



LESBIAN SEX BIBLE

The new guide to sexual love for same sex couples

DIANA CAGE



A QUIVER BOOK

Contents

Introduction

01. Getting in the Mood
02. Tell Me What You Want
03. Lesbians and Labels
04. Lay of the Land
05. Orgasms
06. Give Her a Hand
07. Going Down
08. Strap-on Sex
09. Anal Play
10. The Prop Department
11. A Little Bit Kinky
12. Sexual Culture
13. Caring for Your Sexual Self

Resources

Glossary

Index

About the Author

Acknowledgments



Introduction



Good sex books help us gain sexual knowledge and have better sex. Better sex is part of having happier lives. Yes, this book is full of tips and techniques, but the real benefit of sex books, and this is coming from someone who reads a ton of them, is that the good ones celebrate sex in a way that makes you want to have more of it. Reading a great sex guide reminds you how much you love sex and makes you want to experiment with new techniques and positions. A good sex

guide can make you feel closer to your lover, or if you are single, eager to go out and get frisky with a new person.

Most everything in this book can help you feel hotter and sexier and more ready for sex, regardless of whether you are partnered or not. Reading this book can help you understand a great deal more about your sexuality. All that knowledge will pay off in the form of confidence and readiness to have sex without shame or fear. You don't have to love everything in this book, but if reading about new things makes them feel more familiar to you, then I'll consider this book a success.

There's a book by famed lesbian historian Lillian Faderman called *To Believe in Women: What Lesbians Have Done for America*. Faderman's premise is that many nineteenth- and twentieth-century civil rights pioneers were lesbians, and this can be traced to the fact that women who weren't tied to heterosexual marriages and heteronormative gender roles had greater social freedom to create change.

I thought about that book recently as I was reading about ergonomically designed sex toys. It made me think of all the lesbian-designed sex toys, lesbian-made porn, lesbian-hosted sex parties, and basically all the other aspects of lesbian and queer culture that make the world a better place for women to get it on with each other. I had a "What Lesbians Have Done for America" moment thinking about the ways that lesbians and queers have focused on improving queer sex lives, from creating sex toys for women with mobility issues to producing ethical pornography with happy, willing participants. Lesbian, bisexual, and queer women have worked hard to create a culture that encourages happy, healthy sexual expression. I see this book as part of that.

This book is for all of us. I have tried to be inclusive toward women of many identities and with different genders and bodies. I use the word *lesbian* throughout the book, but that is not meant to feel exclusive or unwelcoming to women who don't identify as lesbians. Choosing a word and sticking to it helps make the text simpler and more readable. I have at different times in my life identified as lesbian, bisexual, or queer, and have dated and had serious relationships with women and men both cis and trans. I know that women come in many different forms. Lesbian, bisexual, bi-curious, queer, or questioning: this book is for you. Trans women and trans men who sleep with women: this book is written with you in mind, too. If you are queer or female bodied and have

female partners or want to, then this book was written with you in mind.

On Our Backs magazine was the first lesbian sex magazine created by women for women. It was started in 1984 when lesbians were just coming out of the sex wars and into sex positivity. It was a huge part of lesbian culture for twenty years. If you were an *On Our Backs* reader, that was shorthand for “I’m interested in having hot lesbian sex.” The magazine changed hands a few times and had many different editors, each with their own interests and aesthetics. I worked there from 2000 to 2005. I left to move from San Francisco to New York when I was offered my own radio show on Sirius XM. There were ten solid years of my life where my professional job was to live, breathe, and have lesbian sex and then write and talk about it. Now I’ve gone from being a pornographer and talk show host to a gender studies professor. I teach courses on gender and sexuality and help smart college students understand the ways that our sexuality is regulated and controlled.

I feel lucky to have had that career, and I think it shaped me into the sex-positive, sex-radical, happily partnered queer woman I am now. I hope that reading this book helps you feel that way, too. This isn’t a recipe book, and I don’t give you instructions on what to do every day to have the sex life of your dreams. But I do give you enough concrete information that you’ll be able to handle anything that comes your way sexually. I hope you’ll keep this book on your nightstand, alongside your favorite vibrator, and use both regularly.

Great sex is your right, and it’s within your reach. Happy reading!

GREAT SEX IS YOUR RIGHT, AND IT'S WITHIN YOUR REACH.

01 *Getting in the Mood*



Sex is what separates lovers from friends. It fulfills our deepest needs for intimacy and affection. It makes us feel whole and happy. Sex is, in a word, wonderful. But great sex doesn't just happen. It takes effort. Maybe you've been an out lesbian since you were in high school, or maybe you've only fantasized

about kissing another woman. Regardless, we all need the same things to really enjoy sex: space to explore our desire and security to do so without feeling judged. Sex is hotter when we feel safe and appreciated, when we have time to relax and get turned on.

Our sexuality is part of who we are. When we are in touch with our sexuality we feel confident, attractive, and capable of anything. Good sex makes us happy and increases our feelings of fulfillment. Hot sex also enhances our self-esteem, making us more attractive to potential partners and improving our lives in and out of the bedroom. We agree we should all be having great sex, right? So how do we find it? Sure, you need a lover, but attracting the right lover is a process that starts with figuring out who you are and what you want. It also requires that you appreciate yourself and all the amazing things you have to offer.

CONFIDENCE IS MANDATORY

You must feel good about yourself to have good sex. That is nonnegotiable. Spend time taking care of yourself. Get into your grooming, take care of your body, and dress in ways that make you feel like cruising. Nourish your sex drive. Let friends and lovers know about your interest in sex. Talk openly about sex. Wanting and enjoying sex is nothing to feel ashamed of. Don't be shy. Let potential dates and lovers know they're in good hands.

YOUR BODY

I don't care if you are fat or thin or neither or other or in between. Your body is sexy. Your butt is sexy. Your boobs are sexy. Everything about you is sexy. And women who love their bodies are especially sexy. When we don't love ourselves and our bodies, it shows. The most imperfect person will get lots of positive attention if she carries herself with confidence. It's easy to get hung up on comparing ourselves to other people we think are more attractive than us. It's a waste of time. Queer standards of beauty are different from the standards of beauty set by mainstream society. That's one of the amazing things about being a dyke—playing by your own rules.

Smiling, laughing, and being playful and flirtatious are all sexy. Speaking your mind makes you sexy. Being independent makes you sexy. Making eye contact makes you sexy. Knowing how to please a partner makes you sexy. Being yourself is sexy.

TEN WAYS TO FEEL SEXY



1. Make eye contact with a cute stranger.
2. Watch the sex scenes between Violet and Corky in *Bound*.
3. Find a hot role model and borrow some of her style ideas.
4. Write a perfect OKCupid profile.
5. Go to a sex party.
6. Shop online for new sex toys.
7. Look at lesbian Tumblrs like fuckyeahdykes.tumblr.com.
8. Watch instructional rope tying videos on YouTube.
9. Dance alone in your house.
10. Attend a sex-education workshop at your local feminist co-op.



WHAT TO EXPECT

Lesbian sex is often undermined and misrepresented by the mainstream. Surely most of us have had the teeth-cringing, soul-sucking question “What do lesbians do in bed?” asked of us at least once. The irony, of course, is that lesbians and queer women have been in the avant-garde of sex for a long time. Lesbian sexual culture is rich and innovative. From early research and writing about the clitoris and G-spot to pioneering sex toys to endurance training for multiple orgasms, lesbians have given the gift of great sex to a greater proportion of the population than you’d likely expect.

There’s no ultimate act of lesbian sex. Lesbians and queers get it on in every way, meaning there is no right or wrong way. Where you start depends on what you’re into. It also depends on what kind of queer you are and who you’re having sex with.

LESBIANS AND QUEER WOMEN HAVE BEEN IN THE AVANT-GARDE
OF SEX FOR A LONG TIME.

FLIRT FIRST

Flirting is how we transition from the regular conversations with people in our everyday lives into seduction mode. Flirting tells potential lovers that we are interested in getting it on. Flirting makes everyone feel great.

Start by making eye contact. Touch her and let your hand linger on her arm. Smile seductively. Flatter the object of your attention. Compliment her appearance, her intelligence, her voice, whatever it is you notice about her. Use your body to indicate your interest. Leaning in and keeping your arms apart with your palms up and your shoulders facing your partner are signs that you’re open. Facing away, with your arms together or crossed, are signs you’re closed off. Be mindful of the signals you’re giving and getting.

Don’t be timid. Approach a woman with confidence and start a conversation. Listen to her as she speaks. Ask her about herself. Talk about insignificant things at first to gauge her interest. If she responds positively, then you can take the

conversation a little deeper. And if that goes well, then you are ready for the next step: kissing.

KISSING

Always start slowly. Lean in closely. The hottest part of a kiss is that moment just before it happens when you know you are about to start kissing. Enjoy that moment by leaning in until your faces are almost touching. Stay there. Let the tension build. Make her come to you.

When you are ready to kiss her, keep your lips soft and limit the tongue action at first. Let the excitement build. Close your eyes and think about the feeling of her mouth on yours. Think about the sensation of her lips and tongue. Pay very close attention to her movements. Mimic her moves. Does it feel like she wants more? Is she leaning in closer and kissing you more aggressively? Go for it. Match your intensity level to hers. Pay attention to some of the things she does. Her movements are full of clues about the way she wants to be kissed. You can also show an overly aggressive kisser how you like to be kissed by encouraging her to follow your lead. Pull back from an aggressive kiss and come in with softer, lighter kisses. Repeat this until your date begins to mimic your kissing style.

Break up long, deep, hard kisses with soft, light ones. Nibble and suck at her lips. Use your tongue. Place light soft licks along her top lip. Nibble her bottom lip gently between your teeth. Avoid wet sloppy kisses; no one likes that.

Kiss her neck and throat and any other exposed skin like her shoulders and collarbones. Place small, light kisses on her cheeks, earlobes, and other delightful spots. You can pause between kisses to whisper seductive things in her ear. Tell her all the things you want to do to her. Compliment her. Tell her what a good kisser she is. Tell her how much you want her.

Nibble her lips and neck. Bite her softly. Good places to place small soft bites are along the neck and jawline. Don't bite hard! Do it softly. You want your bites to feel good and to increase the tension and excitement. Keep it light but firm.

Everyone loves long make-out sessions. Don't be in a rush to move from kissing to whatever comes next. Sometimes a hot make-out session is all you need. Kiss for a long time. And once you've moved on to other things, you can always slow down the action by returning to kissing and making out.

Be careful with the tongue action. Always keep your tongue soft—no jabbing or hard thrusting motions. It's not hot. It's also a bit of a boner-kill to be covered in spit. Kiss passionately but not sloppily.

USE YOUR BODY

Touch her while you kiss her. Press your body against hers. Caress her neck, shoulders, breasts, and other body parts. Try putting your hands on your lover's face while you kiss her. Touch her throat softly while you kiss. This move can increase her feelings of vulnerability, which some people find exciting.

Touch your date's hair while you make out. Stroke it. Pull it lightly. If she has long hair, wrap your fist in it and tug. Don't pull hard, just grip it firmly in a way that lets her know you are in charge. If she has short hair, stroke the nape of her neck. Run your fingers over the back of her neck and stroke the back of her head while you kiss.

Touch your lover's breasts while you kiss. Stroke them lightly at first. Does she like it? If she leans in for more contact, give it to her. If she pulls away, leave it. She's telling you no. She may not enjoy having her breasts touched. Don't push her.

If she likes it, keep going. Stroke the sides of her breasts. Graze her nipples with the palm of your hand. Pinch and pull them with your fingers. Alternate stroking her breasts with stimulating her nipples.

You can show her how you like your breasts touched by guiding her hands with your own. Place her hands on your breasts and cup her hands around yours. Encourage her to cup your breasts and stroke your nipples.



FOREPLAY

Flirting and kissing are incredible beginnings, and the longer you enjoy them the easier and hotter sex will be. Taking time to get turned on makes it more likely that you will both enjoy sex and come easily and more quickly. Take your time and let anticipation build. Spend more time fooling around.

Find her pleasure spots. How does she like to be touched? Pay attention to her responses. Stroke her waist and hips while you kiss. If she is more on the masculine side, stroke her chest above her breasts and run your hands over her strong arms. The hottest way to compliment your lover is to show her how much she is turning you on. Make appreciative noises. Moan and whisper sexy things. Encourage your lover to touch you more and to experiment. Ask for more. Ask her to touch your breasts and nipples or to stroke your ass and hips.

Neck, shoulders, and breasts get tons of attention, so make a point of lavishing touch on other parts of her bod. Kiss her belly, her thighs, the insides of her elbows. Leave no body part untouched.

Take Your Time. Yes, everyone likes a quickie sometimes, but most of the time we want tons of foreplay. Don't rush it. Foreplay is time to take it slow. Tease her. Really tease her. It's much sexier for her to be begging for more than asking you to back off. Remember, there is no "main event" to get to. No matter what you are doing, you are having sex. Lesbian sex—any sex, really—has no beginning, middle, or end. It's all an ongoing experience with different phases. Enjoy whatever is happening in the moment. When the buildup becomes unbearable, you can switch to more focused activities, but no one has ever complained about too much long, slow, intense teasing.

Start Early. No need to wait until you are face to face. Send her a suggestive text or email in the middle of the day. She'll fantasize about you all day and the hours until she sees you will feel like torture.

Likewise, think about your rendezvous on and off throughout the day. Feel excited, confident, and sexy. Think about your own boundaries and what you want!

THE GOSPEL ACCORDING TO BEVIN BRANLANDINGHAM
Body Liberation Coach and Writer of QueerFatFemme.com

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"Self-care is the first step to getting properly laid. You won't be in a receptive state to experience and enjoy someone else's body unless you're taking care of your own body!"

GROOMING AND ATTIRE

A long hot shower or bath puts you in the mood and gives you confidence. You'll be more relaxed during sex if you know that every part of your body is clean enough to lick. Don't forget your feet! More than once I've been surprised by a lover putting my toes in her mouth. Groom like it's your job; you never know where someone's mouth will end up.

Bust out your sexiest undies. No need to wear femme fatale lingerie unless that's what you are into. Boy shorts, clean A-shirts, boxer briefs, and other dykey underthings look hot on all genders. Be creative. Find a look you feel good in. You are a sexual superhero, so dress the part.

Undress Slowly. It took a long time to choose your date-night ensemble, so let it take a long time to come off. Unbutton a few buttons on her shirt or yours, then go back to kissing. Take off your shirt but leave your bra on. No need to get naked right away. Take off one item of clothing at a time. Resume making out in between taking items off.



A PLACE TO PLAY

Let's talk about your bedroom. Set up your bed and bedroom for maximum pleasure. You need more than just a bed—you need a love den. Start with your lighting, as it's the cheapest thing to fix. A glaring overhead light is more gyno office than hot hookup. Find some cute lamps or place string lights along your headboard. You want your date to feel sexy and confident. Dim, flattering light will have her prancing around nude. Candles are great, of course, but a little dangerous. You could knock them over in the heat of passion. The best-case scenario means you are scraping wax off the floor; the worst-case scenario is you and your hookup are shivering on the street corner while firefighters beat back flames to save your roommate's cat.

MUSIC

Soft, sexy music puts everyone in the mood. It adds instant romance to your sexcapades and also drowns out sex noises so your roommates don't get grossed out. Make some sexy playlists so that when you are ready to go, you just need to turn the music on. For years I'd just put my iPod on shuffle and get lulled into a false sense of security by a block of old-school R&B only to get rudely interrupted by something random and unsexy. A sexy playlist is much safer.

YOUR BED

Is your bed good for sex? Is it big enough? Take stock of your bed situation and make sure you are offering your lover a place to relax and get in the mood. Change the sheets before your date in case you get lucky. If you can afford it, splurge on high-thread-count sheets and quality pillows. Your bed should feel special and luxurious. You should want to spend time in it. Keep clean towels handy for when things get messy.

YOUR NIGHTSTAND DRAWER

This is where all the important easy-to-reach items get stashed. Make sure you have a vibrator, latex gloves, condoms, dental dams, lube, and baby wipes for quick cleanup. You might also want a couple of small toys like a butt plug and maybe some handcuffs.

BATHROOM QUICKIES



Bathroom make-outs—we've all done it, and why not? It's practically a baby dyke rite of passage. Even the most seasoned among us have those nights when we really can't wait to get home and get it on. And nothing says I need you right now like dragging someone into the bathroom at the bar. Here are a few tips to make that bathroom-stall bang a little more fun.

Courtesy comes first! If you are out with a lover and you two decide you need a quickie, make sure it's really a quickie. No one wants to wait in a line that's ten dykes deep. Your bang session should take five minutes tops. Need more? Get in a cab and head for home.

Bathrooms have sinks. Take advantage of them, and wash your hands before you do anything. Clubs and bars can be pretty dirty places and you don't want to touch your date with dirty hands.

If you want to go down on your lover but don't want your knees touching the floor, sit her up on the tank and straddle the toilet seat (close the lid, obviously); this should give you easy access.

An advantage of cubicle-style bathrooms is that the walls are generally the perfect height for reaching up and grabbing on to, especially if you are fucking (or being fucked) from behind.

SEX ETIQUETTE

Just because you're naked doesn't mean you don't need to be polite. It's just as important to have good manners during sex as anywhere else. Any courtesy that applies to any other type of interaction also applies to sex.

1. Check in with your hookup. How does she feel? Is she is getting the kind of attention she wants? Ask her. What else does she need? Stop and touch her, kiss her, say something lewd. It may be that she needs a break to talk and cuddle, or she may be dying of frustration and wants to fuck. Talk to her while you make out. You won't know how she is feeling unless you ask.

2. Don't push. Everyone gets to choose his or her own comfort level. There are two of you, and this means there are two different sets of tastes and preferences. While being introduced to new things during sex can be very hot, being pushy about it can be a turnoff.

3. Pay attention. Don't lose yourself in one activity. There is a lot more to sex than just getting off. Pay attention to what's going on and you will be able to better navigate her body and your needs. Don't get greedy. It's good to be in the moment, as long as you stay connected.

4. Relax and take a break from time to time. Sometimes people just need a rest. You can take a break from kissing and just stroke and touch each other. It's perfectly fine to come up for air and just talk; it makes everything last longer.

5. Have a sense of humor. Sex is funny. It looks weird. It sounds odd. People look funny when they are having sex. Don't get freaked out and feel weird. Funny things happen. It's okay to laugh.

6. Make your hookup feel special. Give compliments. Say dirty, nasty, hot things. Get her riled up.

7. It's great to be on top, but don't boss anyone around. Directing the action is fun, as long as you pay attention to your date's response. If she doesn't like where you are taking things, back off. Do not under any circumstances criticize anyone's techniques or behavior.

8. This really shouldn't have to be said, but I'll say it anyway: be nice to the people you are having sex with.

02 *Tell Me What You Want*



Do yourself a favor and learn to talk freely and comfortably about sex. I can't stress this enough. I'm sure you've heard that good sex requires communication. In fact, you probably hear it all the time. You might even have heard it so often that you don't take it seriously anymore. But I can tell you without a doubt that once I learned to talk openly about sex and desire, my sex life became so much

better. It was always good, but learning communication skills made it amazing.

OPEN COMMUNICATION IS KEY

There's more to sexual communication than just learning to talk about what you want in bed. What I am encouraging is learning how to talk openly about all kinds of sex in a way that feels natural and comfortable. The more comfortable you are when you discuss desire, the more comfortable your partner will be and the more she will open up and tell you what she really wants. Getting good at talking about sex has as many rewards as learning techniques and sex skills. In fact, you can't really have one without the other.

Talking about sex should make you and your lover feel sexy. The absolute most important rule is to never criticize or complain. We are all vulnerable when we have sex. We're all invested in making our dates feel good. And criticism and complaints just shut everything down and make the other person feel ashamed and resentful. Learn to ask for what you want in a way that makes your lover want to give it to you. Both confidence and shame are contagious. If you stumble with embarrassment when talking about sex, then your date will feel inhibited and the conversation will go nowhere. If you speak freely and convey confidence, she'll be more likely to open up and match your style.

I learned how to talk about sex through reading about sex. The biggest influences on me have been Barbara Carrellas, Annie Sprinkle, Dossie Easton, Janet Hardy, Kate Bornstein, Carol Queen, Julia Serano, Helen Boyd, Patrick Califia, Ducky Doolittle, and many others. Reading about sex, sexuality, gender, desire, and all the other best parts of sex gave me confidence and a sexual vocabulary. Reading the work of these authors helped me understand who I am sexually and whom I want to have sex with. I learned to feel good about sex and to feel that I deserve to have as much of it as I want. Once you've finished reading this book, look up some of the authors mentioned and read their work, too. I'm pretty sure you'll find that being a sex nerd has many rewards.

LISTEN EFFECTIVELY

Learning to listen effectively is just as important as talking clearly. One good technique for listening is to let your partner speak without interruption. When she is finished, confirm that you understand her. Demonstrate that you heard her by repeating the gist of what she has just said. Once it's clear that you understand each other, you can ask questions, add to her ideas, or make

counterpoints.

Talking about sex makes us feel vulnerable. Be sure to give your partner extra reassurance and support. Hug her, touch her while she talks, and provide lots of verbal affection and positive reinforcement. She has taken a chance by choosing to communicate her needs. Make the experience a positive one so she'll want to do it again.

IGNORE THE AWKWARD

I've saved some very awkward hookups by simply refusing to give in to the awkward feelings. We are all awkward sometimes. It's okay. Sometimes we fumble when strapping it on, our bodies make embarrassing noises, or we get freaked out and need to stop the action. There are many ways to not be smooth, and sometimes we just aren't smooth. The worst thing you can do when something feels awkward or embarrassing is to let it get to you. Having a dorky moment? Make light of it. Fumbling with a strap-on harness? Turn on the charm and ask her to help you out. Your body makes an embarrassing sound? Ignore it. It never happened—or if you've been dating for a long time, then go ahead and laugh. Sometimes sex is funny.

I'M PRETTY SURE YOU'LL FIND THAT BEING A SEX NERD HAS MANY REWARDS.

REINFORCE THE POSITIVE

Always reinforce the positive. If you like something your lover is doing, say so. Be vocal about it. Give positive feedback. You can moan and groan and make appreciative sounds in the moment, and you can say things like, "Oh my God, that was fantastic," when you are done. If she's doing something right and you want to make sure she does it again, then show your appreciation. If something isn't working, find a way to reroute the action.

Boundaries are good. It's totally cool to say you don't like something. Just try not to say it in a way that makes the other person feel as if she's done something wrong. Be sensitive to what's going on. Pay attention. If what she is doing isn't working, encourage her to move on to something else.

LEARN TO READ SIGNALS

If your date has been oohing and ahing and suddenly goes silent, she could either be close to coming or not thrilled by the direction things are going. Look for clues. Are her eyes shut tight? Is she breathing heavily? Is she tense? These are signs of arousal, so keep going. If she seems to have checked out, something isn't right. Try a new move.

GET COMFORTABLE IN YOUR SKIN

Never self-deprecate. If your self-esteem is less than stellar, fake it. She likes your body or she wouldn't be in bed with you. Saying unflattering things about yourself will only kill the mood. Fake it if you have to, but don't give in to the urge to put yourself down. Never apologize for yourself. Revere your body and your dates will, too.

IT'S OKAY TO WANT SEX

Feeling desire is a good thing. It means you are alive. Sometimes we feel embarrassed by desire, as if it's not cool to actually want someone. That's silly. Being a horny, healthy sexpot is great! Don't be embarrassed to ask someone to get down. Don't play so hard to get you never get any. It's a common lezzie problem that no one ever wants to make the first move. Women are taught to wait for the other person to express interest. Break out of the rut and ask for what you want. Empower yourself and kick those patriarchal limitations to the curb! Dykes find directness sexy. State your business. Go ahead, admit you want sex. Guess what? Everyone does.

BEING A HORNY, HEALTHY SEXPOT IS GREAT!



TALKING WITH YOUR LOVER ABOUT SEX

Make it a habit to talk about sex. If you wait until there's a problem, it's harder to bring it up. But if you talk freely about sex on a regular basis, then no one feels weird when you need to talk about something. Try and talk about sex as if it's a normal part of your daily routine. If you are newly dating, you can talk with your lover about new things to try in bed. If you are a more established couple, try planning elaborate sex dates. Making sex talk a part of your daily routine will increase the odds of you getting laid!

Get comfortable with a sexual vocabulary. Use dirty words and clinical ones interchangeably. Talking about sex won't ruin the spontaneity or kill the mystery; instead, it will infuse all of your activities with an erotic charge. Learn to treat sex as something special and wonderful but also normal and shame-free.

TALK ABOUT SEX WHEN YOU'RE NOT HAVING IT

Talking about sex and fantasies when you aren't having sex can be really hot. You can recap the events of the previous night over coffee in the morning. Talk about how great it was. Bring up things you found particularly exciting. Praise her skills. Your date will make mental note of the things you mention and likely repeat things you particularly liked the next time you have sex.

Talk about sex while you are out with your lover. Bring up something you'd like to do later that night. You might start by complimenting your date on her appearance. Tell her that her new short haircut makes her look really hot or that the dress she's wearing is sexy. Remind her that you find her really attractive and sexually exciting, and then find a way to insinuate one of your desires during the conversation. You have to be subtle. You want her to pick up your hint but still be left wondering what exactly you were trying to tell her. Some suggestions: mention you had a dream in which she was holding you down while you fucked, or you were holding her down, depending on your top/bottom preferences. Maybe tell her it turns you on to think about how hot her body looks when she's on all fours. Whatever your fantasy is, talk about it in a subtle, sexy way. She'll have sex on the brain for the rest of the evening.

TALK DIRTY

One of the easiest ways to talk about sex is to talk about it while you are actually getting it on. I don't mean you need to start barking out instructions, but a few whispered requests or subtle commands can really get things going. Talking dirty gets everyone hot.

Try talking dirty with a new lover. Tell her how to touch you while you are in bed with her. Learn to say explicit things. Teach yourself to become comfortable with dirty words and sex talk. This is one of the best gifts you can give yourself and your sex partners. A few well-placed directives ("I like the way you are touching me" or "Please do that harder") can be a good start. Talking dirty can be as simple as saying "I want you," or it can be a really smutty pornographic monologue. Sometimes people simply mutter sex words while they are getting it on—a string of obscenities can be really hot. Dirty talk can also take the form of

a set of strict instructions. I had a lover who had really mastered this skill. She'd wait until we were at a crucial point and whisper nastily in my ear that I should pull down my panties, turn around, and stick my ass in the air and my face in the pillow. And you'd better bet I did what she told me. Who could resist instructions like that?

Dirty talk is great fun, and when done well it is practically an instant turn-on. It's a real skill. If you do it right, it can really work in your favor. It works because we don't expect it. Well-placed dirty talk makes you seem confident, experienced, and dirty minded.

Name-calling is another trick to try. Try calling your lover nasty names or maybe some sweet ones. She can be your "baby," your "slut," your "nasty whore," your "beautiful goddess." If she's more of a boy, she can be your "stud," your "daddy," or your "bad little boy."

When you tell a partner what you want, you improve the sex for both of you. She shouldn't have to guess how you want to be fucked any more than you should be lying in bed frustrated wishing she'd flip you over.

DIRTY TALK IS GREAT FUN, AND WHEN DONE WELL IT IS
PRACTICALLY AN INSTANT TURN-ON.



GAINING A SEXY VOCABULARY

If dirty words feel unnatural to you, start by reading erotica out loud in bed until you are comfortable with a sexual vocabulary. Once the words feel good to you, try describing what she's doing to you as she's doing it. Or ask her what she wants in very explicit terms. And keep asking until she tells you. Don't let her get away with a simple shrug or "I don't know. I like everything." She doesn't mean that. She knows exactly what she wants; she's just too shy to tell you. Keep at it until you get her to talk to you. This game in itself can be exciting. You'll feel a sense of power by having command of the sex talk, and she'll feel

excited that you are encouraging her to voice her desires.

TALKING ABOUT SAFER SEX

Being comfortable talking about sex also means being comfortable talking about safer sex. Staying healthy is sexy. Talking about safer sex indicates to your partner that you are interested in keeping both of your bodies healthy, and there is nothing unsexy about that.

Use gloves and dental dams with a new date. Always have safer sex supplies handy so no one has to fumble around at an intimate moment. Treat gloves and condoms as though they are a no-brainer. No one should ever feel awkward talking about safer sex, sex practices, and sexual history. Using barriers and safer sex practices is simply part of a healthy sexuality and should be discussed as such. If she questions your choice to use barriers, simply explain that you always use barriers with a new partner. Few lesbians will be resistant to barrier use; everyone likes to feel taken care of. Additionally, latex barriers can actually improve sex in some ways. For instance, fisting and finger fucking can be easier with gloves because the latex makes your hand more slippery.

If you and your date would like to skip barriers, it's time to talk fluid bonding. This means that you've checked in with each other about your risks of sexually transmitted infections (STIs), you've ascertained that neither of you has an infection of any kind, and you've agreed to have barrier-free sex only with each other. Barrier-free sex indicates a pretty high degree of trust between partners, and you should not exploit that trust. If one of you sleeps with someone else without using barriers, you should talk about it immediately. You can discuss what the risks are and how you would like to deal with them.

Talk to your date about STI risks in a way that feels nonjudgmental. Always offer up your own sexual history first; no one wants to feel interrogated. Mention any STI screenings you've had and encourage her to do the same. If she hasn't had any recent tests, gently suggest that getting screened might be a good idea and an investment in her health and sexual happiness. No one should ever make you feel bad about wanting to practice safer sex. If your date is reluctant or unwilling, it's okay to stop the action. No one should ever feel pressured into doing something that makes her uncomfortable.

LEARN HOW TO SAY NO

With all the open and honest talking about sex, it's possible that you will

eventually be asked to do something you don't find appealing. Or your partner might ask for sex when you aren't in the mood. That's perfectly okay. Knowing our limits and sticking to them is a good thing. Doing something you don't want to do out of obligation or guilt just leads to resentment. Saying no and setting limits is healthy. You don't have to feel guilty about saying no.

HANDS-OFF ZONES

Sometimes there are parts of our bodies that don't feel good in the way we would like them to. Sometimes it's tied to our gender. Sometimes it stems from negative experiences we've had. Whatever it is, it's okay to let someone know that you don't want to be touched in a certain way. If there are parts of your body that you prefer not be touched, just go ahead and let your date know as you are getting down to business. It's good to have boundaries, but you should always be clear about them. No one likes to feel as if she's done something wrong, and if you don't tell her, she may not realize she's hit a no-touch zone until it happens and you express displeasure. Whatever it is, just let your lovers know up front. No need to make a big deal out of it or feel embarrassed. Just say, "I prefer not to have my breasts/ass/pussy/whatever touched, but everything else is great."

TALKING ABOUT GENDER AND SEX

We're queer, and queers often have beautifully complicated genders. The most lesbian-loving softball dyke knows what it feels like to be uncomfortable in a dress. And you can bet that your high femme lover feels invisible in boots and jeans. So talk about gender and bodies and sex before, after, and during your hookup.

Keep in mind that trans women have struggled to gain visibility and acceptance in cisgender lesbian circles. Your trans woman lover deserves to have her body treated with respect. No part of her body is "male," so refrain from referring to her genitals as such. Talk to her about her body. Make her feel comfortable and desirable. Compliment the parts of your lover's body you know she feels good about. She may feel good in her skin, or she may feel angry or upset that her physicality doesn't line up with the way she sees herself. This varies from woman to woman, so don't make assumptions.

Is your lover male-or transmasculine-identified? She or he may identify as trans, or maybe he identifies as a masculine person in a female body. Many female-bodied dykes are male-identified, or prefer to be seen as male during sex. Regardless of how he describes his gender, he probably wants his genitals

approached in ways that don't feel feminizing.

Don't be afraid to ask questions. Gender and sex can be sensitive topics, but they don't have to be skirted around. It's okay to say to someone, "How do you like to be touched?" Some butches prefer to think of their clits as cocks. You can refer to your lover's genitals as "cock" during sex, and refer to oral sex as a "blow job." Let your lover know that you see his body in the way he wants it to be seen regardless of what he is wearing. If your lover prefers to remain clothed during sex, respect that boundary.

SO MUCH TALKING!



Good communication makes sex hot, safe, and intense. While it may seem I'm spending a lot of time on this theme, I can assure you that verbally checking in about sex can be handled quickly and efficiently. Don't forget that we are part of the sexual avant-garde: be forward-thinking and embrace yourself as a sex-positive sexual role model. It's the hottest!

EMAIL, TEXTING, AND SEXTING

We check our emails and text messages all day long, so why not use this to your advantage? Sometimes it's easier to ask for something sexual in an email or a text message. You can bring it up in a flirtatious way, get your date thinking about it, and then finish the discussion later that night when you are face to face. Try writing an erotic fantasy and sending it to your date. Be explicit. Use dirty words. Your lover will feel like she's starring in her very own erotic story.

Everyone agrees that sexting rules, as long as it stays private. Sexting is an awesome seduction tool. By nature a sex text has to be succinct, which forces you to get right to the point. The direct nature of a sex text increases the sexual urgency and overall hotness of the situation. You can't write a lot of purple prose in a text message; there just isn't enough room. Don't be verbose. A good sex text message gets right to the point.

Sex texts are clandestine. They are like little sexual reconnaissance missions. Want to turn your lady friend on while she's having a girl's night out? Send her a sex text. And the morning-after text message is a hot way of checking in and

telling someone what a nice time you had the night before. It's possible to have an entire sexual encounter over text messaging. And if you are thinking that sexting is a poor substitute for talking to each other, or the medium is distancing, *au contraire, ma cherie*. Sexting is queer and dirty. Sex texts can be shocking and totally unexpected, which is part of what makes them so exciting.

WHAT YOU REALLY, REALLY WANT

Staging sexual conversations like the ones I've mentioned in this chapter will pay major dividends. Through dialogues like these and our own special series of sexual encounters, you grow and develop as a powerful sexual being. This is a process for everyone. Just as Simone de Beauvoir claimed "one is not born a woman," I can assure you that even the best sexual athletes weren't naturally gifted with their superhuman sexual powers.

Your decision to educate and empower yourself will change your life!

03 *Lesbians and Labels*



Lesbians have a love/hate relationship with labels. As with any other minority group, lesbians can feel defined as well as constrained by labels. Ideally, labels work as a form of shorthand, indicating our desire and identity to potential dates. But like anything else having to do with sexuality, meaning changes across cultures and communities. The very act of trying to fit ourselves and each other

perfectly into boxes exposes how limited those boxes can be. Still, many queers find labels empowering; being able to say “I am this” is a way to carve out a space in the world. Lesbians are articulate about desire and identity because we’ve had to analyze our own from the moment we became conscious of queerness.

SEXUAL ORIENTATION

Lesbian. Dyke. Woman-loving woman. Same-gender-loving woman. Sister in the struggle. Rug muncher. Sapphist. Amazon warrior. Marimacha. Rive gauche eccentric. Despite embracing “the love that dare not speak its name,” lesbians have gone by many names throughout history, and there remains an ever-growing and expansive vocabulary used to reflect and categorize the variety of lesbian experience.

If you picked up this book with some apprehension—wondering whether you are really a lesbian, or feeling that your personal desires and experiences may not exactly fall in line with what you know about being a lesbian—let me reassure you that there is no one way to define your sexual desire. In fact, I often feel that “sexual orientation” is an overly clinical term that fumbles to account for the way we experience our sexuality. There is no lesbian norm for you to conform to, and if you do some research, you’ll find that there have always been women, lesbians, bisexuals, and queer people just like you, who have loved in complex and difficult to define ways and thrived while doing so.

LESBIAN

Today, under the umbrella of “lesbians” exists an immense community that includes gold-star lesbians (“gold star” refers to lesbians who have never slept with a man), lesbians who stress the political aspect of their identity, lesbians who come out later in life, and women who may identify as lesbians for only certain parts of their lives. As long as you self-identify as lesbian, you’ll find yourself in a lesbian panopoly that includes girls, women, and grandmas; butches, studs, and transbutches; femmes, high femmes, and burlesque dancers; intersexed people; trans women and trans men; doms and subs, bottoms and tops; switches and versatiles; and the list goes on and on. All of these terms indicate the myriad ways that people understand or approach their sexuality.

Although “lesbian” most obviously refers to women who have sex with women, being a lesbian can mean different things in different historical, political, or

geographical contexts. Our sexual identities are also compounded by other aspects of ourselves, such as race, class, ethnic background, ability, gender, and religious preference, to name a few. Just as there's no "right" way to be a woman, there's no one way to be a lesbian.

BISEXUAL

Women who identify as bisexual have both male and female lovers and attractions. Some bi women are attracted to and have committed relationships with male and female lovers equally. Some bi women have relationships with one sex primarily but have lovers of all genders.

Bisexual women often struggle with visibility because their identity is either dismissed as indecisive by the larger LGBT community or subsumed under the greater umbrella of queer. Organizations such as BiNet USA (www.binetusa.org) and bisexual activists like Morgan Goode are working to ensure that bisexual-identified people continue to have a voice and community support.

BI-CURIOUS

A person who is bi-curious might primarily date and sleep with one gender but be open to sex and dating with a person of another gender. There is absolutely nothing wrong with being bi-curious, and no one should feel she has to choose an identity and stick to it. It's great to experiment sexually.



GENDER

Gender and genitals are two different things. Your genitals don't indicate your gender, and vice versa. Gender is something we feel or possibly understand about ourselves inherently, while our genitals are simply a part of our body we use for sex. Bodies don't always match up with gender in the way that mainstream society thinks it should. You might have been born with a vulva and been assigned female at birth but feel masculine and experience your body as male. Some people experience their gender on a continuum, and see themselves as fitting somewhere in between masculine and feminine or male and female. Some dykes and queers identify as genderqueer and reject definitions of gender altogether.

SEXUAL FLUIDITY

Over the course of our lifetimes we change and grow as individuals. It would be bizarre if we were the same person at twenty-four and at forty-four. Yet it's not uncommon for people to define their sexual and gender identity in their early twenties and never give it another thought. Sexuality and identity are mutable and will take many different shapes over the course of your lifetime. There's no need to explain every time a shift takes place. Shifts indicate growth, and growth is a good thing.

BUTCH-FEMME

Butch-femme relationships are one of the most visible models for lesbian gender roles. The history of the butch-femme model dates back to the early twentieth century. The butch-femme dynamic is defined by polarized genders and a sexual pageantry founded in chivalry, romance, and balance.

Most lesbians are familiar with butch-femme codes of behavior, even if they don't use the terms to identify themselves or their desires. Thus, butch-femme can be a helpful label to define yourself and what you are attracted to, but it can also be shorthand to describe dynamics and conventions of sexual attraction. If you are interested in learning more about the rich history of butch-femme relationships, read *Boots of Leather, Slippers of Gold: The History of a Lesbian Community* by Elizabeth Lapovsky Kennedy and Madeline Davis or *The Persistent Desire: A Femme-Butch Reader* by Joan Nestle. Visibility for butch-but and femme-femme relationships is also on the rise, as many people identify with these historical gender identities but find themselves attracted to a

gender more similar to their own.

FEMME²

Femme squared is a term Shar Rednour uses to refer to femme-femme relationships in her book *The Femme's Guide to the Universe*. Femme-femme couples are occasionally called lipstick lesbians, though that term is pretty much a '90s throwback.

CHANNELING BUTCH SWAGGER

Maybe you've seen pictures of her exes. All of them. With crew cuts. On motorcycles. Or maybe you've gushed about Shane, Radclyffe Hall, or the swoon-worthy female rappers KIN4LIFE. Maybe her heart seems to beat a little faster when you talk about your old volleyball days. Or maybe you've just noticed things tend to get a little more exciting when you're in control. No matter the specifics, you know it's time to push things a little further. You know your love interest gets weak in the knees when even the phrase "female masculinity" is bandied about, so it's time to step into some boot straps and bring some swagger on home, whether you're butch-identified or not. Butch swagger is available to everyone. In the same way that masculinity is not the sole property of men, you do not have to identify as butch to channel a little butch swagger. Now go pull that ponytail through the back of your ballcap and get ready to make ladies swoon.

ANXIETIES AND INSECURITIES

Whether they are baby butch, stone top, or Mr. Butch Lesbian Daddy Universe, all lesbians on the masculine spectrum deal with a little insecurity. I swear! How could you not when the world around you does so very little to affirm your selfhood? Sometimes even LGBTQI spaces can feel judgmental or rude when it comes to masculine presentations. But luckily, you've done a lot of work and believe in your beautiful self—and you know, above all, that there is no "butch standard" or real set of expectations that we have to live up to. After all, we're queer and we can do anything we want. If you're ready to play with gender, then shoulder on some swagger and impress some other hot queers with your capability, confidence, and daring.

WHAT WOULD THE STONE FOX KINKY BUTCH TOP DO?

Listen, just because you weren't born into this world a leather-clad, gravel-voiced warrior princess doesn't mean you don't know how to make a woman

feel taken care of. Here are three inspirational principles to keep in mind as you channel your own brand of butch swagger.

1. *Gallantry*. Be tough. Know what you want. Learn to anticipate what your lover wants. Butches have cultivated a reputation for knowing what people need, helping friends and lovers out at a moment's notice, and standing up for what they believe is right—no matter the consequences. This is why so many of our queer heroes are butches! How sexy is that?

2. *Charm*. Stop yourself and ask, why are all the talk show hosts women on the butch spectrum? The answer is because of charm. There is a magical flavor of charisma that only butch women possess, and this little light of yours draws people near you. People trust you. People know you care, that you can help them listen to themselves. Remember you are captivating. Remember you have genuine, unique appeal. Remember you are in a long tradition of masculine queers who burn magical and bright. Share this with the world.

3. *Sexual power*. One thing we can learn from butch is how to wield queer sexuality as an actual force. If it walks like a dude, smells like some Brut, and moves deliberately and with precision, it will know how to screw you so you won't ever want to stop. Butches are a sexual force to be reckoned with, and one way people will reckon with your power is to wrap their legs around you and promise to love you forever.

By the way, these magic powers are less effective if you forget the most important part of butch ethics: respect, connection, and honesty. This isn't all a performance, nor is this "fake masculinity"; tap into these inner truths and strengths and give them more room in your daily life. Being sexy is about being authentic.

BUTCH SKILLS MINUS THE DRILLS

You don't necessarily need power tools, golf clubs, or tennis rackets and a severe haircut to use these moves.

Butch touch. Butch touches do not tickle. Touch people with respect, and be a rock. You know, get a grip. Find the right moment to grab your girlfriend and passionately kiss her. Hold her hand.

Eye contact. Between you and me, there is a fine line between pleasant eye

contact and sci-fi variety soul sucking. However, our butch top spirit animal makes eye contact as a matter of fact. Eye contact can be a feminist style that bestows empowering recognition anywhere we look. Be the kind of lesbian who sees people, who always tries to listen.

Make plans. Learn your lover's work schedule so you don't have to ask her every time you want to see her. Read your town's local rag on a weekly basis (especially the artsy ones, which will generally have better taste), skimming for date spots or ideas for romantic adventures. Avoid falling into predictable date ruts by mashing up favorite things or having a sense of humor: walk not in the park but in the rain, read her poems in the mall or subway, or have an upbeat relationship-processing session at an art museum.

Be loyal. If your lover likes it, tell her how much you like taking care of her and helping her with tasks, and how much you value your connection, hot sex, and compatibility. Think about your talents and how you could share them with her, whether it's mechanics, technology, or painting. I have a femme friend whose trans boyfriend's family owns a nail salon. Since he works there too, he treats her with free manicures at her every whim! How sweet, and what a reduction in her stress to always know where her next manicure will come from!

BEDROOM BRAVADO

You may be wondering why so much of what I've mentioned has had nothing to do with sex or seduction. That's because our butch lesbian spirit animal (who I envision is a wolf or fox) is absolutely, without a doubt, all about sex. Butch lesbians infuse every movement, word, and look with so much sexual innuendo that it will make your head spin, your pants fall off, and your skirt fly up so fast that you'll be metaphysically boning in unknown dimensions in your mind. Now all you need to do is conjure a small percentage of that kind of butch bravado and you'll be swaggering around the bar, pool, or block in no time.

TOPPING FROM THE MIDDLE

If there are not exactly femmes or butches, tops or bottoms, in your love life, that doesn't mean you can't learn something from your butch and femme ancestors. Take it from me, here's what you can do from time to time to mix things up.

During foreplay, stroke her breasts or pussy or cuddle her from behind. Tell-slash-growl all the things you want to do to her. Kiss her until you can barely breathe.

While you are stroking her pussy, put your other hand on her side and look into her eyes. Tell her she's beautiful, tell her you thought about this moment all week, tell her something true and honest—something strong—that you feel in that moment.

Be confident that she wants you. Flirt and tease her; confuse her by asking her how much she wants you. Set your jaw, give her some smoldering glances, and keep coming close enough to kiss or touch and then suddenly backing off before giving in completely.

Talk to her. Explain to her how you understand submission and control. Play with these things, use them as constraints and roles, while still keeping the boundaries you may have already set in place. Explore this together and your sex will get even better.

DISABILITY AND SEXUALITY

Our ableist society creates manifold barriers for people with impairments, not the least of which involve sexual identity and expression. Persistent stereotypes and myths about disabled people construct disability as sexless, undesirable, or abnormal. Many of our own internalized assumptions can be exposed when we take a look at the way that sexuality is rooted in ableist ideas. Why, for instance, are certain types of movement, feeling, seeing, and hearing so central to the experience of sexuality? Can't sexuality be experienced in other ways?

The obvious answer is yes, of course. But you may not have considered how much queerness and disability have in common. It can be a relief to realize that you don't have to ascribe to dominant gender norms—especially if your disability has automatically rendered you “different” or nongendered in the eyes of general society. Stereotypes about disabled people being dependent often result in them being desexualized.

One distinction to be made is between impairment and disability. Impairment is a physical condition, whereas disability is the environmental or social conditions that exclude people with impairments from full participation in the world.

Thinking this way helps overturn some of the assumptions we may have learned. Now we can see how the person in a wheelchair is disabled by the lack of ramps and elevators rather than by her inability to walk. As queer people, we have a similar responsibility to be attuned to how “our” communities and environments may not always be welcoming to our disabled gay family. The first step is seeing how disability is rooted in the world, not in an individual's body or mind.

The “queerness” of disability and sexuality are also similar in that both are legislated against. Unfair laws discriminate against disabled people just as they do against queer and non-queer people, by dictating who has the right to sexual intimacy. Like queerness, disability illuminates the huge spectrum that is human sexuality and sexual pleasure.



ALTERNATIVE RELATIONSHIPS

Love, relationships, and monogamy are all wonderful things. But it's a fact that our sexual desires don't always line up with the people we fall in love with. Because our relationships have always been marginalized, lesbians and gay men have been on the front lines of creating new models of kinship and new styles of sexual relationships. "Friends with benefits," open relationships, and triads (rather than couples) have been familiar concepts for queers for a long time. Polyamory and alternative sexual partnerships show us that we don't ever need to feel trapped into the "hetero-normative paradigm"—the heterosexist idea that marriage and monogamy are our only options.

Dossie Easton and Janet Hardy's groundbreaking book, *The Ethical Slut: A Guide to Infinite Sexual Possibilities*, ushered in a playful, accessible language and ethos for engaging in polyamory. Their guidebook validates all sexual choices and relationships and offers insight into how to create the healthy, ethical sex life you've always dreamed about. Everyone should be able to sleep around as much as she wants without feeling shame or stigma; no woman should apologize for wanting sex. But doing so ethically and responsibly will make your love life even sexier!

My New Gender Workbook: A Step-by-Step Guide to Achieving World Peace Through Gender Anarchy and Sex Positivity by Kate Bornstein is the definitive guide to trans/gender issues. The material is presented in a fun, accessible way, and the book tackles all sorts of issues, including language, community, and sex.

SEX-POSITIVITY AND BODY-POSITIVE SEX

In the early 1980s, many lesbian scholars, activists, and feminists began to theorize and practice "sex-positivity"—advocating for sexual freedom for women as an essential part of female empowerment. This book is aligned with that critical framework, and I hope that reading it will help you feel liberated from any shame or negativity that has been a part of your sexual experience. I believe that having "sex-positive" sex means better sex.

Better sex can also come from being “body positive”—having an affirmative body image and loving your body the way it is. As women, we are subject to so much noise about the way we should look, feel, and act. In this context, every act of self-love is radical, every expression of desire can be transformative. As lesbians, we can also help our lovers reach greater self-acceptance by making them feel loved and desired.

04 *Lay of the Land*



In this chapter, I'll fill you in on the basics of sexual anatomy. I will also suggest some ways you can learn more about women's bodies: from your self and your partners! From there, please go forth and be a sexual adventurer and a hot fuck, and don't get too hung up on what is or isn't between your and your date's legs. Instead, just figure out how to have hot sex with it.

BODY KNOWLEDGE

We all agree that understanding your body and how it works can help you become better at sex and more confident in bed. Knowledge is power, and power is hot. Knowledge can also help us overcome body shame and works a bit like a layer of insulation between us and mainstream, unrealistic, unhealthy standards of beauty and gender presentation. But before we get into all the different wonderful things our genitals can do, let's talk a little bit about genitals and how they work, while keeping in mind that they don't define who we are.

You already know this is a book about lesbians, and lesbians are women, and women have vulvas. But it's also important to talk about trans women's anatomy, and trans women don't have vulvas unless they have access to genital surgery, which is really expensive and often not covered by insurance. And some intersex women might not have standard vulvas. Women with certain forms of intersex, such as androgen sensitivity syndrome, might have an external vulva but not a vagina. It's good to keep in mind that there are multiple ways to have a female body.

You can make this chapter more fun by dropping your pants, grabbing a big hand mirror, and following along. While you're down there, you can experiment with some new maneuvers and teach yourself a few tricks to try out on your hookups later.

VULVA

The parts you can see externally are generally referred to as the vulva, though most of us call it something less formal like "pussy" or "vag." The vulva includes everything you can see between a pair of parted legs. The mons pubis is the cushiony spot above your vulva. It protects your pubic bone and is covered in pubic hair.

The next thing you see if you spread your legs is the outer labia, or labia majora. These are also covered in hair on the outside, but the inside is smooth and covered in oil glands. Like most parts of a pussy, the outer labes are very sensitive to touch. They are analogous to the scrotum in men and are very fleshy and padded. They are designed to cover up all the sensitive parts inside, although in some ladies the inner lips and clitoral hood extend past the outer lips. This is one of these times where I feel it necessary to remind you that all genitals look different.

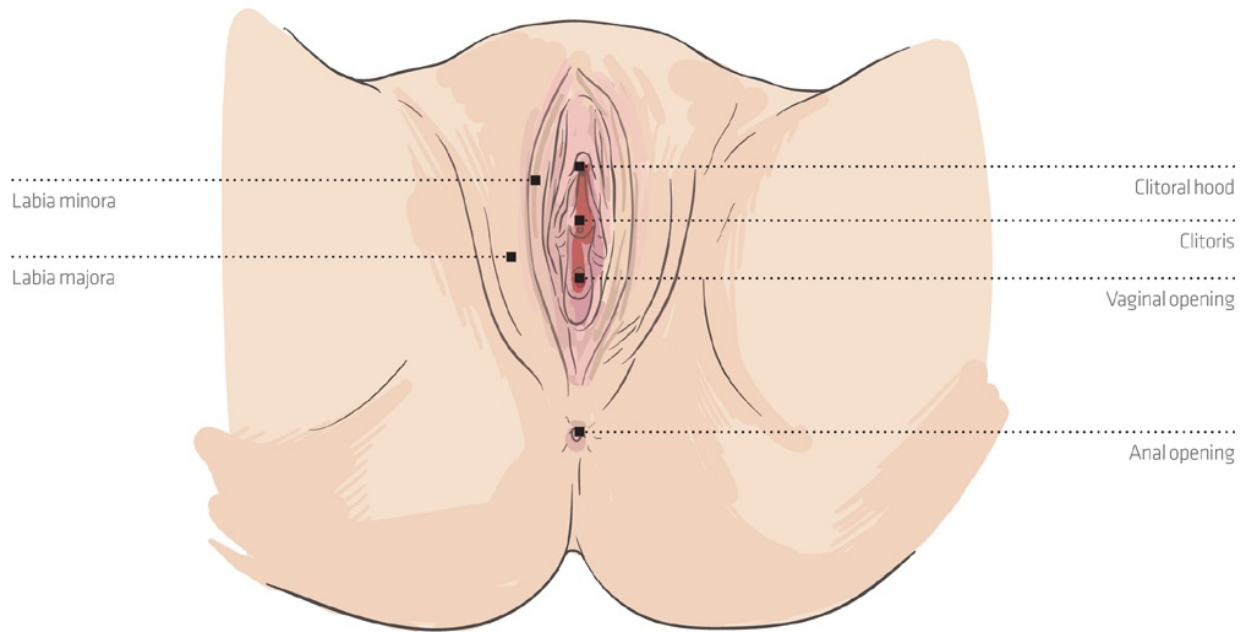
The inner lips, or labia minora, are the slippery little lips on the inside. They can be very small and tidy or long and unruly and most of the time they don't match up. One is often longer or wider or darker than the other. The inner lips are more sensitive than the outer lips and many women enjoy having them licked and fondled. These lips surround the head of the clit, the urethral opening, and the opening to your vagina.

The head of the clitoris is covered in folds of tissue called the hood. The hood protects the sensitive glans of the clit. If you pull back the skin you'll see the glans in all its pink glory, and that's the part we're usually talking about when we say clit.

The clitoris is a complex organ; most of it is internal and extends throughout your genital region. There are three main parts: the clitoral crura, the head, and the shaft. The crura are the internal portion of the clitoris. They are 4 to 5 inches (10 to 12 cm) in length and extend back from the shaft in a sort of wishbone shape. These legs are partly responsible for making penetration so delicious. There aren't a great deal of nerve endings on the vaginal walls, but the internal parts of the clitoris respond to pressure and friction. This is why some of women have more intense orgasms with penetration and external stimulation than external stimulation alone. For the most part, however, it takes direct clitoral stimulation to bring a woman to orgasm.

The clitoral head is usually pea size and is located at the very top of the labia. It is the most sensitive part of the clitoris and rich with nerve endings. If you feel around under the hood of the clitoris you'll find a rubbery cord extending from the glans. This is the clitoral shaft. The shaft connects to the glans and clitoral crura.

Just like cocks, clits vary greatly in size. But size really doesn't correlate to sensitivity, so don't worry about it if you have a small one. When a woman is aroused, the clit fills up with blood and gets hard, just like a cock. It expands in size and peeks out from its protective hood.



THE URETHRA AND PERIURETHRAL SPONGE

The urethra is the tube that stems from the bladder to outside your body. Urine and ejaculate are both released through this tube. Have you ever had a urinary tract infection? I have, and they're the worst! Some women get them pretty easily and this is because the urethra is relatively short and therefore susceptible to bacteria, especially if you are having a lot of really vigorous sex. Keep your hands and toys scrupulously clean and you'll cut down on the possibility of getting an infection.

The G-spot, or periurethral sponge, is a spongy gland that surrounds the urethra. It's not really a magical spot; it's just a sensitive region of the genitals where a great deal of nerves are located and crisscrossing all over each other. You can find it by sticking two fingers in your date's vagina and curving them up toward the top, as if you were going to rub the clit from the back. The ridgy, bumpy area is the G-spot. If she's new to this kind of stimulation she might not know what to make of it. For some people it's fantastic, for others it just feels like you have to pee. Other people take extra time to warm up to G-spot stimulation.

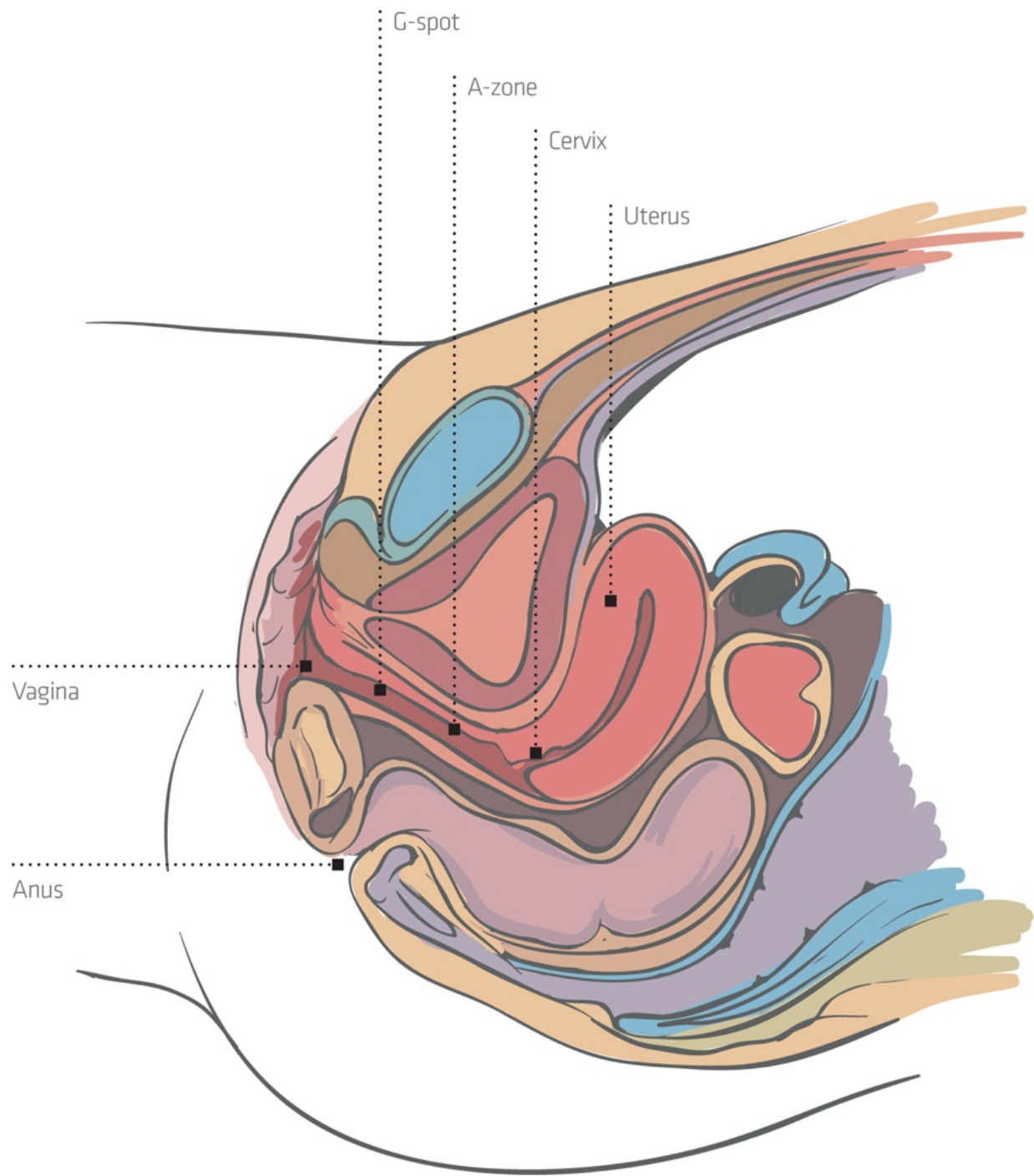
The G-spot responds quite nicely to pressure, and once you get used to the sensation it's possible to orgasm this way. During arousal the sponge fills up with fluid and if you press on it while she's coming, it's quite possible that your special lady friend will squirt all over the place.

VAGINA AND VAGINAL OPENING

Vaginas are pretty great and have a lot more room in them than you'd think. Babies come out of vaginas and yet you can still clench your muscles around something as small as a finger. Vaginas are happier and more sexually responsive when they are stronger, so do your Kegel exercises!

Your vagina is a self-lubricating, self-cleaning organ with its own ecosystem. Wash your external vulva with mild soap and warm water; there is no need to douche or otherwise wash internally. Your vagina is naturally acidic, which helps your body fight off bacteria. A healthy pussy tastes slightly tart and smells sweet and a little piquant.

The entrance to the vagina is very sensitive; it feels really great to have it rubbed and probed and generally stimulated. It can be very sexy to tease a lover prior to penetration by rubbing around the vaginal opening. This can be staying external with strokes and petting, or you may find your partner enjoys you putting pressure around the interior diameter of her hole. If she's turned on and wet enough, this can be an exciting new way to explore what penetration can do and how it can make us feel. If you're up for it, leave the old "in-and-out" motion for later and instead delight her with unexpected circles and play with different kinds of friction. Remember to think outside the box when it comes to getting into it!



SQUIRTY GIRLS

.....
If you are an ejaculator, congrats! If not, don't worry about it. It's lots of fun,
but it doesn't have a lot of bearing on the strength of your orgasm.
.....

You can teach yourself to ejaculate if that's something you are interested in doing. There are many great books on the topic and lots of videos and information on the Web. We'll talk more about ejaculation in [chapter 5](#) when we discuss different types of orgasms. One quick tip that may help: try bearing down rather than pulling in as you reach orgasm. This in itself might cause you to gush. Usually, though, ejaculating requires some sort of pressure on the periurethral gland during your climax. Fingers work very well, and so do curved sex toys. You can use anything firm enough to apply a lot of pressure, but small enough in diameter that it doesn't block the urethra, to stimulate the G-spot and cause ejaculation.

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For the longest time I was always the ejaculating half of the couple, and while my lovers seemed to enjoy the show, I was neither here nor there about it. It didn't necessarily make my orgasms stronger, and while I enjoyed the whole process I didn't feel it was a necessary component of a great fuck. Then I met a gal who ejaculated when she got off and suddenly I understood why my former lovers had gone so crazy over it. Getting a woman off like that and being drenched in her come is super exciting!

UTERUS

Your uterus is a fist-sized organ between your bladder and rectum. When you have an orgasm, the muscles of the uterus contract several times. Sometimes having an orgasm can help when you have menstrual cramps because it causes the muscles to relax.

CERVIX

Your cervix sits at the very top of your vagina, at the opening of your uterus. It has a tiny hole through which menstrual blood can pass or sperm can get in when you are trying to get pregnant. Some women enjoy having their cervix stimulated by a toy or fingers. Playing with the cervix stimulates the vagus nerve, which can lead to some pretty bonkers orgasms. When you are really aroused, your cervix pulls up farther into your body to allow more room for penetration. This is part of what makes fisting possible and amazing.

PERINEUM

The perineum is the area between your vaginal opening and your butthole. It's

filled with nerve endings and is very sensitive. Use your knuckles or finger pads to gently experiment; she may love you for it!

Our gay brethren certainly go wild for perineum play, as it's one of their most highly concentrated spots of nerve endings. If your lover is a bit of a gay boy, tell him or her what you're after and work it into your anal play. Similarly, slide your dental dam a bit lower and see whether this sweet spot is something your lover likes teased.

Quick tip: Experimenting with new holes or practices is all about the presentation! Make it hot. Seductively suggest why this particular move is a turn-on.

ANUS

Everyone has an anus, or butthole. Face it—the butthole is an equal opportunity orifice. It's just a hole. It's not weird, bad, or wrong to want to stick things up your butt or someone else's. Anal sex is fun. Your butthole has tons of blood vessels and nerve endings—in other words, it is *very* sensitive. And in the context of sex, the more holes the better, right?

The opening to your ass is called the anus. The area around your anus is full of hair follicles. This means everyone has hair down there—so get over your worries about it. If you are really hairy and you feel self-conscious about it, you can get it waxed. Lots of salons offer something called a “tweeny wax,” which pretty much consists of waxing between your butt cheeks. If waxing makes you feel sexy, do it; but remember, waxing shouldn't be a shameful thing. Your body is awesome!

The anal opening is controlled by two bands of muscle called the sphincters. The external sphincter muscle is closest to the opening and if you pay lots of attention to your Kegels, you can learn to relax and contract this baby at will. The inner sphincter muscle is controlled by your autonomic nervous system. (The autonomic nervous system controls all involuntary body functions like breathing and heart rate.) The internal sphincter muscle reacts involuntarily (i.e., it relaxes and allows feces to move when you are ready to go).

Your rectum is the tube that transports waste from the large intestine to the anus. It's not technically a sexual organ but many people into advanced anal play (such as fisting and/or very large toys) report states of extreme euphoria after a session

of intense anal play.

PC MUSCLES

All of us, trans or cis, have pelvic muscles called the pubococcygeus muscles, better known as the PC muscles. If you strengthen them you can increase the strength and duration of your orgasms, and who doesn't want that? To exercise your PC muscles, follow these steps:

1. Pretend you are peeing. If you are really unfamiliar with this territory, you might want to actually pee during this exercise. Squeeze your muscles together to cut off the stream of pee. Got it? The muscles you use to do this are your PC muscles. Now you've found them.

2. Squeeze and release your muscles as many times as you can for one minute. Try varying the rhythm by squeezing and releasing in rapid bursts. Or squeeze and hold the tension for as long as you can.

3. Squeeze your buttock. No, seriously. Do it. This is the anterior portion of the PC loop. Follow the instructions above, only squeezing and releasing your anus this time. We all carry a lot of tension down there, and you don't want to be a tight-ass, do you? Relaxing and strengthening this muscle will make all types of sex more enjoyable, and it's absolutely necessary if you want to enjoy anal sex.

SENSITIVITY

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Frequently, depending on a bunch of factors like our gender presentation, our sexual history, or even medical issues, we feel pain when a particular area of our body is touched. If this describes you, talk to your partners and find a gyno with whom you feel comfortable talking openly about your sex life. Easier said than done, I know. But there's always the internet. Ask your friends for suggestions.

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Whenever I visit a new health care provider, I grill her about her comfort level and experience with trans and queer bodies. I'm totally serious! I know that as a cisgender woman with a gender presentation that doesn't really defy mainstream standards it's my job to be on the front lines and make space for my queer partners. And because of this, when friends need a health care provider, I usually have a list of names to give them. You probably have friends like me, so ask around.

TRANS BODIES

The terms *transgender* and *transsexual* cover any individual whose physical anatomy does not match his or her gender identity. The terms are used for female-to-male trans men (FTMs) and male-to-female trans women (MTFs), but it can also apply to people who consider their experience of gender to be different from accepted norms. You may also hear people along this spectrum describe themselves as being genderqueer.

TRANS WOMEN

Some women don't have vulvas, so let's talk about it. First of all, many trans women might have penises but prefer to call them something else. You can start by calling her penis a clit, and if that doesn't work, ask what she prefers. Just ask! It's no big deal. I do it all the time. On the whole, most of us would prefer a kind, nonjudgmental inquiry rather than deal with a barrage of assumptions or an awkward display of anxiety.

One thing is certain: you should never refer to your female lover's parts as "male genitalia." She's not male, right? So her genitals, regardless of what shape they take, aren't male. All types of genitals are formed from the same embryonic tissue, and it's only a hormone bath at around the eighth week of pregnancy that tells the tissue whether to become a vulva or a penis. In other words, every part of the vulva has a corresponding penis part. Ultimately, it's all the same stuff with different names. We've all fought to be understood and accepted for who we are, and that's part of the bond of being queer, trans, and gay.

If your lover is trans, she may or may not want her actual genitals touched. Everyone is different. You should negotiate which parts are off-limits before you have sex. This is good advice for any sexual encounter, by the way. If she has a penis and enjoys having it touched, you can stroke it with your hands or go down on her. You can also lavish attention on her ass, which is a lovely, sensitive, gender-free part that all of us have. Try rimming her or fucking her in the ass while she strokes her clit.

Genital surgeries available to trans women involve vaginoplasty and labiaplasty, in which the penis and scrotum are inverted and reshaped as a working vagina and sensitive clitoris. The new vagina has sensation and is usually capable of orgasm. Trans women who don't opt for surgery may find that taking estrogen

keeps them from being able to get an erection, but that doesn't mean they aren't experiencing arousal or are not sexually responsive. Often trans women grew up at odds with their penises and never thought of them as the source of sexual arousal anyway. Many trans women learn to rewire their sexual response so that they can experience orgasm in new and different ways. Take advantage of this fact by experimenting sexually and figuring out all the amazing things your trans lover's body can do.

Talk openly with her about what she likes and doesn't like. And under no circumstances should you ever criticize or express anything except enthusiasm about your lover's genitals! Let's support each other and always have amazing lesbian and queer sex.

ADDITIONAL READING



Read trans dyke Miranda Bellwether's amazing zine *Fucking Trans Women* for incredibly hot sex information specifically for trans women and their lovers.



TRANSMASCULINE BODIES

Trans guys, butches, and other queers on the transmasculine spectrum may opt to take testosterone in order to gain more facial hair, body hair, redistribution of body fat, and a deeper voice.

Some trans guys and butches have top surgery, which involves a mastectomy and reshaping and replacing of the nipples in order to give their chests a more masculine appearance. Other forms of surgical alteration for trans men involve genital reconstructive surgery. Taking testosterone (usually called T) will cause the clitoris to grow to up to 3 inches (7.5 cm) in length. Surgical options for genital reconstruction include vaginectomy, which is the removal of the vagina, and metoidioplasty, which frees the hormone-enhanced clit from the surrounding tissue and reshapes the tissue of the labia into a scrotal sac. Sometimes in metoidioplasty the urethra is rerouted through the head of the clitoris. Phalloplasty, which is the creation of a phallus, is a slightly less common form of surgery.

Lots of trans guys don't opt for any hormones or surgeries. These guys may bind their chests to give them a more masculine appearance, or not even that. Physiologically they may have female parts, but that doesn't make them female.

How do masculine lovers want to be touched? You will have to ask! They might want your mouth on their genitals, or they might be more comfortable taking a top role. You can stroke and suck your date's clit as if it were a cock. Your masculine lover may or may not enjoy vaginal penetration; it totally depends on the person. If so, go for it! Use the language that helps them love and flaunt their body. Use words that help you communicate to them that you see their body just like they do. Being seen in that way can be the hottest thing ever!

YOUR ANATOMY IS NOT YOUR DESTINY



The language we use around bodies and gender has a lot of cultural baggage attached to it. So when I say *woman*, you may automatically picture someone with breasts and a vulva. You may even picture that person as white and feminine in a mainstream way, because traditionally pretty, white, cisgender women are the most commonly represented type of woman. The rest of us struggle to be seen and represented in a way that isn't tokenizing or fetishizing—if we're represented at all. This matters because, among other things, these stereotypes and imposed "norms" affect our experience of female sexuality and how we are interpreted by our lovers.

SOMETIMES IT'S JUST AN OUTFIT

For some of us, gender is just a fun toy to play with. Playing with androgyny and queer tropes is a way to experience our sexual identity and get to know where we fit into the vast spectrum. While we want to be responsible and respectful, we can also admit that many of us play with gender just to have fun and be sexy, not to speak to some true sense of self. Just because a friend has short hair, wears men's jeans, or works on an oil rig doesn't mean she is male-identified. As we seek to pay attention to the nuance of gender, we also want to avoid making unwarranted assumptions! Hence the helpful truism: "Sometimes it's just an outfit!"

For instance, I'm a femme lesbian, but my gender has moved back and forth

along the spectrum over the course of my life. Similarly, my role in bed has also changed over the years. Depending on whom I'm sleeping with, I can be very comfortable in an active role, or may stay flat on my back as a pillow queen. And I don't have to switch outfits to switch it up when I'm getting down. Once we let go of the idea that our gender or even just the way we present our gender has any bearing on what we should be doing in bed, we can all start having more fun.

For some folks, gender is a totally integral part of their personality. It's more than how they dress; it's also what turns them on and makes sex hot. For other folks, it's more about aesthetics than about a bedroom role. And sometimes our gender doesn't line up with our biological sex and it prevents us from being able to fully relate to our bodies. Sometimes folks who have this experience will take hormones or have surgery so that the outward appearance lines up with the way they imagine themselves. But regardless of what our gender is, what we look like, what parts we are working with, or how we got them, we don't need to let some made-up idea of masculine and feminine dictate how we get off.

SEXUAL SELF-ESTEEM

How are you supposed to really enjoy sex if you are worried about how your body looks? Leave that low-self esteem at home. First of all, identifying as a sexual person who deserves to have great sex is pretty key to your self-image. If you get caught up in the idea that only people with porn-star bodies have great sex, potential lovers will sense this about you and it will become a self-fulfilling prophecy. Be proactive about your desire. Chase the kind of sex you want. Chase the partners who get you all worked up. You are a hot fuck—commit this to memory.

Want to have more confidence in bed? Teach yourself about sex. Read more books like this one. Watch porn. Read erotica. Surf the Web. Talk to your partners. Talk to your friends, who will certainly tell you tons of things they find attractive about you. Pay attention. Most of us got inadequate sexual education as teens but were suddenly expected to be great lays as adults. Isn't that unfair? It just doesn't work that way. Great lovers are not born; they are made. Knowledge is power! Combat our prudish, sex-negative culture by embracing yourself as a sexual force to be reckoned with.

Two other ways to up your sex quotient: masturbation and lots of practice with your partners! Let's look at each of these in turn.

YOU ARE A HOT FUCK—COMMIT THIS TO MEMORY.

MASTURBATION

To really get in tune with sex, you should probably masturbate more. We all should. Masturbation is more than just “me time”—it’s practice time. It’s an easy way to gain skills, figure out what feels good, and embrace your unique physicality. Body knowledge and self-pleasure help you understand what kind of stimulation you want during sex with a partner. Masturbation also teaches you how to touch another person in that it teaches you how to touch yourself. Think about it. You’re a person, aren’t you? But wait, there’s more. Masturbation also helps you become sexier by making you feel sexy. When there’s no one around to take you for a romp, you can take yourself on one.



Masturbation is an awesome part of a healthy sex life. Getting yourself off regularly helps keep your sexual response in shape. It also teaches you about your body, is a de-stressor, and is a great way to take care of yourself. Explore your body and experiment to find out what feels best to you. Masturbate regularly and you'll always know what you are in the mood for. If you are masturbating, you are being sexual. And being sexual makes you sexy.

When you get yourself off, you are creating a sexuality that exists outside of a partner. This is a concept many of us struggle with—we get caught up in thinking we must be responding to another person's desire in order to be sexual. But why should we feel asexual, or cut off from our sexual selves, when we aren't with a partner? We don't question our sexual orientation. We're still queer even if we don't have a girlfriend or boyfriend, and we're still sexual even if we don't have a lover. Masturbation and fantasy are ways to be sexual without the presence of another person.



Now that we've talked anatomy and you know where all the parts are, let's use this information to bring ourselves some much-deserved pleasure. Start by finding a little alone time. This isn't always easy if you live with a lover or roommates. Find a time when no one will be around so you'll really be able to relax.

How do you get turned on? You can start by fantasizing, looking at porn, or reading erotica. Relax and get into it. Tease yourself a little! Don't go for the clit until you have to.

Try something new next time you are taking a little masturbation break. Don't get frustrated if it doesn't get you off at first. Relax and pay attention to the sensations. Let yourself enjoy what's going on without worrying about when or if you are going to come. Let new feelings wash over you and follow them as they move throughout your body. Does it feel particularly good when you push a dildo against your G-spot? Or tug on your labia? What about your nipples? Note the sensations and let yourself experience them. You might just find yourself getting off in ways you didn't think were possible.

Try rubbing different parts of your genitals. Experiment with different touches. Note where you doze off; note where you get especially excited. Rub your clit up and down, then in circles. Take your time. Massage other parts of your body. Play with your ass! Masturbation is one time when you can have as much ass play as you want and not have to deal with any cultural taboos about it. Use toys, dildos, or your own fingers to play with your buttock. If you get comfortable with this during masturbation, you'll have better anal sex with a partner.

Remember that at any time in your epic sexual quest, you can always return to the basics of your own body. Your body is a map, and your self-aware instincts will tell you where you want to go. Trust yourself. If you hit a rut along the way, freeze up a little sexually, or feel confused about where you are, masturbation can be a grounding act.

PRACTICE, PRACTICE, PRACTICE

Yes, I realize that's an obvious one. But the more sexual experience you gain, the more confident you will be when it comes to getting your lovers off. This is a great reason to have threeways—you get to practice on more than one person at a time! Be adventurous. Be playful. Don't get yourself caught in sexual ruts. Be self-aware and choose your partners wisely. Try new things. The more you discover about your own sexuality, the more your self-esteem will get a boost. You deserve to fuck first-rate people who treat you right! Get off on self-assurance and self-discovery. You are already the person you need to be!

05 *Orgasms*



Orgasms come in all sizes, from small blips to cosmic explosions that leave us breathless. For some, an orgasm is purely physical. For others, an orgasm goes beyond the body and leaves us feeling connected to a lover on a deeper, more spiritual level. Some of us come very easily, while some of us take much longer. Our experience of orgasm changes from time to time and from person to person.

The beauty is there is no wrong way to have an orgasm. You can come alone or with a partner. Some women even choose not to have an orgasm, preferring the erotic experience of getting their partner off. We're all capable of orgasm, but not all of us get there in the same way. The more you understand about your sexual response and the response of your lover, the more easily and quickly you'll be able to reach orgasm.

ORGASM BASICS

We can have orgasms from nearly any type of stimulation; however, most women come more easily with direct, focused clitoral stimulation. To be sure, some women can come from penetration alone, though they are not in the majority. Some dykes have their most satisfying orgasms while fucking their partner with a strap-on, both from the base of the dildo pressing against our clits as we fuck, and from focusing our energy on the sensation of penetrating our partner. Some women have empathy orgasms while their partner is coming. There really is no right or better way to come—anything that gets you and your partner off is perfect.

As magical as it sometimes seems, an orgasm is just a buildup of tension that peaks and gets explosively released. Orgasms cause simultaneous contractions in your uterus, vagina, and anus, and last anywhere from a few seconds up to maybe fifteen seconds, though it's possible for an orgasm to peak multiple times and last much longer. Like everything else about our sexual response, the duration of our orgasms varies depending on what we're doing and how we feel about the person we are doing it with.

Although orgasms are commonly understood as a “sudden” climax or an “involuntary” response to a buildup of sexual tension, the more you know about what excites you, how your body responds to stimuli, and how you like to come, the more you can, if not entirely control, at least anticipate and direct when and how you orgasm. On the other hand, one thing that's especially amazing about orgasms is that they always have the potential to surprise us!

Some women come only once and some can come multiple times during a session of sex. Women don't need to recover physically between orgasms the same way men do, and as long as we continue to be stimulated we can potentially come, and come, and come again. Multiple orgasms are most likely when we remain aroused after we come, though many women find that their clitoris is hypersensitive after having an orgasm and that indirect stimulation

feels better than continuing to stimulate the clitoris directly. Try slowing down or stopping briefly before continuing what you are doing.

THERE IS NO WRONG WAY TO HAVE AN ORGASM.

NO PRESSURE

For some of us, orgasm is difficult; we come rarely during partner sex, if at all. Some of us enjoy sex with a partner but prefer to have our orgasms during solo masturbation. Some women like to get their partner off multiple times first and then end sex by masturbating with a vibrator while their partner lies next to them. If any of these describes you, great! It's wonderful how many ways there are to have incredible sex. It's perfectly reasonable to enjoy sex without having an orgasm. It still feels good physically and is intimate. Hardly any of us can come all of the time. Life involves stress and commitments to others. Give yourself a break if orgasm becomes difficult. Things will lighten up eventually and you will have more time to feed your sexual self and store up your sexual energy.

If you've never had an orgasm, but would like to, get yourself a good-quality vibrator and try different positions until you figure out what works. For help choosing a vibrator, see [chapter 10](#). The best way to discover all the ways you can have an orgasm is to experiment. Interestingly, orgasm can also be tied to other areas of your health, such as diet or exercise, and can be assisted by an array of sexual practices, such as tantric sex or breath training.

If you don't usually orgasm with a partner but would like to, start by masturbating with your partner. You and your partner can masturbate together at the same time, or you can trade off. Perhaps one of you can put on a show for the other. Either way, with mutual masturbation you can be in control of your own orgasm. You get the exact type of stimulation you need without worrying whether you are taking too long or your partner is growing tired. Once you've taught yourself to come while masturbating with your partner, you may feel more relaxed and open to coming in other ways.

STAGES OF AROUSAL

When we get turned on, blood rushes to our genitals and begins to pool in our

vulva and clit. The pooling of blood causes everything to darken and become warmer and swollen. As more blood rushes to the region, your pussy lips plump up, and your clit gets hard and begins to poke out from under the hood. The clitoral legs also stiffen and grow larger and longer, which in turn pushes out the inner and outer labia. As you become more turned on, blood continues to flood the pelvic area, your breathing speeds up, and your heart rate increases. Your vagina changes in shape through a process called tenting—the lower part of the vagina narrows while the upper part expands, making more room for fingers, or even a fist. In fact, the tenting response is what makes fisting so pleasurable.

As you grow more aroused, nerve and muscle tension builds up in your genitals, as well as in your thighs, ass, and legs, until your body involuntarily releases it all at once in a series of intensely pleasurable waves—aka orgasm.



TYPES OF ORGASM

Your genital region contains a road map of sensory pathways, each path contributing a slightly different sensation to the feeling of orgasm. We can experience orgasm triggered by stimulation to any or all of our nerve pathways. You've probably had the experience where an orgasm triggered by one type of stimulation felt different than an orgasm triggered by another type of stimulation.

For instance, some women say that orgasms triggered by direct clitoral stimulation feel more intense and direct while orgasms triggered by stimulation to the G-spot and cervix create more of a rolling sensation that spreads throughout our entire pelvis. Sometimes our orgasms are triggered by stimulation to multiple zones, each one carrying a different sensation and adding to the depth and complexity of sensation.

THE GOSPEL ACCORDING TO QUEER STAND-UP COMIC JESSICA
HALEM

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"Turn forty!" says Jessica Halem when asked how to improve your orgasmic capacity. "The best orgasms of my life happened after forty. Other than that, I'd say learn to ask for what you want. Don't be afraid to talk about desire!"

THE BEST BOOKS AND VIDEOS ABOUT FEMALE EJACULATION

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Female Ejaculation and the G-Spot: Not Your Mother's Orgasm Book! by
Deborah Sundahl (Alameda, CA: Hunter House, 2003).

.....

Female Ejaculation: Unleash the Ultimate G-Spot Orgasm by Somraj Pokras
and Jeffrey Talltrees (Berkeley, CA: Amorata Press, 2008).

.....

*The Secrets of Great G-Spot Orgasms and Female Ejaculation: The Best
Positions and Latest Techniques for Creating Powerful, Long-Lasting, Full-Body
Orgasms* by Tristan Taormino (Beverly, MA: Quiver, 2011).

.....

Tristan Taormino's Guide to Female Ejaculation (video) (Smart Ass Productions,
2013).

EJACULATION

Some women ejaculate when they come. This is normal and completely awesome. We ejaculate because fluid builds up in our paraurethral gland, aka G-spot, during arousal and is expelled under the incredible pressure of our

orgasmic contractions. We're most likely to ejaculate when our G-spot is stimulated by something firm and curved that can provide a lot of pressure. Fingers, a curved dildo, or a similar sex toy work well for this. A fist is also good, just be sure to pull out as your partner comes; you need to make room for her to squirt.

Female ejaculate is a thin, watery fluid that is expelled from the urethra at the point of orgasm. If you don't squirt but would like to, pay attention to the way you come. Try not to clench your PC muscles. It may feel good to do so but it will prevent you from ejaculating. Women who squirt tend to completely relax and/or even bear down and push out as they go over the edge.

If you would like to learn to squirt or assist your partner in doing so, there are a few techniques you can try.

HOW TO MAKE A WOMAN EJACULATE

Warm her up in the usual manner. Your partner needs to be turned on for a long time before you begin fucking. You want to allow enough time for her G-spot to fill with fluid. Ejaculation is most likely when she's been highly aroused for a long time.

Caress her. Stroke her pussy. Talk dirty. You may want to start by going down on her. Lick her slowly and teasingly at first. Keep licking her until she's close, but don't let her come just yet. She needs to be super hot for it. You want to get her to the point that she's begging for penetration.

Once she's ready, lube up your fingers and begin to gently fuck her. Focus your attention on the top wall of her pussy, as if you were aiming for her belly button from inside her vag. Feel around for the ridgy, bumpy area just about an inch or two inside and press firmly on this spot. The G-spot gets firm and fills with fluid when she's very aroused, and the hotter she is, the more prominent this spot will be. Drag your fingers back and forth over her spot as you continue to go down on her. If you press very hard, she may feel vaguely as if she has to pee. This is normal, and she's not going to pee. It feels like this because you are stimulating the paraurethral sponge, which surrounds her urethra. Talk to her. Does she want more pressure? Ask!

Once you've gotten a feel for where her G-spot is and how much pressure feels good to her, take out your curved G-spot toy and lube it up. Slide the toy into her

pussy with the angled tip pointing up toward the top wall where your fingers were. At this point you can keep licking her while you fuck her firmly with the toy, or she can stimulate her clit with her fingers or a vibrator while you concentrate on fucking. Do whatever feels best to both of you.

As she gets close to orgasm she will probably begin to push against the toy with her vaginal muscles. You should continue to push back until the moment of orgasm. Let her push it out as she comes. This is a timing trick. You want the toy out of the way of her gush, but not before she's in the throes of orgasm. Pull it out at the right time and don't be surprised if you get soaked!

SOLO EJACULATION

You can learn to gush on your own and then teach your partner what you've discovered. Follow the suggestions in the paragraph above, getting highly aroused before penetration and then stroking your G-spot with a curved dildo while using a vibrator or rubbing your clit with your fingers. As you get close to coming, push out as if you were trying to pee. The liquid that squirts out as you reach orgasm is ejaculate! Don't worry if it doesn't work the first time. Just keep trying. Remember to relax and bear down as you come, and eventually it will happen.



GIVING AND GETTING

There is an incredible amount of pleasure to be had in getting your partner off. While you can certainly take turns making each other come, don't underestimate

the excitement there is in being more of a giver than a receiver. Some women prefer making a partner come over coming themselves. And some may even not want to have an orgasm at all. There is nothing wrong with wanting to give more than receive. For some women, the giving role lines up more comfortably with her gender identity, or giving may be more in line with our psychological makeup. For others, it's just hot and gets them off. Maybe your lover has poured all of her energy into making you come multiple times, and now she's spent and wants to enjoy a post-orgasmic moment of intimacy with you.

Women who take on a top-only role sometimes refer to themselves as "stone." It's a term that's been in the queer lexicon for some time. Maybe you've heard of "stone femmes" or read Leslie Feinberg's classic book *Stone Butch Blues*. Stone butches, or stone tops, often leave their clothes on during sex. A lover who is stone may want to make you come multiple times without ever coming herself. Don't worry, she is still enjoying herself! She is feeding off the amazing erotic energy created between the two of you. Some stone tops can come without being touched and get off just from getting you off. Is your partner stone? The only way to find out is to ask her!

DIFFERENT STROKES

Keep in mind that all dykes are different, and your partner may have an entirely different set of turns-ons than you. Talk to her about what she likes. Never assume another woman will want the same things you want, and never judge another person's experience of sex and desire. She is getting off on getting you off, and the sex is just as amazing for her as it is for you. We're conditioned to think that all women want to get "done," because this is the only kind of female sexual experience represented in mainstream media. The truth is, there are so many ways to experience sex and orgasm that we couldn't possibly list them all.

If you prefer to give rather than get, tell your partner! Remember that you have a right to pleasure in whatever form you desire.

DON'T LET GENDER GET IN YOUR WAY

Some dykes are trans and have a different experience of the body than a cisgender lesbian might have. There are many reasons that our bodies and the bodies of our lovers may not line up with the way we identify. There are many different ways to be a dyke, and our bodies do not all look, act, or respond in the same way. The world is way behind when it comes to understanding gender, sex,

and genitalia. That doesn't mean it has to ruin your sex life. Don't be afraid to ask questions. Gender and sex can be sensitive topics, but they don't have to be skirted around. It's okay to say to someone, "How do you like to be touched?"

TIPS FOR PLEASING TRANS FEMININE BODIES

Your new lover is a trans woman; congratulations. Hopefully the two of you have processed body politics and talked at length about the sex you are about to have in that lesbian manner we all make fun of but secretly love. However, there are still a few things to be aware of before you get down.

All feminine women are treated to the same misogynist, patriarchal assumptions and expectations about our bodies. We all grow up with body shame. We all worry about being pretty enough. For trans women, this is compounded by the fact that their bodies and especially genitals don't necessarily reflect the way they see themselves and want to be seen. Always use gender-affirming language when talking about your lover's genitals. By all means, ask her what she wants you to call her parts, but pussy, cunt, and clit are good defaults. She may or may not have a penis and she may or may not be comfortable with it. Lavish attention on the body parts she feels most comfortable with. If she likes her breasts, kiss and suck and stroke them while talking dirty to her.

Of course, some trans women like to be touched in certain ways and some in others. The important thing is to talk about what you are doing and what you'd like to do. Find out how she likes to get off and what she doesn't like. Does she like to be penetrated? Everyone has an ass—it's not a gendered part. She may think of her ass as a pussy, or she may just call it her ass. Try bringing her to orgasm by fucking her ass while licking and sucking her genitals.

Your lover may want to keep her panties on while you have sex. She could have any number of reasons for this. Don't push her out of her comfort zone if she isn't ready. If she wants to stay clothed, offer her a vibrator or encourage her to masturbate while you put on a show. Or go beyond genitals and get a little kinky. You could always tie her up and give her a good spanking. Then ask her to get herself off while you watch. Remember, it all depends on the woman! Ask your partner what she likes. Turn pre-sex processing into foreplay by describing all the ways you are going to bring her pleasure. Remember that consent is sexy. Talking about sex is amazing. Having engaged, connected, active intimacy is the hottest part of sex.

HAVING ENGAGED, CONNECTED, ACTIVE INTIMACY IS THE HOTTEST PART OF SEX.

TIPS FOR PLEASING MASCULINE GENDER-SPECTRUM BODIES

Some boys, bois, butches, and trans men prefer to think of their clits as cocks. Refer to it as a “cock” during sex, and refer to oral sex as a “blow job.” Even if your lover isn’t strapping at the time, refer to his genitals as a “cock” or “dick.”

Lots of butches and transguys can come from indirect stimulation, like rubbing against the base of a dildo during sex. Try pressing the base of the dildo against his cunt while you suck his cock. Find new erogenous zones to play with on your lover’s body. He may not want his chest caressed, but perhaps his back or shoulders are very sensitive. Pay attention to his responses as you kiss and touch him. Figure out where all the sensitive parts are.

Some boys like to get fucked but don’t want to see their cunts as girl parts. Find other things to call it besides “pussy.” Try “hole” or another nongendered word. Remember that masculinity is complicated in our community, and even if you see him as male, he might not be seen that way once he steps outside his queer world. Let your bed be a safe space for your lover. Bed is where you both get to be whatever the hell you want.

TALKING ABOUT YOUR QUEER/TRANS BODY

Remember that your lover wants nothing more than to please you. Let her! If your relationship is new, she may be intimidated or worried that she won’t do something right. The fastest way to ruin sex is to let fear, anger, and resentment build. You can avoid that by explaining how you like to be touched. Keep an open mind and be willing to let your guard down. The more specific your instructions, the more likely you are to get everything you want!

Remember that your partner’s desire for communication about your body, gender, and sexual needs may not be a big deal or be specific to you. A lot of responsible queer people stage these conversations as a matter of course. If it’s new to you, open up and let your partner show you the way!

MULTIPLE ORGASMS

Yes you can have multiple orgasms! Lesbians can and do have multiple orgasms, and in fact, lesbian sex is particularly suited to multiple orgasms because our partners can keep going as long as we can.

If you'd like to have more than one orgasm or help your partner have them, try backing off the stimulation after an orgasm, but don't stop completely. Our clits may be too sensitive immediately after we come. Take a brief break and concentrate on another area for a second or two before coming back with a lighter touch. Let the orgasmic energy build back up before increasing clitoral stimulation, and then keep going. You may find that you can keep doing this as many times as you like.

Multiple orgasms can sometimes take us by surprise. If you are still feeling frisky after you orgasm, tell your partner and don't feel selfish for wanting more touching. She will be delighted to know that she has pleased you so much that you simply must come again! Round two (or three, or four) can be the best compliment ever.



TROUBLE-SHOOTING

Have you ever had one of those nights where no matter what you try you can't make it over the edge? Sometimes it's something simple like not enough direct stimulation or stimulation that stops and starts rather than sticking to a rhythm. Sometimes something we're doing just isn't working. Don't worry about it; it's good to switch things up. It's much more productive to find new paths to orgasm than it is to do the same thing over and over.

In partner sex, it may be that our partners are anticipating our orgasms. In other words, we are getting closer, the tension is building, and we've hit the point where it's obvious we are about to come. Sometimes when we hit this point, our lover gets so turned on she quickens her pace, interrupting the rhythm. Or she may get so turned on knowing you are about to come that she has her own orgasm and loses focus.

If this sounds familiar, the best way to deal with it is to take charge of your own orgasms. Enjoy whatever it is the two of you like to do leading up to your orgasms, whether that activity is intercourse, oral sex, or something else, and when you get close, take over with your own hand or vibrator. This way you can relax and enjoy everything the two of you do, with no fear that your orgasm may get interrupted.

LET GO

Having an orgasm requires us to let go, and sometimes we stall our own orgasms by thinking when we should be feeling. Do you ever feel more like an observer to the sex you are having than a participant? It's not uncommon. Sometimes we get stuck in a loop where we're thinking about our appearance, our partner's enjoyment, or how long we're taking to get off. All this white noise in our heads can ruin sex. If this happens, try switching up what you're doing.

Do something new or unexpected. Try a new position or change places with your partner. If you find everything is taking longer than you'd like, try switching to a new activity. If you are having oral sex, ask your partner to use her hand. If you are fucking, switch to oral sex. Change it up. Sometimes a new set of nerves will respond more quickly than ones that have been receiving pleasure for a while.

Depending on your personality, you can easily shirk these distractions just by vocalizing them. "Give me a minute," "kiss me," or "I'm so happy to be here with you but I'm worried about my dog/stocks/old volleyball injury" can help you name what's bothering you, so that you can more easily put it away. Plus,

going verbal with something taking up headspace will help your lover feel more at ease. She may have been panicked with worry that she couldn't figure out what you needed to get excited. Sometimes the simplest things can re-center us.

When this doesn't work, you can also try fantasizing, talking dirty, or asking your partner to tell you a dirty story. You need your head connected to the sensations in your body and not busy with the outside world. The fastest way to create that connection is by using language. Talking about what's happening and what you are feeling can help you reconnect to the sensations. Focus on the feelings in your body and your breath. Remember to relax. You can't come if you are stressed out, and the harder you try the worse you'll feel. Take a break, do something different, and come back to your orgasm when you feel ready.

YOUR ORGASMS ARE *YOURS* TO EXPERIENCE, DEFINE, AND SHARE.

TIPS FOR MAKING ORGASMS EASIER

One of the first things you need to do to come more easily is to realize that your lover wants to be there and wants to please you. Remember that making you come is a huge source of pleasure for her. To stay focused and connected to your body and your partner, try visualizing what's happening to you while it's being done. Pay close attention to the sensations. Make sure that you are extremely turned on before you start thinking about having an orgasm.

Don't hold your breath. Take deep breaths and picture the oxygen going into your pelvic area. You want your body to feel engorged and full of blood. Clenching your muscles or holding your breath stops blood flow to the pelvic region.

Use your vibrator during sex. Or stimulate yourself with your fingers while your partner is fucking you. Fantasize. Let your mind wander to your nastiest, most taboo fantasies. They might help push you over the edge. You can also try visualizing yourself coming—sometimes this helps us connect to the sensations that create orgasm.

ORGASMS R US

The mysteries of the orgasm have captivated humankind for millennia. As you can imagine, the orgasm has a rich history that reveals so much about different cultures and different eras. The world's greatest poets have spilled an incredible amount of ink on odes to the orgasm, however veiled the subject might have been, and sexologists have long tried to quantify and qualify the nature of the orgasm. Just think of Alfred Kinsey and Masters and Johnson, to name a few.

The history of the female orgasm has of course been fraught with sexist assumptions and what my girlfriend sometimes just refers to as “patriarchal bullshit.” However, the mystification of the female orgasm can also place a lot of pressure on us to have mind-blowing experiences every single time. Ever since antiquity, women's orgasms were thought to be far more powerful than those experienced by men. While the incredible force that is female sexuality is rooted in our expansive capacity for orgasm and pleasure, we are also more human than a wild, screaming sex spectacle.

Your orgasms are *yours* to experience, define, and share.

06 *Give Her a Hand*



Lesbian hands are sexy. Think about the way that girl you're into holds a pool cue, tube of lipstick, or beer bottle. Think about the way her hand looks wrapped around her cock—or yours, for that matter. Think about the way her fingers look with rings on them. See what I mean?

BE CLEAN. BE SAFE.

Listen, sister, hands are lesbian sex tools. Of course, lesbians fuck with cocks and mouths and toys and whatever else they can think of, but hands are the most basic and necessary part of lesbian sex. Being good with your hands is the most important tool in your arsenal. You should care for your hands the way you'd care for any body part you are going to share with someone else. Keep your hands very, very clean. Your nails should be short and filed smooth. Take care of your cuticles. You want your fingertips smooth and soft; use a pumice stone to soften rough patches.

Find a hand lotion you love and use it generously. If you like scented lotions, great. I had a lover who kept one of those small tins of Nivea cream in her back pocket. She'd pull it out and ceremoniously rub it into her cuticles to keep them soft. Eventually, I began to associate the scent of Nivea with the many orgasms I had every time we had sex. To this day, I get hot any time I smell Nivea.

You can get professional manicures if you are into that kind of thing, or simply take good care of your own hands and nails at home. Inevitably, your date will be looking at your hands, and she knows that if you take good care of your hands, you'll take good care of her body.

Latex gloves are a great safer sex accessory. Using latex gloves when touching your partner with hands and fingers makes it one of the very safest sex acts. There are other benefits to using latex gloves as well: if you want to have anal sex, you don't have to worry about getting up to wash your hands before touching her pussy. Latex gloves make your fingers nice and smooth, which can make penetration easier and more comfortable.

Make sure you always have plenty of lube on hand. Silicone lube is great and won't dry out, while water-based lube can be reactivated with a little spritz of water or saliva. Don't use oils, which can degrade latex. Always use lube. It doesn't matter how wet she is or you are: lube makes every sex act hotter and better. You can read more about types of lube in [chapter 9](#).

LISTEN, SISTER, HANDS ARE LESBIAN SEX TOOLS.

TAKE THE SCENIC ROUTE

There are simple hand jobs and complex hand jobs. Hands-on sex can involve penetration or not; it's all up to you. There is no right or wrong way to enjoy touching and being touched. We are all different, and the best way to learn about pleasing a lover with your hands is by asking questions, listening, and paying close attention to her responses.

Try exploring your lover's body with your hands as a prelude to other forms of sex. Touching her everywhere gives you a chance to find her most sensitive areas. Go on an exploratory mission. Find her hot spots, cataloging them as you go along so you can recall the information later.

Your fingertips are extremely sensitive instruments that transmit an incredible amount of information to your brain about your lover's body. The minute you start touching her you'll know how turned on she is, how wet she is, how warm and soft she is. Don't go rushing for her pussy. Take time to stroke her everywhere. Use your hands to tease her and turn her on. Stroke her thighs, ass, belly, breasts, arms, back, and shoulders.

Feel the dip of her waist. If your partner is more masculine in her gender presentation, try running your hands across her chest. Use a flat palm to explore the broad muscular areas of her body. Feel her arms. Touch the back of her neck. Graze her pussy lightly as you kiss her, just to make her want it more. Don't be afraid to torture her a little. The more turned on she is, the better everything you do will feel.

Pay close attention to her body language. If she responds with groans and sighs, or leans into your touch, you've found a sensitive spot. If there are places she especially likes or dislikes being touched you'll know by her response.

Does your partner prefer light, soft touching, or does she find it too ticklish? What about firm, deliberate grasps and stroking? Most people have a preference when it comes to intimate erotic touching. Find yours! Touch is crucial for creating the right tone for your sexual encounter. Use your hands as instruments to help her body dance and sing.



TOUCHING BREASTS AND CHESTS

Everyone loves breasts. We either want ours touched or we want to touch someone else's—and often we want both. Touching her breasts and nipples releases a feel-good hormone called oxytocin that gets her excited and ready for sex. If your lover is more masculine, she might find that having her breasts cupped feels too girly. Instead, concentrate on playing with her nipples. Pull and pinch the nipples, roll them between your fingers, grip her tits firmly, or stroke her chest as if it were flat.

THE CLIT IS IT

You know from [chapter 4](#) that the clit is *oh so much more* than the tiny nub you can feel at the top of her vulva. That nub, however, is pretty freaking important to her pleasure. It's actually the key to her orgasm. You know this. She knows this. When it's time, direct your magic toward the clit.

Start by stimulating the rest of her vulva. Graze her pussy from top to bottom. Stroke her pubic hair; tease her lips. Caress her, paying attention to her response. This teasing will help you discover what types of touch feel best to her.

The clit is a lot more responsive when a woman is very aroused. Going right for the clit before you've warmed her up can feel more uncomfortable than exciting, so begin by touching it indirectly. Rub the side of her clit with the tips of your fingers. You can also try rubbing across the top of her hood without pulling it back. Get some lube ready, because you're going to want it. No matter how wet she is, everything feels better with lube. And if you doubt me here, or if lube is

new to you, trust me. Lube not only makes penetration more comfortable, but it is also an unparalleled sexual prop. If you teach yourself how and when to use lube—and you make it a common part of your sex routine—you will come across as a sexual virtuoso who knows what women want!

First, cover your hand with lube. Use more than you think you need. Drizzle some lube on her vulva and make your hand into a loose, flexible fist. Rub her pussy in an up and down motion using the back of your knuckles. Using your hand this way can really help you touch many sensitive parts of her pussy at the same time. Apply more lube as you need it. You can keep doing this as long as you'd like; in fact, this is a great way to bring her to orgasm. Just be sure to keep to a rhythm and maintain contact with her vulva.

Check in with her often, and ask her how it feels. Does she need more direct contact with her clit? Ask!

EIGHTY PERCENT OF WOMEN WILL COME AFTER FIFTEEN MINUTES OF DIRECT CLITORAL STIMULATION, AND 90 PERCENT OF WOMEN WILL COME AFTER TWENTY MINUTES OF DIRECT STIMULATION.

FINGER MAGIC

Most women can have very intense orgasms from focused, direct clitoral stimulation. If she is easily distracted during sex or has trouble reaching orgasm, you should try focusing all your attention on her clit with only the tip of your finger.

Forget fancy moves and penetration. They are awesome, but this type of clitoral orgasm requires a less-is-more approach. In fact, the lack of distractions is what makes this a particularly good method to help a problem orgasmer come like crazy.

You can lie beside her or sit between her spread legs. You can also try lying side by side or behind her. Just find a comfortable position that allows you easy access to her clit. You might be in this position for a while, so make sure you are comfortable.

Start by warming her up in whatever way you usually warm her up. Apply lube to your fingers and stroke her clit lightly until you feel it become more erect and move out from under the clitoral hood.

Talk to her, hold her, tease her, or make eye contact to help your bodies connect and begin to vibe off of one another. As you warm each other up, the whole space around you will start to feel even sexier, even hotter.

SMALL CIRCLES

Once she's ready, begin stroking her clit in small, tight circles using your index or middle finger. Your goal is to stick to one finger, one rhythm, and one move. If she knows that you aren't going to switch things up at the last minute, she can better relax into the sensations.

Focus your attention on the upper portions of her clit, just slightly off center. If her clit were a clock, you'd want to focus on caressing her at about 10 o'clock and 2 o'clock. Keep making small circles with the tip of your finger, paying attention to the feeling of her clit as you move around it. Stay focused. Do not break contact with her clit. Keep moving your finger around her clit in slow, careful, precise circles. Each time you hit the upper area, slow down just a fraction and apply a tiny bit more pressure. It's as if you are just giving that spot the tiniest bit of extra attention.

As she nears orgasm, her clit will further swell and harden. This is a good sign. When you feel this happen you can expand the circle you've been making around her clit by just a small amount. As she gets closer she may also become more sensitive and expanding the circle will keep you from stroking too hard or too directly on her extremely sensitive clit. Concentrate. Don't lose focus. Don't break contact. Don't stop if you can help it. Just keep circling her clit with the tip of your finger. Try and keep your finger moving at the same speed. Anything you change will distract her and you'll have to let the tension build back up.

Don't worry; she's going to come. Eighty percent of women will come after fifteen minutes of direct clitoral stimulation, and 90 percent of women will come after twenty minutes of direct stimulation. Keep circling as her orgasm begins to peak. To avoid stopping too soon, keep going without breaking contact until she pushes your hand away.

BUTTERFLY VS. ALPHABET

We'll get to oral sex in the next chapter, but certainly some of the skills you have with your tongue are analogous to the skills you have with your fingers. While the suggestion that you trace the alphabet on a clit with your tongue during oral sex is mostly a silly, super-literal one, it doesn't hurt to be able to visualize your moves. One woman I know compares the moves she makes with her fingers to butterfly wings. Rather than going in endless circles, her fingers flit about lightly, moving from side to side on the clit in small elongated circles that form a V, like butterfly wings at the sides of the clit. This indirect stimulation can be a soaring delight.

FUCKING

Your fingers and hands are always with you. Fucking with your hands and fingers is a no-assembly-required way to please someone. Finger banging, finger blasting, fingering—there are many different names for it. My preferred term is finger banging because it's a little raunchy, but you should go with what feels fun to you.

Fingers are very flexible. You can bend your fingers in all sorts of ways to reach all the most sensitive spots. You can fuck your partner with one or two fingers, or you can slowly add fingers until you have four fingers inside. She may enjoy a thrusting motion, she may simply want to feel filled up, or she might want you to move your fingers around inside her, stroking and touching different parts of her pussy.

Remember, you can stimulate your partner's G-spot by curling your fingers toward the front of her vagina. The G-spot is a ridged, spongy, bumpy section on the front wall of her vag. Rub this spot firmly and you may discover that she can ejaculate.

WHEN FOUR FINGERS AREN'T ENOUGH

Fisting is when you penetrate your partner with your entire hand. It's a slow process, and it works best when you've already been fucking her with multiple fingers for a good long time. You work up to four fingers, then add the thumb, then fold your hand up and gently push it past the vaginal opening. Your hand naturally curls up into a ball as you push it in, thus the term *fisting*.

Fisting generally takes time and patience and slow, precise movements. It involves trust and willingness. The person being fisted has to want to be fisted.

Intense penetration, whether it's anal or vaginal, is mostly about your head. If you really want something and you are very aroused, your body will be open and receptive. If you are afraid or nervous, your muscles will contract and you won't be able to take your partner's hand.

Fisting is a lot easier than you might think. Your pussy is stretchy—babies come out of it, after all. Not only that, but when you are very aroused, your cunt does this amazing thing called tenting. It balloons out and expands, creating lots of room in which to fit a fist. Some people can even take two fists, though that's something you've really got to work up to. Double fisting is sexual athlete-type stuff. We'll talk about that kind of advanced playing a little more in [chapter 11](#).

Use a latex glove for fisting unless you and your partner have agreed not to use barriers with each other. However, even if you and your partner are fluid bonded, latex gloves make everything extra slippery, which really helps your hand slide past the tight ring of muscle at the entrance of her vagina.

Coat your entire hand with copious amounts of lube. Begin by working two fingers into her pussy, and then slowly—and I mean slowly—work up to four fingers. Don't rush! Fisting is a slow, determined process that requires lots of pausing, checking in, adding lube, and communicating. Once you've worked up to four fingers, begin to rotate and thrust your fingers at the entrance to her vag to help her open up. Massage the base of her vagina with your fingers to help her open up further.

When she feels open and ready, you'll know it. Your hand will begin to slide in farther and there will be less resistance. Her pussy will feel very open and easy. Only proceed when she feels ready. Talk to her. Ask her. Don't rush or force it. Once you're sure she's ready to accept your fist, tuck your thumb into your palm and fold your hand so that it is as narrow as possible.

When you've gotten this far, she is just about ready for the rest of it. Push your hand into her until the widest part of your hand is at the entrance to her cunt. Rotate your hand a few times as you ease it past the tight ring of muscle at the vaginal opening. Go very slowly and add lube often. Soon your hand will disappear into her pussy. You'll notice as you make your way in that it naturally starts to curl into a fist. Next thing you know, you'll be completely inside. Amazing. Once inside, keep your movements to a minimum. If she wants you to thrust, she will let you know. But unless you guys are fisting pros, she's probably

pretty overwhelmed by the feeling of a whole hand in there, so take it slowly.

It's easiest to remove your fist by letting her force it out as she comes. But this might not always happen. So be prepared to ease it out when she has had enough. Don't pull out suddenly—it can be painful. Instead, work your way out of her vag as slowly as you went in. Talk to her during the entire process. You should be checking in with her about how everything feels. Let her guide you.

You can combine fisting with all sorts of other forms of stimulation like vibrators or fingers on her clit. Or she may find being fucked like this so intense that she wants nothing more than to ride the waves of sensation you are giving her. Fisting is very intense. Sometimes being fisted can cause your partner to ride on the edge of orgasm for a very long time because it is such an overwhelming sensation. If this is the case, she may need a vibrator or some other type of direct clit stimulation to get over the edge.

WHEN YOU ARE RECEIVING

If you are the person receiving the fist, it is your responsibility to communicate with your partner about what feels good and what feels uncomfortable. Fisting works best when you really want it. If you are afraid or unsure, ask her to slow down. You can always go back to three or four fingers.

Try visualizing your pussy opening up to accept her hand. Remember to relax. Don't clench or squeeze her hand. Just enjoy the sensations and let her in. You are about to feel incredibly full. It's an overwhelming, wonderful, exciting feeling, and you are likely to have a very intense orgasm. You may want to use a vibrator on your clit while being fisted. Choose something small and easy to maneuver that won't be in the way of her hands. Check [chapter 10](#) for recommendations.



THE HAPPY ENDING HAND JOB

This orgasmic activity comes from a Tantra practice called genital or yoni massage. In Tantra, genital massage is meant to arouse and stimulate the person; it is not necessarily an orgasm-focused activity. That doesn't mean you can't make it one. In fact, this type of focused genital touch can create especially intense orgasms. Because of the high level of intimacy and intensity, both massage and fisting can bring up hidden emotions. If this happens, don't be afraid. It's good to experience intense feelings; try not to suppress them. We hold ourselves back so often that it's almost second nature to suppress our emotional

response. Sex can be hot, but it can also be healing.

This kind of slow touching really gives you and your lover time to relax and connect with each other. As the receiver, she gets to enjoy an incredible amount of attention. Because the activity is focused around her, she doesn't have to worry about reciprocating and can relax into receiving pleasure.

As the giver, you get to spend time luxuriating in your lover's body. You have time to explore her body, connect with her, and focus on her responses to your touch. She's completely in your hands!

STROKE HER EVERYWHERE

Begin by stroking her abdomen, breasts, legs, thighs, and arms. When she is fully relaxed, stroke her mons and inner thighs. Using your dominant hand, apply lube to her vulva. I like to drizzle the lube directly from the bottle onto my partner's pussy, letting it trickle down her outer labia. Gently rub the lube on her outer lips. With your thumb and index finger, gently squeeze each lip, sliding the fingers up and down the entire length of the lip, lightly pinching and massaging them. Then, carefully repeat this process with each inner lip of the vagina, varying the pressure and speed of touch based on what feels right.

Cover your dominant hand with lube and slide your knuckles lightly up and down the cleft between her outer lips, from top to bottom, covering her entire vulva. Your hand should be very open and relaxed, as if you were simply stroking her cleft with the back of your knuckles. Do this lightly at first, increasing the pressure if she likes it. Continue stroking her with your relaxed knuckles, hitting every part of her vulva. Drag your knuckles over her clit on the upstroke, and graze her perineum on the downstroke. You can twist your knuckles around and add a circular motion for more stimulation, but make sure you are constantly grazing her clitoris.

Next, squeeze the clitoris between your thumb and index finger. Feel the shaft of the clitoris, and move up and down over the shaft and hood of her clit with your thumb. Stroke the clitoral shaft several times. If she's not too sensitive, pull back her hood lightly to expose the glans. If she's very sensitive, you may need to stroke her clit over the hood instead. Lightly, very lightly, stroke the clitoris in a circular motion with the pad of your thumb. First move clockwise, then counterclockwise. Keep up the circular motion for a few minutes, allowing her to relax into it.

Does she enjoy penetration? If so, you can now slowly insert a finger or two into her pussy. Very gently explore and massage the inside of her pussy, paying special attention to the top of her vagina. With your palm pointing upward and your finger in her pussy, bend your finger to make contact with her G-spot. If she likes this, you can continue to stroke her G-spot with one hand while caressing her clit with the other. Many women find that their clits are more sensitive on one side than the other, so pay attention to her responses and find the most sensitive section of her clit. Keep stroking her clit. Find a rhythm and stay in it. Women orgasm in response to rhythmic stimulation, so don't suddenly change what you are doing or you will throw her off. If you need to change positions, do so and then resume exactly what you were doing. Continue the massage, trying different speeds, pressures, and motions. Keep breathing and maintain eye contact.

Continue to stroke her clit with the pad of your thumb while stroking her G-spot with a finger on your other hand. You can bring her to orgasm in this manner. If she becomes very aroused she may want more or deeper penetration; be prepared to add fingers as she gets more aroused. Encourage her to breathe deeply with you as she gets close to coming. Maintain eye contact as you feel her build up to orgasm. Back off when she comes, but don't lose contact with her clitoris. Keep going until she tells you to stop. She may experience multiple orgasms this way, or she may not. The important thing is to not take your hands away immediately. When you feel her relax you can slowly, gently, and mindfully remove your hands.

She has just had a very intense experience; make sure you stay present with her. You may cover her with a blanket or lie down next to her while she enjoys her afterglow.

HANDS DOWN

Your hands hold infinite capacity for giving pleasure. As the primary tools for most lesbian sex, hands make touch a central, not-to-be-overlooked aspect of getting it on. Use your hands to collect data about what your lover wants and needs, to show your lover where to touch you—and how—and to give incredible orgasms to your partners.

HANDS-FREE SEX

Tribading, also known as tribbing, scissoring, dry humping, and frottage, is the

art of getting off by rubbing your genitals against your lover's or against another body part like her thigh or ass. Lesbians who are into tribbing are usually *really* into it. For many lesbians this is an essential sex act and one of the first ways they enjoyed lesbian sex. Try lying in the missionary position with your legs entwined so that each of you has the other's thigh pressed against your mound. Tribbing mound to mound can also feel amazing.

Tribbing is a great way to get each other off simultaneously and leaves your hands free to stroke other body parts. If you need a little extra stimulation to get over the edge, try adding a vibrator between your pussies as you hump each other into ecstasy.

07 *Going Down*



There are many sex skills that matter, but a great lover is always good at oral sex. Hands, fingers, and strap-ons can take you pretty far, but cunnilingus is usually the act by which we judge a lover's skill. Oral sex is the most reliable route to orgasm for most women. It's the easiest to combine with other forms of stimulation and it invites a higher level of intimacy and bonding than anything

else.

You can create an array of sensations with your mouth that fingers and toys can't match. Your mouth is warm and wet, and your tongue is more agile and sensitive than your fingers. And using your mouth means your hands are free to touch other parts of her body. This is a sex act that engages so many of the five senses, and it can be approached with a number of different styles. Lesbians are great at oral sex. It's part of our legacy.

RELAX AND YOU SHALL RECEIVE

To really enjoy receiving oral sex you must learn to let go and relax into it. Accept your body. Allow your lover to experience your arousal up close. Your ability to accept pleasure is one of the many things that turns your lover on when she's going down on you. Cultural messages about dirty vaginas can leave even the most strident lesbian feminist feeling insecure about her smell and taste. Work to let go of your insecurities; they are unfounded and ruin your pleasure as well as your lover's. Cunnilingus is a feminist issue!

Indeed, one of the biggest obstacles to oral sexual pleasure is self-criticism. If you are self-critical about your body, getting naked with a lover who puts her face right next to your cunt might make you uncomfortable. But remember, your lover has a completely different relationship to your body—one founded on attraction and appreciation. She just wants to make you feel good.

Many of us feel awkward getting head because our culture doesn't encourage us as women to actively receive pleasure. Because women's sexuality has traditionally been viewed as something for men to enjoy, even if we're lesbians we may still have internalized judgmental or sexist messages that women who seek out pleasure are selfish, wanton, or mannish. Don't let such thoughts dictate or determine the amount of pleasure and attention you can receive through oral sex. The woman going down on you wants you to come in her mouth—by which I mean to say, she doesn't think it's selfish for you to get off on what she's so eagerly giving.

GET CLEAN

Oral sex deserves its own set of warm-up activities. As I've mentioned before, my go-to way to connect with my body, clear my mind, and get ready for sex is to start fresh from the shower. I have always found that a pre-sex bathing ritual

improves my sexual responsiveness by a thousandfold. I just happen to feel sexiest when I'm really clean. Taking a quick bath or shower gives me warm-up time, and allows me to give myself over to my lover with no reservations whatsoever.

A shower or bath can help you get in the mood by eliminating any worries, irrational or not, about cleanliness, pussy smells, or natural odors that can change over the course of a day. Washing before oral doesn't have to indicate shame; it can just help you transition from having a pussy in the outside world to having a pussy ready for screwing.

USING BARRIERS

You can make oral sex a safer sex activity by using latex dams or plastic wrap between your mouth and your partner's genitals. To enhance sensation, try adding a bit of lube to the side of the barrier that is against her skin. The extra slipperiness helps mimic the wet feeling of your mouth and increases sensation. More details about safer sex can be found in [chapter 13](#).





FIND A POSITION

Find a comfortable position, one in which you both will be relaxed. After all, you're in this together. Lying back with your legs spread is the most popular (and most obvious) position, but sitting in a chair or on the couch with her between your knees can be a way to mix things up. I once got taken away in an impromptu oral sex marathon in a minimalist living room where it seemed like every piece of furniture had a sharp angle and no cushion. I only realized how severe architecture can be when it comes to oral sex after I came and saw how my poor (but still smiling) lover's knees had become bright red. The lengths

both givers and receivers will go to for good head!

Pillows make great props. A couple of pillows under your hips can make your pussy more accessible for more kinds of pleasure. You want to ensure your lover can approach her noble task from the best possible angle, with minimal neck or shoulder fatigue.

GIVE FEEDBACK

If your lover does something you really like—say she gets into a rhythm that’s driving you wild, or gets the perfect amount of pressure on your clit—let her know right away with groans and moans of ecstasy. Give feedback so she knows that she’s doing a good job and you want more. Good oral sex requires lots of feedback from the receiver, especially since the giver can’t really stop to ask without breaking contact. Offer suggestions. Do you want her to lick a little lower or higher? Pant “a little higher/lower,” and watch your lover eagerly adjust. Going down on someone who doesn’t communicate very much can be awkwardly silent or puzzling. If you’re getting down, provide an imaginative soundtrack to match your lover’s skills.

Because performing oral sex can sometimes make us feel as exposed as receiving it, make sure your partner knows you are into it. We all want to be great lovers, and sometimes we worry that our sexual skills might not be up to par. This is especially true with a new lover. Perfect the art of aural feedback to ensure that your own skills are celebrated.

PERFORMANCE ANXIETY

The biggest challenge when it comes to oral sex is achieving that state of relaxation and calm but also being incredibly focused and present. This applies to both the giver and the receiver, and is obviously also a helpful rule of thumb when it comes to sex in general.

If you are on the giving end, you’ll need more than just enthusiasm; you need to be absolutely present and focused on your partner’s pussy. If you are distracted, she’ll notice. And if a woman feels like you don’t really want to be doing what you are doing, she’ll lose interest, too. Before you know it, she’ll start thinking about her research on Mycenaean pottery, her head will go back to that annoying interaction with her boss at work, or she’ll amuse herself by listing the tracks of every Kate Bush album, in order. Is that what you want? No, of course not. Kate Bush tracks should be discussed over chocolate, or homemade mojitos.

So, remember: when going down on your lover, nothing else exists. A woman who feels that kind of attention is going to be able to give herself to you fully, and all of this will result in the kind of oral sex you'll both be talking about for years.

Forget performance anxiety, and liberate yourself from your insecurities, which are only going to hold you back. Eating pussy is actually a relatively easy skill to master. The advantage we have as lesbians is that most of us know exactly what feels good when people go down on us. We have a natural understanding of what should happen, when it should happen, and how long it will take. Trust your instincts, work on your skills, and don't be afraid to lose yourself in the sex act you were practically born to do.

NO MORE SHORTCUTS

Myths about tracing letters or numbers on her clit with your tongue are clichéd and corny. Good oral sex is imaginative and creative. Forget the alphabet, and let's lose the porn-style tongue flicking while we're at it. No one likes that; it doesn't feel good, and it looks stupid.

After all, you will be so focused on the vast landscape of her vulva, her reactions to your tongue, and the smell and taste of her pussy that your lover won't even be able to pronounce entire words, much less letters of the alphabet. Paying attention is what makes you a great lover. It's what allows you to pick up on the subtle cues she's giving you about what you are doing right or wrong. And the more she feels you listen to her, the more she'll get off on what you're doing.

If oral sex is less about *what* you do and more about *how* you do it, then we must recognize that there are nearly infinite number of ways cunnilingus can play out. I've received great head that felt like a proper debutante luncheon, while other favorites were more of a desperate, primal feast. Being attuned to what your lover wants, and to the context and relationship you are in, will help you determine what kind of head is the best head for the moment.

ORAL SEX IS LESS ABOUT *WHAT* YOU DO AND MORE ABOUT *HOW*
YOU DO IT.

TAKE A GOOD LONG LOOK

Before you dive in with your tongue, take a good look at your partner's pussy. Don't be intrusive or rude, obviously. But giving an appreciative gaze and following up with eye contact can be a chivalrous way to begin.

Along with helping your lover feel comfortable and taken care of, a sexy look can also help you get the lay of the land. Soon enough you'll be unable to get a bird's-eye view. As you stroke her pussy, take note of where her clit peeks out from under her hood, or if it does at all. Tell her how much you want to taste her, how gorgeous her pussy is. Survey the places where you'd really like to linger, that you can't wait to get your tongue on. This will excite you and she will see that look register on your face. Hot.

PUT HER HONEY WHERE YOUR MOUTH IS

If she doesn't automatically push your head down between her legs, the next thing you want to do is take a tour around her vulva, this time with your tongue. Pay attention to her level of arousal. The longer you delay the first contact with her clit, the more explosive it will be—for both of you.

Let the tension build by kissing and caressing her inner thighs and abdomen, her outer lips, her perineum, her vaginal opening. Lick and kiss anywhere and everywhere that feels good, but wait to touch her clit.

Begin with light licks over her inner labia, slowly running your tongue along the lengths. Suck or kiss them lightly. Show off your dexterity so that the anticipation tortures her. Next, move your tongue across other areas of her vulva, making light contact with your lips as well. Allow her to feel you up close and personal. Note when you seem to hit an extra-sensitive place or a magic button. She'll likely let you know with quick breaths or groans.

Once you're ready to advance, gently lick the base of her vaginal opening and dip just the tip of your tongue into her vagina. Taste her. These light and gentle touches will invite all sorts of feedback from her that will heighten the sexual tension. This kind of constant, indirect touch will leave her practically begging for it.

PLEASE ALL HER PARTS

While her clit should get the majority of your attention, don't neglect the rest of her vulva. In fact, focusing too narrowly on this small part of her anatomy is the

biggest rookie mistake. Please her inner lips by pulling at them and sucking them into your mouth. Lick her entire vulva from top to bottom with long, slow strokes. Switch between licking her with a wide, flat tongue and probing her vaginal opening with a smaller, pointed tongue.

GETTING DOWN TO BUSINESS

With persistence and creativity, you'll figure out what works in the moment and come up with specialized moves on the spot. Because every woman's pleasure system is different, you'll likely discover and invent new techniques with new partners. Some of this will happen thanks to overt communication and some of this will occur thanks to lesbian ingenuity and the ancient art of lesbian mind reading. Actually, that last part is totally a joke.

It's perfectly acceptable to talk before, and even a little bit during, oral sex, but once you really get going you won't want to pull your mouth away from her clit. You cannot have a conversation and eat pussy at the same time. Of course, many lesbians have tried, but all of them have failed. The time to ask questions is at the beginning when you are getting her excited for oral and turning her on. As I've already mentioned, she probably *wants* to give you directions. Asking her directly what she likes will show her that you are completely open to listening.

If at any point you feel silence, uncertainty, or resistance on her part, you'll want to slow down, check in, or reel her back in. Maybe her body grew tense or you aren't sure what she's signaling. Sometimes the arousal cycle just needs a quick reboot. If this happens, don't worry, just rewind back in the process and return to those slow, indirect licks until she seems more receptive and excited. Comfort and coax her back by adding some steady and firm outside touching. Touch her hip, or run your hands up her side or thigh so she knows you are really there.

Through no fault of our own, sometimes we can get so into oral sex that we lose sight of the other person. Because our faces aren't close together, there is no eye contact—you may not even be able to see each other's faces. So it's no surprise one or both of you might drift off or feel lonely for a minute. Touching her body with your hands will remind her that you are just as close to her as if you were lying beside her. If you are receiving, touching your partner's head, hair, or hands will help maintain your physical connection without compromising or interrupting the important business at hand.



TONGUING TOWARD ORGASM

Once you've felt her arousal jump up a few levels, you'll want to double down your focus to take her to orgasm. Try to become one with her body as much as you can; after all, your tongue is on her pussy. This arrangement truly does have great potential for deep, primal connection. Once she's breathless and you have a slick wetness from ear to ear, you'll want to switch up your routine by adding pressure, trying new motions, or changing speeds. It's time to shift gears on the road to sexual climax. Running a wide, flat tongue up the base of her vagina and clitoral hood will let her know you mean business. If she likes it, pause a minute

and lick her like an ice cream cone, slow and with great hunger. This move will stimulate the entire surface of her vulva while encouraging her to melt under the touch of your warm, devoted tongue.

At this point, you can stop being careful or tentative and give into the amazing synchronicity that may be happening. Swirl your tongue up and over the hood of her clit and make circular motions around it. Lavish her pussy, and let your mouth and moves indicate your own high-pitched state of desire. Make sure your tongue is making direct contact with her clit. One trick is to make direct contact at the bottom of your circle, and then indirect contact when you are at the top and are moving across her clitoral hood. This provides continual stimulation while also teasing her just a bit.

When she really starts getting into it, try pulling her labia apart by placing your thumbs on either side of her labia major and spreading her wide open. If you are on the receiving end, this is a great time to spread your pussy open with your own hands. This may allow your partner greater focus and give her a break, and certainly she will be impressed that you are taking things into your own hands! Pulling back the hood means greater access to your clit, and that means increased sensitivity. Exposing your clit for more licking is always a welcome invitation. It shows your partner you aren't shy and are ready for full-contact cunnilingus.

And givers, if you only remember one thing from this chapter, remember this: Once she's close to coming, every woman requires direct stimulation to her clit in order to come. The last thing you want to do is lose your rhythm or focus right when she's about to orgasm.

TIPS TO TINGLE

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Experiment with different tongue strokes. Lick up, down, above, and below.
Alternate between direct and indirect contact with the clit.

.....
Take her clitoris between your lips and suck on it gently. If she likes that, tug on it a little.

.....
While licking her pussy, try inserting one or two fingers into her vagina if you already know she enjoys penetration. Press your fingers against the front wall

—behind her clitoris—with firm strokes.

.....

Purse your lips and slide them all over her clit.

.....

Lick across and up her entire vulva, giving extra attention to her vaginal opening and the area just above her urethra.

.....

Experiment with anal play during oral sex. A finger or toy in the ass can bring your oral endeavors to an entirely new dimension.

VISUALIZE EROTIC ENERGY

Maintain steady contact with her clit. Your attention to what you are doing should be practically meditative. If your mind is wandering, try using some Tantric tricks: Visualize the energy going from your mouth to her pussy as a circle, as if you were passing the energy back and forth between the two of you. As your tongue touches her clit, visualize sexual energy going into her clit and coming back out through her navel, going back into you through your forehead, and exiting through your tongue. Feel this energy circle flowing from you into her and back into you. Focus your mind on the transfer of erotic energy, and let that feeling draw you deeper into the experience or orgasm you are about to share with her.

You should be having fun, but not too much fun. That is, don't get so into licking her pussy that you lose sight of the task at hand. Your lover may think it's the hottest thing in the world to have you get off while you're eating her pussy, but most of the time you want to make sure that she comes first. If possible, try to time it so that you come as she's coming. If you get too close for comfort with your own orgasm, slow down for a minute to keep it at bay. If it's inevitable, politeness demands that you allow yourself a quiet come and forge on until she has hers.

You'll see that if you do the exact same thing for too long it loses its effectiveness. If you're keyed into her responses, you'll know when to switch up your tempo and direction. As you make these adjustments, just don't break contact. Switch from swirls to a side-to-side motion, then up and down, then go back to circular licks. Pay attention to the way she's moving her hips; if she's tilting her pelvis up she's trying to get you to move your tongue a little lower. If she's pressing her hips down into the bed she wants you to move higher. If she's

really bucking against your face, you're on the right track. Keep the pressure steady and continuous; when she's close to coming she'll let you know.

Keep in mind that many women will become silent before they orgasm as every bit of their attention is focused on the sensation you are creating. Some women will breathe faster and more heavily, or moan, scream, or pull your hair. Regardless of what type of reaction she has, there will be a sign of some kind, a definitive change in her response that signals she's about to break.



HOW TO SUCK COCK

I'm talking about strap-on cock, of course. If you've never considered engaging in silicone cocksucking, you are in for a treat. Cocksucking gives the wearer an incredible show, and the cocksucker gets not only to feel like the hottest thing in the world, but also to enjoy being in control of her lover's pleasure. It's a myth that strap-ons don't offer much sensation for the wearer. The fact that this is such a commonly held belief underscores how little most of society understands about sex.

Let's start with the obvious physiological sensations. She's wearing the cock against her pelvis. The base of the dildo is pressing on her mons and against the head of her clit. We understand from the anatomy lesson we received in [chapter 4](#) how sensation is transmitted throughout her vulva. In addition to the very real physical sensation she's receiving from the pressure against her cunt, the psychological thrill of receiving oral sex in this way can be enough to make her come. Lots of women can get off this way, both from penetrating someone's

mouth or having their mouth penetrated. It just takes a little practice.

As the receiver, think psychic cock. It's not just a dildo. It's an outward manifestation of your hard-on. Think about that dick between your legs as your dick. Concentrate on how it feels to have your cock in someone's mouth. To make things extra hot, try putting your hand on your partner's head or grabbing her by the hair and guiding her mouth.

As the giver, your role is to put on a really good show. Roll your tongue around the head of the cock, licking and swirling the tip so that your partner can enjoy watching your mouth move around her dick. Try taking as much of it into your mouth as possible. If it's too long, wrap your hand around the base of the dildo to keep yourself from accidentally gagging. As you wrap your hand around the base, push the cock against her clit to give her extra stimulation. Alternate sucking on the head with taking it into your mouth with one long stroke. Look up at her as you do this.

How are you positioned? Being on your knees in front of your partner can be visually thrilling for both of you. Try reaching between your legs and stroking your clit while you blow her. Masturbating can be part of the show you are giving her. Let her watch you touch yourself.

Sometimes the idea of having your dick in someone's mouth is enough to get you off. Visualize what it would be like to come this way. If you concentrate on it, you can train yourself to get off like this.

AS THE RECEIVER, THINK PSYCHIC COCK.

RIMMING

Analingus, or "rimming," as it's usually referred to, is another way to give and get pleasure from oral sex. Your asshole is rich with nerve endings, and while rimming is a more subtle pleasure than cunnilingus, the taboo factor of having a mouth there can make this an incredibly hot activity. Many of the same techniques I've detailed already will work here. Just be sure to observe the general rules for cleanliness when it comes to mixing anal and vaginal activities. Depending on your relationship to your body, or your lover's to hers, rimming

can be a great alternative to cunnilingus if the vag area is off-limits. Check [chapter 9](#) for more detailed information about rim jobs and other fun anal sex activities.

08 *Strap-on Sex*



Strap-ons are a great way to have penetrative sex. When you fuck with a strap-on your hands are free for other things, like caressing your lover's breasts and ass or stimulating her clitoris. Strap-ons also allow you to have sex with extra closeness and full-body contact.

Strap-ons can be an integral part of your gender expression and sexual identity, or they can just be sex toys. Some dykes think of their strap-on as part of themselves and wouldn't dream of having sex without it. Some women think of strap-ons as a fun tool to bust out on occasion, and some lesbians have no interest in sex with strap-ons at all. How you feel about strapping it on is totally up to you. This chapter will offer insights into the mechanics, for both beginners and more advanced users.

THE RIGHT TOOL FOR THE JOB

Dildos come in all shapes, sizes, and colors. But if you want to strap it on, you'll need a dildo with a flared base that fits in a harness. Choose a dildo that makes you feel sexy. Really successful strap-on sex happens when your strap-on feels like a natural extension of your body and your desire. Your dildo should suit you. It should feel like it belongs on you. This doesn't mean it needs to look like a replica of a penis, unless that is what is most hot to you.

For instance, I feel sexiest in a sparkly Wonder Woman harness from Aslan Leather with a gold glitter dildo from Vixen Creations, while my partner goes for a basic black leather harness and a sizable, realistic cock. A sporty, tomboy type might like a stretchy, comfy, boy briefs-style harness paired with a slim, nonrealistic dildo in a bright color. A curvy femme might feel sexiest in a corset-style harness with a dildo in a matching color. There are endless combinations, and I encourage you to shop around until you find the setup that feels just right.

Silicone dildos aren't cheap, so make your first purchase as practical as possible. This means choose a modestly-sized starter dick. You can always save up and buy the giant monster cock at a later point. If you meet someone who prefers to be on the receiving end of something considerably larger or smaller, the two of you can go shopping together. Dildo shopping makes a great date activity. In fact, it can be an essential part of lesbian foreplay!



HARNESSES

Dildo harnesses come in several styles and are made of many different materials. The most common type of harness is designed to strap a dildo around your hips so that it rests right above your pelvic bone, though there are also harnesses that you can strap around your thigh, around a pillow, and even over your face.

Choose a harness that you feel good in. You can find great harnesses made in leather, vegan leather, nylon, spandex, vinyl, and other materials. The cheapest option is made of nylon webbing straps, like the straps on a backpack. These are

easy to clean and super practical. They make a great first harness option. Harnesses will either be designed with two straps that go around your butt like a jock strap, or one strap that goes up your crack like a thong. Both styles have their pros and cons. A two-strap-style harness offers a little more control, while the thong-style harness feels extra sexy for some folks.

The most important thing to consider when choosing a harness is how well it fits your particular body. Trans women, for instance, will want to find a harness that fits comfortably over their genitals. Stretchy, briefs-style harnesses are good for this, as are harnesses that have dual openings. Women with larger bodies may find that wearing a harness higher up on their bellies rather than over their pelvis will provide more control. Stretchy spandex styles, like those made by Spare Parts, offer the most options in terms of fit.



HOW TO OWN IT

Strapping it on may come naturally to some queers, but for many of us there's a pretty steep learning curve. Don't fret if this describes you; feeling awkward does not make you any less studly. Besides, no one has to know. Practice putting it on and slipping a dildo through the opening until you can do it quickly and without fumbling. Strap that baby on when you are at home alone. Get used to wearing it. Wear it around the house. Practice grabbing and stroking your cock. Look at yourself in the mirror while you do this. How do you look? How do you feel about it? Keep wearing it. Wear it while you do the dishes or clean your

room. Wear it until it feels natural. Once it no longer feels awkward you'll probably notice that it actually feels fantastic.

Once you've gotten comfortable strapping it on, you can take your strap-on wearing to the next level and make it feel like a part of you. Try masturbating while wearing it. Jerking off helps you create a mental connection to your cock. Your strap-on is about more than just penetrating another person; it's about using your body in a new, exciting way. Some queers can come with their cocks. If this is something you'd like to do, start by concentrating on how it feels to wear it. Grab the base of the cock and grind it against your mons. Visualize a connection between your pelvis and the tip of your cock. Stroke it up and down with your fist. Jerk off like you mean it. Imagine what it feels like to slide that cock into your partner's pussy. If you want to, you can reach behind the base of the dildo and stroke your clit while you picture fucking with your strap-on. Eventually, you may feel so connected to the sensations of coming while wearing it that you'll be able to do this while penetrating your partner.

PACKING

Packing is when you wear a dildo under your clothes. You can "pack hard," by packing a dick that is firm enough to fuck with, or "pack soft," by wearing a soft pack or even just some rolled-up socks stuffed into your underwear. Masculine queers, butches, and trans guys often pack soft either with the intention of passing or simply because it makes them feel sexy.

Packing a cock is exciting. It indicates a readiness for sex, and that gets you and everyone around you turned on. If you're packing, you're prepared for an anytime, anywhere quickie. Some dykes like to pack because they find the process of strapping on their cocks before sex to be too time-consuming and they like the ease of perpetual readiness. Want to make your date melt? Grab her hand and press it against your hard cock.

Packing hard requires a dick flexible enough to bend but firm enough to bang with. There are a lot more options these days for dildos you can pack and play with. The Shiloh by New York Toy Collective is one of the most popular packing cocks. There are other great options as well. Check the online toy stores, read the reviews, and ask your friends which cocks they prefer to pack and play with.

Strap on your dildo and either tuck it into a jock strap or wear an extra set of

briefs to help batten it down. You can wear it sticking up or pushed into the crook between your crotch and thigh. Both look sexy beneath a pair of jeans—or a skirt, if you like it like that.

Try wearing your dick out on the town and watch ladies' eyes stray to your crotch. Wear it to a sex party and be as prepared as a Boy Scout. Or just wear it over to your date's house and bone her brains out all night.

LIKE IT'S YOUR JOB

If strap-on sex is a central part of your sexual experience or gender identity, then you want to consider how you “get it up.” Strapping on can be like tying your shoe, a learned practice that you practically do without thinking. When strapping it on, you want to emanate confidence and capability so that your lover continues to feel safe and hot.

One way to be confident and make for non-awkward strap-on sex is to become incredibly fluent and comfortable with the harness and dildo. Figure out how to strap on without complication in under three minutes. Again, this should be like slipping into a well-worn shoe: natural. If it doesn't come naturally to you, keep practicing. Do you think astronauts awkwardly throw on their gear right before a launch? Remember, you need to be able to do this in your sleep and also in the heat of desire. Try leaving only one buckle undone so when you step into the harness you can slip in the dildo, pull on the other strap, and lock the whole thing into place in mere seconds!



THE GOSPEL ACCORDING TO QUEER AUTHOR MAXE CRANDALL

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"I like the ritual of putting on a condom before I fuck. It makes every fuck feel intentional, even if it comes out of a spontaneous moment. Always wearing a condom enacts my own personal relationship with my cock. People always ask me how to come with their strap-on cocks, and I think it happened for me when my cock really became integrated and organic in my erotic imagination. The idea that dildos aren't 'real cocks' is so false and untrue. Decolonize your mind!"

STRAP-ON FOREPLAY

Using condoms with your cock is a pragmatic way to keep everything clean. Condoms also allow you to switch between oral, anal, and vaginal penetration without stopping the action. When it's time to mix things up, just switch to a new condom. Changing the condom can also work as a good reset button before your next position.

That said, some lesbians and queers like to use condoms with their dildos, and some don't. Think of what kind of strap-on sex you're into now. Does the strap-on feel like a toy to you, or like an innate part of your sexual machinery? If the former, you may argue that condoms are unnecessary as long as the dildos are meticulously clean. If the latter, you may really get into the *frisson* of rolling on a condom to make sure you don't get anyone pregnant. Obviously, you can also communicate with your partner. Does she have a preference that you should know about?

You should carry lube with you wherever you bring your harness. Generally speaking, lube makes strap-on sex better, hotter, and easier. Using lube, like putting on a condom, can also contribute to hot strap-on foreplay and can demonstrate that you are a master with your cock. Most people will get extra turned on by the mere fact that you are poised and confident and know what you're doing.

As you continue the strap-on pageantry, get between your partner's legs and let her watch you lube up your cock. Stroke on the lube with your hand as if you

were jerking off. Or, after you get your pole lubed up, drizzle some lube on her vulva and spread it around with your fingers or knuckles. Rub the head of your dildo across the entire length of her vulva. This will make her go crazy for your cock. Tease her. Ask her if she's ready. Ask her how much she wants it. Jerk off a little with the head of the dildo up against her lips, whether she's on her back or on her knees.

PLANNING THE FUCK

Once both of you are turned on enough that you can't handle any more dirty talk or foreplay, it's time to go in. Ask yourself, what kind of fuck do you want to have? What kind of fuck would be appropriate for this moment? If thinking this way doesn't come naturally to you, think of it like party planning. What do you know about your guest of honor and how she is feeling right now? Here are just a few different ways to go for it:

Greeting Card Lovemaking: Imagine soft lighting, endless romance, and you and your partner's bodies in silhouette. This strap-on approach makes for lots of eye contact, deep sweetness, and bodily connection. It requires you to be in for a long, steady fuck, but the results will be explosive and memorable. Start with slow thrusts that get increasingly rhythmic and increasingly deeper. Watch her eyes, mouth, and face for signals to pound harder or move differently. Let her use a vibrator at some point for a giant orgasm, or switch positions one or two times to keep things exciting.

Strap-on Triathlon: Be sure to warm up because you and your partner are going for the gold in multiple categories—and you may even invent a brand-new sport! If you both have open minds and delight in the endless possibilities of queer sex, for this strap-on choose-your-own-adventure, you should plan a fuck during your foreplay that will include three different events. You may not get to all of them, but if you have them in mind from the start you can adjust accordingly depending on your stamina and athletic ambitions as they manifest in the moment. For example, the first event is doggie style, the second event is you fucking her on her back while holding her ankles, and the final event is triple lutz pole-vaulting in front of a mirror.

Brain-Numbing Fuckfest with Infinite Pounding: This approach involves the desperation of desire, tons of physical strength, and a can-do attitude. If she wants it deep, hard, sweaty, and rough, then you need to eat lots of kale and proteins and stay the fuck hydrated! Basically, use a lot of lube and reapply

often. Thrust with a reliable rhythm; try not to vary the speed very much. It would be good to make sure you have enough leverage going in. Grab on to her hips or the headboard, and tell her you won't stop until she comes all over your giant cock!

Spontaneous Fucking: Having no goal in mind can be just as great as a party-planning fuck. Obviously, you don't want to think of your tryst as a to-do list, but giving smooth strap-on sex and being confident in your prowess can come from being a good top who thinks ahead and considers what your partner wants. However, if you can incorporate the three previous types of strap-on fucks into your style, you'll develop exciting instincts for strap-on sex.

09 *Anal Play*



You know how straight guys are afraid to have anal sex because they think it'll turn them gay? Well, guess what? You're already gay! You get to have as much anal sex as you want. Many women have their most intense orgasms from anal sex, especially when it's combined with oral sex or a vibrator on the clit. All it takes to enjoy anal sex is a bath and an open mind. You know what they say: free

your mind and your ass will follow!

ANAL SEX IS FOR EVERYONE

Your cute little butthole has the second highest concentration of nerve endings in your body, the first being your clit. With that much capacity for sensation it's no wonder anal sex feels so amazing. Plus, anal sex has all sorts of cultural taboos around it, and that just makes it more exciting. One especially great thing about anal sex is that your butthole is a non-gendered orifice. Butch or femme, top or bottom, trans or cis, everyone has a butthole, and they are all begging to be fucked.

You really don't need a lot of special preparation for anal sex; a thorough shower and a soapy finger usually do the trick. If you plan on having a lot of anal or if you are into advanced anal play like anal fisting or hard fucking with large dicks or other butt toys, you might want to give yourself an enema. If you are new to enemas, buy a bulb syringe at the drugstore or buy a prepared enema kit like Fleet and empty out the solution. Don't use the prepared solution because it's full of chemicals. Instead, a little warm water will do the trick. Just stick the nozzle up your bum, give the bottle a little squeeze, and let the water flow back out into the toilet. Do this a couple of times and you'll be fresh, clean, and fuckable.

Use lube for any type of anal penetration. The tissues of your rectum are sensitive and you can create tiny tears if you try to penetrate the anus without plenty of lube. As with any sex act, you can make anal sex safer by using latex barriers. Use latex gloves for penetration with fingers and fists, and use condoms on anal toys and dildos. Use a dental dam or plastic wrap for rimming.

Make friends with the butt by warming it up with lots of lube and foreplay. Your nails should be trimmed very short and filed smooth. She should be on her back with her knees up and you crouched between her legs. For even easier access, try putting a pillow under her hips. Start by rubbing around the outside of your partner's sphincter with a well-lubed finger. Rub her slowly in whatever direction you like. Try dragging your finger across her butthole and rubbing it up and down. Keep rubbing lightly until you feel her relax. When she's ready, you can slowly push the tip of your finger in. How does she like it? Ask her. If the penetration feels good, you can continue.

Experiment with strokes and pressure. Encourage her to masturbate while you

explore her ass. She can use her fingers or a small vibe on her clit. As she gets more turned on, you can continue to fuck her with one finger, or you can add a second finger by sliding your finger all the way out and then sliding two back in. Add more lube. Check in. How does she feel? What does she want? Does she want more fingers? Communicate with her. You can continue to add fingers if she wants more. Thrust carefully. Don't go too quickly; you don't want to push too hard and cause her pain. Work up to as many fingers as she can take. Don't forget the lube.

This can be a really intense way to have an orgasm. She may want to come this way—if so, great!

EVERYONE HAS A BUTTHOLE, AND THEY ARE ALL BEGGING TO BE
FUCKED.

RIMMING

Analingus, or rimming, is the act of licking your lover's butthole. It's a delightfully warm, sexy feeling. It's very intimate, and because anything to do with anal sex is taboo, it's also extremely erotic.

It feels wonderful to both give and receive rim jobs, but it's not necessarily an orgasm-focused activity. It's more about exploration and heightening arousal, getting you and your partner turned on and ready for what comes next. If you want to have an orgasm from rimming, combine it with masturbation—touching your clit with your fingers or using a vibrator.

The biggest obstacle to enjoying anything to do with your ass is fear of the ass being a dirty place. Let me just put your mind at ease: A freshly washed butthole is pretty clean. Shower thoroughly beforehand. Wash your ass well with soap and warm water, and wash an inch or so inside with a soapy finger. A tongue cannot actually penetrate an ass that far, so if you are freshly showered and clean, you're fine. You can make rimming a safer sex activity by using a dental dam or plastic wrap over your partner's butthole. A partially unrolled condom over your tongue also works well.

RELAX YOUR BUTT

Your tongue, lips, breath, and teeth, as well as your hands and body, can all work together to bring her pleasure. Nibble her thighs, butt, torso, breasts—whatever you can reach. The asshole itself is dense with nerve endings and incredibly sensitive. Don't lick too hard, but don't treat her too gently either. Let her feel your desire and she'll feel more desire herself.

For its size, the tongue is the strongest muscle in the body. Think of all the ways it can move. Although soft, steady licks will probably become the centerpiece of your technique, don't be afraid to mix it up a bit. Circles, tight darting licks, and sinuous tongue twists will all spice things up. If your sweetie likes feather-light touches, encourage her with a similarly light touch on her rosebud. If your lover is nervous about anal sex, start her out with a slippery, soft tongue that might just get her excited enough to crave it.

The first time someone rimmed me, I nearly died from pleasure. I loved it, but of course, I also felt a little uncomfortable. I worried about my smell and taste, and kept trying to squirm away from her tongue. Lucky for me, she figured out that I was just nervous, and ignored my weak protestations.

Some people can't get past the idea that the butt is a dirty place. But let's face it. The world is a dirty place. There may be lots of taboos surrounding any type of anal stimulation, but breaking taboos is half the fun of great sex.

FOR THE RIMMEE

Relax and get into it. You are all showered and clean, remember? So there's no need to worry about hygiene. You can make it easier for your partner to get close to your butthole by holding your cheeks apart. How are you positioned? If you are on all fours, try reaching between your legs to stroke your clit while your lover licks you.

FOR THE RIMMER

Start by gently circling her hole with your tongue, or even begin first with a finger. If she's new to this, let her know what you want to do. A surprise tongue where the sun don't shine could be a major buzz kill, so present it to her in sexy, eager terms.

Once you've got consent and have started licking in a circle, start experimenting with other moves to see what she likes. There's no script here, so stay open-minded yourself. She may just want to be teased indefinitely, or she may want

you to eat her ass into next week.

Rimming is easily incorporated into cunnilingus. The space between the ass and the cunt—the perineum—loves to be licked, and rimming makes a good warm-up for anal penetration. If you want to fuck your lover in the ass, rimming can soften her up so that the penetration is more pleasurable. Just a note: Rimming is best done before anal fucking and not after, because no matter how well you shower, fucking can drag bacteria from inside the body to the surface.



ANAL FISTING

Commonly called handballing, anal fisting is a totally mind-blowing sex act. Like vaginal fisting, anal fisting requires patience, trust, and tons and tons of lube. The difference is that anal fisting forces you to be even more careful. The ass is a lot more delicate than the pussy. But all that slow, careful, focused foreplay is what makes anal fisting such an incredibly intense, intimate, bonding experience.

Your pre-fisting cleaning process is a little more thorough than for a simple butt

fuck. Have a thorough enema one or two hours before anal play, to give your body time to relax and make sure that all the water has either drained out or been absorbed. You can buy a hot water bottle–style enema kit at the drugstore or an enema shower attachment online or at a sex toy store. Clean your ass thoroughly until the water runs clear. Then shower or, even better, take a hot soapy bath to relax.

Enemas aren't a requirement, however. If you don't want to go there, or don't have time, give yourself a thorough wash with soap, inside and outside.

Use gloves for anal fisting. Gloves make your hand more slippery and protect the inside of her ass from rough nails and cuticles. All anal play needs lube, but anal fisting needs lots of lube. Use a good slippery silicone lube, as it will stay slick longer than water-based lube. Keep adding more as you go. You can add lube by drizzling it over your hand as you work your fingers into her ass.

SOBER SEX

While lots of us like to have a drink or two before sex to relax and get in the mood, anal fisting really requires that you be completely present. As the receptive partner, you'll need to communicate your readiness. Pain is a sign that you need to stop, and drinking impairs your ability to feel pain. For the fister, drinking will slow down your responses and make you a sloppy fuck. You need to be able to pay attention to every little thing your bottom is doing and saying. What I'm telling you is that for optimum emotional and physical comfort, both of you should be sober for this activity.

WORK UP TO IT

Start with one or two fingers. Follow all the directions above for warming her up and fucking her with two fingers. You can use a butt plug or other anal toy to help her sphincter relax. Fisting takes a long time. It's not a goal-oriented type of sex act. And it's definitely not doable as a quickie.

Keep adding lube as you add fingers. Once you've worked up to four fingers, add more lube and slowly twist your hand back and forth while pressing in further. If you meet resistance, back off. Slow down, pull out slightly, add more lube, and go back in very slowly. You may not be able to fist her the first time. If not, no big deal. It still feels amazing. You can always try again some other time.

If all is going well and she's ready for more, you can keep going. Keep rotating

your hand as you press forward. Check in with her often. How does she feel? Can she take more? Rotate, press, add lube, repeat. Eventually, the widest part of your hand will slip past her tight sphincter muscle and you'll be in to the wrist. Congratulations.

She may need you to hold still or she may want you to make small thrusting movements. Anything you do you should do very slowly. This is an intense experience and she may come right away or not be able to come at all.

If she is able to come, the best time to remove your hand is as she reaches orgasm, or immediately after. Pull out slowly and deliberately. If she's unable to come, you can pull out whenever she's ready. Go very slowly. Have her breathe and relax. Pull your hand out as carefully as you got it in.

Talk to her. Communicate. Hold her. You've just gone on an amazing journey together.

Anal fisting is probably not a first date activity. It might not even be a fifth or sixth date activity. While lots of people enjoy this type of sex, it takes a lot of patience and practice to do it successfully. You need to be comfortable enough with your lover to communicate your every need. While anal sex can be awesome, it can also be uncomfortable or even painful if you aren't ready and relaxed. Breathe, relax, and imagine your body opening up to accept your lover's fingers and ultimately her hand. Don't push yourself. If it hurts, stop. No need to be goal oriented. You can always try again some other time.



STRAP-ON BUTT FUCKING

Long, smooth, slim dildos work best for butt fucking. Chances are good that the dildo you typically fuck with vaginally is a tad big for anal sex. Choose something smaller to start with; you can always work your way up.

Rear entry is a great position for anal fucking. Or have the receptive partner lie on her back with her legs in the air; this position also works well. Lube up your condom-covered dildo liberally and apply copious amounts of lube to her anus. Rub the head of your cock against her butthole in a light, teasing, circular

motion, similar to the way you teased her with your finger. Tease her for a long time, with light strokes and circles. The longer you warm her up, the more readily your dildo will slip into her ass. Talk to her. How does she feel? Is she ready to be penetrated? Ask her.

If she feels relaxed and open, you can press the head of your dildo firmly against her sphincter until she relaxes and opens up. At this point, you should be able to slip the head of your dildo in. Is she enjoying it? Add more lube. Press in slowly, slowly until you are all the way in. Heavenly! Once she relaxes and gets used to the feeling, you can begin an in-and-out motion.

The teasing, subtle movements coupled with the thrill of doing something a little naughty like getting fucked in the ass will feel extremely hot. This is in fact a perfect position for mutual masturbation. She can reach beneath her harness and stroke her clit while the head of her dildo is pressed against your ass. Reach down and touch your clit while she does this. You can both have powerful orgasms this way.

When you are ready for penetration, let her know. She should start by pressing the head of her dick in. Relax and allow her to penetrate you. Keep the lube handy, as you may want to add more as you go. In addition to trust and communication, anal sex requires lots of lube. The more you use, the more fun you'll have. If you need more lube, don't be shy about saying something. Anal sex can be very rewarding, but without proper preparation it can also feel uncomfortable or even painful. You can avoid discomfort by using copious amounts of lube and communicating with your partner. If it hurts, say something. If you feel uncomfortable, ask her to slow down or stop.

When she feels your sphincter relax a bit she can push in further. Remember to relax. If you feel nervous or reluctant, you won't enjoy the sensation. Don't force anything. If you aren't enjoying it, stop and switch to another activity and try again later.

Relax. Go slow. If it feels good, she can continue to press forward until she's fully inside you. Once she is fully inside, pause for a moment and revel in the sensation of being filled this way. When you are ready, she can start an in-and-out motion. Try rubbing your clit while she fucks you.

BUTT SEX POSITIONS

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Missionary: The penetrator is on top, the receiver is on bottom. This is good for eye contact. Try putting a pillow under the receiver's butt for better access.

.....
Doggie style: Great for deep penetration. The top has more control this way. The visual stimulation of your partner on her hands and knees, ass in the air, can't be beat. The bottom or receptive partner can reach between her legs and touch her clit.

.....
Cowgirl: The receiver is on top, and the person wearing the strap-on is lying on her back. The receiver has more control and can adjust the depth of penetration in this position.

.....
Side by side: Both partners lie in spoon position. It's difficult to thrust in this position, but the full-body contact makes for a sensuous, slow fuck.

10 *The Prop Department*



What's not to love about toys designed to help you have even more fun with your body? Think of your sex toy collection as a way to enhance your performance, kind of like Iron Man's suit. Sex toys can help you deliver a whole array of flavors you can't get from fingers, tongues, and strap-ons alone.

Sometimes when I look in my sex toy box I become overwhelmed with all the amazing possibilities.

YOUR TOY BOX

Your toy box can be anything from a drawer in your nightstand to a box under your bed. It doesn't matter where you store your toys as long as they're handy enough that whatever you need is there when you need it. Always plan ahead. Keep essentials handy. Special occasion toys can be stored in the closet or somewhere else out of the way, but the basics, the no-nonsense items you'll use every time you have sex, must be kept within easy reach of your bed. This means you should keep a bottle of lube, a small vibrator, condoms, and dams no farther than the nightstand. You never know when the mood might strike, and there is nothing worse than having to traipse across the bedroom for a vibrator when your lover has her hands full and you are both covered in lube.

SEX TOYS AND SAFER SEX

Sex toys are bound to come into contact with all sorts of body fluids. You can practice safer sex with toys by making sure you use latex barriers on your toys and sterilize them between uses. You should put condoms on all penetrative toys and change the condom before switching between holes or partners. Condoms will protect you from STIs as well as make sure your dildo or butt plug is always clean and dust free. Keep unlubricated, flavored condoms around for silicone cocksucking and other forms of oral sex.

Even if you and your partner are fluid bonded and monogamous, you must still use caution. You share all sorts of bacteria between the two of you if you share the same sex toy. If you are in a relationship, you should each have your own basic toys. If you have multiple partners, bring your favorite toys with you on dates. It's fine to share nonporous toys (such as toys made of silicone, glass, metal, or hard plastic) as long as you thoroughly clean them between partners and uses.

YOUR COLLECTION

So what are you going to put in this toy box of yours? The short answer is everything! But make sure you don't blow your budget; start small. Get a few essentials and build up the rest of your precious collection one piece at a time.

Sex toy shops are everywhere now, but woman-owned and -operated spaces are

still the gold standard in terms of customer service, helpful advice, and sex-positive attitude. Nothing against seedy porn stores—getting it on with your new date in a sticky video booth is not to be underrated. However, when you need to do some serious shopping, you want advice from someone who knows what you need.

No feminist sex toy shops in your city? No problem. The internet, bless its pervy heart, can provide you with the liberal-leaning, sex-positive, slut-positive, sex toy shopping experience of your dreams. My favorite place to buy toys online is comeasyouare.com, a queer-run co-op in Toronto. Their website is full of amazing information, lots of thorough reviews, and really smart sex advice. There are many other great options, including Babeland.com and GoodVibes.com, to name a few. Check the Resources section in the back of this book for even more suggestions.

A strong but small vibrator like the Pocket Rocket, or some type of bullet vibe is a great thing to keep handy. This should be a toy you don't have to plug in. If it's battery operated, keep a spare pair of batteries in the drawer along with it. If it's rechargeable, keep it charged!

You should also invest in a good silicone dildo, especially one with a G-spot curve. For practicality's sake, find one that is comfortable to wear with a harness or use with your hand. Stick with silicone when you can, because it's boilable and nonporous, which means you can sterilize it. Other mystery plastics and rubbers may cost less, but they break down much faster and bacteria can thrive on their porous surfaces.

ALWAYS PLAN AHEAD. KEEP ESSENTIALS HANDY.

DON'T FORGET THE LUBE!

Lube goes with everything. You need lube for just about every way you are going to get down, so make sure you always have some handy. There are three basic varieties of lube: silicone based, water based, and oil based. Each type has its own pluses and minuses.

Silicone lubes feel great and stay slippery the longest. They are totally

waterproof and are great for having sex in the shower. Where water-based lubes can occasionally leave you a little sticky, silicone lubes leave your skin feeling smooth and soft. They are compatible with all types of sex, but they don't go well with silicone sex toys. The lube will erode the surface of the toy.

Water-based lubes are suitable for all types of sex. They dry quickly but can be revived with a spritz of water or saliva. Water-based lubes are compatible with all safer sex supplies and sex toys.

Oil-based lubes are best used for external massage. Oil can degrade latex, rendering your safer sex precautions unsafe. In addition, oil is not compatible with your vaginal ecosystem; it can trap bacteria inside and cause infections. Stick with water-based and silicone lube for penetrative sex.

There are so many ways to get down, and you might want toys for all of them! Being prepared for ambitious and adventurous sexual escapades is awesome. Do a little research before you go shopping. Read blogs and sex toy reviews on lesbian websites. Ask friends for suggestions!



SEX TOY CHECKLIST

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Your well-stocked sex toy chest should contain these basic items:
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A roll of plastic wrap (for safer licking and improvised bondage)
.....

Dental dams and condoms
.....

A vibrator small enough to use during intercourse (the Pocket Rocket is a good choice)

A silicone dildo with a flared base (so you can use it in either hole)
.....

A small silicone butt plug
.....

Nipple clamps
.....

Luxury Items:

.....

Hitachi Magic Wand
.....

A curved G-spot stimulator
.....

An insertable glass or acrylic toy
.....

A bullet vibe
.....

Restraints of some type (fur-lined cuffs are cute!)
.....

A blindfold
.....

A larger butt plug (for overachievers)
.....

A strap-on harness

CHOOSING A NEW TOY

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When choosing a new sex toy, start with a little self-reflection. To help you get a handle on what you are looking for from your new toy, ask yourself a few questions:

What sort of sensations do you like?
.

Do you need a strong vibrator or is your clit more the shy and sensitive type?
.

Are you more of a top or a bottom?
.

Are you a size queen or more of the one-finger type?
.

Are you a larger or smaller than average-sized person?
.

Do you like butt sex?
.

Do you want to tie up your date?
.

Do you want to be tied up?
.

Would you ever use a sling?
.

Do you like canes and paddles and other hurty toys?

DILDOS

Did you know that dildos are the world's oldest sex toys? It's true! Archaeologists have dug up hand-carved stone dildos from the Paleolithic era. A great dildo is like a lesbian's spirit animal. Your dildo can be flesh toned and penis shaped or purple and shaped like a dolphin; it's totally up to you. Any dildo is sexy when it's worn with confidence and intent.

If you are buying your first dildo, start small and size up later. If it ends up being smaller than you'd like, you can use it for anal sex. I can't tell you what size dildo to buy, but I can tell you that everyone thinks they need a giant cock when more often than not your eyes are bigger than your and your date's pussies.

Your dildo should be silicone. There are other materials out there, some better than others, but silicone is the best. Silicone transmits vibrations and body heat. It's stable, meaning the chemicals can't leach out of it and harm you. It's nonporous, meaning it won't harbor bacteria. Silicone cocks last forever. You

can sterilize them by boiling, bleaching, or running them through the dishwasher.

Make sure the dildo you choose is harness compatible, meaning the base of the dildo is large enough to keep stable in your harness. You don't want it slipping through at an inopportune moment!

DOUBLE-ENDED DILDOS

Double-ended dildos are not just for porn; in fact, there are several well-made ones out there that allow you to enjoy the feeling of penetration while fucking your partner. This can be really incredible in a situation where both people enjoy penetration, because every stroke you make into your partner translates into sensation for you as well. If you use a double dildo with a harness, you'll find that you can actually control it really well. Having part of it inside you gives you all sorts of extra information that can help you guide it. It's like having a built-in dildo GPS.

Double dildos are especially great for masturbation. The insertable end makes an easily reached built-in handle. The shape is also good for using the dildo on your partner with your hands. Some double-enders have a ridge where the two ends join that rubs against your clit as you bang, making everything feel extra amazing.

In theory there are double-ended dildos that don't need a harness because you can hold it in place with your vag muscles. In practice, I'm doubtful. I'm an obsessive Kegeler with super-strong PC muscles, and I've never made this work. If you have mastered this, then right on!

THE GOSPEL ACCORDING TO JACK LAMON **Co-owner, Come As You Are**

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"If you don't like the aesthetics of your new sex toy, you'll never want to play with it! It may seem like a superficial consideration, but it is important to actually like how your new toy looks. In terms of functionality, most G-spot toys can also be used for clitoral stimulation, so if you're on a budget, go for a G-spotter! And of course, ensure your new vibe has variable speeds—not everyone likes the same frequency of vibration, so it's good to have a choice."

KEEP YOUR TOYS CLEAN



Clean plastic vibrators with alcohol or antibacterial soap and rinse well. Do not immerse battery vibes in water, because they'll corrode! Silicone toys can be boiled, but the lazy girl's way to clean silicone toys is to stick them in the top rack of the dishwasher.

VIBRATORS

Vibrators are the single most important part of any sex toy collection. They offer surefire orgasms for those nights when nothing else is working. Vibrators can make you and your date come harder, longer, and more easily than any other type of toy.

Vibrators come in many different models, each with its own features and best uses. There are too many types of vibrators on the market to recommend a single brand. So to avoid confusion, we'll stick to describing types of toys rather than specific items.

Jack Lamon, co-owner of the Toronto-based sex toy store *Come As You Are*, recommends asking yourself the following questions when choosing a vibrator:

1. Do you prefer a battery-powered, rechargeable, or plug-in vibe?
2. What type of vibration feels best to you?
3. What should your vibrator be made of?
4. Does your vibrator need to be particularly quiet?
5. Who will be using it? Just you? Or you and various dates?

Knowing the answers to some of these questions will make choosing from the sizable vibrator market less overwhelming. You'll be glad you came equipped with this kind of info when you go into the shop. Even buying online will be easier because most online stores are organized according to categories like these. If you "know before you go," you're less likely to walk away with a bag full of shiny toys that you'll never use!

BATTERY-OPERATED VIBES

Battery-operated vibes are smaller, lighter, cheaper, and usually easier to maneuver. The drawback to this type of vibe is that they simply don't last as

long. That said, I've had a twenty-dollar Pocket Rocket outlast several girlfriends, so don't get deterred.

There are many models of battery-operated vibes, though the most useful are small enough to use while doing other things, and quiet enough to use while your roommate is home. Bullet vibes, rabbit vibes, and Pocket Rockets are the most popular styles of battery-operated vibes. If you are buying your vibrator online, read the review. Does it mention noise? Battery-operated vibrators tend to be a little noisier than plug-in models. Think about how much this matters to you before you click "Purchase."

RECHARGEABLE AND PLUG-IN VIBRATORS

Electric vibrators tend to be better quality than battery-operated styles. They are quieter, offer a stronger vibration, and last longer. With plug-in styles you never have to worry about running out of batteries or losing a charge.

The Hitachi Magic Wand is the Cadillac of electric vibrators. It's the most powerful vibrator out there and popular enough that multiple sex toy companies have created all sorts of sleeve attachments that fit over the tennis ball-size head of the wand, offering extra functionality. Hitachis last forever. They are durable, reliable, and lightweight for their size. They offer a sure way to have an orgasm, even if you have never had one.

Hitachis have two settings: intense and OMFG. Sometimes a Hitachi is too much. If yours is too intense, try using it over your panties, or hold it against your mons. The vibrations will be more diffuse and create yummy sensations across your entire vulva.

Another form of plug-in vibe is the coil-operated model. These look a little '70s. Your parents maybe had one of these and actually used it as a back massager. Coil-operated vibes are super quiet and super strong and come with all sorts of cool attachments that create an array of sensations. These vibes have a smaller head and offer a more focused vibration than the Magic Wand. They last forever. I had one for fifteen years!

Still too many choices? Narrow the field by asking yourself the following questions: 1. Do you want to use your vibrator for penetration?

2. Would you like to use it while fucking or being fucked?

3. Would you like to use it to explore your G-spot?

If you answered yes to at least two of these questions, you should consider investing in one of these high-powered vibrators.

WEARABLE VIBES

There are a couple of different ways to wear a vibrator for hands-free orgasms. You can find “vibrating panties,” which are actually regular panties with a special pocket that holds a tiny bullet vibe. There are also vibrators with elastic straps that hold the vibe against your clit. And there are vibrating cock rings that you can put around your dildo or wrist for vibration while fucking. Some wearable vibrators come with a remote control.

HITACHIS HAVE TWO SETTINGS: INTENSE AND OMFG.

BUTT TOYS

Butt sex, as we’ve learned in the last chapter, is amazing. The only thing more exciting than butt sex is butt sex with sex toys. Remember that butt sex requires lube. Always use lube and condoms with butt toys. And make sure you thoroughly clean and sterilize your butt toys after you use them. Anything that goes in your ass should have a flared base to keep it from slipping all the way inside. While any dildo can be used anally, butt plugs and anal beads are designed to stay put safely and help you maximize the amazing feeling of anal penetration.

BUTT PLUGS

There are many styles of butt plugs to choose from. Some are shaped like little plugs, and some have a series of ridges of graduated balls that create extra sensation as they go in. Silicone is the best choice for butt plugs.

If you are using a butt plug on your partner, start slowly. Use plenty of lube and tease the outside of her butthole with the toy until she feels ready to be penetrated. Check in with her constantly. Go slowly and let her get used to the sensation. Never force anything in someone’s ass. Let her dictate the pace. Her muscles will relax as she gets more turned on and eventually you should be able to slip the plug all the way inside.

Try fucking your partner vaginally while she's wearing a butt plug to give her an extra full, double penetration feeling. Or have her wear a butt plug while she goes down on you. You can also have your partner wear a butt plug as a warm-up for anal fucking. You can even wear a butt plug yourself while fucking with a strap-on for extra fun.

ANAL BEADS

Anal beads are another fun butt toy option. Stay away from the cheapest style of these, the hard plastic beads on a nylon string. You can't really clean them properly and they are badly designed for long-term use. Instead, try to find silicone anal beads. Some styles of bead toys will have beads that are all the same size and some will have beads that get larger as you go up.

Anal beads function similarly to butt plugs, except the gift keeps on giving! Insertion and removal will likely require more communication, because beads are the manual transmission of butt toys. Part of what's fun about them is the extra tension that comes with using your hands to push beads in and pull them out. Removal should be smooth and not too fast; you aren't starting a lawnmower! Because so much pressure is involved, be sure to remove at the speed and pace she wants.



EXTRA-CREDIT ASSIGNMENT



For in-depth information on sex toys of all kinds, check out *The Big Book of Sex Toys* by Tristan Taormino.

GLASS AND METAL TOYS

Toys made from glass and stainless steel often have high-end design and look like works of art. Glass and metal toys have a great weight to them and conduct hot and cold temperatures well. The biggest benefit to toys made of these materials is that they are totally nonporous and smooth and can give you a completely frictionless fuck. Look for the Tantus Alumina line; they are a series of heavy aluminum dildos with parts you can mix and match. It's like having your very own dildo erector set.

NIPPLE TOYS

Wearing nipple clamps, or having your date wear them, makes you look all sexy and “fifty shades of lesbian gray.” Plus, they feel amazing. Nipple clamps come in all sorts of different styles: vibrating ones, weighted ones, adjustable ones, ones with teeth, ones that hurt, ones that don’t. Test them out in the store to make sure you can stand it. If you are curious but don’t want to invest in a pair of shiny metal clamps, why not experiment with clothespins? If you’re unsure, you can also perform a test run on less sensitive, but similar, parts of your body to see whether you can handle the pressure; try your earlobes or the skin between your thumb and forefinger. Just remember not to keep them on for too long. The general rule of thumb is to change or remove nipple clamps every ten or fifteen minutes.

11 *A Little Bit Kinky*



What with all the drama, outfits, advanced knot-tying skills, tool mastery, and party planning involved, it's no wonder lesbians love kinky sex. Kink doesn't have to be a lifestyle. You don't have to join any clubs or start wearing leather all the time, unless you want to. You don't even have to be into pain. Some kinky people like to play with needles and knives and other hurty things, but there are

also kinky people into playing with balloons and feathers. Kink is about options. It's about breaking out of ruts and being creative in bed. Kinky sex can involve indulging fetishes, wearing costumes, role-playing, or just giving your date a good spanking. Like every other kind of sex lezzies are into, kink is whatever you want it to be.



SAFETY CONCERNS



Never restrain anyone with something you can't quickly remove. Be especially careful with scarves. I don't care how many episodes of *Red Shoe Diaries* you've masturbated to. Scarves can easily pull too tight and become impossible to undo. Keep scissors in the nightstand in case you need to cut through a restraint that has become too tight.

BDSM

So many fun things fall under the BDSM umbrella. BDSM is an acronym for bondage and discipline, domination and submission, and sadism and masochism. Anything that involves taking or giving up control is a form of BDSM. Playing with power roles is a little more than just being the sexual aggressor. If you are the “top,” you get total control of the scene. And if you are the “bottom,” you give up all control and submit to your top's desires.

Forget everything you think you know about BDSM. Sure, there is a BDSM “scene” and while it can be really fun, you don't have to join it. BDSM players can be very serious about their likes and dislikes and very picky about tools and techniques, but so are people who collect vinyl. It's just part of what makes nerds hot.

SAFE WORDS

In a BDSM scene, you need a way to communicate your limits without shutting everything down. It wouldn't be power play if you weren't pushing boundaries a little, and sometimes “that hurts” means “I'm going to come.” The best way to get around this language issue is to designate a safe word. When the bottom or sometimes the top uses the safe word it means the scene gets stopped, no questions asked. Your safe word can be anything, but one common trick is to use red, yellow, and green to control the intensity of what you are doing. Red means stop immediately; yellow means slow down, it's getting too intense; and green means I'm okay, start back up again.

BONDAGE BASICS

Depending on who's doing the tying, bondage is the best way to end up totally in control or totally helpless. Either way, as long as you are happy with the role you've chosen, bondage is a great way to make sure everyone is getting exactly what she wants. You can use almost anything as a restraint, but it's really smart to stick with things that come off easily. Restraints don't even need to be all that secure. The symbolic act of tying someone up is where most of the hotness factor happens. Try leaving the ties loose and demanding that your bottom remain perfectly still.

Anything that buckles or otherwise attaches and detaches easily makes a good restraint. Velcro cuffs are super handy, and a company called Sport Sheets makes tons of practical Velcro cuffs, straps, and other easy-to-use options for bondage beginners. Leather cuffs with attached D-rings are also hot and versatile. That said, rope is cheap and easy to get; plus, it shows everyone you mean business. There are lots of rope divas who turn bondage into an art form, but a total beginner can really look like she knows what she's doing with a little bit of practice. You can learn many basic knots and rope techniques by watching videos online. Check YouTube for how-to videos by pros like Two Knotty Boys and practice your newfound skills on a willing volunteer.

You can buy specially made, hand-dyed bondage rope at any sex toy store or online. It comes in every color you can imagine. You can also buy basic rope and anything else you need at the hardware store. Soft nylon rope braid is good to start with, and the softer the better. Either have the clerk cut multiple sections of rope in different lengths, or buy a 100-foot package of rope and cut it into several lengths when you get home. I recommend two 10-foot lengths, two 25-foot lengths, and one 30-foot length. You can melt the ends with a candle to stop it from fraying, or wrap the ends with electrical tape, color-coding the lengths so you always know which piece is which. While you're at the hardware store, pick up some eye bolts. Screw them into the wall behind your bed or elsewhere in your room for instant bondage drama.

PLAN AHEAD

Bondage is more fun when you can move from one activity to the next without having to untie anyone. If you want to fuck, be sure to tie your bottom up in a way that her ass and pussy are accessible. Spread-eagle on the bed is always great; just make sure she's already naked, or you'll have to cut off her clothes. Once she's tied down all you need is an ice cube, some clothespins, feathers, and a few other torture items and you're all set.

TIE SAFELY

Talk to your partner and agree on desired activities and a safe word. Ropes should always be loose enough to slip a finger beneath them. Don't tie rope tightly around joints or other sensitive areas. Have scissors handy in case you need to release someone in a hurry. Be extra careful when tying someone to a chair, as it could topple over. It's best to stick with tying your bottom to a bed or wall.

If you are the bound one, tell your partner if you experience any numbness or tingling. Stay present and check in with each other often. Don't play with bondage or any other dangerous activities if either of you has been drinking.

GAGS

Gags can be really fun. They render your bottom unable to speak, leaving her feeling extra helpless. While the look of her mouth stretched around a rubber ball gag might be super hot, it's probably better to start with something small and see whether she's into it. It's a lot harder to wear a ball gag than it looks. Your jaw gets incredibly sore after only a few minutes. It's important to remember that if she's gagged she won't be able to use her safe word. Make sure you come up with an agreed-upon signal that means stop.

A horse bit, rod-style gag, or scarf tied across her mouth will make it difficult for her to talk but not render her completely silent, perfect for getting off on the sounds she's making. Having something in her mouth in this way can really help her get into the whole "Oh no, I'm a helpless captive" thing.

DIY: IT'S THE LESBIAN WAY

The hardware store is bondage paradise. This is the real reason why lesbians love Home Depot. Where else can you buy supplies for building a wall of bookshelves and the hot sex date you've scheduled for after?

Put eye bolts in the wall and hooks in the ceiling to use as anchor points for rope. You don't need anything strong enough to support body weight; that's way too complicated. It just needs to be secure enough to withstand a little tugging without pulling the plaster down around you. Hang chains from the hooks and attach rope to any of the links to make your bedroom jungle gym infinitely adjustable. You should also store a length of chain under your bed that you can secure rope to the ends on either side. Use it vertically for a place to secure

wrists and ankles or horizontally in order to tie down her spread arms.

SHIBARI



Read *The Seductive Art of Japanese Bondage* by Midori for an in-depth, gorgeously photographed lesson in *shibari*, the art of Japanese rope bondage.

SENSE AND SENSATION

Sensation play and sensory deprivation are other ways to have kinky fun. Sensation play means exactly what it sounds like: playing with sensations. The sensations don't necessarily have to be painful, either. A properly applied ice cube can be a pretty wonderful sex toy. Try running it over her body, lingering on sensitive areas like nipples. Try applying Tiger Balm and then ice, or dripping hot wax onto your date's skin. Be sure to test the wax first so it's not too hot. Soy candles work well and burn at low temperatures. Beeswax candles are usually too hot. Mitigate the heat of the wax by holding the candle higher above her body. The longer the wax takes to hit her skin, the more time it will have to cool.

Sensory deprivation (taking away one or more of a person's senses) will make anything you do to your partner seem more intense, such as making your date wear a blindfold while you go down on her. Not being able to see what you are doing increases her anticipation, which heightens arousal. It also blocks out possible distractions and increases her ability to focus on the sensations. Other things you can use to deprive your lover of sensation include earmuffs, gags, and gas masks if you are serious about this stuff, or just, you know, really weird.

THE HARDWARE STORE IS BONDAGE PARADISE.



SPANKING

If you'd like to be on the receiving end of a spanking, but your date is reluctant or feels silly, try taking the lead. Lie face down on the bed, ass bared. Naked is good but jeans pulled down around your ankles is even better. Ask your lover to spank you once, thank her, and continue to ask politely for each subsequent smack.

If you ease her into it this way, she doesn't have to suddenly transform into a super top. Encourage her with appreciative moaning and begging, and she's sure

to get in to it. Don't be surprised when she starts wanting to spank you every time you get it on.

HOW TO SPANK

Start out slowly by rubbing her ass for a while before you start smacking. Rub across her butt cheeks and graze your fingers against her exposed vulva for extra little chills and thrills. Begin by lightly tapping and patting her, letting your strikes slowly build in intensity. Let her become accustomed to the feel of your hand smacking her ass. Let some of your light smacks fall across her exposed vulva. The more turned on she is the more your smacks will feel good, so give her a long erotic warm-up.

TIPS FOR GIVING A HOT SPANKING



1. Find a sex position. Bent over something is always a crowd-pleaser. Beds, couches, laps—all of these are good options.
2. Start slowly. Don't just start smacking away. Begin with light taps. Rub her cute little butt in between smacks to keep the connection.
3. Make your spanking recipient count the hits as you go. If you are really mean, you can make her thank you.
4. Talk a blue streak. You know how to talk dirty. Now do it. Tell your bottom what a bad girl she is. Tell her exactly what you plan to do to her after the spanking is over.
5. Concentrate your smacks on the fleshy part of the ass. This is safer, feels better, and sends a lot of nice reverb throughout her entire pussy.
6. Add some extras. Hair pulling is nice. Try it out and see, softly at first. You want to turn her on, not piss her off.
7. Compliment her ass. Tell your spankee how nice she looks bent over.
8. Use a paddle. I have bruised my hand on quite a few rumps. Don't let this happen to you!
9. Cool down. When you get near the end of the spanking, ask your naughty little bottom how she would like to cool down. She might want the taps to come more slowly, or maybe she wants them more softly.

10. Bask in the afterglow. Hug, cuddle, fuck, or do anything that feels good.



I like to thrift for uniforms and work shirts to use in impromptu cop and robber games and trucker gang bang scenes, because you just never know when you might want that kind of thing.

WHIPPING, CANING, FLOGGING

Spanking with your hand is great, but what happens when your hand gets tired? This is where floggers, canes, and other spanking props come in. You can buy all types of spanking implements at a sex toy store. They come in many different shapes, sizes, and materials. You can also go old school and use a wooden spoon, ruler, or the back of a hairbrush. The wider the surface area of the paddle, the more thuddy and less stinging the sensation will be. What kind of sensation are you going for? Think about how it feels to get smacked with a thin, flexible ruler versus a wooden Ping-Pong paddle. Choose the right tool for the sensation you'd like to create.

Floggers are like multi-tailed whips and are often made out of strips of soft suede, leather, or rubber. They are very versatile; you can run the soft tails over your partner's body to tease her before smacking her ass and thighs. Flogging is best done over large, fleshy body parts like butts and upper backs. If you are interested in learning more about flogging techniques, read *Flogging* by Joseph Bean.

Canes are thin rods that create an intense sting at the point of contact. Canes can be made of anything. Some are made of actual cane or bamboo, and some are made from Lucite or wooden dowels. Caning hurts. A lot. Play with canes carefully. Hitting someone multiple times in the same spot can easily break the skin.

Whips are a little more complicated to use. They look cool, until someone puts an eye out. Choose something short and easy to maneuver. You can improvise a whip with a length of rope or belt. Forget about long whips; those are only good in old Westerns and European soft-core porn.

ROLE-PLAY

Role-playing games make every activity even more fun. You can be anything you want. Just think of the options. Maybe you're a mechanic and your date needs her car repaired. Or you're a student who really needs an A from her sexy professor. Leave Romeo whining in the church, and try pretending to be a star-crossed pair of fit-to-be-tied Juliets. Or why not channel Billie Jean King and her young tennis protégée. A former lover of mine once woke me up on Easter morning and started an impromptu scene between Jesus and Mary Magdalene. It was seriously some of the hottest sex I've ever had.

Role-playing gives your sex life endless opportunities for new sexual scenarios. And it means you'll never get bored with sex because either of you can be a new person any time you want. Playing this way involves a little suspension of disbelief, but what part of sex doesn't? The best way to get into it is to keep your sense of humor. Relax and have fun and pick roles based on the sexual dynamic you are looking for. Don't agree to a role that doesn't turn you on. If what you really want is to get hog-tied, then mean boss isn't the right role for you.

Be creative. Use props. Dress the part. I like to thrift for uniforms and work shirts to use in impromptu cop and robber games and trucker gang bang scenes, because you just never know when you might want that kind of thing. Think of role-playing as a Halloween party for your bedroom. You know how Halloween is just an excuse for hot girls to wear sexy pirate outfits? Well, role-playing games allow you to dress like a pirate whenever the mood strikes.



12 *Sexual Culture*



Sex parties, organized cruising events, sex in public, orgies, threeways, BDSM parties—lesbian sexual culture is vast. What it comes down to is this—lesbians love having sex and love being social, so they’ve managed to weave sex right into the scene. This way no one ever has to choose between getting it on all night

and hanging out with friends—lesbian ingenuity at its finest, if you ask me.

CRUISING

Cruising can help us take lesbian sexuality to the streets—and make us feel sexy while we’re doing it. As a cultural practice, “cruising” has historically been attributed to gay male sexual culture. To “cruise for sex” means to walk around in an outdoor location looking for a casual hookup. Now, lesbians and other queers have adopted the phrase and the practice because it’s just so much fun.

Cruising can help you gain sexual confidence and see the myriad sexual possibilities all around you. Keeping an eye out for sex will send signals that you are available, approachable, and unashamed in your sexuality. As a sex-positive practice, cruising will help you feel embodied, hot, and empowered.

When you’re ready to go cruising for the first time, get some friends together and put on your hottest outfits. You know, get “all dyked out” in your lesbian finest and hit the nearest street, park, bookstore, or bar where other sexy lesbians are likely to be. The point is: make it public. Make sure the place you choose will present plenty of strangers for you to both ogle and enthrall. Cruising helps us remember that sometimes sex is all about the eyes. Hold direct, sexy stares rather than batting your eyes coquettishly. Be unabashed about what you like while of course still respecting people’s space and desires. Feel the electric sexual energy that you project from your body and help create a space within your community that sparks with sex-positivity.

HANKY CODE

Cruising is even more fun when you combine it with flagging. Flagging is the art of indicating your sexual proclivities with differently colored hankies worn in your back pocket. In other words, it’s cruising with accessories! Flagging started with gay and bi men in the ’70s and eventually grew popular among other scenes and sexual orientations.

A hanky worn on the right indicates you are a bottom, and the activity you are cruising for is one that you’d like to have done to you. If your hanky is on your left, you are a top and you’d like to do that particular activity to someone else. Usually, hankies are worn in back pockets, but I’ve seen femmes get creative and tie them to handbags or tuck them into boots. Sometimes hankies are knotted around the neck and the top-bottom preference is indicated by which side the

knot is on.

It's pretty common to see lesbians flagging at leather events, pride events, and sex parties. But more and more it's seen at the bar and other common hangouts. The basic hanky colors you'll see on dykes are listed above, though the complete hanky code is mind-bogglingly long and covers nearly every sexual activity you could possibly imagine. Do a Google search for "hanky code" if you need more options.

FEMME FLAGGING

Do your tips as a tip-off. If you're a frustrated femme who wants the world to know you're a queer lady on the prowl, consider the two-tone flagging manicure. Use one color for the majority of your hand, and use the appropriate flagging color for your index and middle fingers. Also fun: apply fake nails on all fingers except the ones you fuck with.

HANKY CODE

Light blue	Oral sex
Gray	Bondage
Black	Heavy SM
Red	Fisting
Hunter green	Daddy play
Mint green	Mommy play
Dark blue	Fucking
Fuchsia	Spanking
Light pink	Dildos
Dark pink	Nipple play
Yellow	Watersports
Olive	Military scenes
Beige	Rimming
Purple	Piercing
Orange	Anything goes

CIRCUIT PARTIES

Sex in public can mean attending an organized cruising night, make-out party, or some other kind of organized event full of horny lesbians. The Dinah Shore, for instance. Maybe you think the Dinah Shore is a golf tournament named after a famous lady golfer? Well, it's that, too. But mostly the Dinah Shore is lesbian spring break. It takes place in Palm Springs over the same weekend as the famed golf tournament. While the LPGA is tensely putting away, hundreds of Southern California lesbians are packed into a hotel drinking and humping. Other large-scale drinking and humping lesbian parties include AquaGirl in South Florida and Women's Week in Provincetown. For more circuit parties, try an internet search, check the listing section of your local lesbo magazine, or look up parties in the *Damron Women's Traveler*.

WORKSHOPS

Another fun way to participate in sexual culture is to attend a workshop or take a class. You could learn rope bondage at the local feminist-run sex toy store, learn Tantra on a weekend retreat, or attend a women's BDSM and leather conference and contest. Workshops, classes, and contests are teeming with lesbians and queer women. You'll meet new friends and maybe even a potential date or two. One of my favorite ways to spend a Friday night used to be attending workshops at The Exiles, a women's BDSM group in San Francisco. My friends and I would get dolled up, spend a couple of hours learning about rope bondage or knife play, and then head to the Lexington, San Francisco's original dyke bar, to find someone to practice our new skills on. Check out the Resources section for information on The Exiles and other women's BDSM groups.

GREAT SEX SHOPS



Babeland is a great resource. The staff is always friendly, knowledgeable, and never gun-shy. Don't be embarrassed to take time with them and ask questions. If you don't happen to be near their New York or Seattle locations, check out the website, www.babeland.com.

Come As You Are, a cooperatively-run sex toy store in Toronto, is my personal

favorite place to shop for toys and attend workshops. If you can't get to Toronto to visit in person, you can check out tons of sex education information on their incredibly thorough website, www.comeasyouare.com.

Good Vibrations is the pioneer of feminist sex shops. "Creating a buzz since 1977," Good Vibrations started the trend and remains an excellent resource. Good Vibes has stores in San Francisco, Berkeley, Oakland, and Boston. You can also check them out online at www.goodvibes.com.

If you are in the Portland area, She Bop is a local female-owned and -centered sex shop. They have a wide selection, helpful staff, and fun workshops. Check them out on the Web at www.sheboptshop.com.

The Pleasure Chest is famous. They've been featured on *Sex and the City* and *Entourage*. Check out the stores in New York, Los Angeles, and Chicago. Find them online at www.thepleasurechest.com.



CLIT LIT

Reading lesbian erotica is a good way to get turned on and stoke your sex drive. Queer erotica is celebratory and can help us feel sexual even when we're single. You might even try writing some of your own. Lesbian erotica is a thriving genre. Check out local queer and feminist bookstores for erotica readings, or write a story and submit it to an anthology. You can find calls for submissions online. Check out Cleis Press (www.cleispress.com) or Lambda Literary (www.lambdaliterary.org) for anthologies currently accepting submissions.

There are many touring groups with performers who read lesbian erotica, and chances are at least one will come to a town close to you. Shows like *The Femme Porn Tour* feature edgy writers and performers and are a great place to meet other women interested in queer erotic writing. Many readings will also feature an open mic, where you can get on stage and read your own work.

HOT LESBIAN EROTICA

1. *Breaking Bethany* by Anna Keraleigh
2. *On the Rocks* (The Edge Series) by Elizabeth Morgan
3. *Soaking the Pillow: Erotica for Women Who Love Women* by Kelli Jae Baeli
4. *Building Character* by Kate Genet
5. *Daisuki* (Ren'Ai Rensai Collections #1) by Hildred Billings
6. *Sheshifters: Lesbian Paranormal Erotica* by Delilah Devlin
7. *Bed: New Lesbian Erotica* edited by Victoria A. Brownworth
8. *Plethora* by Kelli Jae Baeli
9. *Sometimes She Lets Me: Best Butch Femme Erotica* edited by Tristan Taormino
10. *The Erotic Naiad: Love Stories by Naiad Press Authors* edited by Katherine V. Forrest
11. *Say Please: Lesbian BDSM Erotica* edited by Sinclair Sexsmith
12. *Ultimate Lesbian Erotica 2009* edited by Nicole Foster
13. *Crave: Tales of Lust, Love, and Longing* by Catherine Lundoff
14. *Maybe I'll Tell You a Bedtime Story* by Claudine Lanthenay
15. *The Harder She Comes: Butch Femme Erotica* edited by D.L. King
16. *In Deep Waters 2: Cruising the Strip* by Radclyffe
17. *Return to Lesbos* by Valerie Taylor

18. *Women's Barracks* by Tereska Torres

19. *Home in Three Days, Don't Wash* by Linda Smukler

20. *This Is How We Do It* by D. Alexandria



QUEER PORN

We've been in the midst of queer porn renaissance since the early 2000s. Lesbians and queers have long wanted to see people who actually looked and

fucked like them having sex on screen, and advances in digital video made the process of creating porn easier and cheaper. Now we have our own queer porn directors and queer porn stars.

Courtney Trouble, Shine Louise Houston, and Madison Young were at the vanguard of this renaissance. Now there are so many queers making professional-grade and DIY porn that I couldn't even begin to mention them all. Perhaps you have a future as a queer porn director or star on your horizon, whether on screen or in a kinky role-play in your bedroom this weekend!

The Feminist Porn Awards grew out of this scene to recognize the best in adult film based on revolutionary criteria. To be eligible for an award, a film must have had a woman and/or traditionally marginalized people involved in the direction, writing, or production. According to their website, nominated films must also portray “genuine sexual pleasure and agency” in all performers (especially women and traditionally marginalized people) and should expand representation in a way that challenges stereotypes in porn. Talk about sexy—now we can have our cake and eat it, too.

HOT QUEER PORN

Maria Beatty's high art aesthetic mixed with her unflinching portrayal of rough and raunchy sex can't be beat. Particularly recommended: *Post-Apocalyptic Cowgirls*.

Queer Porn icon Courtney Trouble's films are hot and fun with a full spectrum of genders and body types. Particularly recommended: *Lesbian Curves*.

The Crash Pad Series by Shine Louise Houston has a kinky voyeuristic premise. A room exists somewhere in San Francisco where you can take a date to be alone. The room has five keys. You are to use the key five times and then pass it on to another lucky queer. You call the room first, and if no one answers, you're good to go. If someone does answer, then you'll have to wait, or be invited in for some unexpected group play. What the Crash Padders don't know is that their every move is being filmed.

Also, check out anything with Syd Blakovich. Seriously, anything. There is an entire tumblr page in homage to Syd's raw sexiness and sexual skill.



PLAY PARTIES

Play parties are parties with sex. There are many, many kinds of play parties. Most cities with a decent-sized queer scene will have at least one regularly scheduled lesbian and queer play party. Check the internet. Ask around. Usually you need to get on the email list, which you can do by emailing the organizers and asking to be added. Once you are on the email list you'll receive notices whenever a play party is happening. Play parties are like any other party: how much fun you have depends on how willing you are to relax and meet people.

Play parties can be enormous, elaborate events that take place in dungeons full of kinky equipment and everyone wears fetish gear or leather. Parties like this can be a great way to try out specialty equipment like slings, which you probably don't have at home. There are also smaller and less formal play parties. These are often held in a private home or rented space. Smaller parties can be more intimate, making it easier to cruise and meet people. My favorite sex parties are a combination of elaborate and intimate. I love dressing up and having sex in fancy dungeons, but I'm happiest when the party is on the intimate side and I know most of the people in attendance. You'll have more fun at a play party if you know what you like and what you are hoping will happen. Keep your expectations low and maybe you'll be pleasantly surprised.

Most play parties have a lounge area with snacks and drinks and places to relax and take a break from the action. If you feel uncomfortable or overwhelmed you can always head to the lounge and chat with people who aren't busy fucking. You might even meet a person to play with.

FINDING SEXUAL COMMUNITY

Even if you are too shy to have sex in front of lots of people, attending a sex party is one way to find sex-positive community and expand your network of lovers and friends. Whether or not you've had any experience with multiple-partner sex, a play party is going to introduce you to a lot of new things and help you expand your sexual repertoire. You'll get to see new people having all different types of sex, and you might learn some tricks. If you are curious about BDSM activities, a play party is a good place to witness these activities being performed by people who know what they are doing. And later when you become more comfortable, a play party is a great place to find willing partners and try out your new tricks. I honed my spanking skills at sex parties, first by watching skilled spanking tops dish it out, and then later by spanking willing bottoms.

PLAY PARTY ETIQUETTE

You can attend a sex party alone or with a date. People show up to play parties with the intent to cruise, so showing up alone is a good way to meet someone. You can also bring a date and the two of you can perform a scene of your own while the rest of the room watches. Keep in mind, a sex party is going to be full of regular people, some of whom you will find attractive and some of whom you won't. You should always be polite, have firm boundaries, keep an open mind,

and be nice to people who approach you even if you don't want to have sex with them.

If you are attending a play party with your partner, talk openly about expectations and boundaries before you get there. You never know what sort of situations you'll find yourself in and you don't want to have an emergency processing session or disagreement in public. Set rules with your partner beforehand and stick to them.

10 REASONS TO ATTEND A SEX PARTY
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1. You can wear lingerie in public.
.....
2. You can try equipment you don't have at home.
.....
3. As a couple, having sex in front of an audience can reignite your sex life.
.....
4. You can find new lovers.
.....
5. You can have no-strings-attached sex.
.....
6. You can be loud and not bother your roommates.
.....
7. You'll get to see a lot of other people having sex.
.....
8. You can have anonymous sex.
.....
9. You can meet new friends.
.....
10. You can get new ideas.

DRESS UP

If the party has a theme or suggested attire, like leather or uniforms, it's disrespectful to ignore it. Dressing the part will help you fit in and feel comfortable. Even when there is no theme, you should dress appropriately for a sex party; it helps set the mood and shows other attendees you are there to participate. Some parties will ask you to check your clothes at the door and some will require guests to wear fetish-themed attire. If the party has no particular

theme it's okay to wear something very revealing that you feel comfortable and sexy in. Nothing says hot and ready-to-fuck like a butch dyke in ripped Levis. And a gorgeous woman in a corset is going to be welcome anywhere. Other great party looks are lingerie, jock straps, leather pants, PVC, skimpy dresses, stripper wear, porn star outfits, boxer shorts, cross-dressing attire, or vintage girdles and slips.

MEETING PEOPLE

If you are feeling nervous about attending your first sex party alone, bring a friend along, but make sure it's a friend you feel comfortable having sex in front of. You never know when you might find yourself bent over a sawhorse with your boxers around your ankles. Plan your arrival time. You don't want to be the first person there and have to stand around by yourself, but you also don't want to arrive so late that everyone is hooked up and in the middle of elaborate scenes. Arriving somewhere in the middle will ensure you have time to cruise. Approach potential hookups in a sexy, friendly way. Flirt, make eye contact, chat people up, and act confident and you'll get more attention than you'll know what to do with.

Cruising at sex parties is like cruising anywhere else, except you know that everyone there is looking to get laid. Good cruising is sexy without being intrusive. It's wonderful to make party attendees feel admired, though walking up to them and wanking off on their legs is bad form.

Make eye contact. A slow gaze that lasts a beat longer than it should, followed by a smile, is a widely recognized and very seductive come-on, but an obvious leer makes you look desperate. Flattery will get you everywhere. If you find someone attractive, tell her.

Make friends with people at the party. Friends are great allies and can help by introducing you to someone you might like. If you do see someone you like, introduce yourself. "Hi, my name is Diana" is a better start than "Wanna fuck?" Though sometimes that approach works, too. It's normal for sex party attendees to chat a bit and then be pretty direct about wanting to play. If you want to play with someone, ask directly. It's as simple as saying, "Would you like to play with me?" If she says no, be polite. If she says yes, you'll want to negotiate your boundaries and fantasies about what follows. Be very clear about what you are looking for. And if you want to engage in any kind of SM play, make that known. Negotiating means talking about what types of things you want and are

willing to do. It doesn't mean persuading someone to have certain types of sex with you.

"It's much easier to negotiate play with someone when she has specific desires in mind. Before attending a sex party, make a list of five things you'd like to try. Maybe it's flogging, making out, watching porn and making commentary, getting tied up, or forced lesbianization (making someone recite Melissa Etheridge lyrics while you spank her with a copy of *On Our Backs*)."

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Bevin Branlandingham, Body Liberation Coach and Writer of
QueerFatFemme.com



13 *Caring for Your Sexual Self*



You have a sexy, responsive, wonderful body that gives you tons of pleasure. You must take care of it. Real sexual health requires lesbians, queer women, and their partners be unashamed of their sexual desires and unafraid to talk to partners and health care providers about their sexual practices. Taking care of

ourselves means putting our needs first, and that means all of our needs—emotional and physical. We must learn to ask questions, challenge health care providers to become more knowledgeable about our community, and talk openly with lovers about what we're doing and with whom. We must learn about the ways our body works and become knowledgeable about self-care and preventive health care. And most importantly, we must learn to value ourselves in order to make better choices.

SCARCITY MENTALITY AND FOMO (FEAR OF MISSING OUT)

Queer communities can be small, even in urban areas. There are simply fewer lesbians in the world than there are non-lesbians. And this means that sometimes we are dateless when we don't want to be. It could be that you've already dated everyone in your small town, or that the lesbians in your community are more sporty and you like femme girls. Whatever the reason, at some point or another we've all looked around and thought, "There is no one to date, and I'm going to be single forever." Of course it isn't true, but that doesn't make it seem any less real.

This feeling of scarcity sends us into panic mode and can lead us to make poor choices—either dating someone who isn't right for us or staying in a relationship that isn't healthy because we're afraid that if we break up we'll never meet anyone else.

PARTYING AND SEXUAL HEALTH

Drinking too much, taking drugs, and smoking are bad for your sex life. In extreme cases, hard partying leads to having no sex life at all. No one makes good choices when she is drunk and high, and hooking up with someone when you're drunk means you probably won't remember the sex. Drug use has been linked to various types of sexual dysfunction, including not being able to reach orgasm. Yes, it's a bit of a paradox because so much of dyke life takes place in bars and clubs, but the best route to a satisfying love life is keeping the substances to a minimum.

BODY IMAGE AND SEX

You don't need to fit a mainstream standard of beauty to be sexy and have an amazing sex life. Instead, get in touch with a form of beauty that works for you

and that makes you feel good as an individual. Feeling confident allows you to feel sexy, and confidence can be learned. Learn to work your assets. Accentuate things you like about yourself. Don't look to mass media for inspiration; you won't find it. Instead, look at queer sites online. Tumblr is teeming with amazing images of hot lesbians working what makes them feel good about themselves.

If poor body image issues affect your life on a daily basis, don't be afraid to seek help. Eating disorders, depression, and self-harming behaviors damage us. You don't need to suffer through things alone. Talk to someone you can trust. If you feel alone, find friends online. Seek connection with others through internet support groups and message boards. Don't let dysfunction define you. I know it can feel overwhelming to dig yourself out of depression, but it can be done. Start by getting a copy of Kate Bornstein's *Hello Cruel World: 101 Alternatives to Suicide for Teens, Freaks, and Other Outlaws*. There's even an iPhone app so you'll always have her wise words and guidance within reach! Kate Bornstein is a queer, trans, lesbian activist. She's been there. She gets it. The book is like an intervention, and while it's not a substitute for therapy, it can help you hang on while you seek out other forms of help.

Much of the rhetoric around obesity and weight loss is frankly bullshit. It is possible to be healthy at a range of sizes, and there are multiple movements working all over the world to make this information more widely known. Fat acceptance, size acceptance, body positivity, whatever you call it—one of the basic tenets is that people of all shapes and sizes deserve to live happy, healthy lives free of stigma and oppression. If you are a person of size who wants to feel more empowered, you will find a community, lovers, dates, and friends who share your worldview by joining NoLose. NoLose is an organization that seeks to end the oppression of fat people. It is a life-affirming, sex-affirming, body-affirming, and health-affirming group of folks who are working to make the world a place where all bodies are celebrated. You can attend the annual conference or look for a local chapter. NoLose throws the best parties. Find out more on the Web at www.nolose.com.

Big Big Love by Hanne Blank is another important healthy sex life tool. Blank's guide to health and relationships for people of size is an excellent resource and full of necessary and practical advice for fucking when your body is bigger. She walks you through practical things like positions and choosing sex toys, and also includes a lot of important information around boundary setting and finding the kind of love and sex you want. She even helps you learn to gauge whether or not

the attention you are receiving is healthy and whether a potential date has your best interests at heart.

SEXERCISE

Exercise improves your mood, health, and body image. If you have time to fit a regular exercise program into your busy schedule, then by all means go for it! If you don't have time for a heavy-duty workout plan, then try and fit in a little sexercise. Sexercise is any type of exercise that specifically improves your sex life.

Certain types of exercise, especially those that target core strength and flexibility, such as Pilates and yoga, are excellent for improving your sex life and can increase your stamina. This type of exercise can also help you feel at home and comfortable in your body, which leads to feeling more sexy and sexual.

Push-ups, pull-ups, weight-lifting, and other upper-body strength exercises are also great for sex. Exercise means better circulation, which leads to more blood flow to your genitals and better, stronger orgasms. Upper-body strength can make fucking in certain positions easier and more fun. You need upper-body strength to move your lover around and hold her down. Strong arms means better, longer, and sexier fisting and hand jobs.

Masturbation is a great form of sexercise as well as a mood lifter and stress reducer. It keeps your orgasmic response primed and ready, making orgasms during sex easier. Studies have shown that regular masturbation strengthens your vaginal ecosystem, making you more resistant to yeast infections. Masturbation eases menstrual cramps and back pain and helps you sleep.

Regular masturbation keeps you in tune with your bod, so you'll know much more quickly if something goes wrong. Plus, it keeps your pelvic floor muscles in tip-top shape, preventing medical problems like urinary incontinence and prolapsed uterus. Most importantly, masturbation keeps you feeling connected to your sex drive, which makes you feel more sexy and powerful overall.

HAVE CHECKUPS

Get your sexual body checked out! Take care of your gynecological health. Get pelvic exams, Pap smears, and breast cancer screenings: yes, even if you are butch, trans, or anywhere on the trans* masculine spectrum. Many individuals

who are queer, intersex, masculine in their presentation, or trans fear going to the doctor. Queer people fear discrimination by health care providers and as a result don't seek medical care. This is terrible! Yes, going to the doctor can be uncomfortable, but if you let fear dominate your life, then bigots win and queers lose. Your body is valuable, and your lovers—present and future—are relying on you to stay safe and healthy so you can give them great sex.

Trans folks especially need to find providers who understand trans and queer bodies. Trans men, even after top surgery, need to check any remaining breast tissue for lumps. Trans women should also check breast tissue for irregularities. Get to know the way your body feels now so that if something changes in the future you will notice. Trans men need gynecological care. You've worked hard to get the body you want. Now take care of it.

If a health care provider makes you feel uncomfortable, tell her. If she continues, leave. Find another provider. Write clear, forceful, detailed negative reviews on review sites like [Zocdoc.com](https://www.zocdoc.com), [Medicalgrade.com](https://www.medicalgrade.com), or [Yelp.com](https://www.yelp.com). Medical professionals who discriminate should be shamed and called out by name on the internet until they access sensitivity training and learn to treat all bodies equally. Let's do this together as a community. We can change things and make it easier and more comfortable for queer people to access the medical care they desperately need.



HEALTHY PARTNERSHIPS

Safe, healthy relationships are an important part of our sexual health. Lesbians are not immune to intimate partner violence, and in fact, living in a society that devalues queer lives and relationships makes lesbians and queer women more susceptible to intimate violence and sexual coercion.

Studies show that queer people deal with partner violence as much as non-queer people do. Queer women's experiences with domestic violence are vastly underreported. Racism, homophobia, and transphobia by law enforcement often lead to partner violence being reported as something else. Racism, sexism, homophobia, and transphobia also prevent queer and trans victims of domestic violence from seeking help from the police and the legal system for fear of discrimination or bias.

RELATIONSHIP RED FLAGS

1. You are being physically abused.
2. You are being emotionally abused.
3. Your partner criticizes you incessantly.
4. Your partner doesn't like you to have friends outside of your relationship.
5. You are never able to spend time alone with friends or family.
6. Your friends and family seem concerned about the health of your relationship.
7. Your partner frequently drinks to excess.
8. Your partner uses drugs more often than you are comfortable with.
9. Your partner makes you feel unsafe.
10. You are constantly under threat of being broken up with.
11. Your partner lies to you.

12. Your partner disappears for long periods of time and doesn't account for her whereabouts.

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13. Your partner coerces you into sex.

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14. Your partner withholds sex.

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15. Your partner punishes you by being emotionally withdrawn when you do something she doesn't like.

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16. Your partner insists on paying for everything and you feel dependent on this.

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17. Your partner refuses to pay for anything.

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18. Your partner has a problem with compulsive behavior, such as gambling or porn.

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19. Your partner embarrasses you in front of your friends.

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20. Your partner frequently makes scenes in public.

There are many types of abuse, and some we may not readily recognize. The National Coalition Against Domestic Violence (NCADV) lists the following as forms of abuse: • *Physical*: The threat of harm or any forceful physical behavior that intentionally or accidentally causes bodily harm or property destruction.

• *Sexual*: Any forced or coerced sexual act or behavior motivated to acquire power and control over the partner. It is not only forced sexual contact but also contact that demeans or humiliates the partner and instigates feelings of shame or vulnerability, particularly with regard to the body, sexual performance, or sexuality.

• *Emotional/verbal*: Any use of words, voice, action, or lack of action meant to control, hurt, or demean another person. Emotional abuse typically includes ridicule, intimidation, or coercion.

• *Financial*: The use or misuse, without the victim's consent, of the financial or other monetary resources of the partner or of the relationship.

- *Identity abuse*: Using personal characteristics to demean, manipulate, and control the partner. Some of these tactics overlap with other forms of abuse, particularly emotional abuse. This category is comprised of the social “isms,” including racism, sexism, ageism, able-ism, beauty-ism, as well as homophobia. It includes threats to “out” the victim.

TRANSGENDER ABUSE

Specific forms of abuse can exist in relationships where one partner is transgender. The NCDVA lists the following as transgender abuse:

- Using offensive pronouns such as “it” to refer to the transgender partner
- Ridiculing the transgender partner’s body and/or appearance
- Telling the transgender partner that he or she is not a real man or woman
- Ridiculing the transgender partner’s identity as “bisexual,” “trans,” “femme,” “butch,” “gender queer,” *etc.*
- Denying the transgender partner’s access to medical treatment or hormones or coercing him or her to not pursue medical treatment

STIs AND SAFER SEX

Despite what you may have heard, woman-to-woman sex, like any other type of sex, carries risks of sexually transmitted infections (STIs). STIs are commonly spread through mucous membranes—this means the mouth, vagina, anus, and urethra. If you are sexually active in any way besides a completely monogamous relationship with a person who does not have an STI, then you are at risk of contracting an STI.

The myth that lesbians don’t need to worry about safer sex is outdated and comes from medical providers’ lack of information about what lesbians actually do in bed. Lesbians have many kinds of sex, some riskier than others. But even manual sex (hand jobs) carries some risk. Genital warts, for instance, can be spread via the hands by touching an infected partner’s genitals and then touching yourself.

The only absolute foolproof protection against STIs is to have only “no contact” sex. Phone sex, sexting, and cybersex are forms of no-contact sex. You can also

engage in dirty talk with masturbation, or voyeurism and exhibitionism, as long as you touch only yourself and not your partner. No-contact sex can be exciting and fulfilling and is a good way to have sex with a partner who has been diagnosed with an STI.

FLUID BONDING

One way couples keep their risk of STI exposure to a minimum is through fluid bonding. Fluid bonding means that you and your partner have both been tested for STIs, have received a clean bill of health, and have agreed to have no other partners or have no-contact sex or safer sex with other partners. Fluid bonding is an excellent way to lessen risk, but keep in mind it only works when both parties are honest about the activities and follow the rules. Sometimes people we love are dishonest. Know this and assess your risk.

LOW-RISK SEX

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There are many ways to get down with your date that carry very little risk of transmitting infections. Planned Parenthood lists the following activities as "very low risk":

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Using clean sex toys

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Masturbating together

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Manual sex (i.e., hand jobs)

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Touching breasts and other body parts

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Kissing

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Oral sex with a barrier

THE SAFER SEX TALK

Talk about safer sex with a lover early on. You can even get tested together as a way to bond and show your commitment to keeping each other healthy. If you have an STI, then it's your responsibility to talk to your lover about it before you have any sexual contact. People with chronic infections like herpes struggle with

having to “come out” about their infection with each new lover. You can make this easier by listening and offering support. Never shame anyone who comes out to you about an STI. Anyone who has sex is at risk for contracting an STI, just like anyone who rides the subway is at risk of catching a cold. The culture of shame around sex and STIs keeps people from being honest and allows STIs to spread. Instead, thank the person for her honesty and learn everything you can about safer sex methods.

HUMAN PAPILLOMAVIRUS (HPV)

HPV is the most common STI. According to Planned Parenthood, 75 percent of women contract it at some point. There are more than 100 strains of the virus, though not all are harmful. Low-risk strains lead to genital warts, and high-risk strains, if left untreated, can cause cervical cancer and infertility. HPV often goes undetected, which is why it’s important to get annual Pap smears to check for the virus and get treatment if necessary. Most HPV infections, but not all, are cleared up by your immune system within two years. An HPV vaccination exists, and if you are interested in receiving it, check reliable sites like Planned Parenthood for more information.

HERPES

There is still no cure for herpes. While it is possible to have an asymptomatic infection, most people who contract the virus will have at least one breakout and then have periodic breakouts throughout their lives. Herpes is transmitted through skin-to-skin contact; you can get oral herpes on your genitals and vice versa.

SYPHILIS

Syphilis rates have been skyrocketing among gay men in the past few years, and if your sexual network includes gay and bi cis or transmen, then you should be concerned about syphilis. Syphilis starts with the appearance of a single sore, called a chancre. The sore will appear in the vagina or on the genitals, cervix, lips, mouth, breasts, or anus. It usually appears three weeks after infection, but could take longer.

COMMON BACTERIAL INFECTIONS

Chlamydia, gonorrhea, trichomoniasis, and bacterial vaginosis are bacterial infections that can be treated with antibiotics. These infections are spread through unprotected oral, anal, and vaginal sex. Common symptoms include foul

odor, vaginal discharge, pain when urinating, and vaginal itching. Many bacterial infections can lead to infertility if they are not treated.

HIV

AIDS is caused by the human immunodeficiency virus (HIV). HIV can be spread by four body fluids: blood, semen, vaginal fluid, and breast milk. You cannot get infected unless the virus in one of these fluids reaches your bloodstream. Saliva alone cannot spread HIV. Safer sex as it applies to HIV is any kind of sex in which body fluids do not come into contact with your bloodstream. Below is a set of guidelines for HIV prevention produced by the San Francisco AIDS Foundation:

Kissing is safe unless either of you has a cut or sore in your mouth, or bleeding gums. (After you brush or floss your teeth, wait at least half an hour before kissing.) Blood, not saliva, contains the virus.

Touching your lover's breasts is safe. You can lick, suck, kiss, and bite them as long as there's no blood or breast milk. Massage, dry kissing, masturbation (touching yourself), and body-to-body rubbing are all safe.

Putting your fingers inside her can be risky. To be safe, wear latex gloves. If you use a lubricant, make sure it is water based. (Oil-based lubricants like Vaseline and hand lotion will damage the latex.) Sores or cuts on your or her fingers, mouth, or vagina increase the risk. Sores and cuts can provide a way for the virus to get inside you. If you touch her vagina and then touch your own (or vice versa), you could spread the virus. Be sure to use gloves in between!

Contact with menstrual blood is very risky. If she is infected, her menstrual blood (like other blood) will have a lot of virus in it.

Oral sex on a woman is risky, especially when she has her period. To make it safe, cover her vulva (genital area) with a piece of plastic wrap. This will keep her fluids out of your mouth. Latex dams, also called dental dams, are safe to use for oral sex, too.

Sex toys are safe by themselves, but it is risky to share them. If you share dildos or vibrators, cover them with a condom and put on a fresh one every time it is used by a different person.

Getting pregnant can be risky. If you have sex with a man or have a man donate sperm to you, make sure he tests HIV negative at least six months after his last possible risk. (All licensed sperm banks test their donors carefully.) SM activities are safe if there is no blood involved. If you are piercing each other, clean the needle with bleach between users. Use different razors if you shave each other.

Don't let urine or feces of another person get inside your body.

DEALING WITH STIs

If you suspect you have an STI, get tested and seek treatment. It's not the end of the world. It doesn't mean you are bad, or wrong. STIs don't discriminate. Anyone can get infected. Don't attempt to diagnose yourself on the internet; that only leads to more fear and anxiety.

Once you have a diagnosis from a medical doctor and are receiving treatment, inform your partners about your diagnosis. They will need to get screened as well. If you have been diagnosed with something chronic, like herpes, you may want to join a support group. Support groups can be really awesome and help you meet people dealing with similar issues.

URINARY TRACT INFECTIONS (UTIs) AND YEAST INFECTIONS

UTIs and yeast infections are not transmitted sexually, but they affect our sex lives and are often aggravated by our sexual practices. UTIs are extremely painful—you'll know if you have one. They cause a burning sensation in your urethra and a constant need to urinate. Vaginal penetration, especially fisting or vigorous penetration with toys, can trigger UTIs by forcing bacteria into the urethra. You can prevent UTIs or at least lessen your chances of getting them by drinking lots of water and making sure you get up and pee after sex. If you get frequent UTIs, try taking cranberry pills on a regular basis. Research has shown that cranberry extract contains substances that prevent bacteria from sticking to the urethral walls. You can buy cranberry extract in health food stores and most drugstores.

Yeast infections won't kill you, but they sure are annoying. Yeast infections cause itching, thick vaginal discharge, and weird smells. They are caused by an imbalance of bacteria in your vagina. When your healthy vaginal bacteria are compromised, the yeasts that are usually kept in check can take over. Some women are more susceptible to yeast infections than others. Taking probiotics and eating healthy probiotic foods like yogurt can help keep your vaginal ecosystem healthy and resistant to yeast infections.

RESPONSIBLE SEX

There is a lot of information in this chapter about sexually transmitted infections

and how to prevent them, but the number one most important tip I can give you is to act responsibly. Work to overcome your inhibitions and shame. Don't have sex when you are very drunk. Don't take drugs and have sex. Respect yourself and your partners and don't take chances with your physical or emotional well-being. Lesbian sex is too wonderful to be taken for granted. Every sexual encounter has the potential to lead to something greater—love, a relationship, a lasting intimate bond.

Resources

QUEER AND FEMINIST PRESSES

CLEIS PRESS

www.cleispress.com

Cleis Press publishes a large number of sex and erotica books and anthologies, including the Best Lesbian Erotica volumes.

THE FEMINIST PRESS AT CUNY

www.feministpress.org

The Feminist Press is an independent press dedicated to social justice issues and publishes an assortment of feminist literary fiction and nonfiction, including *The Feminist Porn Book*.

THE LAMBDA LITERARY FOUNDATION

www.lambdaliterary.org

The Lambda Literary Foundation celebrates LGBT literature through various programs. Check out the website for book reviews, author interviews, and information about reading events. Lambda Literary also holds an annual writing retreat for emerging LGBT writers.

TOPSIDE PRESS

www.topsidepress.com

Topside is dedicated to publishing “authentic transgender narratives” and publishes a variety of transgender fiction and memoir.

ORGANIZATIONS

CALLEN LORDE

www.callen-lorde.org

Callen-Lorde Community Health Center provides sensitive, quality health care and related services to New York’s LGBT community, regardless of the patient’s ability to pay. It also promotes health education and advocates for LGBT health issues.

FEMINISTS FOR FREE EXPRESSION

www.ffeusa.org

Feminists for Free Expression “works to preserve the individual’s right to see, hear, and produce materials of her choice without the intervention of the state ‘for her own good.’” These materials include music, film, writing, visual art, and pornography.

GLMA

www.glma.org

This is an association for health providers who are working to advance LGBT equality. Their website has a helpful “for patients” section where you can find providers in your area.

INTERSEX SOCIETY OF NORTH AMERICA

www.isna.org

The Intersex Society of North America is “devoted to systemic change to end shame, secrecy, and unwanted genital surgeries for people born with an anatomy that someone decided is not standard for male or female.”

THE LESBIAN HERSTORY ARCHIVES

www.lesbianherstoryarchives.org

Located in Brooklyn, New York, the Lesbian Herstory Archives gather and preserve records of lesbian activities for future generations to access materials relevant to their lives. Visit next time you are in New York, donate your journals and love letters, or browse the online resources.

LESBIAN SEX MAFIA

www.lesbiansexmafia.org

This is a support and information group for all women over eighteen, including transsexual and intersexed women who live as women and all female-born transgender people who have a connection and respect for the women’s community.

NOLOSE

www.nolose.org

NoLose is a vibrant community of fat queers and their allies that seeks to end the oppression of fat people and holds an annual conference.

THE PHILADELPHIA TRANS HEALTH CONFERENCE

www.trans-health.org

An annual conference, the Philadelphia Trans Health Conference (PTHC) offers a space for trans* people and their allies to come together to promote transgender health and wellness in mind, body, spirit, and community.

THE TREVOR PROJECT

www.thetrevorproject.org

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to the LGBTQ community. In addition to online education resources and advocacy work, they run a 24-hour suicide prevention hotline at 1-866-488-7386.

WEBSITES

AFTER ELLEN

www.afterellen.com

A lesbian pop culture site with a fun, feminist perspective on film, television, music, books, and sports.

AUTOSTRADDLE

www.autostraddle.com

Autostraddle is a funny and provocative voice and online community for “a new generation of kickass lesbian, bisexual, and otherwise inclined ladies (and their friends).”

FETLIFE

www.fetlife.com

A social media site for folks interested in kink/fetish.

GO MAGAZINE

www.gomag.com

Based in NYC, *Go Magazine* is “the cultural roadmap for the city girl” but also includes news and events listings for queer women throughout the country.

LESBIANNIGHTLIFE.COM

www.lesbiannightlife.com

This site has listings of parties and events by city.

ORIGINAL PLUMBING

www.originalplumbing.com

This is “the premier print magazine dedicated to the sexuality and culture of FTM trans guys.” *Original Plumbing* is available in print quarterly but also has an online blog, and organizes events around the country.

PRETTY QUEER

www.prettyqueer.com

An online magazine devoted to queer and trans issues and identities.

SHE/SEEK

www.sheseekonline.com

An app to help you find local bars, restaurants, and events for LGBT women.

VELVETPARK MEDIA: DYKE CULTURE IN BLOOM

www.velvetparkmedia.com

Velvetpark Media is “a virtual community dedicated to fostering and educating queer women’s subcultures in the arts, academia, and activism.”

PARTIES

AQUA GIRL

www.aquagirl.org

THE DINAH SHORE

www.dinahshoreweekend.com

LOVERGIRL

www.lovergirlnyc.com

SEX TOY SHOPS

A WOMAN’S TOUCH

Madison, WI

www.a-womans-touch.com

APHRODITE’S TOY BOX

Scottsdale, GA

www.aphroditestoybox.com

BABELAND

New York, NY; Seattle, WA

www.babeland.com

BLOWFISH

San Francisco, CA

www.blowfish.com

COME AS YOU ARE

Toronto, Ontario

www.comeasyouare.com

EARLY TO BED

Chicago, IL

www.early2bed.com

FEELMORE510

Oakland, CA

www.Feelmore510.com

FORBIDDEN FRUIT

Austin, TX

www.ForbiddenFruit.com

GOOD FOR HER

Toronto, ON

www.goodforher.com

GOOD VIBRATIONS

San Francisco, CA; Berkley, CA; Oakland, CA; Brookline, MA

www.goodvibes.com

MISTER SISTER

Providence, RI

www.mistersistertoys.com

NOMIA BOUTIQUE

Portland, ME

www.nomiaboutique.com

OH MY: A SENSUALITY SHOP

Northampton, MA

www.ohmysensuality.com

THE PLEASURE CHEST

Chicago, IL; New York, NY; Los Angeles, CA

www.thepleasurechest.com

THE RUBBER ROSE

San Diego, CA

www.therubberrose.com

SELF SERVE

Albuquerque, NM

www.selfservetoys.com

SHE BOP

Portland, OR

www.shebopteshop.com

SMITTEN KITTEN

Minneapolis, MN

www.smittenkittenonline.com

SUGAR

Baltimore, MD

www.sugartheshop.com

THE TOOL SHED

Milwaukee, WI

www.toolshedtoys.com

TULIP

Chicago, IL; Miami, FL

www.mytulip.com

VENUS ENVY

Ottawa, ON; Halifax, NS

www.venusenvy.ca/venusenvy-stores

WOMYN'S WARE

Vancouver, BC

www.womynsware.com

Glossary

Agender: People who feel they have no gender.

AG/aggressive: Term used by female-bodied people who present as masculine. The term originates from communities of color. AGs may also be called “studs.”

Androgynous: Refers to a gender presentation that is neither distinctly masculine nor feminine but both, or someone who falls somewhere in between masculine and feminine on the gender spectrum. (Sometimes colloquially just “andro.”)

Asexual: A sexual orientation used to describe those who do not experience sexual attraction or desire.

Baby dyke: A young lesbian, a newbie, usually a term of endearment.

BDSM: The abbreviation for bondage, domination, sadism, and masochism. Refers to a kind of sexual engagement that can include role-playing, constraints (such as handcuffs, rope, blindfolds), and/or pain.

Bigender: People who identify with both genders, and believe they possess two separate genders in one body. Bigenders move between the masculine and feminine ends of the spectrum and express discrete masculine and feminine personas on different days or in different contexts.

Biphobia: Fear, hatred, or judgmental attitudes toward bisexuals, pansexuals, or people who have sex with multiple genders.

Bisexual: A sexual orientation used to describe those who are attracted to people whose genders are both the same and different from their own.

Boi: Term sometime used to describe a boyish lesbian or a “soft” butch. It is also sometimes used to describe feminine gay boys.

Bottom: In a power-charged sexual scenario, the partner who receives stimulation from the top.

Butch: Term used to describe someone who presents as masculine, and it is often

used as a noun to describe a lesbian who has a masculine gender identity.

Cisgender: Term used to describe someone whose gender identity is the same as the one assigned at birth.

Dandy: A stylized butch, concerned with aesthetics, fashion. A “metrosexual.”

Dental dam: A sheet of latex used as protection during oral sex.

Dildo: An object used for sexual penetration.

Drag king: Performers who adopt a variety of male personas and dress accordingly. Most drag kings identify as women who dress in male drag for entertainment. Other drag kings may be trans* or have proto-trans identities.

Ejaculation: When fluid is ejected during orgasm. Females can ejaculate through G-spot stimulation.

FAAB, or female assigned at birth: Term labeling the diverse experiences of people who were identified as female when they were born, with the equivalent being MAAB, or male assigned at birth.

Female-bodied: A term used for FAABs who identify with having a female body.

Femme: Term used to describe someone who presents as feminine; often used as a noun to describe a lesbian or queer woman who has a feminine gender identity.

Fetish: A specific, often obsessive sexual desire for an object or activity (such as a foot fetish).

Fisting: A sexual activity that involves inserting an entire hand into a vagina or rectum.

FTM: The abbreviation for a female-to-male transgender person; someone who was female assigned at birth but identifies as male.

Gender-affirming surgery (or gender-confirming surgery): Surgical procedures that help conform a person’s body to their gender identity (now preferred over sex reassignment surgery or sex change operation). Surgeries may include top or

bottom surgeries that change one's breasts or genitals.

Gender binary: Key aspect of the hetero-normative sex/gender system that holds one must be male or female; the idea that there are only two genders.

Gender identity and expression: How one personally identifies their gender (as male, female, or something else) and the way that they outwardly express that identity through dress, behavior, and affect. Gender identity and expression both change over time.

Genderqueer: Someone who does not identify with the gender constructs of either “man” or “woman”; also referred to as “gender nonconforming,” “gender-bending,” or “genderfuck.”

G-spot: An erogenous zone located in the vagina that when stimulated can result in orgasm and/or female ejaculation.

Heterosexism: Term that describes how vast social systems privilege heterosexuality and heterosexual relationships. Heterosexism assumes that opposite-sex attraction is the norm and is in fact superior. Intertwined with homophobia, heterosexism is an ideology that justifies discrimination, bias, and bigotry aimed at homosexuals and other sexual minorities.

Internalized homophobia: Negative ideas, assumptions, or judgments that are directed back onto the self because of the predominance of cultural homophobia and heterosexism. Much internalized homophobia comes from childhood, but internalized homophobia can also be triggered by hostile environments or prolonged exposure to hatred and bigotry.

Intersex: A term to describe people who (without medical intervention) develop sex characteristics that do not fit into society's definitions of “male” and “female.” This is a fairly common occurrence.

Kink: Unconventional sexual practice that is “not straight”—kinky or bent. Kink privileges a sexual intelligence and maturity that allows for sophisticated play with sexual and erotic concepts, conceits, and practices.

LGBTQIA: The abbreviation for lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, and ally.

Marimacha: Mexican slang for tomboy; sometimes offensive term for dyke.

MTF: The abbreviation for a male-to-female transgender person; someone who was male assigned at birth but who identifies as female.

Packing: Wearing a phallic prosthetic or “packy” in your pants.

Pansexual: Term used to describe people who are attracted to people of all genders and sexes. Can be used as an alternative to bisexual, which implies the existence of only two sexes or genders.

Polyamory: The practice of having multiple sexual and/or romantic partners. Primary partners may have an “open relationship” that allows for many secondary sexual partners.

Preferred gender pronouns: Pronouns that the individual asks people to use when referring to her/him/them/ze. Use of “them,” “ze,” and other alternative pronouns disrupt the gender binary and allow for more expansive modes of identification.

Queer: Commonly used as an umbrella term for LGBT, but also used to describe folks who do not fit neatly into the LGBT framework and who resist or defy gay and lesbian assimilation. The term is a reclaimed slur. “Queer” can function as an alternative to bisexual identification because it does not presuppose a gender binary.

Questioning: A person who is questioning their sexuality.

Same-gender loving (SGL): An Afrocentric term from the 1990s that refuses more European identity frames. Can refer to women who love women and men who love men. SGL contextualizes sexuality in a culturally affirming language that insists on the centrality of black cultural life.

Scissoring: A lesbian sex act in which two partners interlock legs and grind against each other. Also known as tribadism.

Stone: A person who may not enjoy penetration, sexual contact, or being touched during sex. Term can qualify any number of identities, as in stone butch, stone femme, stone queer, *etc.*

Strap-on: A dildo that is worn by being fastened to a harness.

Switch: Someone who enjoys playing the roles of both top and bottom. Also known as versatile.

Top: In a power-charged sexual scenario, the partner who stimulates the bottom; the “doer.”

Transgender: Term used to describe people whose gender identity is different from the one assigned at birth.

Trans:* When written like this, with an asterisk, refers to transgender as an umbrella term for all kinds of non-normative gender identities, including but not limited to FTMs, MTFs, and genderqueers.

Transition: The process that transpeople undergo to live in the gender role that matches their gender identity. It may include gender-affirming surgery, a name change, hormones, or a nonmedical physical transition.

Transsexual: Person whose gender identity differs from their assigned sex at birth and who has taken the necessary steps (medical, legal, and physical transition) to live fully in the body that is congruent with their personal gender identity.

Two-spirited: Native Americans who are queer or transgender. More specifically, the term emerges from the cultural life of the Zuni tribe, where the two-spirited embody masculine and feminine attributes and occupy a special social position within the tribe.

Vanilla: The term used to describe sex that does not involve elements of BDSM or kink.

Index

abusive relationships, [174–175](#)
AIDS, [178](#)
alternative relationships, [42](#)
anal beads, [139](#)
anal fisting, [126–127](#)
anal sex, [121–129](#)
analingus, [109](#), [123–124](#)
anatomy
 female, [46–51](#)
 trans men, [54](#)
 trans women, [46](#)
androgen sensitivity syndrome, [46](#)
androgyny, [55](#)
anus, [49](#), [50–51](#)
AquaGirl, [158](#)
arousal, stages of, [64](#)
attire, [21](#)
attractiveness, [14](#)
autonomic nervous system, [51](#)
awkwardness, [27](#)
A-zone, [49](#)

Babeland, [158](#)
bacterial infections, [177](#)
bacterial vaginosis, [177](#)
ball gags, [146](#)
barrier-free sex, [33](#)
barriers, [33](#), [122](#), [178](#)
bathroom quickies, [22](#)
battery-operated vibrators, [137](#)
BDSM, [144–147](#)
Beatty, Maria, [163](#)
beauty, [14](#)

bedroom, [22](#)
beds, [22](#)
Bi-curious, [39](#)
Big Big Love, [171](#)
BiNet USA, [39](#)
bisexuals, [39](#)
biting, [19](#)
Blank, Hanne, [171](#)
blindfolds, [147](#)
body
 being confident in your, [28](#)
 hands-off zones, [34](#)
 reading signals of, [28](#)
 touching parts of, [20](#)
 trans, [52](#), [54](#), [73](#)
 understanding your, [46](#)
 using, during kissing, [19](#)
body image, [14](#), [43](#), [56](#), [170–171](#)
body language, [17](#), [28](#), [81](#)
body-positive sex, [43](#)
bondage, [144–147](#)
Bornstein, Kate, [43](#), [171](#)
boundaries, [28](#)
Branlandingham, Bevin, [166](#)
breasts, touching, [19](#), [84](#)
butch swagger, [40–42](#)
butch-femme relationships, [39](#)
butt plugs, [139](#)

candles, [22](#)
caning, [151](#)
cervix, [49](#), [50](#)
charm, [40](#)
checkups, medical, [172–173](#)
chests, touching, [19](#), [84](#)
chlamydia, [177](#)

circuit parties, 158
cleanliness, 21, 80, 95, 122, 123, 126, 137
clitoral head, 47
clitoral shaft, 47
clitoral stimulation, 47, 64, 84–86, 90–91, 105
clitoris, 47, 64, 84
cocksucking, 108–109
coil-operated vibrators, 138
Come As You Are, 133, 137, 158
communication, 25–35
condoms, 33, 117
confidence, 14, 26, 28, 56, 170–171
cowgirl position, 129
Crandall, Maxe, 117
Crash Pad Series, 163
criticism, 26
cruising, 156–157, 166
cunnilingus, 93–109

dental dams, 33, 122, 123, 178
depression, 171
desire, 28
dildos
 anal sex with, 129
 choosing, 136
 double-ended, 136–137
 harnesses for, 115, 136
 packing, 116
 silicone, 133, 136
 strap-on, 108–109, 111–119
Dinah Shore, 158
dirty talk, 30, 31, 33, 149
disability, 42
doggie style, 129
domestic violence, 174–175
double-ended dildos, 136–137

dressing up, [166](#)
drinking, [170](#)
drug use, [170](#)
dry humping, [91](#)

Easton, Dossie, [42](#)
ejaculation, [49](#), [66–67](#)
electric vibrators, [138](#)
email, [35](#)
embarrassment, [26](#), [27](#)
emotional abuse, [175](#)
enemas, [122](#), [126](#)
erotica, [33](#), [160](#)
estrogen, [52](#)
etiquette, [23](#), [165](#)
exercise, [172](#)
eye bolts, [145](#), [147](#)
eye contact, [17](#), [41](#), [166](#)

Faderman, Lillian, [10](#)

fantasies
 orgasms and, [76](#)
 talking about, [30–31](#)

feet, [21](#)

Feinberg, Leslie, [70](#)

female anatomy, [46–51](#)

female ejaculation, [49](#), [66–67](#)

female masculinity, [40](#)

female-to-male trans men (FTMs), [52](#)

Feminist Porn Awards, [163](#)

femme flagging, [157](#)

The Femme Porn Tour, [160](#)

femme², [39](#)

femme-femme relationships, [39](#)

financial abuse, [175](#)

fingering, [86](#)

fingertips, [81](#)
fisting
 anal, [126–127](#)
 vaginal, [64](#), [86–89](#)
flirting, [17](#)
flogging, [151](#)
fluid bonding, [33](#), [176](#)
FOMO (fear of missing out), [170](#)
foreplay, [20](#), [42](#), [118](#)
frottage, [91](#)

gags, [146](#)
gender
 labels, [39](#)
 norms, [54](#)
 orgasms and, [71](#)
 playing with, [55](#)
 talking about, [34](#)
 trans, [52](#)
genderqueer, [52](#)
genital massage, [89–91](#)
genital reconstruction surgery, [52](#), [54](#)
genital warts, [176](#)
genitals, [46–51](#), [52](#)
glass toys, [141](#)
gloves, [33](#), [80](#), [87](#), [126](#), [178](#)
gold-star lesbians, [38](#)
gonorrhea, [177](#)
Good Vibrations, [158](#)
Goode, Morgan, [39](#)
grooming, [14](#), [21](#), [80](#)
G-spot, [48](#), [49](#), [64](#), [66](#), [90–91](#)

hair
 around anus, [50](#)
 touching/pulling, [19](#), [149](#)

handballing, [126–127](#)
hands, [79–91](#)
 fisting, [64](#), [86–89](#)
 grooming of, [80](#)
 hand-jobs, [81–86](#), [89–91](#)
hands-off zones, [34](#)
hanky code, [157](#)
Hardy, Janet, [42](#)
harnesses, [115](#), [136](#)
health care providers, [172–173](#)
healthy relationships, [174–175](#)
herpes, [177](#)
hetero-normative paradigm, [42](#)
Hitachi Magic Wand, [138](#)
HIV. *See* human immunodeficiency virus (HIV)
hood, of clitoris, [47](#)
hot wax, [147](#)
HPV. *See* human papillomavirus (HPV)
human immunodeficiency virus (HIV), [178](#)
human papillomavirus (HPV), [177](#)
humor, [23](#)

ice cubes, [147](#)
identity abuse, [175](#)
impairments, [42](#)
intersex, [46](#)
intimate partner violence, [174–175](#)

Kegel exercises, [48](#), [51](#)
kinky sex, [143–153](#)
 BDSM, [144–147](#)
 caning, [151](#)
 flogging, [151](#)
 role-play, [152](#)
 safety concerns, [144](#), [146](#)
 spanking, [149](#)

whipping, 151
kissing, 19

labels, 37–43
labia majora, 46
labia minora, 47
labiaplasty, 52
Lamon, Jack, 136, 137
latex gloves, 33, 80, 87, 122, 126, 178
lesbian culture, 10, 11, 16
lesbian erotica, 160
lesbian sex, 16, 20
lesbians, 38–39
lighting, 22
limit setting, 33–34
lingerie, 21
listening skills, 27
loyalty, 41
lubricants, 80, 84, 95, 122, 126, 134, 178

make-out sessions, 19
male-identified queers, 34
male-to-female trans women (MTFs), 52
masculinity, 40, 72
masturbation, 56–59, 63, 172
medical checkups, 172–173
menstrual blood, 178
metal toys, 141
metoidioplasty, 54
missionary position, 129
mons pubis, 46
mood setting, 13–23
multiple orgasms, 63, 73
music, 22
mutual masturbation, 63

- name-calling, [31](#)
- nightstand drawers, [22](#)
- nipple clamps, [141](#)
- nipples, stimulating, [19](#), [84](#)
- no, learning to say, [33](#)
- NoLose, [171](#)

- obesity, [171](#)
- oil-based lubes, [134](#), [178](#)
- On Our Backs, [11](#)
- oral sex, [93](#)–[109](#)
 - cleanliness and, [95](#)
 - cocksucking, [108](#)–[109](#)
 - giving, [99](#)–[105](#)
 - giving feedback on, [99](#)
 - performance anxiety and, [99](#)–[100](#)
 - position for, [99](#)
 - receiving, [94](#)–[95](#), [99](#)
 - rimming, [109](#), [123](#)–[124](#)
 - STIs and, [178](#)
 - using barriers, [95](#)
- orgasm, [61](#)–[77](#)
 - basics, [62](#)–[65](#)
 - clitoral stimulation and, [47](#), [64](#)
 - ejaculation during, [49](#), [66](#)–[67](#)
 - gender and, [71](#)
 - giving and getting, [70](#)
 - G-spot, [48](#), [64](#)
 - multiple, [63](#), [73](#)
 - mystification of, [77](#)
 - pressure to have, [63](#)
 - tips for easier, [76](#)
 - trans men and, [72](#)
 - trans women and, [52](#), [71](#)–[72](#)
 - troubleshooting, [75](#)–[76](#)
 - types of, [64](#)

varieties of, [61–62](#)
oxytocin, [84](#)

packing, [116](#)

paraurethral gland, [66](#). *See also* G-spot partying, sexual health and, [170](#)

PC muscles, [51](#), [172](#)

pelvic muscles, [51](#), [172](#)

performance anxiety, [99–100](#)

perineum, [50](#)

periurethral sponge, [48](#)

phalloplasty, [54](#)

physical abuse, [175](#)

Pilates, [172](#)

plans, [41](#)

play parties, [164–166](#)

Pleasure Chest, [158](#)

polyamory, [42](#)

pornography, [163](#)

positive feedback, [28](#)

power roles, [144](#)

pregnancy, [178](#)

prolapsed uterus, [172](#)

public sex, [158](#)

queer communities, [170](#)

queer erotica, [160](#)

queer porn, [163](#)

queers, [39](#)

relationships, healthy, [174–175](#)

restraints, [145](#)

rimming, [109](#), [123–124](#)

role-play, [152](#)

ropes, [145](#), [146](#)

safe words, [145](#), [146](#)

safer sex, [33](#), [132](#), [176–178](#), [179](#)

safety concerns, [144](#), [146](#)
scarcity mentality, [170](#)
scarves, [144](#)
scissoring, [91](#)
self-care, [169](#)–[179](#)
self-confidence, [14](#), [28](#), [56](#), [170](#)–[171](#)
self-esteem, [14](#), [28](#), [56](#)
sensation, [147](#)
sensory deprivation, [147](#)
sex
 anal, [121](#)–[129](#)
 benefits of good, [14](#)
 body image and, [14](#), [43](#), [56](#), [170](#)–[171](#)
 body-positive, [43](#)
 desire for, [28](#)
 etiquette, [23](#), [165](#)
 gender and, [34](#)
 getting in the mood for, [13](#)–[23](#)
 hands-free, [91](#)
 kinky, [143](#)–[153](#)
 lesbian, [16](#), [20](#)
 oral, [93](#)–[109](#)
 positions, [129](#)
 in public, [158](#)
 reading about, [26](#)–[27](#), [33](#)
 strap-on, [111](#)–[119](#)
 talking about, [25](#)–[35](#)
sex parties, [164](#)–[166](#)
sex shops, [133](#), [158](#)
sex toys, [10](#), [131](#)–[141](#), [178](#)
sexercise, [172](#)
sexiness, [14](#)
sex-positivity, [43](#)
sexting, [35](#)
sexual abuse, [175](#)
sexual anatomy, [45](#)–[59](#)

sexual arousal, [64](#)
sexual communities, [164](#)
sexual culture, [155–167](#)
sexual fluidity, [39](#)
sexual health, [169–179](#)
sexual orientation, [38–39](#)
sexual power, [40](#)
sexual self-esteem, [56](#)
sexual vocabulary, [30](#), [33](#)
sexuality, [14](#), [42](#)
sexually transmitted infections (STIs), [33](#), [132](#), [176–178](#)
sexy, ways to feel, [15](#)
shame, [26](#)
She Bop, [158](#)
shibari, [146](#)
side-by-side position, [129](#)
signals, reading, [28](#)
silicone lube, [80](#), [126](#), [134](#)
spanking, [149](#)
sphincter muscles, [51](#)
stereotypes, [54](#)
“stone”, [70](#)
strap-ons, [111–119](#). *See also* dildos anal sex with, [129](#)
 choosing, [112](#)
 foreplay and, [118](#)
 harnesses for, [115](#)
 planning encounters with, [119](#)
 sucking, [108–109](#)
 wearing, [115–116](#)
strength-training exercises, [172](#)
syphilis, [177](#)

taboos, [124](#)
Tantus Alumina toy line, [141](#)
tenting, [64](#), [87](#)
testosterone, [54](#)

texting, [35](#)
tongues, [19](#), [124](#)
touch/touching
 breasts and chests, [19](#), [84](#)
 butch, [41](#)
 clitoris, [84–86](#)
 genital massage, [89–91](#)
 hand-jobs, [81–86](#), [89–91](#)
 while kissing, [19](#)
trans women/men, [10](#)
 anatomy, [46](#), [52](#)
 bodies of, [52](#), [54](#), [73](#)
 health care providers and, [173](#)
 orgasm and, [71–72](#)
transgender, [52](#)
transgender abuse, [175](#)
trans/gender issues, [34](#), [43](#)
transmasculine bodies, [54](#)
transsexual, [52](#)
tribading, [91](#)
tribbing, [91](#)
trichomoniasis, [177](#)
Trouble, Courtney, [163](#)

underwear, [21](#)
undressing, [21](#)
urethra, [48](#)
urinary incontinence, [172](#)
urinary tract infections (UTIs), [48](#), [179](#)
uterus, [49](#), [50](#)

vagina, [48](#), [49](#)
vaginal opening, [48](#)
vaginectomy, [54](#)
vaginoplasty, [52](#)
vagus nerve, [50](#)

Velco cuffs, [145](#)
verbal abuse, [175](#)
vibrators, [76](#), [133](#), [137–138](#)
violence, intimate partner, [174–175](#)
vulvas, [46–47](#), [84](#)

water-based lube, [80](#), [134](#), [178](#)
wax, [147](#)
waxing, [50](#)
wearable vibrators, [138](#)
weight loss, [171](#)
whipping, [151](#)
Women's Week, [158](#)
workshops, [158](#)

yeast infections, [179](#)
yoga, [172](#)
yoni massage, [89–91](#)

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Diana Cage has been writing about lesbian sexuality for more than a decade. She is the former editor of *On Our Backs*, the first lesbian porn magazine made by women for women and the author of seven previous books: *The On Our Backs Guide to Lesbian Sex*, *On Our Backs: The Best Erotic Fiction*, *Box Lunch: The Layperson's Guide to Cunnilingus*, *Threeways: Fulfill Your Ultimate Fantasy*, *Bottoms Up: Writing about Sex*, *Girl Meets Girl: A Dating Survival Guide*, and *Mind-Blowing Sex: A Woman's Guide*. She has written about sex and sexuality for dozens of publications and was formerly host of *The Diana Cage Show* on Sirius XM. Diana holds an M.F.A. from San Francisco State University and teaches in the Women and Gender Studies department at Hunter College.

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