger."</p> <p>...I'd never gone that far with a boy before and I didn't know what to expect or what it would be like for him. So one evening in the bath, I put one of my fingers inside my vagina to see what it would feel like. It was warm and squishy, I didn't particularly like it, and I got no pleasure from the experience. So I don't think that counts as the first time I tried to masturbate.</p> <p>As I got older and was less grossed out by the idea of self-pleasure, and growing more and more painfully aware about the lack of orgasms in my sex life, I became increasingly frustrated.</p> <p>...When it finally did happen, it was just me—alone, all the time in the world, not rushed, relaxed, in the comfort of my home, with an open incognito window of porn and a vibrator.</p>
127	<p>Now I am a big fan of female masturbation and not grossed out by it at all. And because I was late to the party, I feel like I've got a lot of catching up to do. To be honest, just writing this has got my mind wandering...</p>
128	<p>Everyone's pleasure is different, and there's no right or wrong way to masturbate: lying down, standing up, in the shower, with toys, with your imagination, in the dark, with candles...</p> <p>...When I masturbate I like to create some mood lighting. I close the curtains, turn the main lights off, and turn my lamps and fairy lights on. I prefer there to be no distracting sounds so it's usually when I'm home alone or in the evening after my housemates have gone to bed. I lay a towel down on my bed because sometimes a little extra fluid comes out. Sometimes I like to be naked and other times I like to just have a T-shirt on. I like to switch it up between using a small vibrator and my hands because I don't want my pleasure to become dependent on a device—I like to know that I've still got it. I used to watch porn but now my imagination is all I need and it is wonderful. ...Tools: never fingers. I always use a bullet and occasionally a phallic vibrator when I haven't had sex in</p>



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	<p>a while.</p> <p>...I'm not sure why I don't like porn or why I don't masturbate with anything else on, but that's just how it is I guess. Sometimes I have to do it in the bath/ shower (no water) because I have a tendency to squirt. But fingers don't really do anything for me—it's all about the clitoris.</p> <p>If I'm just trying to tire myself out to get to sleep I have my phone with erotic fiction in one hand and read for a bit until I get going then whack it out. If I've got the house to myself, I'll take my time with the vibrator.</p> <p>I'll usually be thinking of someone I know or an interaction I had that day that got me turned on, but I'll use porn as an added stimulant—for me it's the extra sounds that help, rather than the imagery. Almost always lying down, a couple of pillows to keep my upper body a bit elevated. I like to be naked, as it's easier to clean up when there aren't any clothes involved, but depending on what's close at hand I'll masturbate into a tissue or (if I'm feeling fancy!) a condom. I very rarely use lubricant, and I don't have any toys—I keep thinking I'd like to but never get round to investing. I'm a right-hander, usually starting slow, and mainly massage the top of the shaft rather than large strokes. Once there's pre-cum I'll mix the larger massaging strokes with fingertips at the sensitive point between the head and the shaft.</p> <p>I live with my boyfriend and he isn't very good at pleasuring me. He's lazy. So I wait until I'm home alone and I go up to our bedroom, lock the door, and get my vibrator. As I write this I'm thinking about how I need to replace those batteries. It's an Ann Summers one that probably needs updating but it has five settings and it feels so nice. I put a towel on top of the bed and close the blinds. I do put my bedside light on because I still want to be able to see myself. I don't use porn; I used to, but I ended up feeling so awful halfway through because most of it is very degrading to women. Until I see porn for women made by women where women are genuinely enjoying themselves I very much doubt I'll use porn to masturbate. I use my imagination, which is king, let's be honest. I can take myself anywhere with anyone. Mostly I think of this guy I had amazing sex with in the past. Out-of-this-world, outrageous sex. He's so generous, and would spend a long time giving oral. I imagine him doing it to me as I use my vibrator. It's the ultimate turn-on because it's personal. I can't quite come on board with people who think of celebs while they masturbate. My fantasies are much closer to home and if I ever use my L'Occitane almond oil, the smell of it reminds me of the hottest massage I ever had (obviously from him). I masturbate lying on my back, knees up, eyes closed, and let the vibrator do the work. After a while I turn over and lay down flat on my stomach with the vibrator underneath me for a more intense sensation as the weight of my body makes the vibrations stronger. Often my legs start shaking and my vagina has its own pulse going on and I've worked up a bit of a sweat. It's like that moment during sex where you sort of want it to stop but you don't at the same time. Finally I surrender myself, switch off the vibrator, and just lie there for a bit. It's usually at that point where I have revelations like "I should start doing online food shopping." Then I laugh to myself. I used to get post-wank guilt (probably because I grew up in a religious family) but now I just put all my tools away and crack on with my day.</p> <p>Left-handed even though I'm right-handed. Always stood up, literally always. Usually think about someone I know.</p>
130	I usually use a bullet at nighttime when I go to bed and dream of situations that definitely would never happen (i.e. Zac Efron sneaking me off at a club night).

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132	<p>A lot of young people learn about sex and relationships from what they see in porn and, because of the lack of decent sex and relationships education in schools, this can have some devastating effects.</p> <p>...I'm not shaming you for watching porn; I sometimes indulge myself too.</p>
133	<p>Penises and vaginas and boobs, oh my...</p> <p>There is a typical porn-star image—they have big dicks, tiny vulvas, and big, perky boobs.</p> <p>...First of all, in porn, it seems like the man can keep his massive erection forever and last a really long time before he ejaculates. Secondly, women have really intense orgasms all the time from penetration alone, and partners always cum at the same time. Thirdly, sex is only good if you can do all these crazy positions, and people moan and groan and fling their hair around in order to show pleasure.</p> <p>...It might feel like you're not good enough because you usually cum within two minutes or you don't cum at all.</p>
135	<p>This next piece of information has been so important to me personally in feeling normal about my body—most women cannot orgasm from penetration alone.</p> <p>...We need some external stimulation too! And even clitoral stimulation during penetrative sex can be hard to master.</p> <p>...Female pleasure is irrelevant—how many blow jobs do I have to watch before I see some appealing cunnilingus? Fake lesbian oral sex doesn't count either, because that's still made for men to watch and get themselves off.</p>
136	<p>Another falsehood that porn sex normalizes is how hard-core some of it is. This can be anything from hard and fast doggy-style to kinky BDSM (bondage, discipline/ dominance, submission/ sadomasochism).</p> <p>...Straight porn begins with an erection and ends with ejaculation, but sex doesn't have to be like this.</p>
137	<p>Hannah: When did you first start watching porn?</p> <p>Oliver: Very young, probably twelve or thirteen. It's actually quite sad for me to think that by the time I'd quit at twenty-five, I'd been watching for half my life.</p> <p>...O: It developed after I'd started masturbating. I overheard boastful comments in school from more alpha-male lads in my class about masturbating three/ four times a day and watching porn. I took it quite literally and began to think I should be doing the same. It led me to watching more and more porn to get the same effect. I ended up watching a lot of hard-core pornography, although by the end, I settled on watching the same eight to ten videos each time, a bit like an alcoholic who only drinks one drink. I've watched everything! I'm a cisgender, straight man, about 1.5 on the Kinsey Scale, but I have gone through pretty much all of it.</p>
140	<p>I'm certainly advocating for stricter controls on who can enter porn sites and how you can access porn. I'm a pragmatic person. People are all different, and I don't want to take away your bukkake videos on a Friday night if that's what you're into. But the human brain isn't meant to consume pornography at the rate we currently are. There's no distinction between porn and actual sex in the brain. None.</p> <p>...Sex is amazing. Porn isn't sex. Not even close! Before I'd even had my first kiss, I had perceptions about how a girl should give me a blow job (some women aren't going to do that), be able to ride me reverse cowgirl (I've caused damage doing that), be totally OK with anal (most women won't do that).</p>

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142	<p>And even though the majority of the free, accessible, mainstream porn is of this gross kind of nature, that doesn't mean there aren't companies out there making all kinds of different porn, even sex-positive, feminist porn.</p> <p>We visited the set of her latest short film to see her in action and meet the cast and crew, and yes, we watched people have sex. It was incredible.</p> <p>...It didn't feel like we were watching a "porno" being filmed either; it felt like we were watching two people having a real sex session—there just happened to be a camera and other people around.</p>
143	<p>Sex-positive porn is a huge movement that you may not know about, and that's where I come in. I am a leading female director of adult cinema. Yes, I film sex for a living. But from a female perspective, where men and women are treated as equals, where both are sexual beings with desires and needs and both receive pleasure. I film sex in the most natural way possible, showing real pleasure. Where sex is everything it's supposed to be—fun, passionate, pleasurable, and where consent and equality are paramount.</p>
144	<p>As you may know, mainstream porn is mostly made by white, heterosexual men who are comfortable dishing out the same repetitive films and perpetuating often very violent and dangerous images of sex, sexuality, and men and women. Why? Because it has always worked for them.</p>
146	<p>And at twenty, I had my first orgasm from masturbation, and porn was a very useful stimulant in that experience. I remember opening up an incognito window and searching "porn for women." I was too scared of what would appear on my screen if I just searched "porn." The extra visible and audible stimulant helped me achieve my first-ever orgasm, so I'm actually super grateful for porn.</p> <p>...Occasionally I dip back into porn, but nowadays it's only sex-positive, feminist porn like the type of films Erika makes. There's a whole movement of people making this ethical kind of porn, and it's really exciting to me. So even though I am thankful to porn for helping me out with my first orgasm, I've flown the nest and I no longer need it (though sometimes I want it).</p>
149	<p>The cartoonish illustration on this page depicts a zoomed in view of a woman's genitalia. There are labels which read: Clitoris super-amazing pleasure spot. Labia Minora The inner lips surrounding the vaginal opening. Urethral opening Where pee comes out. Vaginal opening The opening to the vagina- where periods and babies come out, and tampons, penises, fingers, and other phallic objects can go in. Anus Not technically part of the vulva, but for poo and sometimes sex. Perineum The bit of skin between your vagina and anus. Labia Majora The outer lips surrounding the vaginal opening. Mons pubis A mound of fatty tissue, covered in pubic hair, lying over the joint of the pubic bone.</p>
151	<p>But I also know that I like my smooth legs and my little hairy patch on my mons pubis. I weirdly like going to get them waxed. Or have I just trained myself to enjoy my own oppression? Am I experiencing Stockholm syndrome with the patriarchy?</p>
162	<p>The cartoonish illustration on this page depicts a zoomed in view of a man's genitalia. The following parts are labeled: Shaft. Frenulum. Head (glans) The most sensitive bit. Urethral opening Where pee and semen comes out. Foreskin Retractable skin (not retractable at birth; it usually becomes retractable later). Scrotum. Corona.</p>

Page	Content
163	The prostate is also a pleasure point on bio-sex men that can be stimulated through the anus.
164	We're absolutely obsessed with having a big dick, and we can be so fraught with the fear of being less than average that our days are filled with anxiety and panic.
173	We play football and invent stories about fingering girls behind bushes.
179	Sometimes you might plateau, have an orgasm, then another (and maybe another), and then resolution. Other times you might plateau and then stop, build again and stop, and repeat for as long as you can bear (this is called edging), and then when you finally have an orgasm, it feels incredible.
183	Farting and queefing (vagina fart) It happens to the best of us. Farting and queefing (vagina fart) It happens to the best of us. Squeaky beds A great way to resolve this is to put the pillows and duvet on the floor and have sex on the floor. You're welcome! ...Breasts getting in the way or clapping together (I like to think they're giving me constant applause)
198	EMERGENCY CONTRACEPTION AND ABORTION ...Well, if you don't want to get pregnant and have a child, then there are still options. There's the emergency contraceptive pill, the IUD, and abortion. ...I've had to take the emergency contraceptive pill twice in my life so far. ...The first time was when I was sixteen and then again when I was seventeen.
200	A quarter of women in the United States will have an abortion by the time they're forty-five. That number shocked me when I first heard it—but it probably seems high because it isn't really something people talk about that much. ...The first thing to remember is that the decision is completely up to you. It's your body, it's your pregnancy, and the choice is yours. ...There are different kinds of abortions depending on how far along you are in your pregnancy. Abortions are very safe, but like every medical procedure, they come with some risks. If you are pregnant and considering having an abortion, check out the resources in the back of this book, seek out the support you need, and remember, what you do is your choice and no one else's.
205	It can be transmitted through unprotected vaginal, anal, and oral sex; sharing toys; and genital-to-genital contact.
207	Some STIs are passed on through genital contact, and they can also be transferred through pre-cum. ...A lot of STIs you can also get from oral sex, so to protect yourself, make sure you use a condom to cover the penis or a dental dam (a square piece of latex) to cover the vagina or anus.
217	Sexting ...No one wants an unsolicited dick pic. But if everyone is consenting and completely up for it, then you do you (although if you're sending images or videos, then make sure everyone is over eighteen, in accordance with the law). So why might people want to sext?

Page	Content
	Flirting Sexual expression Teasing Alternative to physical sex in long-distance relationships To get aroused To communicate what you like more easily than face-to-face To get yourself off, or someone else off, or both To play out fantasies/ role-play
229	<b>YOU'RE A SLUT</b> ...If I had a dollar for every time I've been called a slut, either in real life or online, then I could buy myself a luxury sex toy.
234	There is someone out there among the seven billion people on this planet who enjoys snack cake porn or gets off on that sound of nails on a chalkboard. ...Yes, it's not for everyone but that doesn't mean those who do enjoy a bit of BDSM (bondage, discipline/ dominance, submission/ sadomasochism) or role-play should be judged.

Profanity	Count
Ass	2
Dick	5
Shit	3