

SELF PLEASURE

For Starters

Find time and space in which you do not have to worry about interruptions

-this could be in bed, in the shower, in the bathtub, etc.

Set intentions to just focus on what feels pleasurable; do not focus on trying to experience orgasm

-simply notice how your body feels and how your body responds to different touch, different pressure, different speeds

Consider using lubrication; different types can bring about different sensations

Consider using a mirror to observe your genitalia while you are exploring it

This exploration can be as long or as brief as you would like

What to Try

Start by touching your body, explore what feels good, do not just focus on your genitals. Do this for as long as you want/feel comfortable with

When you're ready, start by exploring your external vulva; pay attention to the feelings as you start to apply pressure/stimulation

-try massaging the fleshy area on top of your pubic bone, experiment with pressure

-try running your fingers along the outer and inner lips of your vulva. experiment with pressure and speed

When you are ready, start exploring your clitoris and/or the clitoral hood

-try forming a V with your pointer finger and middle finger and slide them up and down the sides of the clitoral shaft and the inner lips of the vulva

-you can experiment with pressure, speed, motions

-if direct stimulation feels uncomfortable, you can experiment with putting different types of cloth between your fingers and your genitalia

Explore penetration if it feels good

DID YOU KNOW???

- Between 60%-70% of vulva owners can only orgasm through clitoral stimulation
- Only about 25% of vulva owners can orgasm through vaginal penetration alone
- Focusing on orgasm rather than pleasure during sex can make orgasm even more difficult

