

Lovehoney®  
the sexual happiness people™

# UNI:SEX

The ultimate guide to incredible sex for students

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# FOREWORD



By Florence and Reed of ComeCurious

## **AWKWARD FUMBLES IN THE DARK. KNEELING ON EACH OTHER'S HAIR. WEIRD NOISES. SEX IS GREAT - EXCEPT WHEN IT'S NOT.**

Sex is often not talked about openly or honestly enough, especially when we're younger, and most of us at some point in our lives have felt awkward, unprepared, or even anxious about an instinctive act. That's why, as unapologetically honest sex vloggers, ComeCurious, we're working to address the many aspects of sex, relationships, mental health, and body positivity that your teachers never told you about.

It's also what made us so excited to collaborate with Lovehoney on this e-book, as it covers everything we wish we'd known when we were at uni. University is the first time lots of us get to properly explore sex. We have the privacy of our own bedrooms;

we can bring home who we want; we can have sex toys which are loud and proud; we can experiment with our sexualities; and we can learn more about what makes us sexual beings. Uni:Sex lays it all out there in an informative, non-judgmental, gender-inclusive way that answers all the questions you could ever think of when it comes to shagging.

When we were at uni, we had many uncomfortable and ill-informed situations that made us really question our own sexual abilities and confidence. It would have been so amazing to have had the information that this e-book from Lovehoney is filled with. It gives you the tools you need to be confident in the bedroom, and to have a more pleasurable experience, both with partners and with yourself.

- ComeCurious



# SEX. WHAT IS IT GOOD FOR?

We're probably all familiar with the basics of sex education. Most of us at some point have slipped a condom on a banana, or had a red-faced chat with a parent about 'the birds and the bees'. Hey, there's a high chance you've experienced the deed yourself.

But wouldn't it be great not just to have sex, but to have *the best sex you can possibly have*?

A satisfying sex life has a greater impact on your overall well-being and health than just putting a smile on your face when you roll over to sleep.

It improves social interactions. It's a fantastic stress-reliever. It boosts your immune system. It brings you and your partner closer together. It lowers your blood pressure. It keeps you looking young. In fact, just about the only thing a great sex life isn't good for is the longevity of an IKEA flat-pack bed.

Plus, let's not forget, it's free, it's fun, and it makes you feel on top of the world. Or at least on top of someone.

That's where Lovehoney comes in - phrasing fully intended.

## WHO ARE WE?

If you haven't heard of us before, we're the sexual happiness people

Pretty much everything

with over fifteen years' experience of making a fun and fulfilling sex life available to everyone regardless of gender, sexual orientation, experience level, race or religion. Oh, and we're also the UK's favourite online sex shop.

And in a recent survey where we asked university students to tell us more about what makes a brilliant sex life, a whopping three-quarters of them said that they felt universities should provide more in the way of sex-positive information.

So we rounded up our vast and varied expertise to create this ebook, which contains all you need to know about getting down and dirty.

- *The Lovehoney Team*

## WHAT'S COVERED IN THIS BOOK?

We're not just talking about penis-in-vagina sex here (although of course, it's covered too). From anal sex, to non-penetrative sex, to consent and communication, to masturbation, we've included the whole shebang (and he/they/sie-bang, too).

So draw the curtains, dim the lights, and prepare to learn how to hump like you've never humped before.

## IT'S LEGIT:

Sexual health... requires a **positive and respectful approach to sexuality and sexual relationships**, as well as the possibility of **having pleasurable and safe sexual experiences**, free of coercion, discrimination and violence.

- The World Health Organisation





# CONSENT AND SAFETY

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# THE C WORD: **CONSENT**

Get it or forget it

For sex to be as enjoyable as possible for you and the person you're doing it with, both of you have to be 100% happy with what's happening and completely aware of the decisions you're making. That's why consent is massively important.

## IT'S LIKE TEA

The magnificently-named blogger rockstardinosaurprincess summarised consent brilliantly in her 'tea' analogy, which is well worth a look, but if you aren't familiar, here's a breakdown:

- If someone is unconscious, drunk, high, or their judgement otherwise impaired, don't have sex with them. Even if they acted like they wanted it earlier, they have to be able to say 'No' if they want to.
- Just because someone said that they wanted sex at an earlier point, doesn't mean they will always want it. People are allowed to change their minds and it doesn't entitle you to sex.
- If you have to coerce, threaten, or bribe someone into sex, then it's not consensual, even if they say yes.

If you get a resounding 'YES' from them, hooray! You're good to go. But it can slightly dampen the

mood when you feel that you have to stop and ask, 'Are you OK with this?' every time you change activity. So how can you be sure that you have the go-ahead from your partner?

## BODY LANGUAGE

Body language is the strongest indicator as to whether someone is into the act or not. Avoiding eye contact, not initiating sexual activity, and a lack of happy, sexy sounds are all signs they're not comfortable. Laughter, lots of eye contact, and an obvious willingness to engage are indicative of someone having a good time.

If they are physically pushing you away from a certain area, seem ill at ease or reluctant, or as if they are in some discomfort or pain, it's a sure sign that they want you to stop.

Don't rely solely on physiological responses. For example, you may think an erection is a sign that they want to have sex, but erections and desire are not always linked. It's also important to remember that just because they're turned on, it doesn't necessarily mean that they want to have sex with you right here, right now.

## SAFE WORDS

Safe words (i.e. a word or phrase that stops play) are a really easy way to

If you don't feel comfortable, it's okay to ask your partner to stop.  
**Consent is sexy**

- Lovehoney Customer

communicate comfort levels with each other. Though we don't always think to tell people during a one-night stand that shouting 'banana' means 'get off me', long-term couples who are looking to try out brand new sex acts may find that a safe word can make them both feel more at ease, particularly if someone is shy or nervous.

Phrases such as 'Does this feel good?', 'Would you like to try...', or 'I'd love to do this, if you'd like me to' are all ways to further your sexual exploration without breaking the mood.

Remember, if you aren't sure, ask them. It may seem stilted, but it's the safest way to be sure that they're happy (and to protect yourself).



# TO SEND NUDES, OR NOT TO SEND NUDES?

That is the question

**55%**

of sexters share the messages they receive with more than one person

SOURCE: DOSOMETHING.ORG



Though it seems like sending sexy messages and nude pictures has only existed since Snapchat appeared, the truth is people have been exchanging risqué images for hundreds, if not thousands of years. Even Queen Victoria once commissioned a 'sexy' (by 1843 standards) portrait for her husband, Albert.

## CONCEAL YOUR DEETS

The problem is, keeping your snaps safe isn't as easy as it once was - just ask Jennifer Lawrence or Kirsten Dunst. So how can you send nudes and know that no one else will see them?

Firstly, try to keep any distinguishing features like tattoos, birthmarks, or - especially - your face out of shot, and don't take it somewhere that is quite clearly your space. You can hide your face all you want, but if there's a picture of you at your uncle's wedding in the background, someone could still figure it out.

## APP IT OUT

Secondly, be careful about how you send it. Private photo apps like Hidely provide encryption and password protection that give you greater control over the privacy of your pictures, unlike Snapchat or Whatsapp where people can sneak a screenshot or just download the pic.

Protecting your devices will also play a part, too. Encrypted phones, strong passwords, and fingerprint or facial recognition will stop people being able to snoop through your camera reel, either remotely or when you've passed out at the party.

And finally, be sure that your phone doesn't automatically upload all your pictures to a backup server. Your phone may forget, but the Cloud remembers.

**Or just don't take them.**

## THE OTHER C WORD: CONTRACEPTION

There are a couple of things that most people want to avoid when having sex purely for pleasure: contracting an infection, and creating a baby. So to avoid this, we use contraception.

Broadly speaking, there are two kinds of contraception: hormonal, and barrier.

For hormonal contraception such as the pill, the coil, or the implant, it's important to discuss your options with your GP or at a GUM clinic.

Barrier contraception methods such as condoms, female condoms and dental dams are much more readily available, and won't interfere with the chemical composition of your body.

For all-round peace of mind, condoms are perhaps the most popular choice because they're around 98% effective, and the only form of contraception that protects against both pregnancy and sexually transmitted infections. Plus, they're cheap, easily disposable, they offer new sensations, and they can help sex last longer.







# HOW TO: ENJOY SEX WITH A CONDOM

Our top tips from students themselves on the unsung heroes of stress-free sex

## CHOOSE YOUR ADVENTURE ►

Many condoms come ready lubricated to make sex more pleasurable, but that's not where the fun ends. Take delay condoms, for example – their lubricant contains mild anaesthetics which help to delay his orgasm, thereby extending the fun for both of you.

If you're concerned that the sensation of wearing a condom is going to kill your erection and leave you feeling, er, deflated, you should try wearing thinner, more sensitive condoms. These types of condoms allow you to experience that sexy skin-on-skin feeling, without compromising your sexual safety.

You can also enjoy textured condoms that increase the sensations during sex for both partners; extra-safe condoms that give added protection to keep you totally relaxed; and flavoured condoms that allow you to enjoy oral sex without any sneaky infections getting passed on.

## PICK THE RIGHT SIZE ►

An ill-fitting condom can split or slip off during sex, and if it doesn't feel comfortable, it will just ruin your romp altogether. Not to mention render it useless in terms of protection. The average penis is about 2.5-4 inches in length when limp, and about 5-7 inches in length when hard.

If condoms feel too tight on you or your partner, or if you've ever had a condom split, you should consider buying larger sizes. Buying the size that properly fits you will give you and your partner greater comfort and security.

If a condom feels too baggy, or rolls down during sex, get yourself something smaller to give the comfiest experience to you both.

## LUBE UP ►

Though many condoms are pre-lubricated, the lube is only ever on the outside. Make wearing a condom a more enjoyable experience by lining the sheath with a tiny bit of lube (but not too much, or it could slip off).

You can also add extra lube on the outside and to your partner to reduce friction and keep things from chafing during sex or other activities. Remember to check that the lubricant you're using is condom-friendly, though.

Most water-based and silicone-based lubes are safe for use with barrier contraception, but anything that contains oil (such as Vaseline or massage oil) can damage the condoms and cause them to break.

## DO A TEST ►

Most condoms are made from latex, which works for a lot of people, but a latex allergy isn't uncommon. If you or your partner experience redness, itching, soreness, wheezing, or hives after using a condom, it could be that one of you is allergic to the material it's made from.

If you are allergic, there are tons of condoms on the market made from materials that don't contain latex, such as natural membranes, polyurethane, and polyisoprene.

Just like any allergy, a latex allergy can develop at any time, so just because you've had no problems with latex condoms in the past doesn't mean you won't in the future. Listen to your body.







# CONFIDENCE

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# THE BEST THING YOU CAN WEAR IN THE BEDROOM



Start with confidence and the rest will follow

You've almost certainly heard the phrase 'confidence is sexy'. But why is that? And why does confidence make such a difference to a healthy, happy sex life?

## WHAT'S THE 411?

The truth is, many people say a lack of confidence is one of the biggest inhibitors to enjoyable sex. Whenever we're worrying about our bodies or our sexual technique in the heat of the moment, we're not thinking about our partner, or focusing on the pleasurable sensations that are on offer, which means we're less likely to relax, enjoy ourselves, and experience an orgasm. Plus, your partner's probably not having the time of their life if you're not fully present.

Confidence in ourselves and knowing our own bodies allows us to better guide our partners to stimulate us the way we like to be stimulated, which in turn allows them to relax

because they're not worrying so much about doing the right thing, and generally makes everything much more pleasurable. And isn't it always a bigger turn-on to be with a partner who's clearly having fun?

“THEY ALREADY KNOW YOU'RE NOT A SIZE 6 & STILL WANT TO SLEEP WITH YOU. FORGET YOUR INSECURITIES”

- Lovehoney Customer

**NO ONE FEELS 100% CONFIDENT** with 100% of their body 100% of the time. It just doesn't happen. But body confidence levels vary massively, from the occasional wobble over the occasional wobble, to being so insecure about your appearance that you can't even look at yourself naked (let alone let a partner see you).

The truth is, it's not your body that's the problem: it's the way you perceive it. Body confidence doesn't come from being perfect, but rather an acceptance of flaws, and an ability to enjoy your body and all it can offer you.

However, for many of us, it's not always easy to switch off that negative little voice in the back of our brains. So we've collected our top tried-and-tested tips to help you feel fantastic on even the darkest of days.

# CRASH COURSE IN BODY CONFIDENCE

It takes practice



## PAY LESS ATTENTION TO SOCIAL MEDIA

We are a generation that lives on social media, but when you're presented with this barrage of celebrities (and even people you know) with their professional make-up, gorgeous hair, and 8-hours-a-day gym bodies, it's easy to feel like you're never going to measure up.

But what everyone forgets is that social media isn't real. Photoshop, strategic camera angles, Facetune, taking 800 selfies until you find the most flattering one... people go to extreme lengths to show you the 'best', and hide the 'worst'.

## WEAR WHAT MAKES YOU FEEL GOOD

It's arguable whether people dress to please themselves, or others. Confident people dress for themselves first and foremost, regardless of fashion trends or the opinions of others, so find an outfit that makes you feel great - and wear the hell out of it.





## FOCUS ON YOUR HEALTH

Exercise and eating the right things isn't just about getting the (non-existent) perfect body. It's been proven that people who exercise regularly have a more positive self-image, regardless of their weight, or how toned or muscular they are. Low mood can also be linked to what you're eating and drinking, so make sure you're putting the right things in your body - lots of fresh fruit and veg, plenty of water, lean proteins, all the good stuff.

Don't become obsessive about it, and feel free to have the occasional binge (after all, this is about loving and enjoying life): just make sure you're getting a good balance.

And when it comes to booze, sure, a drink or two does help to give you some Dutch courage, but alcohol is a depressant, which is only going to lower your mood in the long-term.

## AVOID NEGATIVITY

Try to avoid spending time with people who are always putting you or themselves down. If you're around someone who's always making comments about appearances - be it yours, theirs, or other people around them - it's going to have a knock-on effect on your mental attitude.

A lot of us have that friend who's always on a diet, or calorie-counting, and although they're often doing it with the best intentions, what that can do is makes us feel guilty about enjoying ourselves. Either ask them to stop constantly discussing their diet and body, or avoid situations with them where these moments may arise.

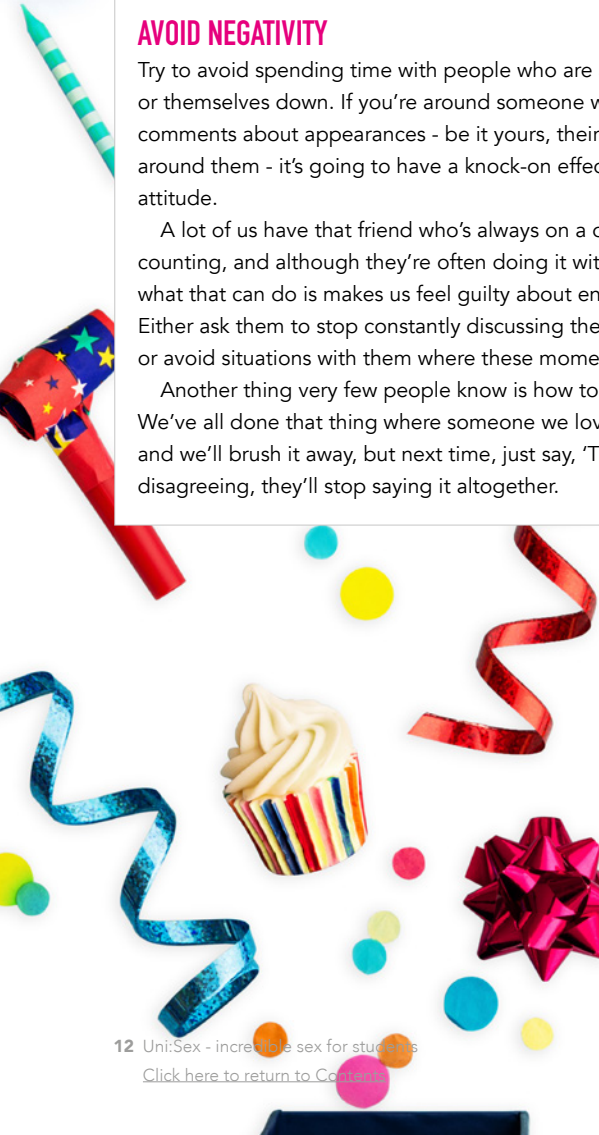
Another thing very few people know is how to take a compliment. We've all done that thing where someone we love says something nice and we'll brush it away, but next time, just say, 'Thank you'. If you keep disagreeing, they'll stop saying it altogether.



## REINFORCE THE POSITIVES

Rather than thinking about all the bits you don't like, look for parts of your body that you do like. Stand in front of the mirror, take the time to look over your body, and list all the parts you're happy with, whether it's your hair, or your eyes, or your tummy, or your legs.

And don't forget, it's not just what your body looks like - your body can do amazing things, it's not just decorative. Don't be afraid to ask your friends or partner what they love about your body, too - after all, they've got nothing to gain by lying to you!







# SEXUAL CONFIDENCE UNLOCKED

Boost your sexual swagger

Though body confidence is important when it comes to enjoying yourself in the bedroom, what's just as important is confidence in your own sexual ability.

## LOVE YOURSELF

Feeling comfortable enough to ask for what you want is the key to a pleasurable sex life – and of course, knowing what you like and dislike makes asking a whole lot easier. That's where masturbation comes in.

Exploring your own body and experimenting with different techniques helps you to learn what works for you, and it's much easier to relax when you're by yourself and not worried about impressing or satisfying anyone else. So next time you find yourself at a loose end, plan an early night, put your phone on silent and get to know yourself a little bit better.

## READ A BEDTIME STORY

Reading erotic literature - whether you find short stories online or head to the sexy section of your local bookshop - is a great way to stimulate your imagination. Plus, picturing yourself in the scenarios you're reading about can make you feel more comfortable with experimenting for real.

If there's a particular passage that gets your pulse racing, you could read it aloud to your partner, or ask them to read it and see how they react. If you tend to get turned on by visuals, watching a sexy film or porn works too - the more you think about sex, and more importantly, imagine yourself in arousing situations, the more empowered you'll feel if fantasy becomes reality.

## TELL THEM WHAT YOU WANT

You wouldn't go to a hair salon and leave it up to the hairdresser to decide what sort of haircut to give you - you'd give them some direction of what you do and don't want.

It's the same with sex. It's easy to assume your partner likes what you're doing, but what if they're not keen - or what if it could be even better? Communication is so important when it comes to sex. If you find it tricky to start a conversation, try making a list of sex acts you feel comfortable with, ones you're curious about and those you're just not interested in. Ask your partner to do the same, then compare notes.

Remember, as long as they're consensual, everyone's desires are valid, so don't freak out if they don't match up with yours - there's a whole multitude of things you can do together without either of you feeling uncomfortable. If you've matched on a few things, then next time you have sex it'll be much easier to try them out.

## MAKE A GAME OF IT

Ever played Never Have I Ever, and found yourself revealing a little bit more than you thought you would? It's amazing how easy it is to lose your inhibitions in a playful scenario, and games are a great way to introduce topics to the conversation that - in a more serious situation - might have made you or a partner feel nervous.

## SLIP INTO SOMETHING MORE COMFORTABLE

The secret thrill of wearing amazing underwear under your day-to-day clothes can make you feel sexy whether you plan to show it to anyone else or not.

From barely there bodies and sultry matching sets to figure-hugging boxers, sexy underwear comes in all sorts of shapes, styles and sizes for all genders. Seeing your lover's reaction when you reveal what you've been hiding all evening will send your confidence through the roof.

## MASTER YOUR CRAFT

Expecting to become a sexual dynamo who's proficient in everything from oral to pile-driving is a tall order for anyone. Sex is a huge field, with so many acts, positions, and toys to try it's nigh on impossible to know everything.

So choose one skill - whether it's kissing, oral, manual stimulation, anal play, or something completely different - and learn everything you can about making yourself the best you can be at that one task. That way, whenever your sexual confidence is a little shaky, you've got an orgasmic trick to pull out of the hat to get you back on top. Or underneath. Or behind.

# NON- PENETRATIVE SEX

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# WHY IS NON-PENETRATIVE SEX IMPORTANT?

The low-down on outercourse



Non-penetrative sex (which, in this e-book, we're counting as no penises in the vagina or anus) is vital to a healthy sex life. Sex acts which don't involve penetration can be enjoyed by mixed-sex couples and same-sex couples, people who haven't yet had penetrative sex, those who find penetration painful, impossible, or stressful, and as a vital part of foreplay and masturbation.

For people with vaginas, particularly, non-penetrative sex allows their body time to undergo the preparations needed for comfortable intercourse, such as lubricating the vagina, and a process called 'tenting', where the cervix moves up and away from the end of the vagina to allow the penis inside more comfortably.

It also helps to bring couples closer together, and is just as enjoyable (if not more so) as penetrative sex.

## WHAT COUNTS AS SEX?

Though sexual activity can be fairly easily defined as any kind of act that causes a sexual response in one or more partners, the term 'sex' itself has become much more fluid over the last few years. While 'having sex' with someone used to mean exclusively heterosexual intercourse, shifting attitudes to gender and sexuality mean this is no longer as 'straight'-forward.

Really, 'sex' can be used to refer to any sort of consensual sexual activity, depending on your own parameters, sensibilities and sexual orientation.

So, for many people, a penis doesn't have to be anywhere near a vagina for it to count as sex.





# SEX WITHOUT PENETRATION

## WHAT CAN YOU DO?

Here are just a few things that you can try if you're not looking for P-in-V frolics

### KISSING ►

We often skip past the hour-long kissing stage, particularly once we're comfortable in relationships, but it's one of the most important and intimate acts we can share with our partners because it paves the way for the rest of our play. Next time you think things are moving too quickly, take a step back, and spend more time on them lips.

### MASSAGE ►

Though it's not always used as part of sexual stimulation, a sensual massage can be a wonderful experience to share with a loved one. Try adding some super-slick flavoured oils to your massage to create a multi-sensory experience that'll please you both.

### STROKING ►

Whereas massage tends to be more focused on the deep muscles of the body, stroking is a wonderful way to excite the more superficial nerve endings in your skin. And the skin is the body's biggest sensory organ, after all! Switch between firm motions and the light brush of a feather tickler to really make your partner more sensitive.

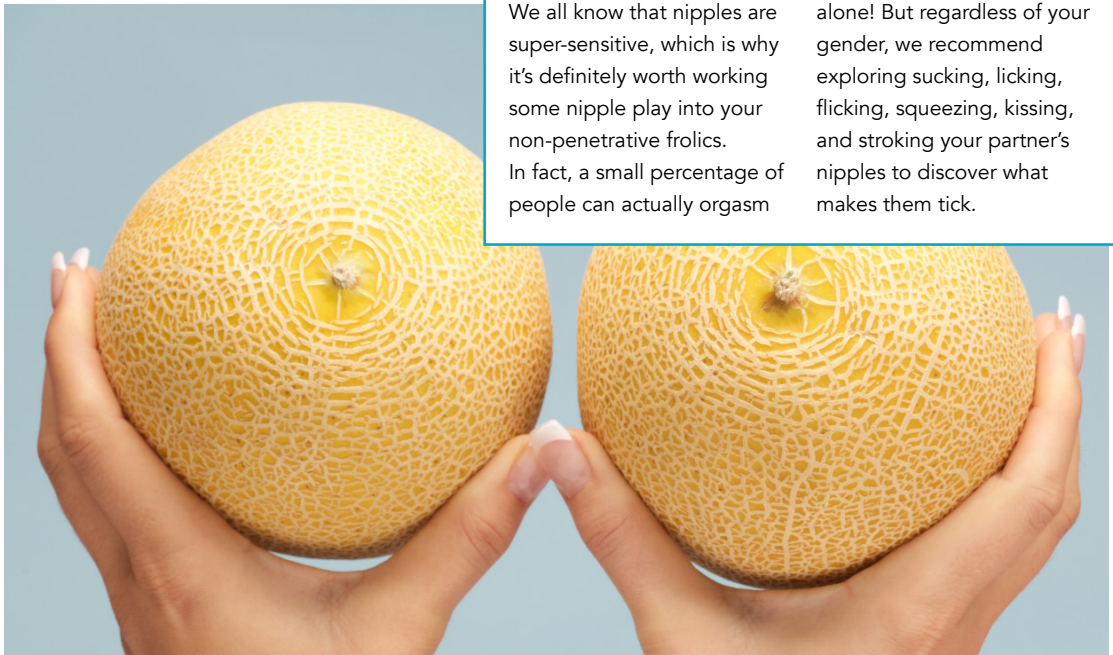
### FROTTAGE ►

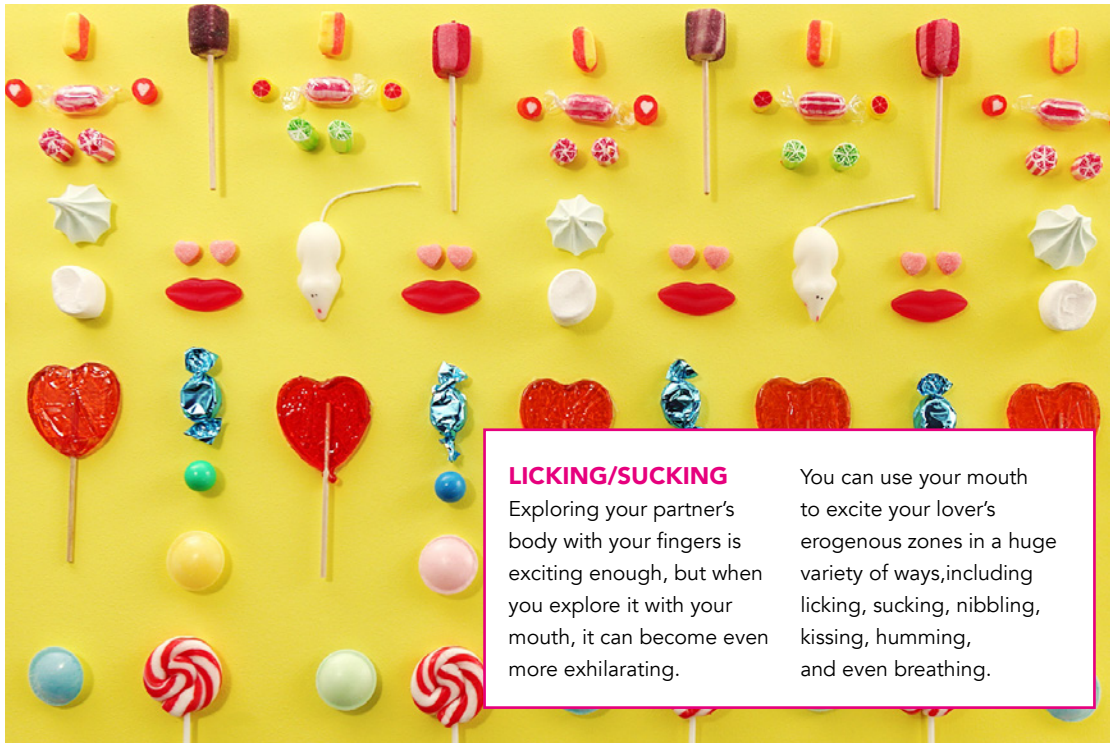
Frottage (a.k.a. dry humping or grinding) involves rubbing your genitals against your partner's clothed body. Many people find it highly pleasurable because of the friction caused by the fabric, and it allows you to explore many of the positions of intercourse without the actual penetration.

### NIPPLE PLAY

We all know that nipples are super-sensitive, which is why it's definitely worth working some nipple play into your non-penetrative frolics. In fact, a small percentage of people can actually orgasm

through nipple stimulation alone! But regardless of your gender, we recommend exploring sucking, licking, flicking, squeezing, kissing, and stroking your partner's nipples to discover what makes them tick.





## TICKLING ►

Just like stroking, tickling makes the skin more sensitive, which during sensual play is only a good thing. However, some find the act of tickling itself very erotic, and it's also quite a popular fetish.

Buzzy vibrators, ticklers, and floggers can all be used alongside your fingers for added tickle-tastic sensations.

## DIRTY TALK ►

Don't forget that communication is key to great sex - and that includes using language to turn your partner on, too. Erotic messages, phone sex, or even just the sounds that you make in the heat of the moment are all ways not only to show your partner exactly what's working for you, but also to get their pulse racing and corks a-poppin'.

## MANUAL PLAY & MASTURBATION ►

Whether it's using your hands on your partner, or on yourself while they watch, many couples find manual play forms an integral part of their sex lives. Why not try popping on an adult film and playing together as you watch?

## ORAL SEX ►

Pleasuring your partner's genitals with your mouth doesn't have to involve penetration (although, of course, it can). If you're dealing with a penis-and-balls situation, you can use your tongue and lips to tease their shaft, head, balls, inner thighs, and perineum without putting anything directly in your mouth.

If it's a vulva you're facing, remember to start slow, don't just aim for the clitoris, and don't rely solely on your tongue - lips, breath, hands, and even (sparingly!) teeth can be incredibly erotic if you use them well.

## RIMMING/ANALINGUS ►

Stimulating the sensitive skin of the anus with your tongue is one of the most intimate acts that you and your partner can explore, for obvious reasons, and it's popular with people of all genders. But it's important to consider hygiene first: before engaging in any analingus action, make sure that the receiving partner has a wash beforehand, and *never go* from any kind of anal play back to vaginal (or penile) play as it can cause infection. Dental dams are a great way of protecting against bacterial transmission, too.

# HOW TO: SUPER-CHARGE YOUR SOLO PLAY

Upgrade your solo sex skills

## ENJOY THE JOURNEY

There's so much more to masturbation than that last sprint to the finish line. Orgasms are great, but if you stop putting pressure on yourself to have one, you'll find it easier to relax and enjoy the build-up... and if you relax, you're more likely to lift that trophy

## THE WETTER THE BETTER

A little lube can add a whole new level of excitement to solo play. Extra lubrication adds super-pleasurable slide and glide to fingers, hands and sex toys, and can help if you have a penis and find direct head and frenulum contact a little too intense. Some friction is good, but no one likes friction burn.

## DON'T TAKE SHORTCUTS

It's easy to head straight for the most obvious erogenous zones, but don't forget to explore other parts of your body – stroke your nipples, caress your thighs and stomach, run your fingers through your hair. You may well discover a sweet spot you never knew you had..

## START-STOP SYSTEM

Sometimes a quickie is just what you want, but long, drawn-out pleasure sessions can be amazing. Lightly caress everywhere but the places you want to touch most, or masturbate and stop each time you reach the brink of climax – this is called 'edging', 'peaking' or the 'stop and start method'.

When you finally give in, you could be in for a mind-blowing orgasm. Plus, teaching yourself not to have an orgasm as soon as you feel the urge is a skill that can enhance your sex life, especially if you want to last longer.

## CHANGE POSITION

Just like with sex, changing position when you masturbate opens up a world of new sensations. Lying on your stomach, standing up, on all fours – if it feels good, give it a go. Plus, if you practise making yourself orgasm in different positions, it's more likely you'll be able to orgasm that way when you're with someone else.

## EVERY DAY'S A SCHOOL DAY

Think of masturbation as a learning experience as well as instant gratification. A firm grip and vigorous pumping might mean an orgasm is a dead cert, but explore a range of techniques and you'll become an expert equipped with numerous self-pleasure methods.

Try grinding against a pillow, tapping instead of stroking or touching yourself through your underwear. Learning to appreciate varying levels of pressure and different speeds also means that when you're with someone else you won't be waiting for them to touch you in a specific way - you'll just enjoy the experience

## PRIVATE BROWSING

For many people, privacy is key when it comes to masturbation, especially if you live in halls or shared accommodation. Solo fun in the shower is always a good shout, and an extra-quiet vibrator is a great investment if paper-thin walls are your problem. Or, just lock your door and put on your mega masturbation playlist - and if you don't have one, make one.

## DON'T RELY ON THE SAME TECHNIQUE

While reaching for your rumbliest vibrator or pulling up a bookmarked video might be the quickest way to the Big O, it's easy to become reliant on your favourite speed, setting or pornstar to get you off. Breaking the habit and banishing your go-tos from the bedroom for a while allows you to get back in touch with your body.

## SHOW AND TELL

Masturbation is a chance to unwind and indulge in the most fun version of 'me time', but pleasuring yourself with a partner can be massively erotic. Not only is it a real turn on to see your partner lost in the moment, it's also a great way to find out what makes them tick.





**Learn more about how to  
have a stealth ménage à moi**

(without your housemates hearing)

CLICK  
HERE

**THE OH! SPOT**





# ORAL SEX THAT'LL LICK THE COMPETITION

Show 'em what that mouth can do

## RECEIVING DOS & DON'TS

### GET CLEAN

This is a pretty obvious tip but, unfortunately, not everyone has a good clean 'down there' before getting frisky. Being clean is important during any sex play, but when it comes to oral, it's even more important to clean up first.

Top tip: Don't use overpowering soap and be sure to rinse properly (no one wants to lick soapy crotch!) If you "know" that oral sex will happen later, wash 30-60 mins before play to ensure you're clean, but still taste natural.

### RELAX

It goes without saying that the more relaxed, and less stressed, you are during intimate play, the more likely you are to climax. Oral sex is just the same, so make sure you're happy, comfortable and relaxed as this will help you get the most from your oral experience.

Remember: You are a drop-dead gorgeous sexual being who deserves pleasure. And trust us; if the person you're about to get slobbery with didn't find you hella sexy, they wouldn't be travelling south right now. Relax, enjoy and grab that headboard like there's no tomorrow.

### COMMUNICATE

Again, this is another tip which helps all sexual exploration, and oral sex is no different. Communication is key to getting what you want,

and having an amazing shared experience. Don't be afraid to tell your partner what you like, and what you'd like them to do differently. You can cover all bases by discussing the things you like and dislike before, during and after oral sex.

### LET THEM CONTROL RHYTHM

They're the ones who need to breathe, so it is important that they have overall control over rhythm, particularly to begin with. Of course, as you communicate about the things you like during oral, you'll naturally discover a rhythm which works for both of you but initially, rhythm should be led by the giver. Imagine trying to swim and having someone dunking your head for you.

Be careful that you aren't grabbing their head too forcefully, or putting pressure on them. Some people love rough oral, but you must talk about this beforehand and agree safety signals just in case one of you needs/wants to stop.

### DON'T EXPECT A MIRACLE

As with all sex acts, sometimes it's great, other times, it needs some work. The only way your partner will know this is if you tell them (unless they're a mind reader, which is unlikely).

Need something a little slower, or slightly to the left? Tell them! And tell them when what they're doing is working, too.



## GIVING DOS & DON'TS

### FOCUS ON THE JOURNEY

This goes for all sex play. Take the pressure off your performance by not focusing on the climax, and instead, put all your attention into making sure every lick and kiss tickles your lover in just the right way. Not only will this make every step of oral more enjoyable for both of you, but it'll actually increase your chances of bringing your partner to orgasm by getting them in a relaxed, aroused state of mind.

### LISTEN/BE ATTENTIVE

Similarly to asking directly, you can get a lot of feedback without talking if you listen in the right way. Pay attention to your lover's breathing or thrusts, moans, and hip movements. Gentle hip rotations are usually a sign you're doing a more-than-amazing job, whereas intense uncontrollable wiggling could be a sign you're going in a bit too hard, and to slow things down a notch. If in doubt, ask!

### BUILD UP

This is good advice for most sex play, particularly if you're with a new partner. Start slow and gentle, and gradually crank up the intensity, paying attention to your partner's response as you do. This warms up the body and mind, and gives your partner's body a chance to gear itself up for what's coming.

### VARY TECHNIQUE

Variety is the spice of life! Not only does a little variety help keep oral exciting for the receiver, but it also helps you avoid tongue cramp from drawn-out repetitive moves.

So experiment with different techniques, remembering to listen to your partner's responses to work out what they like best. Try gentle suction, light nibbling, kissing, licking with a broad flat tongue or using the tip of a stiff tongue for pin-point contact. Humming, the use of your hands at the same time, and the simultaneous introduction of toys can also be incredibly erotic.

Remember that the genitals are made up of many smaller hot spots, so rather than just licking or sucking everywhere, explore each individual area to see if there's a particular spot which drives them wild.

Just because it's called "oral sex" doesn't mean you can't incorporate things that aren't mouths, too!

### FOCUS ON RHYTHM

A massive part of 'good' sex is rhythm, and one of the quickest ways you can get your partner's brain on the path to climax is by using consistent rhythm. Any changes to rhythm should be gradual and build slowly. Sudden rhythm changes can be jarring and put the receiver back to the beginning of their erotic journey - effectively making it feel like they're 'starting again'.

This is particularly important when you sense your partner is coming to the 'home run'. Chances are, whatever you're doing in that very moment is VERY much working for them. If you really want to get them all the way to climax, this is when you *just keep doing what you're doing*. Now is the moment you ignore ALL of our advice on variety, and you maintain your rhythm/pressure/technique as if your life depends on it.

### DON'T GO IN HARD FROM THE START

This is not an instance of 'go hard or go home'. Just don't do it. Instead, follow our instructions for building intensity, above.

### DON'T BE ERRATIC

Variety is the spice of life, BUT being erratic goes against all the rules about rhythm. DO vary your techniques, but give each one a chance before moving onto another method.

### DON'T STARE

Occasional eye contact = good.  
Staring = creepy. Balance is key.



# PENETRATIVE SEX

What is it? **24**

Positions to put your love on top **24**

Penetration game-changers **25**

How to have comfortable anal sex **27**



# POSITIONS TO PUT YOUR LOVE ON TOP

When did you last try a new position?

## IF YOU'RE SHY ►

Sex with a new partner can be daunting, and while you shouldn't ever have sex with someone you're not totally comfortable with, even the most confident among us suffer an insecurity crisis once in a while. One of the best positions for the shy girl or guy is the spoon.

Both partners lie on their sides, facing the same way and manoeuvre until the partner behind is able to penetrate the other. Your bodies will be closely linked, which will help enhance the intimacy, while putting the brakes on any body concerns you might have. It's great for guy-on-girl, guy-on-guy and girl-on-girl (particularly if a strap-on or well-placed finger is involved).

## SLOWING HIM DOWN ►

Premature ejaculation can happen to you at any age. Luckily, there are some positions that can help prevent overstimulation.

Modified doggie is a great one as it's sexy as hell, but works in such a way that the giver can only achieve fairly shallow penetration, along with a limited range and speed of movement.

Start with traditional doggie (with the penetrating partner kneeling behind the receiver), before you both lower down slowly onto the bed, or floor, or couch. He should be on top, with his stomach on your back, or raised up slightly on his knees. This angle requires a slow and shallow grind rather than deep in-out penetration, which will prevent any overly-intense stimulation.

## BIGGER DICKS/SHALLOWER VAGINAS ►

While it might be a jaw-dropping surprise the first time he pulls out his 10-inch penis, it could cause a few comfort issues during sex. And just in the same way no two penises are identical, neither are two vaginas. A great position for a longer dong or shorter vagina is the afternoon delight.

Penetrative sex tends to be what most people think of when they talk about 'having sex' with someone, but as we've discussed previously, nothing has to go in anywhere for you to be intimate with a partner. In essence, the term 'penetrative sex' usually refers to a penis being inserted into a vagina, or an anus.

In a way, penetrative sex should be the most straightforward sex act one can engage in with a partner - after all, that's what we've evolved to do in order to continue the human race. But as one of the few species who have sex purely for pleasure, there are tons of things that we can try to make intercourse even more mind-blowing, starting with the positions we do it in.

He lies on his side facing his partner, while they manoeuvre perpendicularly to lie on their back with their legs hooked over his waist. This allows for gentle and shallow penetration. It's also great for women who experience pain during sex as it restricts any overzealous thrusting, and can work well for shallow anal sex as well.

## SMALLER DICKS ►

Sex is about a lot more than just size, and you can certainly still do a great deal with a smaller penis, so don't let it get in the way of a jolly good bonk. Certain positions do work better with a not-so-sizeable peen, and one of the best is the receiver on top.

However, with this classic, it's best to move back and forth on him rather than up and down. If it's girl-on-top, she'll get to grind her clitoris on her partner's pubic bone while the gyration prevents either penis or strap-on from slipping out. And, for guy-on-guy, both partners will have access to play with the penis of the 'top' for extra stimulation.

## FOR A WORKOUT ►

Sex can be a real workout in any position, depending on how much effort you're putting in and how vigorous you and your partner like things. But, if you're looking for some sexercise to really get those calories burning, try standing up sex.

One partner stands and holds up the other partner, using a wall, door, or other flat surface to lean against. The weight of holding up your partner and thrusting will be a workout in itself, and for the partner being held up, the effort of defying gravity will get that already raised heart rate beating a lot faster.





# PENETRATION GAME CHANGERS

Because it can always be better

## BRING OUT THE TOYS

We're big believers in improving on something great, and adding a little extra buzz to your bonking in the form of a sex toy can be an unbelievable upgrade for your sex life. If you're not sure where to start, head to the Sex Toys 101 section to find out more.

## DO YOUR WARM-UPS

No, we don't mean you should be doing walking lunges around the bedroom before you have sex (unless you plan to do something very energetic). We're talking about your love muscles. Your pubococcygeus muscles. Your PCs. Your pelvic floors. And yes, all genders have them.

As well as controlling urine flow, these muscles are responsible for the contractions you feel when you experience an orgasm. Tone and strengthen them, and the contractions will be more intense, as more blood will be flowing to your nether regions.

Before you start flexing your pleasure muscles, you need to find them – a great way to do this is by stopping midstream when you pee.

Once you've located the muscles that are helping you to do this, you can practise tightening and releasing them any time you like – on the bus, during a lecture, while you're masturbating, and even during sex itself.

Do 10 to 20 kegels three times a day, holding each one for 10 seconds, and you'll soon feel the benefits when you have sex.



## EYES ON THE PRIZE

According to science, oxytocin, or the love hormone, is released during periods of prolonged eye contact. And while a wide-eyed stare might throw your partner wildly off course while you're having sex, looking into one another's eyes can be hugely erotic.

Plus, it can make you feel connected to the person you're having sex with – there's nothing worse than feeling like you're two people on two separate missions.

## LET THINGS SLIDE

We hate sounding like a broken record – apart from when it comes to the slippery stuff that is lube, of course. We'll happily bang on about lube until the sun comes up.

When it comes to penetrative sex, whatever body parts are involved, it's always better when it's wetter. A little squeeze of water-based lube (or anal lube if backdoor antics are on the agenda) adds long-lasting pleasure to your play, so always have a bottle by your bed or in your 'special drawer'.

Blow your load, not your loan

## CREATIVE WAYS TO USE LUBE

Lube makes sex more enjoyable for all participants – fact! Here are a few of our favourite ways to get the most out of your bottle of slick stuff.


**Water-based** Work it into a sexy massage to help hands glide over body parts.

**Warming** Dispense a pump into your palms or on finger tips before foreplay to add extra heat and sensation.

**Flavoured** Pucker up and pop it onto your lips before kissing your partner for delicious flavours.

**Tingling** Add a drop or two on the inside and outside of a condom for fun, tickling sensations.





**Q:** What are the 6 best sex toys for mind-blowing foreplay?

**A:** Find out at the Oh! Spot! 🤪

CLICK  
HERE

**THE OH! SPOT**

# HOW TO: HAVE COMFORTABLE ANAL SEX



## Just the tips

**IT WAS THE BEST OF TIMES, IT WAS THE WORST OF TIMES. OR AT LEAST IT CAN BE WITH THE TRICKY BEAST THAT IS ANAL SEX.** When done correctly, it can be a wonderful and orgasmic act for everyone involved. When done incorrectly, however, it can end up with an awkward and embarrassing trip to the doctor.

In order to get the most orgasmic sensations from your anal experience, take heed of the following advice.

### GET PREPPED

A lot of people might be put off the prospect of anal, because, well, you're going in to a place from which things normally come out. However, most of the stuff we're referring to isn't stored near the anus or lowest area of the bowel, unless it's ready for evacuation. And, if that's the case, maybe it's best not to attempt anal then!

A simple bowel movement and shower before sex is a great way to ensure you're clean and comfortable. But, if you are looking for a deeper clean, you could always try a douche. The idea of it is to gently pump water into the rectal passage, which then flushes out any residual faeces as gravity does its job.

### CONDOMS

Condoms are king for most kinds of sex, but especially during the delicate dance that is anal. Even if you're in a monogamous relationship and know that you're

free from STIs, using a condom will prevent the spread of bacteria, which is potentially more likely due to the thinner, more delicate skin of the anus and rectum. It's also great if you want to prevent the post-play clean up that comes with anal sex.

### LUBE IT UP

Lube. Everywhere. Put it everywhere. The more the better. When it comes to anal, you can never get enough. Unlike the vagina, the anus and rectum produce little natural lubrication and are incredibly delicate, so unless you want to do some damage or suffer nasty friction burn, you'll need some anal lubricant to help these two body parts interact seamlessly.

### GO IN SMALL

If it's your first time trying anal sex, it's best to start small and work up to bigger things. Using your partner's finger in and around the anus will get you used to the feeling of penetration in there. Make sure you lube up first, and that their nails are nice and trim.

Once you've gotten used to the feeling, your partner can insert another finger, and even another so long as it's pleasurable. Don't forget to lube each finger beforehand - and NEVER go back to the vagina if there's one around. Double-dipping is a no-go, in both chip etiquette and anal play.

You can also try anal play solo, either with a finger, or an insertable anal sex toy like a plug.





Butt plugs are designed to be worn inside the anus, where the wider bulbous body creates a 'full' sensation, and a slender neck and flared base hold it in place throughout all sorts of activities. For more information, check out the section on '[6 Sex Toys Everyone Should Own](#)'.

### **SLOWLY DOES IT**

You're used to a finger, or a butt plug, and you're ready to try some penis-in-anus action. Don't think that just because you've managed more than two digits you can go straight in for the main course. You will probably still have to take it slow.

Lie on on your stomach or side and use one of your hands to gently spread apart your butt-cheeks. This will help to guide your partner to your anus without too much jabbing about. Once they're there, they can gently and slowly begin by inserting the tip of the penis into your anus - and for goodness' sake, don't forget the lube!

The muscles of the anus are incredibly strong and if you're not fully and utterly relaxed, you're going to struggle to let anything in there. Though it might be a little difficult to get your partner's penis in there at first, it shouldn't be painful. If you experience any pain, then stop immediately.

Once the tip of the penis is in, and you feel comfortable, then ask your partner to gently penetrate you further to the point that you both find most pleasurable. After that, it's up to you both to work out which pace is best.

Once you've finished your anal adventure, it might be a good idea to have a clean up, or a quick shower, at least to wash or wipe away all the residual lube. Having a pack of body-safe wet wipes around might also be beneficial to keep you both feeling fresh after a steamy session.

## **COMMON ANAL SEX QUESTIONS**

### **DOES IT HURT?**

Done correctly, anal sex can be very pleasurable. Anal should never cause you pain, and with lube, patience, and relaxation, it won't. If it hurts, slow down, or stop immediately to avoid doing any damage.

### **WHAT IF SOMETHING COMES OUT?**

Ultimately, the anus is designed for one-way traffic, so it's possible some fecal matter could come out during sex. But if you prepare properly, and don't go too deep, the chances of this are minimal.

### **DOES ENJOYING ANAL SEX MEAN YOU'RE GAY?**

No. Being sexually attracted solely to people of the same gender as you makes you gay. Anal play can be enjoyed by any gender, regardless of sexual orientation.

### **IS IT BAD FOR YOUR HEALTH?**

Any kind of sex, done badly, can be damaging, and anal is no different. But provided you follow our tips, listen to your body, and don't go too big or too hard early on, the chances of long-term damage to your health are incredibly small.

### **HOW DO I GET MY PARTNER TO TRY IT?**

If you're interested in trying anal sex, but don't know what your partner thinks, it's vital you talk to them about it first. Be patient, don't push them - and don't surprise them mid-sex with an anal invasion that they haven't consented to, even if you think it will 'spice things up'.

### **DO I REALLY NEED LUBE?**

YES.





# SEX TOYS 101

Why use sex toys? **30**

How to choose your weapon **30**

Six sex toys everyone should own **31**



# HOW TO: CHOOSE YOUR WEAPON

Because everyone starts somewhere

If you've never bought or used a sex toy before, it's not always easy to know where to start. Sure, you've probably heard of vibrators, but when there are 20 different sorts to choose from, how do you know which one's right for you?

Luckily, there are just four main things you need to think about when picking your new bedroom BFF.

## WHO'S USING IT?

If it's a present for you, chances are you already have some inkling of what works for you. If it's for a lover, remember to choose something that stimulates them in a way they enjoy, not just something you want to see them use.

Using it together? To start with, pick something small like a bullet vibe or a cock ring that won't get in the way when you're getting down to it, or try a toy with a remote so one of you can take charge of the other's pleasure.

## WHAT DO YOU WANT IT TO DO?

Sure, you might know that you're after anal stimulation, but there's a world of difference between a stainless steel butt plug and some slender anal beads. Similarly, if you know that you prefer clitoral stimulation, a 9-inch dildo is unlikely to hit the spots you need it to.

Do you want it to be extra-quiet, or does it need a discreet design to keep it hidden from housemates? Is it important to you that it's waterproof, or that it's rechargeable rather than battery-operated?

Think about what you're looking for, the kind of stimulation that you know works best for you, and if you're shopping online (\*cough\* Lovehoney \*cough\*), make sure that you check out the reviews to get first-hand accounts from others on how the toy was for them.

## WHAT SIZE IS IT?

As obvious as it may seem, you'd be surprised at the number of people who don't really

Imagine the scene. You and a friend decide that you're both going to cook a lasagne from scratch. You use the same ingredients, the same oven, and you cook it in the same amount of time, and what you produce are two delicious lasagnes. But wait! One of you has added salt and pepper, and the other one hasn't. Which is better?

Of course, you can argue that's entirely down to individual tastes, but in the same way that salt and pepper enhance the flavours in food, so sex toys can enhance sensations in your intimate life.

Not only can they offer new feelings and experiences, but they can increase your chances of a mutual climax with your partner, they allow you to indulge private fantasies, and some (like penis pumps) can even help with medical problems. And, on top of all that, they're really fun.

take length and girth into consideration when it comes to picking their insertable toy.

Check the product dimensions, grab a tape measure, and see if you can find something in your house that measures roughly the same size so you can easily picture the size. For example, a 250ml can of Right Guard deodorant is a little over 9 inches tall, while a toilet roll is about 4.5 inches high. But don't use either as sex toys.

## WHAT IS IT MADE OF?

The material that's used makes a big difference to how a toy feels, and how much you'll pay for it.

Jelly rubber, TPE, PVC, realistic feel, and rubber toys are all very flexible, and are often quite cheap. They can react with each other and cause a melty effect when stored together, though, so bear this in mind when stashing them under your bed.

Silicone, glass, enamel, and metal sex toys are all a little more expensive, but they're firmer, easier to clean as they're non-porous, and non-reactive so they can be stored together.

WHY USE SEX TOYS?



# SIX SEX TOYS

## EVERYONE SHOULD OWN

### BULLET VIBRATOR

The heroes of the sex toy world, bullet vibrators are the small-but-mighty bedside buddies everyone needs. Clitoris, nipples, frenulum, perineum, toes... you name an erogenous zone, and the targeted titillation of a bullet vibrator will seek out its most pleasurable points. Just remember, don't use them anally unless they have a flared base, or they could go a-wandering...

They can also be used with a variety of other sex toys, and they can be as flash or as simple as you fancy.



### BUTT PLUG

A truly unisex toy, the humble butt plug works by stimulating the sensitive nerve endings around the anus, and creating the pleasurable 'full' sensation inside the rectum that fans of anal play seek. Lube it up, slip it in, and the flared anchor should keep it exactly where you want it while you engage in other sex and foreplay fun, completely hands-free.

Plus, there's an added bonus for gents: your highly sensitive prostate gland (or P-spot) is most easily accessed through the anus, meaning you can amplify your pleasure even further.



### COCK RINGS

Cock rings are like the Swiss army knife of sex toys, in that they can do just about anything. They can help to strengthen the erection of the wearer; they can delay ejaculation; they can keep you harder for longer; they can add clitoral or perineum stimulation for your partner; and they can even tickle your balls, too.

There are tons of different kinds, but adjustable or super-stretchy cock rings are better for first timers, while vibrating ones are ideal for giving added stimulation to your partner.

Don't have (or want) a penis in your love life? A cock ring with a vibrating clitoral attachment can be worn as a finger vibrator during manual play with a partner, or even to improve solo play.





## LUBE

Less of a toy and more of an essential, a good-quality lubricant should have pride of place in every single toy box.

Using lube doesn't mean you're 'broken' or that you aren't enjoying yourself - it means that not only are you being considerate of sensations for your partner, but you want your own sexual experience to be the best that it can possibly be.

Lube reduces friction and prevents irritation and discomfort, in exactly the same way that massage oil makes massages even more comfortable. (But don't use massage oil as lube. In fact, don't use any oil as lube, despite what you may see in porn). It's particularly important for anal play, too, as unlike the vagina, the anus doesn't self-lubricate.

Whether it's for sex with a partner, or sex on your own, having a bottle of water-based lube to hand will make everything much less stressful, and a whole lot more enjoyable.

And no. Spit doesn't count.

## FEATHER TICKLER

Aside from looking beautiful, feather ticklers are ideal for anyone looking to increase theirs or their partner's skin sensitivity. Super-soft feathers gently tickle your nerve endings, making you much more receptive to every sensation, and helping to enhance the sex and foreplay experience.



## BLINDFOLD

If the restraint side of bondage doesn't really float your boat, but you fancy dabbling in something different, a blindfold is a comfortable and non-intimidating way to start. Because they restrict your sight (which is, of course, our dominant sense), your other senses become heightened, making every single touch, sound, smell, and taste more intense than usual.

And you can always use it for a decent night's sleep when you need to block out the sun from those super-thin rental accommodation curtains.





# COMMON PLEASURE PROBLEMS



Vaginal tightness and discomfort **34**

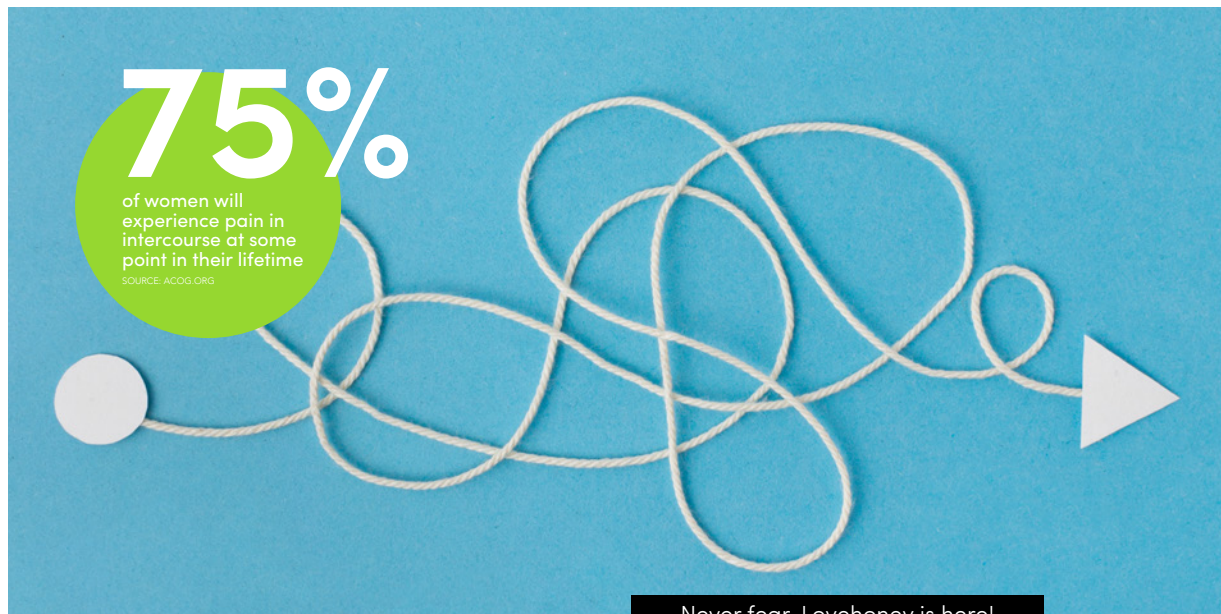
Ejaculation issues **35**

Erectile issues **35**

Discomfort during orgasm **35**



# COMMON PROBLEMS AND HOW TO SOLVE THEM



At times in all of our lives, there will be moments when sex isn't as easy as it has been before. The things our body's done time and time again without thinking will suddenly become weirdly difficult, and though this may only be temporary for many of us, for some of us, it can happen again.

Though we tend to associate sexual problems with older people, the truth is, they can affect people of all genders and ages. But what are they, and what can you do about them when they do happen?

## VAGINAL TIGHTNESS AND DISCOMFORT

One of the reasons that foreplay is so important for people with vaginas is because it allows the vagina to prepare for sex, relaxing the muscles and creating lubrication to keep you feeling comfortable throughout. Sometimes, however, even with lots of foreplay and even when you think you're completely in the mood, the muscles inside the vagina can tighten, making penetration uncomfortable, painful, or even impossible.

There can be many causes for this, and most

women find that it happens at least once during their sexual lifetime. Should you find penetration or sex uncomfortable, the most important thing that you can do is not to get stressed about it, or worry what your partner may think, because this will tense your body up even further and make it even more difficult.

If you wish to continue with penetration, make sure that you take your time, try to relax, and apply a generous helping of [lubricant](#) to your partner or toy to help make the motions smoother and less likely to cause pain. If you continue to find it painful, or penetration is still not possible, then stop. Forcing your bodies together in this state is only going to cause further pain and discomfort to you, and potentially to your partner as well.

If you find that it is happening regularly during sex, foreplay, or masturbation, then you may have a condition known as vaginismus, which causes uncomfortable contractions of the pelvic floor muscles. In this case, you should consult your GP for further advice.

## EJACULATION ISSUES

One of the most common sexual problems in younger men is known as premature ejaculation, in which the man ejaculates earlier than he or his partner would like during sex.

If you would like to last longer during sex, there are several things that you can do before consulting a GP. Masturbating around two hours before sex can help to decrease your sensitivity, as can extra-thick or delay condoms. You may also wish to try a position where your partner is on top and in control, as they can easily pull away when you think you might be getting close.

Another popular method can be used to condition your body's responses during masturbation, when, just before you feel that you're about to climax, you stop, and wait 30 seconds, before continuing. This is known as the 'stop-go' method, or also as 'edging', and can be repeated as many times as you desire.

## ERECTILE ISSUES

It's been suggested that as many as 52% of men experience problems either getting or maintaining an erection, making this a pretty common issue. While it tends to be more common in older men, or those with heart disease or diabetes, it's possible for it to occur at any age.

Alcohol can have a large impact on how hard your erection is, as it causes your blood vessels to dilate, meaning your hard-on can be softer than usual because the much-needed pressure isn't there. Erectile dysfunction (or ED) can also be caused by excessive stress, psychological problems such as depression, or as a side effect from certain other drugs.

If you find that it's often difficult to achieve an erection, you should see your doctor for further treatment and advice.

At the other end of the scale is a condition known as priapism, which is the term for a constant and painful erection that doesn't go away after ejaculation. It's fairly uncommon, but if you do find you experience this, it's best to see a doctor as soon as you can for the quickest relief.

## DISCOMFORT DURING ORGASM

Sometimes, women may find that they experience pain or discomfort at the moment of orgasm.

This is known as dysorgasmia, and may only happen once or twice, or may be a more prolonged problem.

Little is known about dysorgasmia at the moment, other than the fact that it is caused by the contractions of the pelvic muscles during orgasm and can lead to a cramp-like feeling in your lower tummy. If you find that it only happens occasionally, heat treatment (such as with a hot water bottle) can help to relax the muscles, as can taking a painkiller. If you find that it happens regularly, taking a painkiller a couple of hours before sex can help, but you should still consult your GP.

## OVERSENSITIVITY

Some people can find that during sex, foreplay, and masturbation, it's very easy for their genitals and other erogenous zones to become over-stimulated. Sometimes, this can lead to a feeling of numbness in the area, whereas at other points, it can just become quite uncomfortable.

Most often, this tends to affect the head of the penis or the clitoris, as these are the most sensitive of all your sensitive areas (with around 4,000 nerve endings in the tip of the penis alone, and a massive 8,000 in the clitoris). Uncircumcised men may also be more sensitive than those who have been circumcised, as circumcision removes a lot of the nerve endings that are found in the foreskin.

If you find that you become very sensitive very quickly, it doesn't necessarily mean that you need to head to the doctor unless you find it's something that's changed very abruptly, or it's causing you a lot of pain. Instead, try getting your partner to be a little more gentle with their movements, and when you find things are getting too much, encourage them to explore other areas of your body to allow your nerves to 'cool down' slightly.

Some women find that their clitoris is too sensitive to be touched directly, so find it more pleasurable to be touched through the clitoral hood, or even along either side of the labia, as it makes the sensations less intense. Take your time, and accept that though reaching climax may take a little longer, it doesn't necessarily mean it's impossible.





A blue-tinted photograph of two men laughing heartily. The man on the left is smiling broadly, looking towards the right. The man on the right is laughing with his mouth wide open, looking upwards. They are both wearing light-colored shirts. The background is a solid blue color.

**Good things come to those  
who wait, but why wait to come?**

Check out our sexpert suggestions  
on how to have the best quickies

CLICK  
HERE

**THE OH! SPOT**



# YOUR QUESTIONS ANSWERED

Real questions from real students



# Q “HOW DO I SURVIVE A LONG DISTANCE RELATIONSHIP AT UNI?”

Q

“HOW OFTEN DO COUPLES HAVE SEX ON AVERAGE? AND HOW LONG DOES IT LAST?”

A

When it comes to sex, ‘average’ is a tricky word. One couple’s ‘average’ sex session is never going to be the same as another’s, and comparing your own performance to that of others can sometimes cause anxiety and stress that makes the whole experience much less enjoyable.

The renowned Kinsey Institute found that, on average, 18-29 year olds are having sex twice a week. But that number will differ greatly depending on many things, including how close you live to your partner, schedules, health, stress levels, and countless other factors.

In terms of how long it lasts for, when we surveyed our heterosexual customers to find out how long sex lasts on average, the answer was 19 minutes: ten on foreplay, and nine on penetration.

In truth, though, all that should matter is what’s ‘normal’ for you and your partner.

Long-distance relationships are one of the biggest romantic challenges facing students, particularly when it comes to keeping the closeness of a physical relationship going. But if you and your boo are determined to make it work, there are some things to bear in mind.

Firstly, remember that it’s all about regular communication. Part of what gets lost in a long-distance relationship are the frames of reference for what’s going on in your life: you have new friends your partner may not know, and experience moments that they are no longer a part of. Make sure that you stay in regular contact, but still allow each other enough time to enjoy uni life without having to check in all the time.

There are also tons of ways to keep the sexual excitement building, even when you aren’t together. Why not invent some sexy games to spice things up? Take it in turn to send each other messages that build up an erotic story that you’d like to act out together, but rather than doing it via instant messaging, use a slower service like writing each other a letter to draw out the anticipation! Or download a 2-player game on your phones, and decide on a sexual favour that the loser has to bestow on the winner next time you’re together.

To add a new level to your long-distance fun, check out the blossoming world of teledildonics - that is, sex toys that can be controlled by Bluetooth and wireless technology. Teledildonic giants, We-Vibe, offer vibrators for every gender that can be controlled by an app, meaning that wherever you are in the world, you can take control of your partner’s pleasure.

For more information, head over to the Lovehoney Oh! Spot, where you can find even more ways to keep your long-distance love life fiery and exciting.



Q

# “HOW CAN I INTRODUCE A SEX TOY INTO A RELATIONSHIP?”

Show them that toys are the way

A

Bringing up the subject of sex toys isn't always the easiest thing to do, especially if it's something you or your partner have never discussed before. And while there are certain times that you probably shouldn't announce that you'd like to give anal beads a go (on the bus, or over dinner with their parents for the first time, for example), there are many ways you can sensitively bring up the topic.

## TEST THE WATERS

If you see, hear or read about something that you want to try, mention it in an offhand way to your partner and gauge their reaction. If they seem willing to carry on the conversation, why not suggest trying something similar, and see how they react?

## REASSURE AND EDUCATE THEM

One of the main reasons people don't want to try a sex toy is because they think that what they're doing isn't pleasing their partner enough. Make it clear that this is not something to replace them, but rather, something to enjoy together with them. It's like trying a new restaurant, or exploring a new place to go on holiday. Sure, you may absolutely love the place you visit all the time, but it's always fun to throw something new into the mix and discover brand new experiences.

## GO TIT FOR TAT

If you've pitched an idea and your partner isn't 100% sure about it, make them a deal. Offer to try or do something of their choosing in exchange for them giving it a go, and if they still don't like it, at least you'll both know for sure. Just remember to be respectful and not push it if they're adamantly against an idea - bullying someone into any kind of sex is never going to be any fun for either of you.



## START SMALL

Sure, a mega-dildo might SEEM like it's going to be really fun, but if your partner's never even used a bullet vibrator before, it's not the way to turn them on to sex toys. Start with something little and unintimidating and see how you get on with it before moving onto the big stuff.

## PICK YOUR TIMING

Lots of people think it's a great idea to whip out their latest sex toy purchase in the middle of an intimate moment, but this is an instance where surprises aren't necessarily welcome. If you and your partner are sex-toy proficient, it's slightly different, but if you've never used them together before, make sure they know what you're planning beforehand.



Q

# "I HAVE NEVER HAD AN ORGASM DURING SEX. IS THIS NORMAL?"

A

For people with vaginas, it's quite common not to experience an orgasm during intercourse. Because the clitoris is often the key to an orgasm, and penetration doesn't always stimulate it, many couples have to find ways to work clitoral stimulation into intercourse too.

Experimenting with positions to hit the G-spot, using a hand or a vibrator on the clitoris, or increasing clitoral excitement with an orgasm-boosting balm are all ways to increase your chance of orgasm. Alternatively, if you want to increase your chance of a vaginal (or G-spot) orgasm, many people find that having one or two orgasms before penetration starts helps increase their sensitivity and makes it easier to have one during sex.

It's also possible for people with penises to find it difficult to ejaculate during intercourse, although we're often told the complete opposite and, for men, ejaculation and orgasm aren't necessary the same thing. Delayed ejaculation can occur for a few reasons: it can be a result of conditioning the body to only respond to one form of stimulation (such as masturbation); it can be a side effect of a medical condition or treatment; or there can be a psychological cause. If you find it happens regularly, it's often worth getting it checked out by a GP.

For more tips on how to climax during sex, head over to the [Lovehoney Oh! Spot](#).

Q

# "WHICH IS THE BEST POSITION FOR MUTUAL ORGASM?"

A

Heterosexual couples especially find that it's difficult (if not impossible) to coordinate their orgasms for that Hollywood classic: the mutual climax. That's mainly because 70-80% of women need clitoral stimulation to achieve orgasm, meaning more often than not, penetration alone just doesn't cut it.

To increase the chances of this synchronised finale, you need to find a position where the clitoris can also be stimulated, either through pelvis-to-pelvis contact, or by using yours or your partner's hand.

Doggy style is great, as it helps to direct the penis towards the G-spot on the front wall of the vagina and gives enough space to reach around and touch the clit. Alternatively, cowgirl (where the girl sits on top and the guy lies beneath her) allows the woman to grind her clitoris against her partner's pubic bone, which helps create the friction necessary to achieve climax.

For more information, head over to the [Lovehoney Oh! Spot](#), where you can find even more position tricks and tips.





Q

## “HOW DO I GET MY BOYFRIEND TO BE MORE WILLING TO HAVE SEX WHEN I WANT IT?”

A

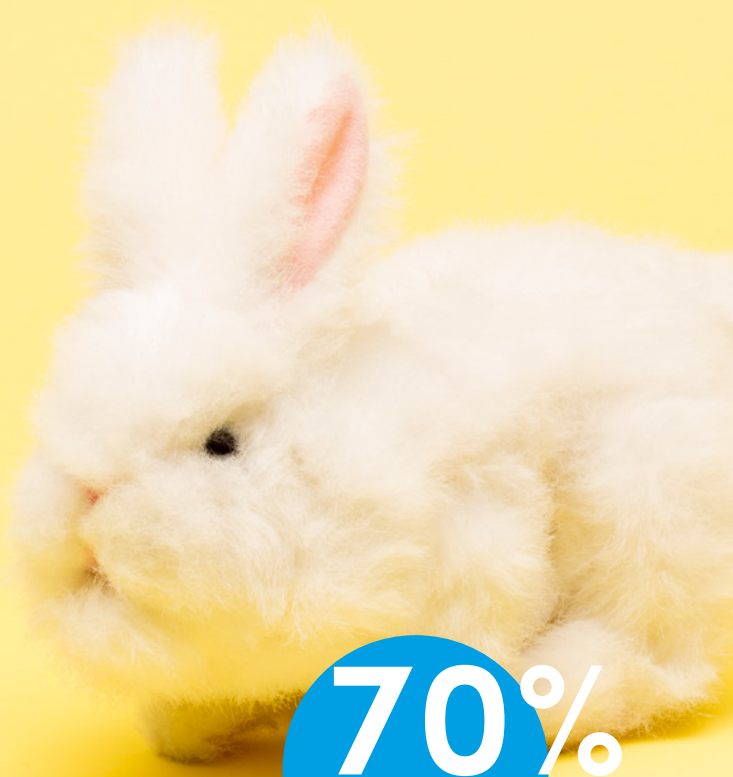
In an ideal world, our sex drives would perfectly match those of our partners. But, in reality, it's rare that two people (or more) will always want the exact same amount of sex at exactly the same time, particularly when our sex drives fluctuate throughout our lifetimes.

When you talk about your sex life with your partner, try to do so in a positive way that offers solutions to your concerns, rather than accusations. 'Tell me more about what gets you in the mood' is a much more open and non-confrontational statement than, 'You never want to have sex with me any more.'

Similarly, being complimentary of the sex you do have is much more likely to lead to them initiating it more. Make sure that you're varying the sexual routine, and try to learn more about not only what your partner needs and enjoys, but what you yourself need to feel fulfilled.

It's also important to try not to take it personally if they don't seem as willing to have sex as you - rather than jumping to conclusions about what's causing it, ask them openly if there's anything on their mind. Libido can be affected by so many things that have little to do with actual sex itself, it's important to consider all the factors of their life and anything that could be having an impact.

It may be that there are no external factors that they can think of: they just aren't as sexually motivated as you. And if that's the case, it's up to you to decide how best to move forward with the relationship.



# THE GLAND FINALE

They think it's all over - it is now

So, you've reached the end of our journey through the weird yet wonderful world of university sex. We think you've earned a drink. Or a cake. Or perhaps a wank.

If you're after even more in the way of practical sex tips that actually work, or want to know more about honing your X-rated skills, head over to the Lovehoney Oh! Spot, where our team of qualified sexperts and real student writers offer weekly tricks and tips to ensure you'll be graduating with a first in sexual satisfaction.

Signed up to UNiDAYS? Then we've got sweet news for you: you get a tasty 20% off every single thing on the Lovehoney website, meaning there's no need to wait until loan day to treat yourself.

Remember, you will never know everything about sex, but that doesn't mean you shouldn't try to find out as much as you can. Keep practicing, keep learning, and, most of all: enjoy it.

*-The Lovehoney Team*



The legal deets

**UNI:SEX** - The ultimate guide to incredible sex for students

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