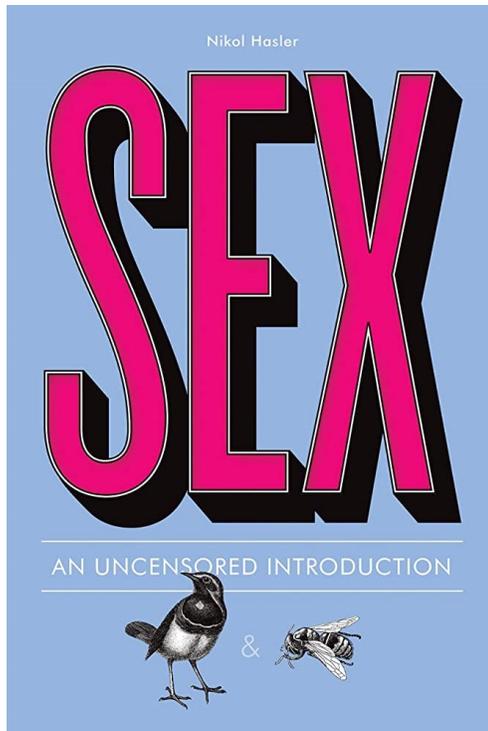


SEX: AN UNCENSORED INTRODUCTION



Young Adult

By Nikol Hasler

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Book Summary:

Instructs young adults about sexual activities.

Summary of Concerns:

This book contains explicit sexual activities; excerpts and illustrations involving sexual nudity; alternate gender ideologies; alternate sexualities; discussions of self-harm including anorexia and bulimia; mild profanity and derogatory terms; and discussion involving abortion.

4 /5

Not For Minors
BookLooks Review Rating

Page	Content
i	Through the process they made sure my email inbox stayed interesting with subject lines like "penis queries" and "condom in butts."
10	<p>The clitoris is a knob-like bundle of nerves. Stimulation of the clitoris during sexual activity causes girls to be sexually excited and to have orgasms. ...During sex, it is where the penis (or fingers) are inserted.</p> <p>The illustration on this page depicts a zoomed in view of a woman's genitalia with labels reading: CLITORAL HOOD, CLITORIS, LABIA MAJORA, URETHRAL OPENING, LABIA MINORA, INTROITUS (VAGINAL OPENING), ANUS, and MONS PUBIS</p>
12	<p>THE BIOLOGY OF BONERS</p> <p>A boner, erection, hard on, or stiffy usually starts with the brain. You either see, think about, or feel something that gets you sexually aroused and your brain sends an "Oh, yeah!" message to your penis, telling the blood vessels to open up. Blood rushes in at a faster rate that it can flow out, trapping the blood in the penis and causing it to get longer and harder, creating a boner. ...Guys also sometimes wake up with erections (aka morning wood) or have boners and ejaculate while sleeping (read more about this on page 47), both of which are also totally normal.</p>
14	The illustrations on this page depict penises with and without foreskin.
15	<p>Breasts: airbags, tits, bee bites, balcony, charleys, boobos, tittybojangles, tracks of land, chesticles, headlights, knockers, boobies, fun bags, dairy pillows Penis: one-eyed trouser snake, schlong, purple-headed yogurt slinger, dong, wang, wienie, baby arm, dome piece, jimber, Mr. Happy, plonker, tallywacker, manhandle, tubesteak, dick, throbbler, knob, tool, donger, putz, winkle, pork sword Scrotum: bagpipes, crip, fruitbowl, hangy-down bits, lamel, soapbox, webbos, nads, nuts, the boys, balls, plums, eggs, man berries, lads in the bag, the twins Vagina: kitty, coochie, honey pot, cha cha, flange, poon, lala, lady garden, minge, quim, tunnel of love, vertical smile, vagoo, beaver, box, bald man in a boat, pink taco, va-jay-jay</p>
16	<p>Some guys like to think of penises in terms of "growers" or "showers" (the first type is small when flaccid, but gets much bigger when hard; the second type is big when flaccid and grows comparatively less when hard).</p> <p>The illustrations on this page depicts several penises. The set of penises on the top are labeled "GROWER." A flaccid penis is shown on the left side with an arrow pointing toward to an erect penis on the right side. The set of penises on the bottom are labeled "SHOWER." There is a flaccid penis on the right side with an arrow pointing to an erect penis on the right side.</p>
18	The hair you grow on your body is not the same as the hair on your head. And thank goodness. Can you imagine how much of a hassle it would be to keep up with that much hair in your crotch? While some people have light-colored pubic hair, most have dark-brown to black pubes that are coarse and curly, and a lot darker than the hair on the top of their head. This comes as a shock to anyone expecting the "drapes to match the carpet."
19	Pads and tampons are the favored ways to deal with all that monthly blood-letting.

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20	And if you are a boy and you are all sicked out at the thought of periods, try to keep that mentality to yourself. You wouldn't want the girls making jokes about your occasional boners, so let them bleed in peace.
22	If you get sexually excited during the exam, try not to feel too embarrassed. It's natural to get aroused when someone is touching your penis.
24	The two most well-known types of eating disorders are anorexia and bulimia. Anorexia is when someone restricts what he or she eats to a point close to starvation. Bulimia is when someone has episodes (often secretive) of excessive eating followed by harmful methods of forcing the food out, including vomiting, taking laxatives, and/ or over-exercising.
26	I heard that you can take laxatives, and some of the girls are taking diet aids. Which of these are safest for me to take? A. None of them are safe.
27	Q. My penis is kind of small. I haven't had sex yet, but I am worried that girls won't want to have sex with me when they see it. Is it true that girls like guys who have big penises better? A. Some girls do, just as some guys like girls with bigger breasts. But it is a personal preference. Some girls are not into big penises at all. Just like all penises are different in size, vaginas are different in depth, and large penises don't feel good to all girls. Having a less than ginormous shlong is definitely not a sexual death sentence. ...Our school locker room is totally open, even the showers. It makes things kind of weird because I'm an openly gay kid, and I am really sensitive to guys thinking I want them. They are all snapping towels and making penis jokes, but if I get in the shower they all give me looks and get out. ...You could make a big point of telling them you don't want to touch their junk and they should just chill out, but naked teenage boys may not handle that too well.
28	The illustration on this page depicts a nude woman from the torso upward. Her nipples are exposed. <i>See Figure 1.</i>
29	He asked for some naked pictures of me that he can look at until I feel ready to get intimate with him. I feel more comfortable with this, since I won't be able to see his disappointment if he doesn't like what he sees. But I don't want to send them through my cell phone or online. Can I get into any trouble if I just print them out for him? ...Q. As a dude, I love touching boobs, but am always striking out with the ladies. Can I get breast implants?
30	Sexuality is not just about getting it on. It's also about understanding your sexual orientation (who you are attracted to) and your gender identity (what gender you identify as).
31	People who are lesbian, gay, bi, or transgender often identify themselves as LGBT or queer. So how is sexual orientation determined? Scientists and researchers are still studying this, but most believe it's at least partially decided while you are inside your mom's belly. This doesn't mean you're born ready to have sex (despite what you may brag to your friends). It just means that your sexual preference is being formulated even before you are born. As you grow up, certain environmental factors may also influence your sexuality, and if you are born with the redundant tendency to be attracted to both

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	<p>genders, as many people are, you may find that your sexuality is fluid—meaning that your preferences will change over the course of your life.</p>
32	<p>Bisexuality was all the rage in ancient Greece and is a fairly common occurrence these days.</p> <p>...WHAT IT MEANS TO BE TRANSGENDER</p> <p>...While most biological boys feel more or less like boys and most biological girls feel more or less like girls (regardless of being gay or straight), some people really feel they do not identify with the gender they are given at birth. Some people also identify with more than one gender or do not identify with any gender at all. Those who take steps to change what they see on the outside to match up with how they feel on the inside generally identify themselves as transgender, which is what the T stands for in LGBT. The word transgender (sometimes shortened to trans) is an umbrella term, and some people might use a more specific term to describe themselves like transman, transwoman, or genderqueer. Some people who have taken hormones or have had surgeries to aid their transition might prefer the term transsexual, but some people find this term offensive and something mostly used by the medical community.</p>
33	<p>PHYSICALLY CHANGING GENDERS</p> <p>So how does one change gender? Some people who question their gender start off dressing in the clothes of the opposite sex, usually in the confines of their bedroom, to see what it feels and looks like. Then, they may start dressing that way out in the world, and may also change their hair, take on a new name, and use the pronoun (he or she) of the new gender. After living as the opposite gender for a period of time, the next step might be to undergo a more physical transition. This is a fairly complex process, which involves talking with a therapist for some time to make sure it's the right decision. It may then involve hormone therapy, or surgery, or both. Each person must decide what is right physically and financially (not all transfolks can afford expensive surgeries) at the given time.</p>
34	<p>SEXUAL REASSIGNMENT SURGERY</p> <p>If you are thinking about gender reassignment surgery, you'll want to speak to a professional qualified to answer all of your questions. You'll also want to speak with a qualified and trustworthy therapist who specializes in transgender patients.</p> <p>...Here are the basics of how a sex change unfolds. If a female becomes a male, the first surgery is usually to remove the breasts, and the chest comes to look like a male chest. The doctor will then prescribe testosterone to start to enlarge the clitoris, making it look more like a small penis. From there, if genital surgery is desired, the doctor will use the tissue of the enlarged clitoris to form a penis. This surgery is far from perfect, and the new penis will not look exactly like a biological penis, but science is working on this, and it's expected that the procedure will improve in coming years. For a male who is becoming female, the patient will start taking hormones to help create breasts and may also get breast implants. To create a vagina, the doctor uses the skin of the penis to form the labia and vaginal walls.</p> <p>PRONOUNS</p> <p>You probably learned a lot about pronouns in grade school, but you probably don't remember too much discussion about gender-neutral pronouns. Now that we're at the</p>

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	brink of a time when people are talking about gender identity openly, it's important that we understand that things aren't as simple as "he" "she" or even "they" anymore.
35	<p>WHAT'S A TRANSVESTITE?</p> <p>More commonly known as a cross-dresser, this is someone who likes to dress in the clothing of the opposite sex. Cross-dressing does not imply that one is gay or transgender.</p> <p>...Some guys simply like playing dress-up and role-playing as women (sometimes as a sexual fetish), or just like the feeling and styles of women's clothing. The same goes for women who dress in men's clothing. There are also people who dress up in the clothing of the opposite sex for entertainment purposes, and they are called drag queens (men who dress as women) and drag kings (women who dress as men).</p> <p>...Because the surgery involves creating a vaginal cavity, postoperative women will need to insert into the newly formed vagina an object that is shaped kind of like a dildo (a fake penis, see page 86-87) to make sure everything heals nicely. Both males and females who have had such surgeries are able to have complete sex lives, including full sensation and orgasm in their new genitals.</p>
36	<p>QUEER BASHING</p> <p>As nice as it would be for a "queer bash" to be a posh party for homosexual or transgenders, the actual definition isn't as pleasant. Queer bashing is when people verbally and physically abuse others who are (or are thought to be) lesbian, gay, bisexual, or transgender.</p>
37	<p>Pansexuals (aka omnisexuals): People who are attracted to everyone. This differs from bisexuality only in that the pansexual does not make a distinction between genders and is attracted to people who also do not identify as either gender. (Despite the name, they are not sexually attracted to skilletts.)</p> <p>Asexuals: Unlike pansexuals, asexuals have no sexual desire for anyone. They often have relationships with others who are also asexual, choosing to marry or live together happily without ever having sex.</p>
38	<p>GENDER IDENTIFICATIONS</p> <p>Cisgender: People who are comfortable in the gender they were assigned at birth.</p> <p>Transgender: People who feel there is a difference between their birth gender and the gender they truly are. This usually includes transsexuals, some asexuals, and genderqueers. Many transgender people identify simply as trans.</p> <p>Transsexual: People who feel that they were born as the wrong gender and choose to live as the other gender. Many will also identify as trans, transgender, or as the gender they are living as.</p> <p>Intersexual: Anyone born with atypical sex chromosomes and/ or sexual anatomy that doesn't fall under what we consider standard female or male. For example, an intersex person may look female on the outside but have male genitalia, or vice versa, or an intersex person's genitalia may look like something in between a penis and a vagina.</p> <p>Genderqueer: People who don't identify with their given gender but don't want to transition to the opposite gender. They reject traditional ideas of gender, feeling that no single label can express their gender experience. Genderqueers can feel they are neither male nor female, both male and female, or somewhere in between. They are often categorized as third gender, bi-gender, multi-gender, and gender benders.</p>
42	<p>Q. I am a girl, but I love to play soccer, lift weights, and work on my car on the weekends. Do you think I might be trans?</p>

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	<p>A. Just because you are a girl who likes to kick butt in soccer (or a guy who likes to wear dresses to costume parties) does not mean you are trans. The real tip-off that you may be trans is the desire to live your life with a different outward gender identity than the one you were given at birth.</p> <p>...Q. It seems like all the gay dudes at my school hang out with the hot chicks. Should I go gay for a while just to get some action?</p>
43	<p>MASTURBATION The Greatest Love of All</p> <p>...As you may know, masturbation is touching yourself in a sexual way that causes arousal. It can be done with special toys or simply with your hand. It's like having your very own party for yourself—only you don't have to worry about what to wear or send out an invitation. It's also one of the cheapest, safest, and most effective stress relievers for a teen. If you're thinking about having sex, masturbating is an excellent way to prepare. Great sex is all about communication, and you can't tell a partner that what's being done is wrong or right if you don't know what right is to you. So, before you drop your pants for your gf or bf, get to know what your body likes.</p>
44	<p>WHO MASTURBATES?</p> <p>Odds are, you and your friends talk about sex a lot more than you talk about masturbation (unless you are calling each other names in the cafeteria).</p> <p>...If a mainstream movie features a masturbating kid, it is always the total dork or freak doing it and everyone finds out and makes a big joke out of it. No wonder your friends would rather admit to watching a public television marathon than touching themselves. The truth is, most people masturbate.</p>
45	<p>Traditional and safe areas for masturbating include your bedroom or bathroom. Wherever it is, make sure it's private and you can lock the door. The bathtub or shower is a great environment to get it on with yourself. You're already naked, and cleanup is minimal. You may be inclined to reach for shampoo or conditioner to provide lubrication for the act, but beware that lots of these products can cause the sensitive skin on your sensitive parts to become irritated faster than you can climax. Even soap can be irritating. When possible, use spit or water-based lubricants, and opt for things that are fragrance-free.</p>
46	<p>Some people masturbate when they think about that hottie down the block, or that anchor on the local evening newscast, and others simply masturbate to pass the time when they are bored.</p> <p>...Tips for Girls. The first step is to locate your clitoris. The clitoris is a bundle of thousands of nerves packaged in a pea-sized (more or less) knob, located just north of your urethra (where the pee comes out).</p> <p>...There are a lot of jokes about how hard it can be to find the clit (as it's often nicknamed), so some girls are surprised at just how obvious it is. For other girls it can take some searching, especially if they're trying to find it when they are not turned on.</p> <p>...Here are some of our faves: badgering the witness, beating your meat, double clicking the mouse, fluffin' the muffin, jacking off, polishing the silver, rubbing one out, spanking the monkey, tickling the taco, waxing the bishop.</p> <p>SEXY TIME IN YOUR DREAMS</p> <p>...While both guys and girls can have dreams about sex, only guys will have a mess to</p>

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	<p>clean up. In fact, the only negative thing about wet dreams is that they create more laundry for guys.</p>
47	<p>Like the penis, the clit fills up with blood when you start to get revved up, so if you are trying to find it for the first time and you already know what gets you in the mood, get excited, then start to feel around.</p> <p>Once you find your clitoris, you can touch it in a bunch of different ways, trying a variety of pressures and speeds, to see what feels right. You may want to use lubrication. Some people also use various kinds of sex toys like dildos and vibrators (see pages 86-87 for more on what these are), or masturbate in the shower, using the water pressure from a showerhead. As you masturbate and it feels good, you may get increasingly more excited. Your body may start to tense up and feel good, and you may have an orgasm. An orgasm is when your body parts are stimulated in such a way that the muscles in your sexual organs involuntarily spasm. It usually feels really good.</p> <p>...Some girls who masturbate a lot or get used to high pressure toys find that they can't orgasm without really rubbing hard and for a long time. Luckily, you can't break your clitoris, but if you've reached a place where your hand can't keep up with what your body needs, ease up for a while. Use a very light touch and focus more on the whole process instead of the end result.</p>
48	<p>Techniques for the Gents. Stroke it, yank it, pull it, rub it: Really, anything goes. You can also rub your penis on a mattress, between two pillows, or on a piece of clothing. However, do not use your mother's cashmere sweater. No matter how soft and luscious it feels, the dry cleaners and your family will find the fallout from the deed hard to forgive. While masturbating, your penis will become erect and after some time, you may have an orgasm and ejaculate semen. (If you ejaculate something else, like gold coins or html code, seek medical attention.) You can encircle your whole fist around the shaft, use only your index finger and thumb for a more delicate touch, or reverse your grip for a backhanded rubdown. To spice things up, use your less dexterous hand to provide a different sensation. This is sometimes called "old lefty," but in areas of Wisconsin it's more popularly titled "milking betsy after sunset." Though creativity is encouraged, so is caution. Some guys try using different tools, but that can cause trouble, specifically citrus fruits because they can burn you outside and inside.</p> <p>BEWARE OF THE DEATH GRIP!</p> <p>This is a common mistake made by boys who apply a little too much pressure during their alone-time adventures. Unfortunately, by the time these boys become sexually active, their penises have become accustomed to a rigorous style of jerking that most partners will find difficult to match. Thus, they cannot reach climax or even sexual arousal unless their penis is stuck in a vice grip jacking it at 100 mph. Sure, there will be those instances when one is short on time and only the death grip will do. But be sure to mix it up and introduce your penis to more delicate and gentle sensations.</p> <p>The illustration on this page depicts a young man with a thought bubble coming out of his head. Pictured in the thought bubble, is a young man with his pants around his ankles. His nude pelvis is tilted toward the slot of a machine labeled "COLD SODA."</p>
49	<p>MASTURBATION FANTASIES</p> <p>Sometimes people fantasize when they masturbate, and the things people fantasize about are often nothing like reality.</p>

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	<p>...Point is, don't get too upset if you are thinking about things that seem extra naughty or just plain weird while you masturbate.</p> <p>...The penis will usually release cum, and, for some women, the vagina will also release fluid. For most people, an orgasm feels really good and even like a "release" of tension in the body. Kind of like a sneeze. But better. An orgasm can occur during masturbation, foreplay, or sex.</p>
50	<p>Q. Am I masturbating too much?</p> <p>A. That depends. Have you masturbated four times since you started this chapter? Well, even if the answer is yes, it's not necessarily a problem. As long as masturbating isn't getting in the way of your daily responsibilities, you're fine. And if you make it one of your daily responsibilities, that's fine, too.</p> <p>Q. Is it normal to masturbate if I have a partner with whom I am sexually active?</p> <p>A. Definitely. Masturbation is way different from partnered sex. Having regular booty doesn't necessarily decrease the desire for masturbation. Sex and masturbation don't feel the same to your body or your brain. During sex you will find that your focus is also on the other person, so you don't have the freedom to just wander off in thought or get things done quick and easy if you feel like it. With masturbation, you are the only person that matters, and that is a nice option.</p>
51	<p>Q. I have been masturbating for almost six years and I am getting bored with just regular masturbation. Is there anything I can do to keep it interesting?</p> <p>A. You could try playing video games while masturbating. Or perhaps you could take up skydiving and masturbate while jumping out of a plane. That could get expensive, though. But seriously, this is a great question because it is kind of like you are in a long-term relationship with your hand and somewhere along the way things got old. So, what can you do to spice up your masturbation life?</p> <p>You could try anal play (playing with your butt while you get off). Also, as with partner sex, changing the positions and switching to different locations (private locations!) helps. Use your imagination to fantasize and try different textures, such as putting on a condom with some lubricant inside. Trying new things is important in everything you do, and this is no exception. But remember: You don't want to do anything that might hurt your body. You can permanently injure yourself if you don't know what you're doing or shove things into places they don't belong.</p>
52	<p>Q. What's the difference between a dildo and a vibrator? They look like the same thing.</p> <p>A. A dildo is a penis-shaped sex toy meant for insertion into the butt or the vagina. (It's also an insult that teenage boys like to lob at each other.) For people who enjoy penetration, this is the sex toy for them. A vibrator is any sex toy that hums, shakes, and buzzes when you use it. It typically requires batteries. Sometimes vibrators are dildos as well (yay for innovation). Vibrators are great for stimulating the clitoris, the penis, or the testicles.</p>
53	<p>Q. Can I masturbate with my boyfriend or girlfriend?</p> <p>A. Oh, yes. Mutual masturbation—which may sound like an investment term, but really just means masturbating in front of each other—is common and is a way for you to see what your boy or girlfriend likes instead of making you guess. And it's the safest sex there is!</p>

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	...Q. Can I get my mom pregnant if I masturbate in a sock and then my mom washes the dirty sock, gets dried semen on her hand, and later wipes herself?
55	For lesbians, partaking in oral sex or fingering would totally count as losing their virginity. For gay males it may be oral or anal sex, giving or receiving. For straight kids, it may be the ol' penis in the vagina but could also be any of the above. (More about all of these in the next chapter.) The point is, don't go around claiming to be a virgin just because you're only doing anal.
61	You may also find that your head on your shoulders is messing with the head in your trousers and suddenly you have trouble getting a boner (ironic considering it usually happens so easily and at the most inopportune times). Despite all of the advertisements you have seen for pills that make you last longer or get hard, you don't need to seek the assistance of modern medicine to make sure you are a total stud your first time.
62	Some guys orgasm right away if it's their first time, while others find that they just keep going well beyond the time that their partner is still enjoying things. You can use masturbation as an exercise to train your brain and your penis. You can use certain images, as well as certain types of pressures and strokes, to help along or restrain an orgasm. You can even practice "edging," which is when you get yourself right to the point when you are about to cum, then you stop or slow down. And for girls, well, you may or may not orgasm the first time. You may also find that you can orgasm more easily from foreplay (see Chapter 5) or oral sex (see Chapter 6) than from vaginal sex.
63	If you are a lesbian, you will need to determine with your girlfriend what it is that you consider having sex. It could be fingering, inserting other objects, rubbing your bodies together, or oral. If you are a gay male, you'll likely also want to talk to your partner about what kind of sex you want to have. Homosexual males can have sex in many ways—such as oral sex or anal sex. They can also reach orgasm through activities like rubbing, mutual masturbation, and hand jobs. When it comes to anal sex, some only give, some only receive, and some forgo anal altogether.
64	Q. I had a boyfriend last year, and we had sex a bunch of times. Will my new boyfriend still want to
65	Q. I'm gay, and I love my boyfriend. Pretty much all of my friends are having sex. They all talk about how much they are doing it and how many people they are doing it with. I don't want to have sex yet, and I think that if I do have sex it will just be to shut them up.
66	<p>Q. Being a virgin is really important to me, and I made a promise to my family that I would not have sex before marriage. I am seeing this really cool boy, and we have done some kissing and fooling around. He says that we can have anal sex and I will still be a virgin. Is that true? I don't want him to break up with me if I don't do it, but I want to make sure I'll still be keeping my promise.</p> <p>A. Anal sex is sex. Oral sex is sex. You can read more about both in Chapter 6. If the promise you have made to your family is based on moral beliefs that sex is something you save for the person you marry, and if this is something that you believe as well, any kind of sex is just as immoral as another. The risk of infection with anal sex is at least as high as with other forms of sex (see Chapter 7), and the act itself takes a lot of preparation. If this is something you want to do because you feel as though it is right for you, do some research, talk more with your boyfriend, and make that choice together. If</p>

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	<p>you are just doing it to stay a virgin, you are out of luck. As for keeping your boy around, well, if a dude can't find a reason to stay with you beyond letting him stick it in your butt, he isn't worth your time. (Even if he's really cute.)</p>
67	<p>Q. What sort of stuff should I keep with me so that when I have my first time it works out well? I don't want it to suck, so I already keep a sexy pair of underwear in my backpack at all times, but there must be some other things that can help.</p> <p>A. One really important part of being ready to have sex for the first time is knowing how to have safe sex the first time. This doesn't mean you need to pack a helmet and safety belt, but it does mean you should know about the equivalent of a helmet and safety belt for sex. Ladies, you have an easier time of this. Carrying a purse means you have the space for all sorts of items, useless and useful. You should have at least three condoms (seems hopeful, but you'll want backup in case there are any malfunctions, and three is a pretty magic number). Also, consider toting a few small packs of lubrication. Lubrication will make sex easier, especially if it's the first time. Find a water-based, nonscented lube that comes in a small package. (More about this in later chapters.) If you are not currently on a backup form of birth control, like the pill, you may also want to have emergency contraception (like Plan B) around, in case the condom breaks.</p>
68	<p>Q. I was having sex with my girlfriend, and we were both virgins, but she didn't bleed. Then we had anal sex and her butt did bleed. Is her hymen in her butt?</p>
69	<p>FOREPLAY</p> <p>Getting It On Before Getting It On</p> <p>...Foreplay can be enough for some couples and can lead to an orgasm, too. If you're wondering what actually counts as foreplay, it's typically considered to be anything you do before oral, vaginal, or anal sex. (Anything sexual that is. Taking your shoes off: not foreplay.) Whether you're making out, feeling each other up, or exploring each other's genitals with your hands, these things can all be considered foreplay.</p> <p>GOOD PREPARATION</p> <p>Foreplay is a good way to prepare for sex because it gets the body's sexual juices flowing. When you start fooling around, both of you will experience increased blood flow to your genitals, meaning a guy will get an erection, and a girl's clitoris will engorge (a fancy way of saying it gets a little stiffer and bigger). The vagina will also dilate, which means there's more space to store a penis in it for a little while, and it will start to lubricate itself, which is always handy when something's going to be put inside it.</p>
70	<p>Start slow, and if, as you get more into it, you sense that your kissing partner isn't really into those tongue swirlies you're doing, ease off a bit and try new things until you get the formula right.</p>
71	<p>If you're into the person who's sucking your face, chances are you'll want to go exploring—both of you will. You'll be groping over clothes to start with, feeling at boobs and legs and butts (your partner's, not your own—unless you really like your own butt). Even while still clothed, you'll find changes happening in your bodies. Guys will often get boners and girls will get wet, and before you know it you'll be rubbing genitals together through your clothes. This has a bunch of different names, from the fairly obvious "dry humping" to the more obscure "frottage." As the two of you continue to get into the groove of each other's bodies, you'll find by nature you start to reach under</p>

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	<p>clothes. If your partner is going too fast for you, say something—as in, slow down. Groping is good fun and might be all you do for a while.</p> <p>FINGERING It's all good and well putting hands in pants, but what happens when you get there? One option is fingering—stimulating your girlfriend's genitals with your fingers.</p>
73	<p>First things first: Before even thinking about putting your fingers inside someone, it's important that you have washed your hands and that your nails are clipped and filed so there are no jagged edges.</p> <p>...As soon as you get your hand down there, you may notice that your girlfriend is wet. Don't feel it and go "Ewww!" and wipe your hand on the curtains. The lubrication is there for a reason. Without it you wouldn't be able to put your fingers inside, let alone anything else. At the top of her vagina (above the urethra and the vaginal opening—see page 10 for a diagram) you'll feel the clitoral hood. The clitoris lives underneath. It likes to be rubbed gently. Every girl is different, and some respond to an up-and-down motion, others left-to-right, and some like a circular motion, others in only one direction. Experiment and see what your partner likes the best. Then, there are the labia or "lips." Once again, different people have different reactions. Some girls are more sensitive than others, and rubbing your fingers between her labia may drive her wild, or make her just go "Meh." At the bottom of the labia is the entrance to the vagina itself. If your girlfriend is ready for it and wants you to, insert your finger here. It's best to start with one finger. With your palm facing up, raise your middle finger and gently rub against the opening. If it feels like she's ready for you to penetrate her—and you can always ask if you're not sure—start inserting your finger slowly, then gently pulling in and out. Don't thrust it deep inside her. Deeper doesn't mean better, and it can be uncomfortable. If the opening is wider, she may enjoy two fingers, but don't go adding fingers before she's ready—that's no fun for anyone. If you're really not sure what to do while you're down there, ask her what feels good. Chances are she's put her fingers in there already, and even if she hasn't, she'll let you know what feels right.</p> <p>HAND JOBS This is when you stimulate your boyfriend's penis with your hand. When you first touch a penis, it'll feel like a hard rod of flesh, but just because it seems solid doesn't mean you should treat it like an iron bar. It's sensitive just like a vagina (though not as sensitive as a vagina), and holding it too tightly or rubbing it vigorously can cause pain and friction burns. If the guy has a foreskin, it will move back and forth allowing you to give him a hand job without worrying about the friction. If the guy doesn't have a foreskin, you'll find that his penis may need lubrication to allow the motion. Some people choose to spit on or lick their hand before attempting to give a hand job, others use lubes that are light and water-based, like K-Y. Lotion works as long as it is mild, unscented, and kept away from the tip of the penis, (you don't want to get it into the urethra). You could also use a guy's pre-cum as lubrication.</p> <p>While it seems that the options for performing a hand job are restricted to up and down, it doesn't have to be as simple as that. For one thing, the most sensitive part of the penis is the head, so you should give that part some extra attention. Try alternating between a harder and softer grip, using different hands (or both), or gently playing with his balls with one hand while stroking the penis with the other. There is a whole world</p>

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	<p>of possibilities! Penises are much easier to understand than vaginas, so you'll probably figure out how to pleasure your guy in no time. (But if you don't, he probably won't mind if you keep practicing.)</p> <p>WHAT IS PRE-CUM? When a guy gets aroused, he sometimes releases a bit of pre-ejaculatory fluid (i.e., pre-cum) sometime between arousal and ejaculation. Pre-cum is produced to help keep the urethra healthy and lubricated, and it helps the sperm make its way out of the body. Some guys release a lot and others very little, and both are normal. Pre-cum may carry in it sperm that was left in the urethra from past sex or masturbation, so one can, in fact, get pregnant from it.</p>
75	<p>ANAL PLAY You've learned all about how to use the front bits, but what about the stuff around back? You may be surprised to learn that a butt can play a part in more than just anal sex. If you and your partner are fooling around you may want to involve the booty in your foreplay. Anal play can simply be touching the anus, or it can involve inserting fingers into it. This can be done with a single finger, two fingers, or a sex toy. Boys have a gland in their butt called the prostate, which when stimulated correctly can cause the guy to orgasm. It's not something that you should suggest on a first date, but it's worth knowing if you want to experiment. Girls don't have a prostate, but sometimes girls like being butt-fingered too. Once again, it's a person-by-person preference, and you never really know what you like 'til you try it. Unfortunately, your butt doesn't lubricate itself. (If it does, you have some kind of medical issue, so see a doctor.) So if you or your partner likes this, use a little bit of lubrication. And never move the hand from the butt to the genitals without washing first or you risk infection.</p> <p>STIMULATING EROGENOUS POINTS You don't have to limit your foreplaying to what's in your pants. Both male and female bodies have erogenous zones, which are areas that like to be touched. There are obvious ones. Nipples are sensitive for both boys and girls. Necks are another, and they like to be breathed on and kissed. Some people will be aroused by their feet being rubbed, others like the small of their back to be touched, some like nibbling on their earlobe, and others like having the ear hole itself licked. And some people have erogenous zones in other places, too (part of the fun of getting to know someone is finding out where they liked to be touched). Just don't make any assumptions. If your last girlfriend liked you slobbering on her ear, the next one may find that gross. And nothing ruins a mood more than having to wipe a load of spit out of your ear if that's not your thing. So go slow when hunting down erogenous zones, and pay close attention to your partner's response.</p>
77	<p>NOBODY HAS EVER DIED OF BLUE BALLS! If you are a guy, you know that it can be a bit painful when you are anticipating an orgasm and the sexy stuff stops happening. Technically, it is called vasocongestion, but if you're experiencing this sensation, you are probably not interested in the technical terminology. What is happening is that all that blood that flowed to your penis and testicles to create your erection (see page 12) has been there for a while and your body has been stimulated into thinking there would be an orgasm. When you stop before the</p>

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	<p>orgasm, the blood still sits there making your balls feel heavy. The pain can range from mild to the equivalent of getting kicked in the stomach.</p> <p>...If it's really bad, you can massage your testicles, which may decrease the severity of the sensation, or find a bathroom and finish the deed yourself. Or you can live with a bit of discomfort and wait for it to go away. By the way, girls can have this same feeling. Their genitals also fill with blood when they are turned on, and if they stay turned on with no release it can cause things to feel heavy and achy. Society has yet to invent a term for that. Blue clit just never caught on.</p>
80	<p>Q. When my boyfriend and I start to kiss, I can tell that he has a boner, but he doesn't do anything more than kiss me. He says that his mom says that he has to be respectful of me, and I think he is not being respectful because I really want to take things further and he doesn't seem to get it. How can I get him to move past kissing me without having to make every single move?</p> <p>...Making out can put the pressure on, and if your boy is already visibly excited, it isn't the best time to lay into him about how he needs to step up the groping. It sounds like he is really nervous to take things too far, and rightly so.</p> <p>...Luckily, plenty of moms out there remember their own days of necking with boys, and they train their sons to be mindful of how far is too far. The next time the two of you are hanging out, fully clothed and boner-free, have a discussion with your boyfriend about the sort of things you like.</p>
83	<p>ORAL, VAGINAL, AND ANAL SEX You're Going to Put That Where?</p> <p>The first type of sex most of us learn about in health class (or on late-night cable TV) is the traditional making-babies type of sex: a penis in a vagina. Of course, there are an awful lot of ways to have sex. But since no one is sure if armpit sex is for real or just an urban legend, we'll concentrate on the top three: oral, anal, and vaginal. Each of these types of sex comes with its own pleasures and pitfalls. If you are sexually active, it's important to know what you're doing so you can be safe wherever your penis, vagina, mouth, or hand end up.</p>
84	<p>Lesbians also have vaginal sex, though it plays out a little bit differently.</p> <p>...The recipe for man-woman vaginal sex is as follows: a penis, a vagina, a condom, a pelican. "Why a pelican?" you ask. Well, you'll need something to store your condoms in, and pelicans have large beaks. A drawer, pocket, or purse will also do. You may also want to use a lubricant to help ease the penis into the vagina.</p> <p>...Before attempting sex, you should get both of your bodies ready by engaging in foreplay, which you should have read about in Chapter 5 (unless you just skipped that part and flipped right to this chapter—cheater). Foreplay helps make sure that the penis is sufficiently hard and that the vagina is sufficiently lubricated, which will help make sex more comfortable for both of you. (It also makes sex safer because lubrication helps prevent a condom from breaking due to friction, and also prevents small tears from occurring in the walls of the vagina, which would make the girl more susceptible to contracting a disease.) When you are ready to have sex, put the condom on the penis (see pages 107-108 in Chapter 7 for how best to do this!). Here are the primary things to think about with straight vaginal sex.</p>
85	<p>1. POSITIONS</p> <p>Most first timers start with the girl on her back with her legs apart and the guy laying on</p>

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	<p>top of her. This is called missionary position. While it would be lovely for our genitals to know their way around our partner's body, you may find it a little hard to get the penis in the right place, so feel free to use a hand to guide it.</p> <p>...2. SPEED</p> <p>Guys: It's important to remember that you're putting a penis in a place that may not have met one before, so be gentle. Don't shove it in hard and fast—slow and steady wins the sex race. And move at a speed that both of you enjoy. Chances are if it's your first time with a person you'll want to take your time to adapt to the new body attached to you. Then you can vary your speed throughout. It cannot be stressed enough that you should pay attention to the person you are having sex with.</p>
86	<p>LESBIAN VAGINAL SEX</p> <p>Now that we've talked all about penis-vagina sex, let's discuss girl-on-girl sex. Two girls can have vaginal sex in a few different ways.</p> <p>1. PENETRATION OR STIMULATION WITH A TOY</p> <p>One way girls have vaginal sex with each other is by using toys like dildos (a fake rubber or silicone penis), vibrators, or even strap-on harnesses. With dildos, one person inserts the dildo into the other's vagina. If you are having this type of vaginal sex, see the tips on page 85 regarding speed and positions. Insert toys gently and make sure your partner is comfortable with the rhythm and depth. Vibrators are often used as stimulation without penetration, and they're used at different pressures in different areas.</p> <p>The illustration on this page depicts two penis shaped sex toys; one with buttons and one without.</p>
87	<p>2. MANUAL SEX Another type of vaginal sex for girls is manual sex, which consists of practices such as fingering (see pages 71 and 73) and fisting (see page 88). These practices are often considered foreplay for straight couples, but for lesbians, they are also considered to be full-on sex.</p> <p>3. SCISSORING If girls are scissoring, they are laying with their legs interlocked and their vaginas rubbing together. Many lesbian couples describe this as the most intimate thing they can do in bed together. There is currently no way to practice safe sex while scissoring because the genitals are touching.</p>
88	<p>WHAT IS FISTING?</p> <p>Fisting is kind of what it sounds like—and kind of not. It does involve putting a whole hand in a vagina (or anus), but the fingers are typically straight, with fingertips touching—not curled up in a fist shape. The person doing the fisting will (using lubrication and a rubber glove for safety) start with one finger, and then, with the other person's permission, gradually add another, and another.</p> <p>ANAL SEX</p> <p>This involves putting a penis (or something like a penis) into a butt. This is often thought to be a type of sex reserved for gay men, but straight couples also do it, and lesbian couples may do it using a toy.</p>
90	<p>3. A COMFORTABLE AND RELAXING LOCATION THAT HAS A BATHROOM.</p> <p>Definitely don't have butt sex in your mom's car or any location which does not have a</p>

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	<p>place nearby where you can clean up afterward.</p> <p>GO IN STAGES Put a dollop of lubricant on a finger and (gently!) slide a finger into the other person's butt. Slow and not too deep to start with; the butt can be a pretty sensitive place and the muscles can tense up pretty tight. After the person feels relaxed enough with one finger, try two, and if that goes well, put a third finger under the other two. Three fingers is about the width of the average penis, so if you can slide your fingers back and forth easily enough, chances are your partner is ready for the real thing.</p> <p>POSITIONS While it is possible to have anal in the missionary position (lying down, facing each other), it's easier to start anal sex with the person about to be penetrated lying on their front or on all fours with their back arched, and butt in the air. ...Guys have something inside of their butts called a prostate gland, which, when stimulated with a finger, toy, or penis, feels good and can even lead to orgasm. Some women also have erogenous areas in their butts. And the giver may like it because of the way the anus feels around the penis. Anal sex is also a common way of making love in the gay community, and can be as romantic as any other type of sex. And some people like it for other reasons altogether. Our bodies have different hot spots, and for some that hot spot is in the butt.</p>
91	<p>Never put a penis (same goes for hands and sex toys) into a vagina or mouth after it has been in a butt.</p> <p>TIPS... ...FOR THE RECEIVER Try some different positions to find the one that feels most comfortable for you. Some people lay on their bellies, sides, get on their knees, or even lay on their backs. Don't forget to breathe, relax as much as you can, and always tell your partner if things don't feel right. Sometimes anal sex can lead to small tears or bleeding in your butt.</p> <p>...FOR THE GIVER Even if you want to go fast, ease into it and maintain a speed that is comfortable for the boy or girl who has been kind enough to let you in through the back door. Listen to your partner's noises, or if anything is said, and if you notice that your condom has any issues at all, stop what you are doing immediately.</p>
92	<p>ORAL SEX This is the sex that has been giving guys and girls sore jaws for a bajillion years at least. Oral sex is using your mouth on someone's genitals, and if both people are comfortable it can be as enjoyable as (if not more than) other kinds of sex. The three basic kinds of oral sex are cunnilingus (aka, going down on someone, muff-diving, eating someone out, or tipping the velvet); fellatio (aka, blow job, giving head, or sucking off); and anilingus (aka, rimming, eating butt, or tossing salad). A 69 is when the two partners lie face-to-groin and give each other oral at the same time. People like oral sex because it is a very intimate way of sharing your body with someone, and also because most people think it feels really good. Because no penetration is involved, it's also a gentler form of sex.</p>

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93	<p>GIVING ORAL SEX TO A GIRL</p> <p>The phrase eating out is not a description of how to perform oral sex. That will end badly, in screaming.</p> <p>... your tongue explore the various areas and see what she likes and dislikes.</p> <p>...Start off slow and sensual, reacting to her body. It may not be particularly comfortable, but occasionally look up to see if she is enjoying herself. And if you're not sure if she's enjoying it, just ask. But don't talk with your mouth full.</p> <p>GIVING ORAL SEX TO A DUDE</p> <p>Perhaps you've been told you need to fit the entire penis into your mouth and then bob away like you're agreeing to something emphatically. If that's what you've heard, you've been misinformed. The most sensitive part of the penis is the head. That doesn't mean you should ignore everything else. You can use your hand to help you guide the speed and depth, and you can even try touching all of the other merchandise below the belt to see how your boy reacts. Everything around the penis can feel good if touched just the right way, so be gentle and give it a go.</p> <p>...A little nibbling along the shaft of the penis may get a guy excited, but the head of the penis is very sensitive and knocking teeth against it can make a guy weep in agony.</p>
94	<p>GIVING ORAL SEX TO A BUTT</p> <p>When giving or receiving anilingus, refer to the same cleanliness rules of all sex.</p> <p>...In addition to that, use a dental dam, the same thing you'd use for vaginal oral sex (see pages 92-93). If you're reading this and you are confused about why anyone would want to lick a butt, it may not be for you.</p> <p>...For some, orgasm is reached most easily through oral sex; for others penetrative sex or mutual masturbation.</p> <p>...Some people need to be in a certain position to orgasm, or to masturbate. Some girls need their clitorises rubbed. Some people like to have their nipples touched in just the right way.</p>
95	<p>THE MYSTERIOUS G-SPOT</p> <p>There is a region called the G-spot that is thought to be more sensitive than other parts of the vagina. It is said to be an area inside the vagina on the upper wall about two to three inches in. It is easiest to stimulate this with your fingers, and if you happen to have them inside your girlfriend already you can try to see how she feels if you stimulate this area.</p>
96	<p>Q. This guy I'm seeing likes my boobs, and I mean really likes them. He keeps trying to put his thing between them, like he's having sex.</p> <p>...A. As we all know, some guys are quite fond of boobs and rightly so—boobs are great. It's perfectly normal for a guy you're intimate with to want to rub himself against you, whether hand or feet, legs or boobs. As long as you enjoy him humping you (and he cleans up after himself), it's a totally normal thing to do. It is also a lot safer than the types of sex mentioned in this chapter and definitely won't get you preggers!</p>
97	<p>Q. When giving oral sex to a guy, how do you know if you should spit or swallow?</p> <p>A. First, we'll assume that you are in a monogamous relationship and have been tested for STIs, and that's why you're not using condoms for oral sex.</p> <p>...Spitting or swallowing cum during oral sex is largely a matter of personal taste. (Yeah... taste.) When you swallow, it gives you a chance to leave the penis in your mouth longer,</p>

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	<p>possibly prolonging the blow job at a time when the penis is feeling really happy. It also may be a way of telling your boyfriend that you like his penis so much that you would gladly swallow his cum. These are reasons that people are sometimes big supporters of swallowing. However, not everyone likes to swallow and not every guy even enjoys coming in a mouth.</p> <p>...You can leave the room and spit in a bathroom, then rinse your mouth out. Or you can pull your mouth away as your boyfriend is about to finish and, if he likes, either let him masturbate or give him a hand job until he's done.</p> <p>...You don't need to have a pre-blow plan, but if you're the one giving the blow job, let your guy know where (in or out) you'd like him to finish. It is OK to stop what you're doing long enough to say a few words. If you're the one with your penis in a mouth, let the person know when you're close to coming and you can follow their lead.</p>
98	<p>Q. If I swallow a lot of sperm, will I build up my body's tolerance for it so I won't get pregnant during sex?</p>
108	<p>The illustration on this page depicts a nude man with a condom on his erect penis. He is saying, "PRETTY NICE!" <i>See Figure 2.</i></p>
115	<p>Q. I'm a gay guy and I've had sex with only two other guys. My boyfriend and I want to start having sex, but he says he won't until we both get tested for STIs. I don't think that's fair because I've been safe, but he's really hot, so I'll do it.</p>
116	<p>Q. My girlfriend puts my condom on with her mouth, which is really sexy, but it worries me because I don't know if she is doing it right. Is there a different way to put condoms on that would make the experience sexier for both of us?</p> <p>A. Whoa. Putting the condom on with the mouth is completely off-limits. Cool trick, maybe, but stupid in terms of being safe. Condoms are fragile, and it is easy to break the condom that way. She can put it on with her hand and that can be just as fun for both of you.</p>
117	<p>Q. If I give oral sex to a guy but he doesn't cum in my mouth, I'm safe from disease, right?</p>
124	<p>This method is simply pulling the penis out of the vagina before the dude has an orgasm. It is like asking the universe to give you a baby. For one, the boy needs to be extra sure he can pull out in time. (Yeah, right.) And then there is the issue of pre-cum. Pre-cum (pre-ejaculatory fluid) is a small amount of fluid that may come out of the penis sometime between arousal and ejaculation (see more on page 74), and it may contain left-over sperm from the last time the boy masturbated or had sex, which means there's a chance that this left-over sperm can get a girl pregnant. Like the rhythm method, the withdrawal method is just not a safe, smart way to have sex.</p>
125	<p>EMERGENCY CONTRACEPTION: PLAN B Also known as the Morning After Pill, emergency contraception is not for when your house is on fire or an earthquake strikes—it is a method of birth control to be used when your first methods fail.</p>
126	<p>The Abortion Pill (Medical Abortion): The abortion pill must be taken within nine weeks from your last period and needs to be prescribed by a physician who follows up with you in two to three weeks. The abortion pill is actually two pills taken within three days of each other. The first pill has hormones in it that stop your body from producing baby</p>

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	<p>hormones, and the second pill is a medication that causes your body to expel the embryo. It is like having a very heavy period.</p> <p>Common names for the abortion pill are Mifeprex, Mifepristone, and RU-486. (It is NOT the same thing as Plan B, which must be taken within 72 hours of unprotected sex (as mentioned on page 125).</p>
127	<p>Abortion at a Clinic (Surgical Abortion): If you are going to have a surgical abortion, it's best to do it within 12 weeks from your last period. After that, the procedure gets more complicated.</p> <p>...To start the procedure, you'll first be offered pain or sedation medication. Then the doctor inserts a speculum into the vagina to gain access into the cervix and the uterus. The doctor may use medication or other instruments to dilate (open) your cervix a little bit, and then will insert a tube that gently sucks out the fertilized egg and all of the pregnancy tissue. Sometimes another instrument is used to gently remove any tissue that might be left behind.</p>
130	<p>Being stoned or intoxicated will not make a guy infertile. If some guy tells you that he's smoked enough pot or eaten enough marijuana seeds to make his semen sterile, tell him you're not stoned enough to believe that and that he needs to put on a condom (or maybe you should put your clothes on and leave, because who would want to do it with a guy like that anyway).</p> <p>The illustration on this page depicts a nude man with a glove on his penis.</p>
133	<p>These "back alley abortions" caused women to get ill and would sometimes lead to infections that would result in infertility because the women were too afraid to see a doctor. We live in a different time now, and an abortion is a safe procedure.</p>
134	<p>Q. Can I get pregnant if my boyfriend and I are just fooling around naked and his penis is close to my vagina?</p> <p>A. If you are naked together and rubbing your vagina and penis together and he has an orgasm near the opening of your vagina, then it is technically possible for his semen to get into your vagina and for you to get pregnant. But, unless the penis actually enters the vagina, it is pretty unlikely. And if he doesn't ejaculate, even if there is some pre-cum (see page 74), it is even less likely. So if you did this, he probably didn't get you pregnant.</p>
141	<p>Feeling lonely can lead to "breakup sex," which means having sex with an ex without having a relationship in place.</p>
146	<p>KINKS, FANTASIES, AND FETISHES Not Just in Your Imagination</p>
147	<p>The illustration on this page depicts a nude man and woman laying down. The man is above the woman wearing bunny ears while eating a carrot. The woman is depicted with her left breast and nipple exposed, looking upward at him.</p>
148	<p>WHAT IS BDSM</p> <p>BDSM, which stands for the really long acronym of Bondage and Discipline, Dominance and Submission, and Sadism and Masochism, is when two people decide to commit to a safe yet unconventional sexual relationship in which one person dominates the other. It can involve a lot of different forms of sexual expression, including things like leather,</p>

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	whips, contracts, collar-wearing, and spanking. It's a big decision that is made by two consenting adults and, in general, is not appropriate for teens.
149	Scat and golden showers. Some people like to be peed and even pooped on. Dinner crushing: For this one, one person has the other cook dinner for them, then step on it or otherwise crush it with their naked body. The person watching then has to eat the crushed dinner.
151	<p>Erotica is a story in a book or magazine that tells about sexy things happening. People like it because it can be fun to read other people's fantasies. Sometimes they think of themselves within those sexual situations, or just find it funny. (You are allowed to laugh.)</p> <p>If you are a writer by nature and have some sexy story ideas of your own, you could write your own erotica. But beware: You are a teen and that means you have no privacy no matter how locked you think your door is. If you write this stuff but don't want your parents to find it and have a heart attack from thinking you are writing about things you have done personally, stash your stories away in a good, safe place. You cannot publish these stories quite yet because even if they aren't autobiographical, they're considered a type of pornography, and, as you know by now, you have to be at least 18 for that. But writing about your fantasies is a good outlet, especially if those fantasies are ones you don't really want to act out—now or ever.</p>
152	The illustration on this page depicts a book cover with the title, "LAND OF THE LUST." The cover features a creature with large, pendulous breasts running after a young man on a beach.
153	Q. My girlfriend says she wants me to tie her up during sex. Why does she want me to do that? And what should I do?
155	<p>A. "Watersports" is basically peeing on your partner before or after sex, which some people report being really into. Urine (from a healthy person) is actually sterile, so having it come in contact with your skin is not really that unsanitary. You should know, however, that you can't drink it because of the salt and mineral content, and some people get rashes when it comes into contact with their skin.</p> <p>...Q. I really like having sex. Is that a fetish?</p>
159	The illustration on this page depicts a woman walking with a young woman. She is saying, "AND THAT'S WHEN YOUR DAD PUT HIS..."
165	<p>Q. My boyfriend and I are ready to have sex, but we are not allowed to be alone in his room or mine with the door closed. We don't want to have sex in a car or something, but we don't know what to do. Help!</p> <p>...See if you can ease some of their worries by telling them you are making conscious and safe decisions about having sex. (They'd also need to consider your boyfriend's parents because even if they consent to you having sex, they cannot make those choices for someone else's child.) If talking to them doesn't work—or you know your parents well enough to know they'd never consent to you fooling around or having sex in the house—you may be tempted to have sex in cars or at other places like house parties. It's not ideal, but if you do that, always be safe and never have sex in public places or anywhere dangerous or secluded.</p>
172	First, there are the sorts of websites you can visit that promote or encourage behavior that is destructive. Spending time at sites promoting anorexia, cutting, bulimia, self-

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	harm, or other sites aimed at encouraging you to embrace harmful emotional and mental disorders is a terrible idea.
181	<p>Q. My boyfriend really likes watching porn, and it upsets me. I feel like he's cheating on me when he watches other women and masturbates.</p> <p>...Yes, your boyfriend is watching naked women do sexual things. But what do you consider cheating, and does this really fall under that label? For many people, porn acts more like a visually stimulating masturbation aid. Consider this: Are you cheating when you use a vibrator?</p>
182	<p>Q. My girlfriend wants to talk dirty over Skype, but I never know what to say. How do I make it sexy?</p> <p>...It's actually way easier to start out by saying "This is what I wish we were doing right now." That way "I'm blanking your blank with my blank" doesn't seem so weird. Start out with a fantasy or a scene you've watched or imagined, type a few sentences of that, and wait for her to reply. She might start steering things in a different direction, and together you two can create a shared version of your fantasy sex.</p> <p>...Q. My boyfriend and I are both 19, and sometimes we talk dirty on the phone. He keeps sending me pictures of his penis. The problem is, I don't really like the pictures.</p>

Profanity	Count
Clit	3
Dick	1
Fag	1
Tit	2

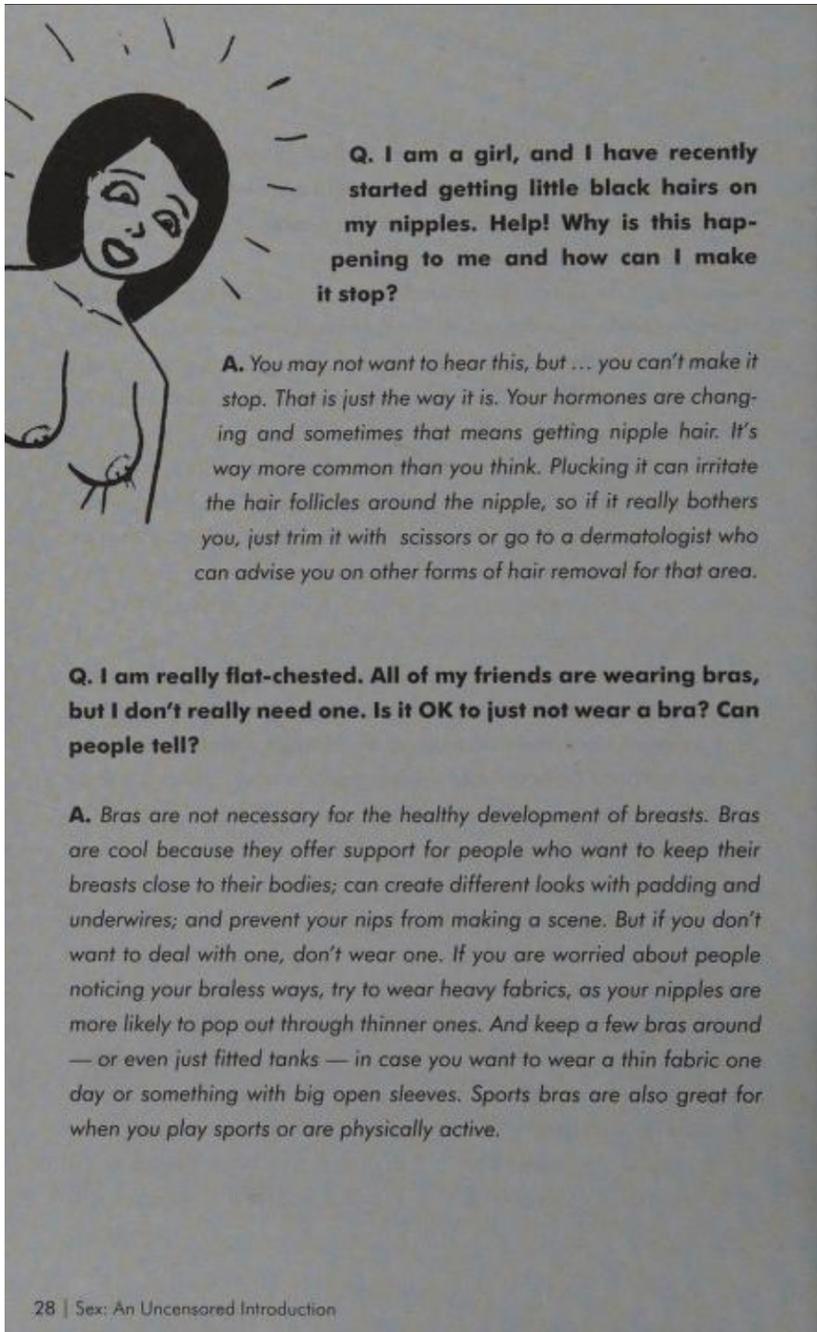


Figure 1

until you're sufficiently hard to put the condom on.)

4. Gently roll the condom down to the base of your penis, taking time to appreciate how cool it is that you have such a thing protruding from your body.
5. It might be necessary to change the condom while you're still having sex, so make sure you own more than one. If you get soft during, or if you're lasting a long time, the condom might shift or get dry, making it more likely to break.
6. After sex, remove the condom while you are still erect. Don't just lay there basking in happiness — stuff can leak out of the

condom as your penis shrinks back to its usual size. Grab that tip again, squeezing it so that you trap the fluid inside. Use your other hand to hold the ring and slide it off.

6. Don't flush the condom down the toilet — it's bad for plumbing and the environment. Instead, wrap it in toilet paper and chuck it in the garbage. Never use a condom twice. Apart from that being just plain gross, condoms are only effective the first go-round.



WHAT DO I DO IF IT BREAKS OR COMES OFF?

Condoms do sometimes break or come off. It's not a frequent occurrence, but it's possible. (This is a good reason to have a backup form of birth control! See more about this in the next chapter.) If it breaks, stop having sex right away. Check the area (meaning the vagina or anus) for any bits and pieces of the broken condom. Remove the condom and throw it out.

Sometimes the condom does a much more irritating thing: It comes off inside. (This is why it is good to check the ring on the base of your penis from time to time and make sure it hasn't slipped.) If it does come off inside, do the right thing and help your partner. Have them lay down

Figure 2