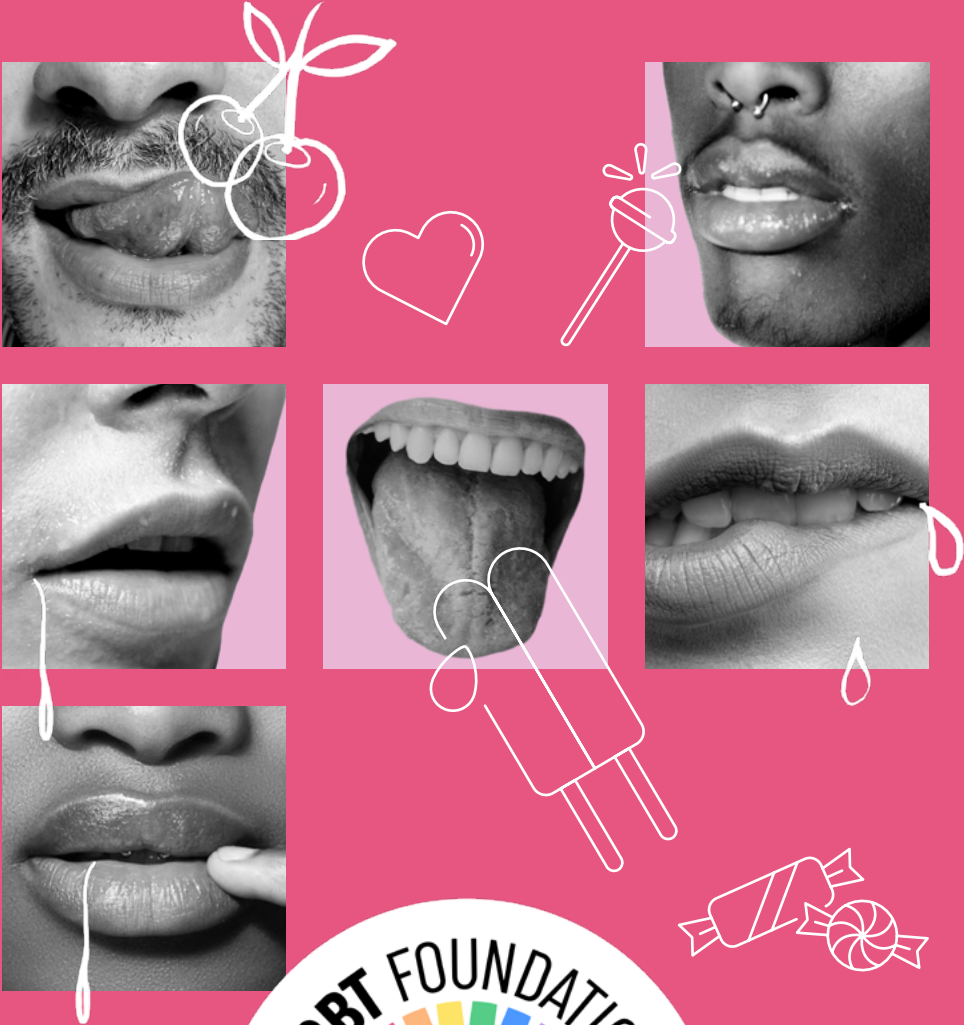


SEX GUIDES

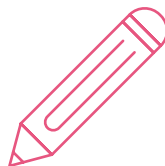
ORAL SEX



#SEXWITHOUTSHAME

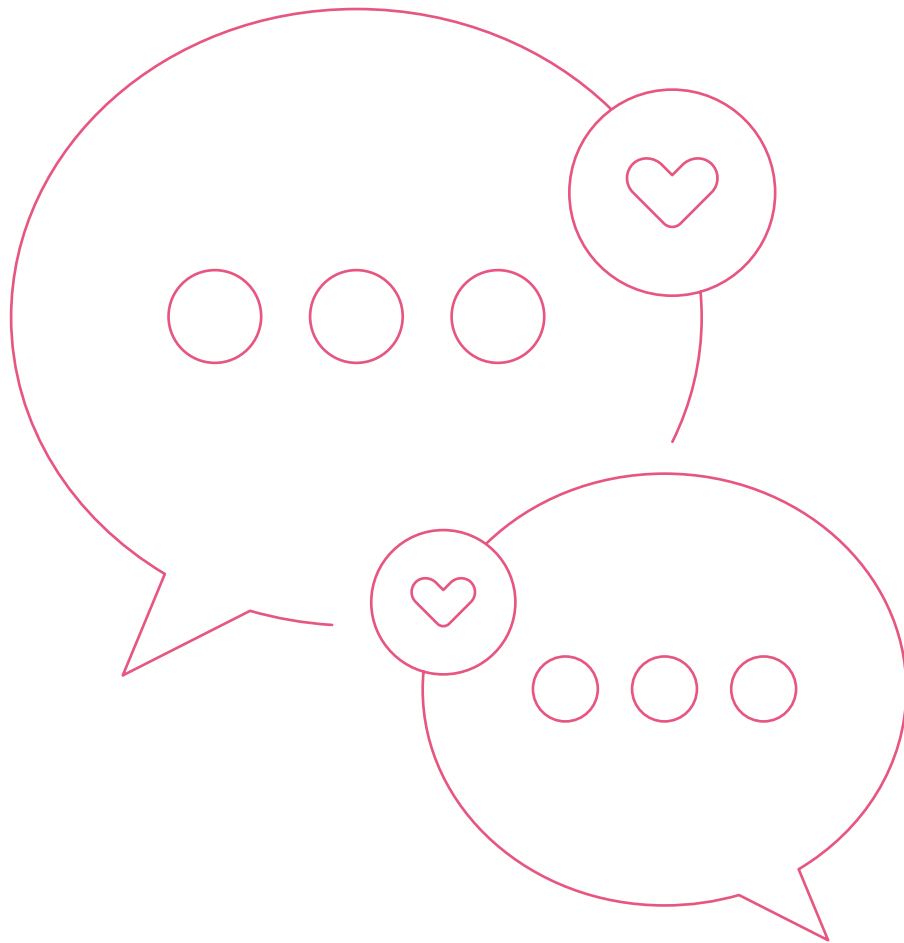
Oral sex glossary

/oral slang



Anus	The arse hole.
Blowjob (fellatio)	Licking and sucking your partner's penis. Also known as a BJ.
BV	Bacterial Vaginosis is a bacterial infection in the vagina which can cause changes in vaginal discharge.
Clitoris	A small soft bump outside the vagina which is very sensitive. Many people need the clitoris to be stimulated to have an orgasm. Parts of the clitoris are deep inside your body, and can be stimulated from the inside of the vagina.
Circumcision	An operation sometimes done for medical or cultural reasons to remove the foreskin from the penis.
Cunnilingus	Licking and sucking on the clitoris, vulva, vagina and/or labia.
Constipation	Needing to poo but not feeling able to.
Dental Dam	A small square of latex placed between the mouth and the body during oral sex to protect against STIs. They can be made from condoms.
Douching	Putting water in your arse or vagina to clean it. If you were born with a vagina, it can be unhealthy to douche.
Ejaculate	Sometimes called cum, it is a liquid which comes out of the penis or vagina when people are turned on. Cum from a penis usually has sperm in it, which can cause pregnancy if it gets inside the vagina of somebody who has a functional uterus.
Fingering	Stimulating the outside or inside of somebody's vulva, vagina, or arse hole using fingers.
Fisting	Putting a fist inside somebody's vagina or arse hole.
Foreplay	Things you can do as part of sex to make you and your partner(s) more aroused. This can be anything that gets you and your partner(s) in the mood.

Foreskin	The skin which extends over the head of the penis.
HIV	A virus which can be passed on through sexual contact. It is carried in blood, semen, vaginal fluid and in anal mucus. There is not a high enough level of HIV in spit and pee to pass it on.
Labia	The skin or lips, which are at either side of the vagina. There are an inner set and an outer set, and these can look different between people.
Lube	A slippery liquid which can be put onto the penis, fingers, fists or sex toys before sex to help them go in, make it more comfortable and reduce the risk of tearing. We recommend using water or silicone based lube, depending on the type of sex you're having.
Phalloplasty	A type of surgery to make a new penis, and it can sometimes be done after metoidioplasty to make the penis larger.
Metoidioplasty/Meta	A type of surgery to make a new penis, usually using the clitoris.
Rimming	Licking someone's anus.
Sexuality/ Sexual Orientation	Who someone is sexually attracted to, or has relationships with.
STIs	Sexually Transmitted Infections, which is any kind of disease passed on through sexual contact.
Trans	Short for transgender, meaning somebody whose gender is different from the sex they were assigned at birth.
Thrush	A common yeast infection which can affect anyone and is commonly found in moist areas of the body including the mouth, penis, and vagina. It is usually harmless but can be uncomfortable. Thrush is not classed as an STI.
Vagina	The tube that connects the uterus to the outside of the body.
Vaginoplasty	A type of surgery to make a new vagina.
Vulva	The area around the opening to your vagina, including the clitoris, labia, and vagina.



Let's talk about sex!

Knowledge helps us to address anxiety and lets people take control of their sexual health. Talking to your partner(s) about what you want from the relationship and the sex you're having might be uncomfortable, but opening up this discussion can be a really useful tool to help you have healthy and happy relationships.

Don't be scared to advocate for your own sexual wellbeing – sex should be fun and give you the opportunity to explore your own wants and needs as well as those of your partner(s). Finding out what you and your partner(s) like opens you up to having more of the sex you love, exploring passion, and pleasure. Whether you do or don't like penetration, if you're into sex toys or oral sex, or you want to try mutual masturbation, talk about this!

Communication is a really important part of sex, as it lets your partner(s) know that you are enjoying it and that you consent. Sexual consent should always be confident and enthusiastic! You and your partner(s) can say no to sex at any point, even after sex has started. It is possible to

consent to certain types of sex but not others, for example wanting to have oral sex but not anal. If your partner(s) says no at any point, you should be understanding and respect their boundaries.

It is normal for people to have different sex drives (how much you want to have sex). This can change, sometimes suddenly if you are stressed or you have started new medication, or it can be a gradual change over time. It can be frustrating if yours or your partner(s)' sex drive changes, but it is important to respect that their boundaries, and have an honest and open discussion about both of your needs.

If you would like any support with your sexual health and wellbeing, get in touch with LGBT Foundation's Sexual Health Team by emailing sexualhealth@lgbt.foundation or calling **0345 3 30 30 30**.

You'll also find loads of information, including a list of services we offer at lgbt.foundation/sexualhealth

Feeling myself



Sex can be just as good solo as it can be with a partner(s). Masturbation (sometimes called wanking) is normal and safe, and anyone can do it!

Masturbation can be a fun and safe way to explore your own body and relax. It can help you understand what you do and don't like sexually, and get used to having parts of your body touched in a sexual way. Learning more about your body can improve your body image and help you feel more comfortable letting your partner(s) know what you like and don't like.

Some people get pleasure from touching their arse hole, penis, testicles, vagina, clitoris, and vulva. You could just use your hands and fingers, try rubbing against objects such as pillows, or use sex toys (for more info on sex toys, see our 'toy joy' section). If you're using sex toys, condoms can help you reduce the risk of transmitting STIs. Make sure to cover the sex toy with a new condom for each hole and partner. If you're using sex toys for anal masturbation, it's important that they

have a flared base so that they don't get stuck in your arse and need a hospital visit to remove!

Masturbating can lead to an orgasm, but you don't have to cum if you don't want to or can't. There's no right or wrong way to masturbate, and you can do it as little or as often as you like. If you're masturbating frequently or for longer sessions, lube can help you reduce friction and injury.

Some people masturbate together with their partner(s), which is called mutual masturbation. Remember that there is a risk of STI transmission if you touch somebody else's penis, vagina, or arse and then touch your own, or if you use a sex toy which somebody else has used before you without changing the condom.

Know your body!



Changes in your body could indicate a problem such as an STI or other infection. For example, if your periods or discharge change in frequency, amount, colour, texture or smell this could be because something's not quite right.

To protect yourself, know what is normal for your body and if you're worried about any changes see a health professional, such as a doctor

or nurse at a sexual health clinic. If you're having regular unprotected sex, we recommend a full sexual health screening as often as every 3 months.

You can get a full screening at a sexual health (GUM) clinic. This service usually tests for HIV, chlamydia, syphilis and gonorrhoea. You'll pee in to a pot and swab your anus and/or vagina with a cotton bud, in a private space. Nurses will also draw bloods and take a swab from the back of your throat.

Taste

Bodies naturally have smells and tastes. Everybody is different, and this is normal. If your smell or taste has changed, this may mean you have an infection, so it's always important to know what's normal for your body.

If you are on your period, then your partner(s) may be able to taste some blood. Your partner may not mind, or might even like it, so if you still want oral sex on your period, ask!

Semen can be a little bit salty, and everyone's will naturally taste different. There is some research that eating fruit and other foods can change the taste, but there is not enough research to say if it makes a real difference or not. You can try and experiment with your partner, and see if they can taste the difference!

It is normal to worry about whether or not you will enjoy the taste of your partner. If you don't like the taste, you can explain to your partner why you don't like it. It is important to say it respectfully, and in a way that isn't going to make them feel embarrassed or self-conscious.



Hygiene



A really common worry that people have is being unclean, smelling or tasting bad. It is really easy to stay clean, and as long as you are healthy, there should be no funny tastes. Remember that bodies will have a natural smell and taste, and everyone's body is different.

If you have a penis with foreskin, try to roll it back fully when you clean it, so that there isn't anything stuck underneath. Once you have cleaned and rinsed it, you should roll the foreskin over the head of your penis again. If you have trouble rolling back your foreskin and this is causing you pain or discomfort, we recommend talking to your doctor about this.

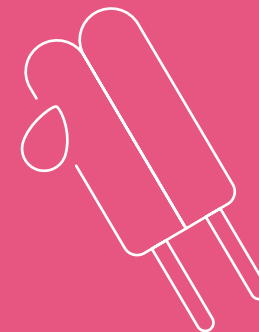
When cleaning your penis or vulva (the outside of your vagina), rinsing the area with warm water daily is best. If you want to use soap, we recommend using a mild, unscented soap which is pH neutral, as it will not upset the natural balance of your skin.

If you were born with a vagina, you do not need to douche because your vagina will clean itself. Douching can actually irritate your vagina and make it easier to get an infection.

If you have had a vaginoplasty, you will need to douche to keep your vagina clean. Some people do this every week, or after sex or dilation. Douching with lukewarm water should be enough to keep your vagina clean. Your surgeon will be able to tell you if and how often you need to douche.

If you are concerned about being rimmed, you can douche with water but it is not necessary. Using soapy water in the rectum will irritate the lining and increase the risk of infection and STIs. There is generally only poo there if you need to go to toilet, or there may be some if you have recently been to the toilet. All you really need to do is wash the outside of your anus in the shower. If you are douching your bum, we recommend using a small bulb douche as this gives you greater control of the amount of water that goes inside you.

Blow jobs



Sucking and licking can be great ways to stimulate the penis, testicles or other parts of the genitals. When you suck, it can help drive more sensitivity to that area, and excite your partner(s) more. This is often called a blow job.

Penises come in all shapes, sizes and varieties, and what one person likes, someone else might not. Talking to your partner(s) can help you to figure out what you both like, and what works for you. It can also be a part of foreplay, to talk about what you like and what you want your partner(s) to do. You could try whispering it into your partner's ear as you touch each other.

Whether someone is circumcised or not can affect how sensitive they are, and what they like. If someone is circumcised, the head of their penis may be less sensitive.

People who have an uncircumcised penis may struggle to pull back their foreskin fully when they are erect. This may be because their foreskin or their frenulum is too tight. If the foreskin is pulled too far back during sex, this can be painful, and cause tearing. Tight foreskins may be more difficult to keep clean, and dry, which can increase the likelihood of infections like thrush. If you're experiencing any pain or discomfort, we recommend talking to a medical professional about this.



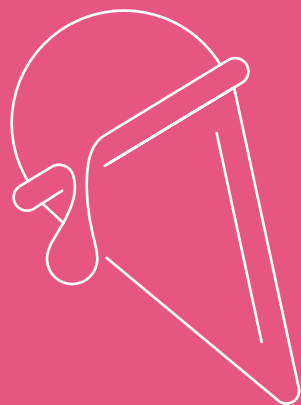
It is normal to worry about gagging or feeling like you're going to throw up. This can happen when something hits the back of your throat, especially if you feel nervous, as this makes your throat close up a little. Just remember to relax and go slowly. It can help if your partner is laid on their back. This way, you have better control of the speed and the angle, and if you feel like you are about to gag, you can easily stop. You can also take breaks, and try licking or kissing your partner around that area.

If you were born with a vagina and have been taking testosterone for a long time, you may have noticed your clitoris getting bigger. At this point, some people begin to call this their penis, as you can suck on it and perform oral sex in a similar way to how you would with any other penis. It will often be smaller than the penis of someone who was born with one, but playing with it can still look and feel really good.

Surgery can affect the way that people suck your penis too. If you are considering having a metoidioplasty or phalloplasty, then these will mean there is more to suck and stimulate.

After a phalloplasty, you may find that it is less sensitive than before, because the nerve endings from the clitoris may be deeper after surgery. However, the area may remain quite sensitive, particularly near the testicles, so your partner might enjoy you licking and sucking this area.

Sometimes people might not always get hard during sex. This can be because of age, medication like anti-depressants, or if someone is taking oestrogen. Viagra can help with this but it is important to talk to a doctor or pharmacist before taking it. If you do take viagra, you should never use poppers at the same time, as this can be dangerous.



Cunnilingus

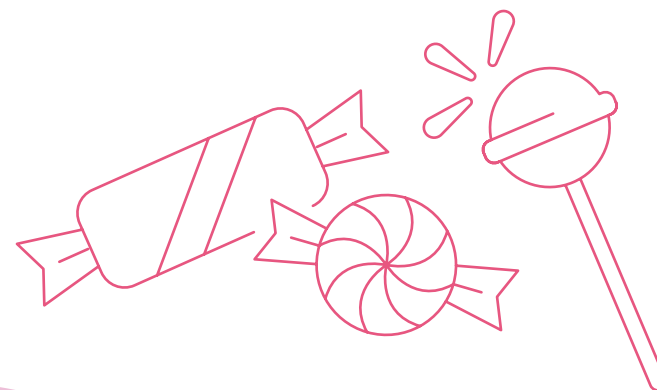
Kissing, sucking and licking can be great ways to stimulate the vulva, labia, clitoris and vagina. This is called cunnilingus.

Many people need clitoral stimulation to orgasm, so prefer their partner(s) to focus on their clitoris. If touching your clitoris directly is too intense, try wearing underwear or touching around the area.

Vaginas come in all shapes, sizes and varieties, and what one person likes, someone else may not. Talking to your partner can help you to figure out what you both like, and what works for you. It can also be a part of foreplay, to talk about what you like and what you want your partner(s) to do. You could try whispering it into your partner's ear as you touch each other.

Different people will like different motions during oral sex. Some people like circular motions, or others like side-to-side or up and down movements. These are all completely normal, and telling your partner which you like can help you both to have better, more fulfilling oral sex.

Some people find it more difficult to orgasm than others. This can be because of anxiety, age or medication like anti-depressants. If you're worried about struggling to cum, speak to a medical professional. Remember that you don't need to cum to enjoy oral sex!



Rimming

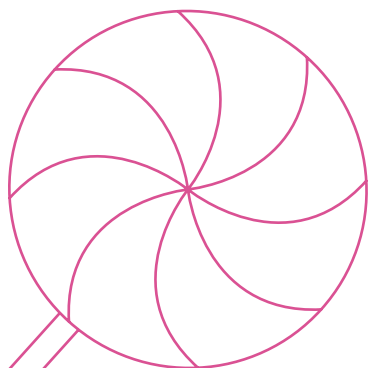
Licking in and around the anus can feel really good for all partners involved, as it is really sensitive. It can be great to do on its own, with cunnilingus or blow jobs, or as foreplay.

Some people can really worry about taste and being clean with rimming, which is understandable! Unless you need to poo, or you have recently, there will not normally be any poo around your anus, but you might still want to give it a wipe over with some warm water, and that can make you feel a little cleaner.

Your anus can also get a bit sweaty, and the sweat in that area can taste and smell stronger than in other areas. Some people like this, so it is always worth talking with your partner about what they like! If they don't you can always give it a quick clean, or hop in the shower before having sex if you really want to feel fresh.

You don't need to douche; it should normally be clean. If you do, make sure you use body temperature water and a small bulb douche - no soap, as this can damage your rectum.

Dental dams can help protect you against HIV and other STIs. You should never reuse a dental dam, and you should always make sure you use the same side and change the dam between partners and holes.

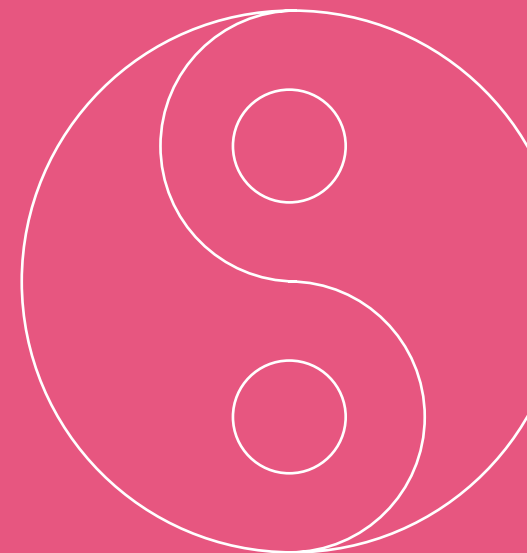


69-ing

69-ing is where two people perform oral sex on each other at the same time (think of one person as the 6 and one person as the 9).

It can be a great way for both people to enjoy oral sex at the same time. It can take some getting used to for you to both get comfortable, but once you find your rhythm it can be an even more intense experience.

It can also be quite daunting, as it means your partner will see your body from a completely different angle. This might make you feel a little bit nervous, but it can also increase the intimacy and turn you and your partner on even more. Talking about it can help you feel less nervous, and if 69ing is something that you or your partner are interested in, try it! If you begin to feel uncomfortable or realise it is not for you, you can always stop and go back to what you like.



Lube it up!

Lube can be helpful if you or your partner are not lubricated enough, and some people find that it increases the sensation.

Your partner might like to masturbate or finger themselves while you rim, lick or suck them, or they may ask you to do it, and lube can also help with this.

Some lubes are flavoured, and these can be a fun way to explore oral sex. It is important to check that they do not contain any sugar, as this can irritate the skin around the penis, anus or vagina. Check the ingredients list for ingredients like fructose, sucrose, maltose or glycerin, which are all types of sugar.

Water and silicone based lube are the best, though you cannot use silicone based lube with silicone sex toys as it may damage the toy.

Do not use petroleum jelly or any other random things such as oils, butters, and moisturisers that you have lying around your bedroom as lube as these can break the condom or harm the most sensitive parts of your skin.



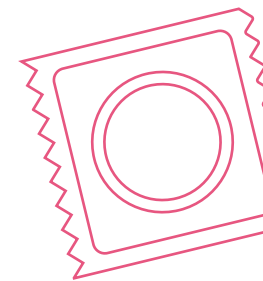
Wrap it up!

Using a condom or dental dam is the most effective way to stop you and your partner(s) from getting STIs and HIV.

Oral sex carries a very low HIV risk, but if you have ulcers or bleeding gums, be careful.

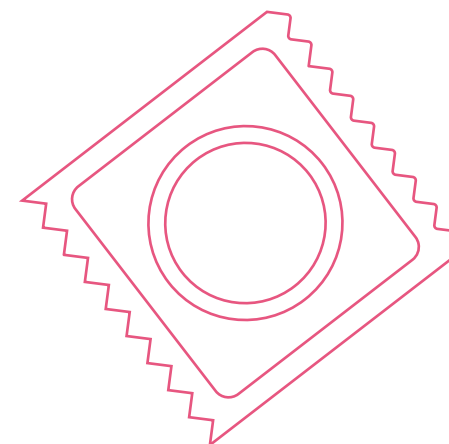
Before using a condom, you need to check that it has not passed its best before date. Condom packs should have the kite mark and the CE mark to show the condoms are good quality. You should only use one condom at once, because using more than one increases the likelihood of them both breaking.

If you or your partner(s) are allergic to latex, there are many varieties of latex-free condoms. Condoms come in varying sizes, textures, and materials, so have some fun experimenting to find the right one for you!



If you are fingering or fisting, you can use gloves or condoms on your hands or fingers to protect against STIs that are passed on through contact, like syphilis.

You could also use internal condoms (sometimes called femidoms or female condoms) which are latex-free. It is important to change the condom between partners and holes, both to avoid the transmission of STIs and HIV but also because bacteria found in the arse can cause harm if it gets in your vagina.



Give a dam!



If you are rimming or doing cunnilingus it is important to use a dental dam.

Although there is no data to suggest that you can get HIV from rimming, Hepatitis A is typically caught through rimming. It is also possible to get other STIs like gonorrhoea and syphilis from rimming or cunnilingus.

You can make dental dams from a condom, and they can help to stop any bodily fluids carry STIs in your mouth.

You should never reuse a dental dam, and you should always make sure you use the same side and change the dam between partners and holes.

Turn a Condom in to a Dental Dam

Open & unroll the condom



Cut off the top of the condom



Cut down the side of the condom



Use the latex rectangle for protection during oral sex



FAQs

"I'm worried my partner(s) will be weird around my bits because I'm trans

"Your partner(s) should always recognise how you identify your gender, whether you identify as a man, a woman or as non-binary. You can try explaining to them how you identify, and what bits you have, which can help avoid them being weird because they are surprised. Letting them know what genitals you have doesn't have to be really factual or boring. Try telling them what you like people to do with your genitals as well!"



"How do I know if I can trust my new partners?"

"It is normal to be nervous around a new partner and this can make it harder to trust them. If they are new in your life, you are still getting to know each other, and figuring out what you like to do during sex. It could be a good idea to dirty talk a little over the phone, or to meet in public and talk for a little before sex, so you know more about them and what they are like as a person. Communication is key to building trust!"



“I’m worried about farting when I rim/get rimmed”

“It is normal to be worried about gas build up, and farting when you have sex. If your partner(s) are also penetrating your arse between rimming, this can push air up your arse if they pull out fully and push back in, which pushes air in front of the finger, fist, penis or sex toy, so if you are anxious about farting, try to avoid fully pulling out. Knowing your body can also help, and if there are certain foods that make you need to fart more, avoid eating them if you are going to be getting rimmed. If you know your partner, talk to them and let them know you want to rim them, so that they can do the same.”



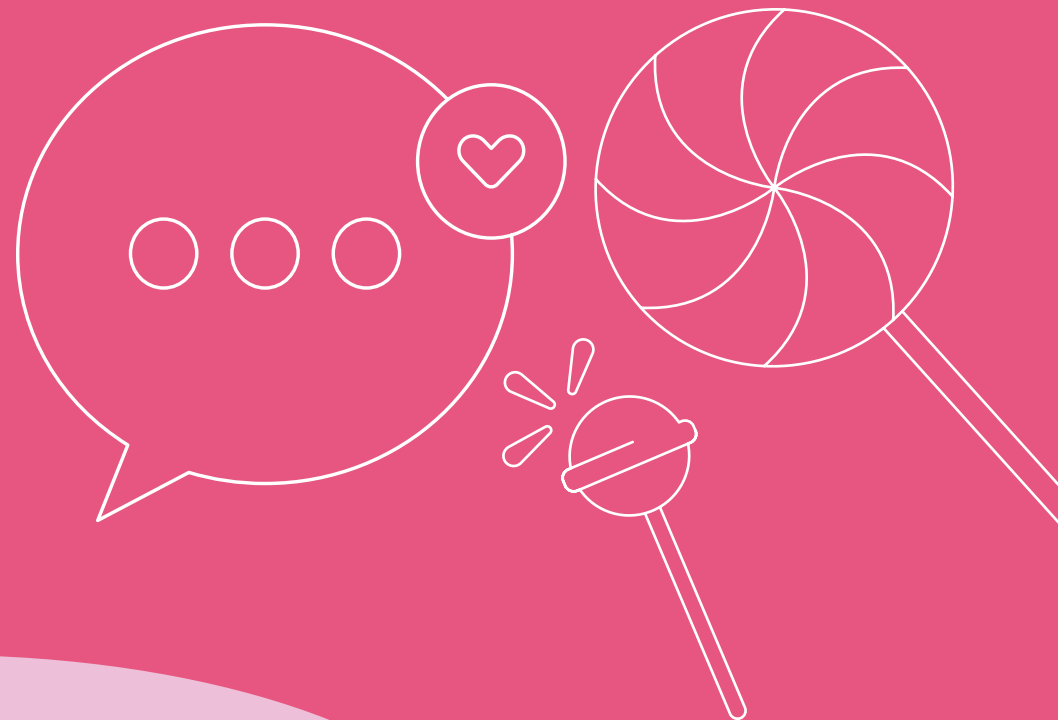
“How do I protect myself from HPV? If I get HPV does it increase my risk of cancer?”

“HPV or the Human PapillomaVirus is actually a group of related viruses which can infect the skin, but often tend to go for moist areas like the throat, the genitals or the anus. They can cause warts and some kinds can cause cells to develop incorrectly. This can lead to cancer, and is one of the leading causes of cervical cancer, as well as being a cause of throat cancer and anal cancer. Because it is a leading cause of cervical cancer, the vaccine was initially targeted as a campaign to reduce cervical cancer, though now it is being advertised to new groups of people who are also at high risk of HPV.

If you want to protect yourself from HPV, you can do this by using condoms, dental dams, fingering and fisting gloves. Someone can pass on HPV even if they do not have any symptoms, so if you are concerned about HPV, it is important to use protection every time.”

“I don’t know how to keep myself safe from herpes?”

“You can get herpes through contact with someone who has the herpes virus. Someone is more infective when they have sores or blisters, but they can still pass it on even if they have no symptoms. This is because once someone is infected with herpes, they have the virus for life. You can protect yourself from herpes by always using condoms, dental dams and fingering and fisting gloves, and if there are any sores, make sure you are not coming into direct contact with it. You cannot get herpes from sharing cutlery or towels or from toilet seats, as the herpes virus dies very quickly after leaving the body, unless it enters a new one.”



WE EMPOWER LGBTQ+ PEOPLE TO REALISE THEIR FULL POTENTIAL, EVERY DAY.

All LGBTQ+ people deserve to have fulfilling sex lives and intimate relationships without fear or shame.

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