



Resources and High Fives

The Guide To Getting It On

Paul Joannides
Goofy Foot Press, 2000
P.O. Box 1791
Walport, OR 97394-1719
www.goofyfootpress.com

The New Our Bodies, Ourselves

A Book By And For Women
The Boston Women's Health Collective
Simon and Schuster, Inc, 1984
1230 Avenue of the Americas,
New York, NY 10020

Options For Sexual Health

Reproductive and Sexual Health Resource Manual

web:www.optionsforsexualhealth

Email:admin@optbc.org

Tues. 6pm-8:30pm

Thurs. 4pm-7pm

phone: 898.2200

YOUTH
connections

1380 Cliffe Ave., Courtenay, BC V9N2K4
phone:(250) 338.9131 fax: (250) 338.9566
web:www.connectyouth.com email:yours@connectyouth.com



SEX WITH OURSELVES: MASTURBATION

Masturbation is a special way of enjoying ourselves. As infants, touching and playing with our bodies, sometimes our genitals, felt good. Then many of us learned from our parents, and later from our schools and churches, that we were not to touch ourselves sexually. Some of us heeded their messages and some did not. But by the time we were teenagers most of us thought masturbation was bad, whether we did it or not. We felt guilty if we did masturbate, or we "forgot" it, or never discovered masturbation at all.

I never even knew about masturbation. When I was twenty-one, a man-friend touched me "down there," bringing me to orgasm (I didn't know that word either). Then I had a brilliant thought—if he could do it to me, I could do it to me, too. So I did, though it was a long time before I could feel a lot of pleasure and orgasm.

Masturbation allows us the time and space to explore and experiment with our own bodies. We can learn what fantasies turn us on, the kinds of touch which arouse and please us, what tempo and where. We can learn our own patterns of sexual response without having to think about a partner's needs and opinions. Then, if and when we choose, we can tell our partners what we've learned or show them by guiding their hands to the places we want touched. As women, who have for so long been taught to "wait for a man to turn us on," knowing how to give ourselves sexual pleasure brings us freedom.

I used to think masturbating was okay only if I didn't have a lover, and only for a quick release. Now I see it's part of my relationship with myself, giving myself pleasure. My rhythms change. Sometimes I masturbate more when I have a lover. Sometimes I'll go for weeks without doing it.

We can enter a sexual relationship knowing more about what we want. We aren't totally dependent on our partners to satisfy us, which can be a freedom for them, too. After menopause, masturbating also helps us avoid the drying up of vaginal tissues which can come with age.

Not everyone enjoys masturbating.

Learning to Masturbate*

If you have never masturbated and want to, we invite you to try. You may feel awkward, self-conscious, even a bit scared at first. You may have to contend with voices within you that repeat, "Nice girls don't..." or "A happily married woman wouldn't want to..." You may fear losing control of yourself or you may feel shy or guilty about giving yourself sexual pleasure. Many of us have these feelings, but they change in time.

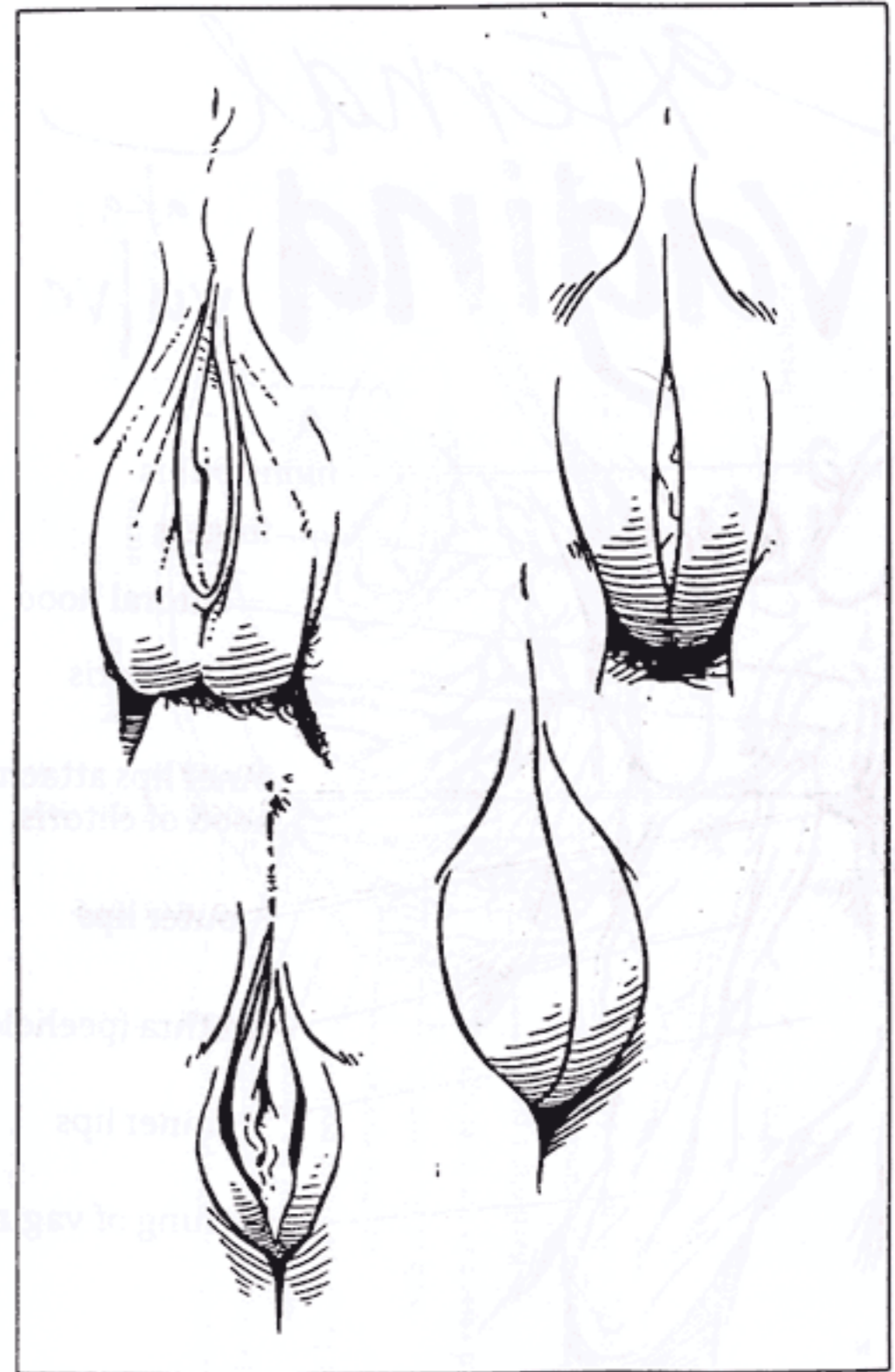
Some suggestions: find a quiet time when you can be by yourself without interruption. Make yourself as comfortable as possible: you are expecting a lover, and that lover is you! Take a relaxing bath or shower. Rub your body all over with cream, lotion, oil or anything else that feels good. Slowly explore the shape of your

body with your eyes and your hands. Touch yourself in different ways. Put on music you like, keep the lights soft, light a candle if you want. Think about the people or situations you find sexually arousing. Let your mind flow freely into fantasy. Let your body relax.*

Women have many ways of masturbating. We can moisten our fingers (with either saliva or fluid from the vagina) and rub them around and over the clitoris. We can gently rub or pull the clitoris itself; we can rub the hood or a larger area around the clitoris. We can use one finger or several. We can rub up and down and around and around, and try different kinds of pressure and timing. Some of us masturbate by crossing our legs and exerting steady and rhythmic pressure on the whole genital area. We may insert something into the vagina—a finger, peeled cucumber, dildo. We may rub our breasts or other parts of our bodies. Some of us have learned to develop muscular tension throughout our bodies.



- Average Depth of a Vagina: between 3 to 6 inches
 - Largest Vagina: the female blue whale with a normal length of 6 to 8 feet
 - Largest Human Vagina: belonged to a woman who was 7'8" tall
 - Smallest Vagina: 2 or 3 centimeters—surgery is required for correction
 - Longest Clitoris: recorded at 4 1/2 inches long and 1 1/2 inches diameter
 - Longest Labia Minora: some African tribes enlarge their labia to 7 inches in length
 - Largest Buttocks: Hottentot tribe have buttocks that each can be two or three feet
 - Largest Breasts: 44-pound breasts measuring 33 inches in circumference
 - Most Breasts: In 1886 a french woman was recorded with ten individual breasts
 - Most Orgasms: 134 in one hour for a woman - 16 for a man
 - Longest Recorded Orgasm: 43 seconds with 25 consecutive contractions
 - Longest Recorded Pubic Hair: 28" (71.12 cm) long
- **8 out of 10 Can't Be Wrong!**
In a recent survey of women who use vibrators for sexual relief, 8 out 10 stated they do not insert the vibrator inside them, they use it on the outside of the clitoris to achieve orgasm.
 - **Bad Middle Ages!**
Women were discouraged from having orgasms during the Middle Ages because it was thought that orgasms made women less capable of getting pregnant.
 - **Inventor's Corner!**
The modern IUD invented was invented in 1909.
 - **What About The Cucumber?**
According to the Hite Report, candles are the artificial device used more frequently by women when masturbating.
 - **Depends On Who You Ask**
According to Kinsey Report (1953), 15 percent of the female population was capable of multiple orgasms.
 - **It's A Fact!**
The vagina and the eye are self-cleaning organs.
 - **More Reasons To Own A Vibrator!**
Having an orgasm relieves menstrual cramps because the vigorous muscle action moves blood and other fluids away from congested organs.
 - **Blame It On Ben!**
"Scrup" is archaic slang for "the sexual act." Ben Franklin referred to prostitutes as "scrumpets."
 - **G-e-e-e!**
The G-spot is named for Dr. Ernest Grafenberg.
 - **Not Tonight!**
A female orgasm is a powerful painkiller (because of the release of endorphins), so headaches are in fact a bad excuse not to have sex.
 - **Oh! Cleo!**
It is ancient legend that Cleopatra of the Nile had 2 orgasms a day and manufactured her diaphragm out of cow dung.



One way to find out how your vulva looks is to sit on a large Xerox/ copy machine that can support your weight, lean forward, and press the copy button. The cover is glass, so sit very gently, and be sure you have the permission of the machine's owner!

BOOB CHECK!



①

You gotta check your boobs, right? While it's good to do it the American Cancer Society way, you can also mix it up at times by making it part of a fantasy.

Either way, breast exams need to be done every month, even if you are only twenty. But it doesn't have to be like a trip to the gynecologist.

Here's one way of spicing up the monthly breast exam...

②

You have nothing on except one of those skimpy little paper gowns. You hear the door to the examining room open. Suddenly, your view, which until now has been of white ceiling tiles, is interrupted by the smile of a doctor. You quickly do a double take—this guy is seriously cute!

He apologizes for having to meet you this way, and asks if you will stand and open the gown. He tries to look calm, yet he pauses and breathes deep. He has you do all sorts of rude things with your arms—hold 'em up, put them on your hips, bend forward, and finally relax. With each change in your posture, you can feel his eyes on your breasts, hungry and alert for any changes in the color or texture.



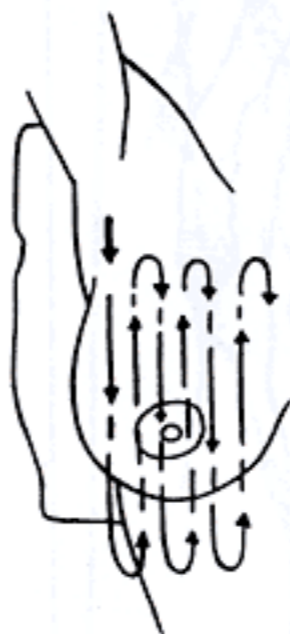
③

Now he asks you to lie flat on your back with your right arm behind your head.

④



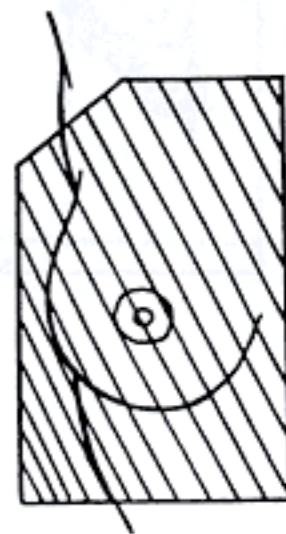
Your body tenses as the pads of his fingers (your left hand) begin to examine every inch of your chest. You moan quietly as he moves his fingers in small circles, the size of a dime. You think you hear him moan too. He pauses to put talc or lotion on your breasts, to help his fingers glide smoothly from one spot to the next, making little circles, as if he were finger-painting a string of pearls across your breast. He repeats every circle several times before moving his fingers forward, varying the pressure from light to hard, feeling every creamy sensuous layer. His fingertips move slowly.



He grasps your wrist and places it by your side. His fingers gently probe the warm moist crease between your breast and arm, searching for lumps, bumps and swelling. How can something as unattractive as an armpit suddenly feel so good?

⑥

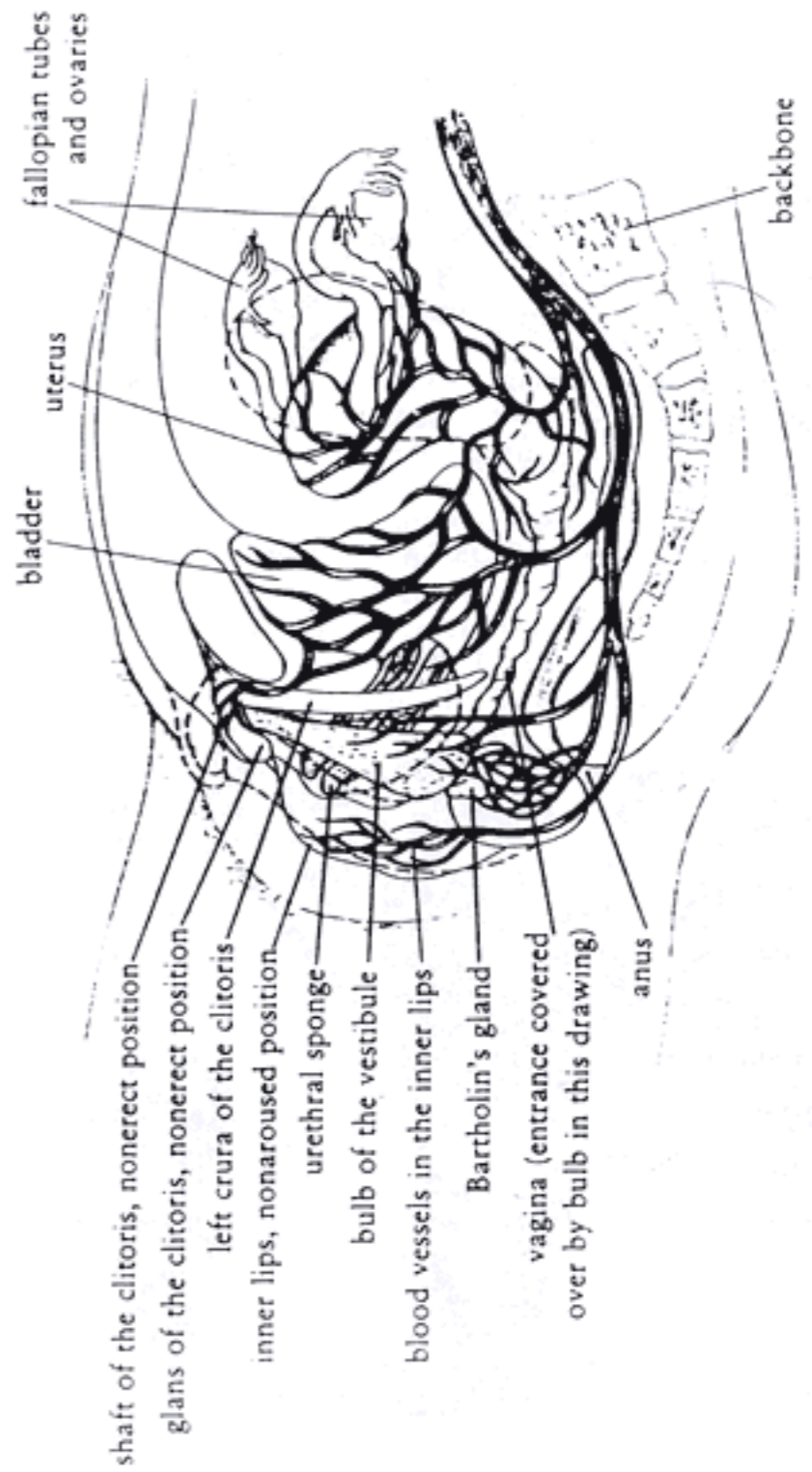
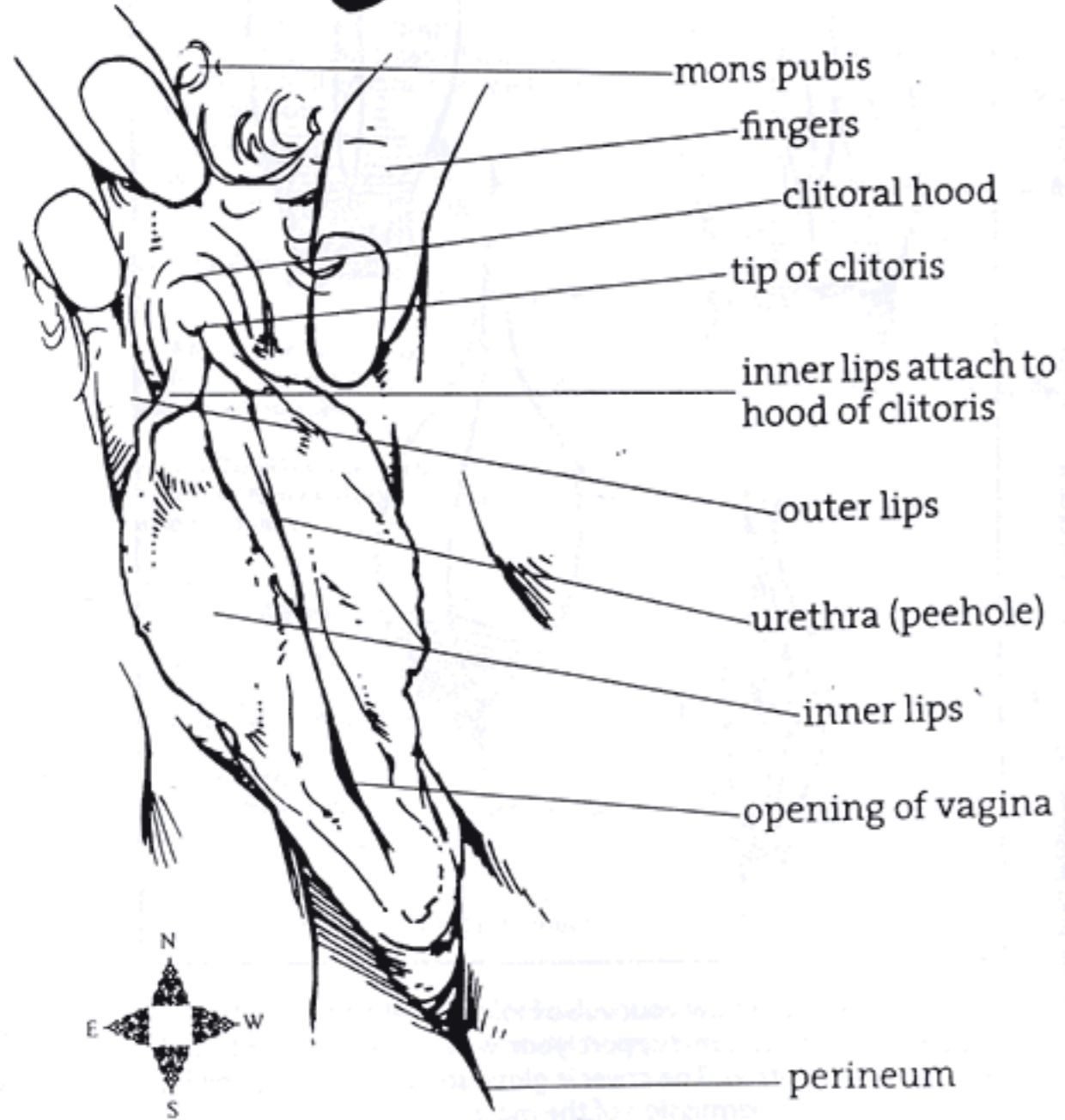
His fingertips reach for your nipple, hard from delight not cold. He squeezes for discharge. Your hips raise. His breathing stops—then starts.



⑦

He clears his throat and tugs his white coat closed. He asks you to lift your other arm...

external vagina aka: vulva



Readers' Comments

What does it feel like in your genitals when you are sexually aroused?

"Tingling starts in my clitoris and spreads to my labia. My whole vulva starts to throb, literally. The throbbing is extremely pleasurable. Then my vulva gets swollen and almost hot. Once it is swollen every slight touch sends lightning bolts of pleasure all around my whole body."

female age 23

"Sometimes it's an ache not unlike having a full bladder. Other times, a sensation of heat and congestion in my labia, clitoris and vagina. If I'm highly aroused, or if my clothing is tight, I'll be able to feel my pulse between my legs. Sometimes I'll feel my tendons and muscles twitching as well."

female age 36

"My labia feel swollen and tight; my clitoris becomes hard. Sometimes my clitoris feels like it's huge, and it sort of throbs. If I am extremely aroused, my whole vulva feels as though it's pounding, with my clitoris as the center."

female age 26

"You know the feeling you get right before your leg or arm falls asleep? I mean, before it's annoying or hurts. It's a really intense tingling feeling. It makes my whole body feel warm and excited. There are moments however, right before my partner enters me when my vagina actually aches."

female age 27

When did you first make the connection between being sexually aroused and being wet?

"When I was around ten or eleven, while watching a sex scene in a film. My panties got wet, and I realized that was why. If I'm really turned on, I'll drip down to my ankles."

female age 25

"I first connected being wet with sexual arousal when I was 13. I was watching a silent, vintage erotic film with a friend. When I went to the bathroom, I was soaked!"

age 26

"The first time I connected wetness with sex was when I was 9 or so and got all wet and throbby when I was watching a couple kissing at the beach. But I don't always get wet when I feel aroused, it isn't an indicator for me."

female age 38

"When I first masturbated, I only touched myself on my clitoris, so I was very surprised when I eventually felt my vagina and it was dripping fluid."

female age 23

Comments about being wet...

"Being wet is hard to explain. I don't know if I can offer insight because it just happens. The most annoying thing is that if you don't wear panties and get wet, it tends to be very messy, but arousing!"

female age 36

"For me, the degree of my wetness varies greatly from time to time and seems to be largely affected by how mentally 'into' having sex I am at that given time."

female age 34

"If my boyfriend just starts kissing me and wants to have sex, I am not automatically wet. I need to be turned-on. This could be by way of slowing down and paying attention to my body, or it could be by talking sexy, reading, looking at or listening to erotica."

female age 26

"It does not work when my partner concentrates solely on doing mechanical things to get me wet. Yet a simple very tender kiss can do it, especially when the whole day is relaxed."

female age 48

"I enjoy sex a great deal, but seldom get wet."

female age 32

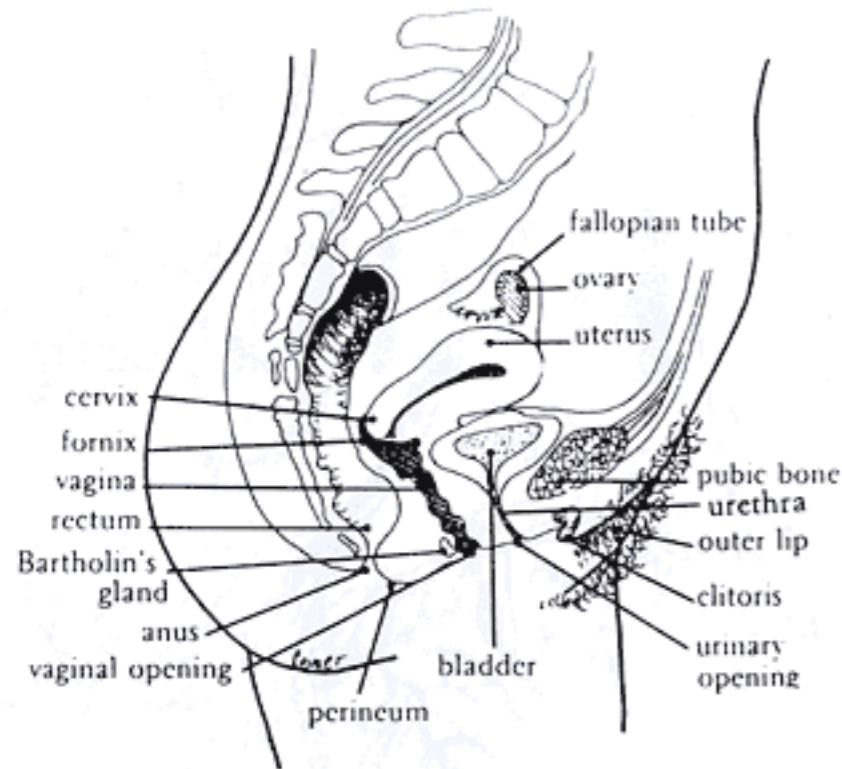
The Role of the Vagina, Uterus and Cervix

Women have the potential to respond to sexual arousal throughout the entire pelvic region. When we are aroused, the erectile tissue around the outer third of the vagina becomes full, and nerves in that area become more sensitive to stimulation and pressure. When the muscles around this part of the vagina (pubococcygeus muscles) are strong and well exercised, many women find they orgasm more easily. (See Kegel Exercises, p. 333.) Childbearing increases the venous system in the pelvis, often making arousal quicker and stronger.

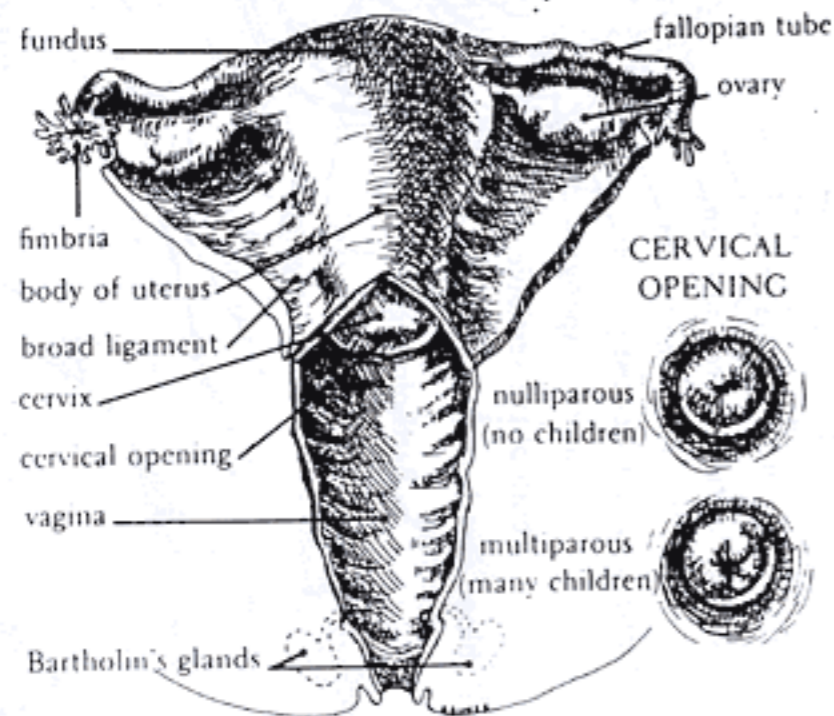
Two researchers have recently identified what they call the "Grafenberg spot" ("G-spot"), a sensitive area just behind the front wall of the vagina between the back of the pubic bone and the cervix. They say that when this spot is stimulated during sex through vaginal penetration of some kind, some women orgasm with a gush of fluid from the urethra which is not urine. This is at present a controversial theory among sex researchers. It's a relief for those women who feel a urethral gushing of liquid during orgasm to find an explanation for this apparent "ejaculation," and for some others to find what may be another source of pleasure. However, if a G-spot orgasm becomes a new "ideal" for the sexually liberated woman, or is used to reinstate so-called "vaginal" orgasms as superior, it will become a new source of pressure, making us feel inadequate or unaccepting of our own sexual experiences.

Further up in the vagina, the cervix and uterus are crucial to orgasm for a number of women. While the inner two-thirds of the vagina and the cervix itself have little sensitivity, a penis, finger or dildo pressing

repeatedly on the cervix "jostles" the uterus and indeed the whole lining of the abdominal cavity (peritoneum). This can create a different kind of feeling internally before and during orgasm. If you have had a hysterectomy you may have to learn to focus on different kinds of sexual stimulation and feelings, because the cervix and uterus are no longer there.*



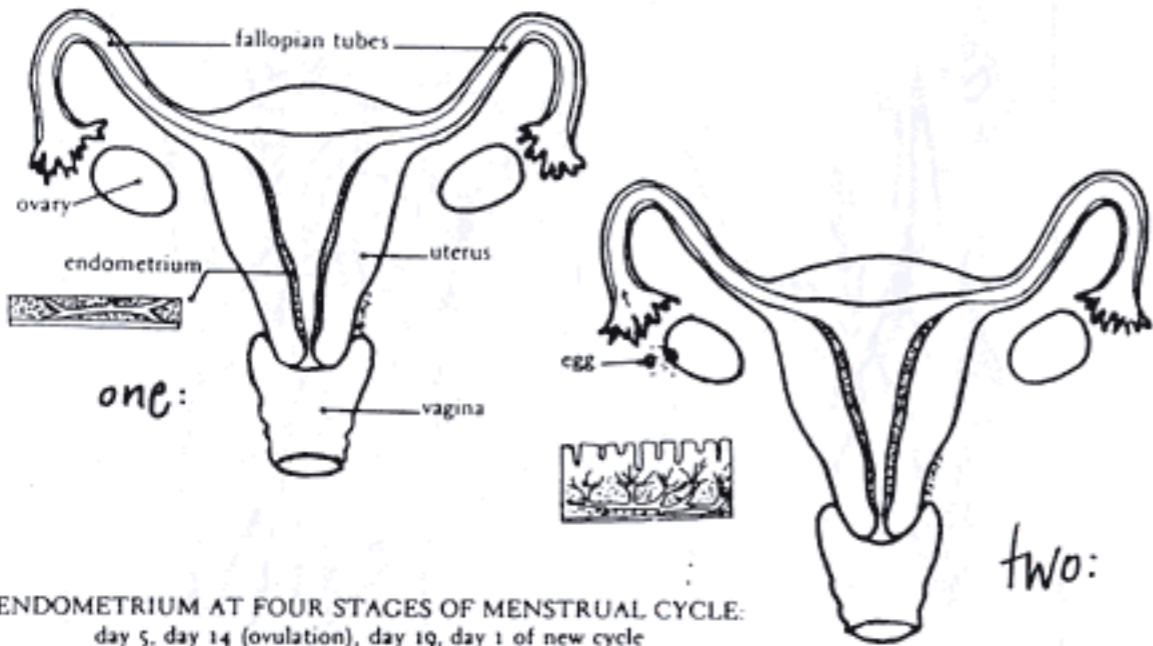
FEMALE PELVIC ORGANS (side view)



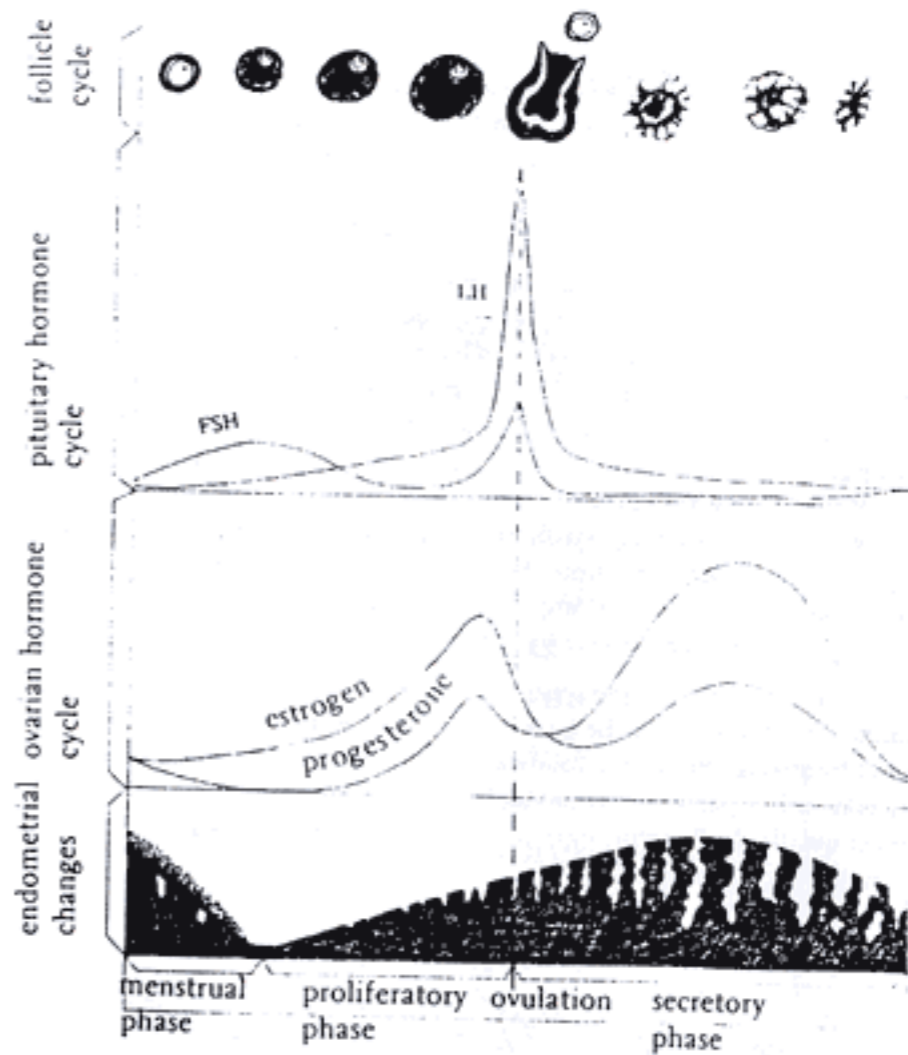
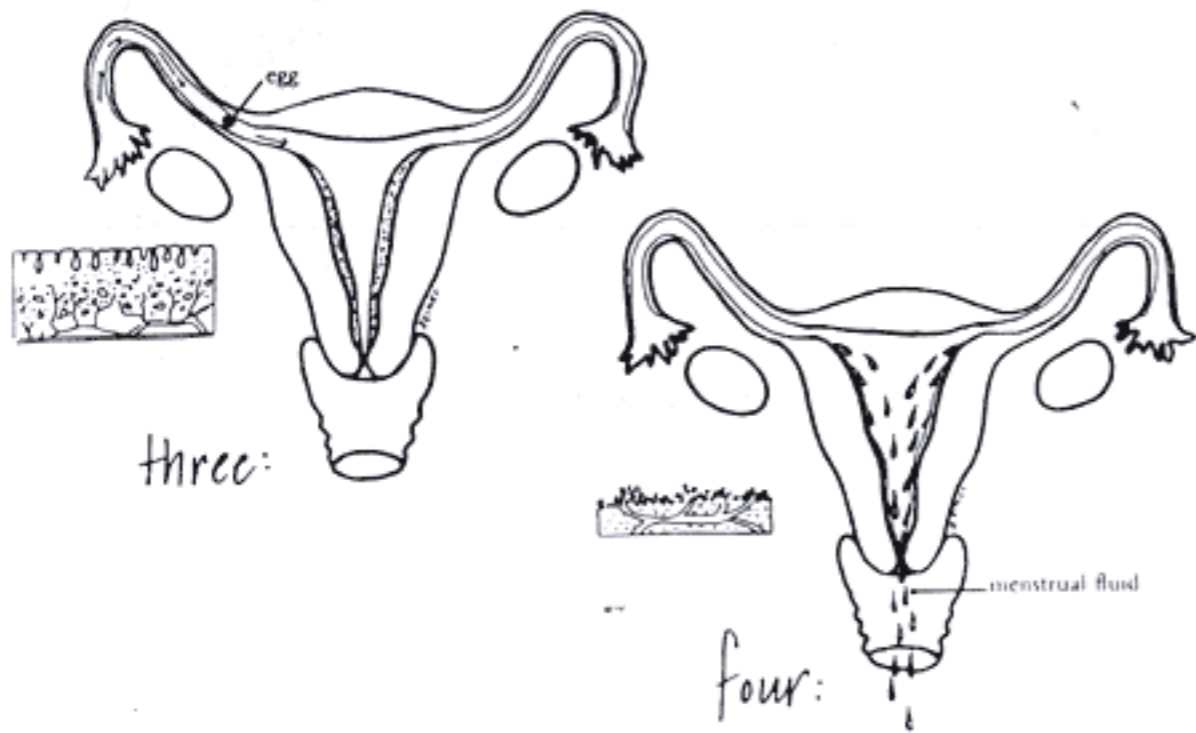
FEMALE PELVIC ORGANS

Nina Reimer

menstrual cycle:



ENDOMETRIUM AT FOUR STAGES OF MENSTRUAL CYCLE:
 day 5, day 14 (ovulation), day 19, day 1 of new cycle
 (day 1 is first day of menstrual period)



THE MENSTRUAL CYCLE—relationship between follicle development, hormone cycles, and endometrial (uterine lining) buildup and disintegration. The cervical mucus gets progressively wetter from the menstrual phase to ovulation, then becomes drier during the secretory phase.
 Peggy Clark

hormonal influences:



"Bathtub, vibrator, boyfriend's fingers (my own don't work). Electric toothbrush handle, my ex-husband's hammer (the handle), even celery once." *female age 26*

"I get the most intense orgasm by leaning on a hard surface like a counter and wiggling around 'till I come. I also use a dildo, and I use my fingers to massage my labia and clit, occasionally fingering my vagina." *female age 37*

"Occasionally I use my hands, but usually I use a running faucet before I take my bath." *female age 19*

"I rub my clit in a circular motion with my fingers or use a trusty old Prelude 3 [vibrator]. I've tried putting things inside my vagina, but so far that's been a very neutral experience — I need my lover's hand or torso to be attached to what's going inside. Sometimes I gently rub my chest as I masturbate, or run a soft piece of cloth over my nipples." *female age 47*

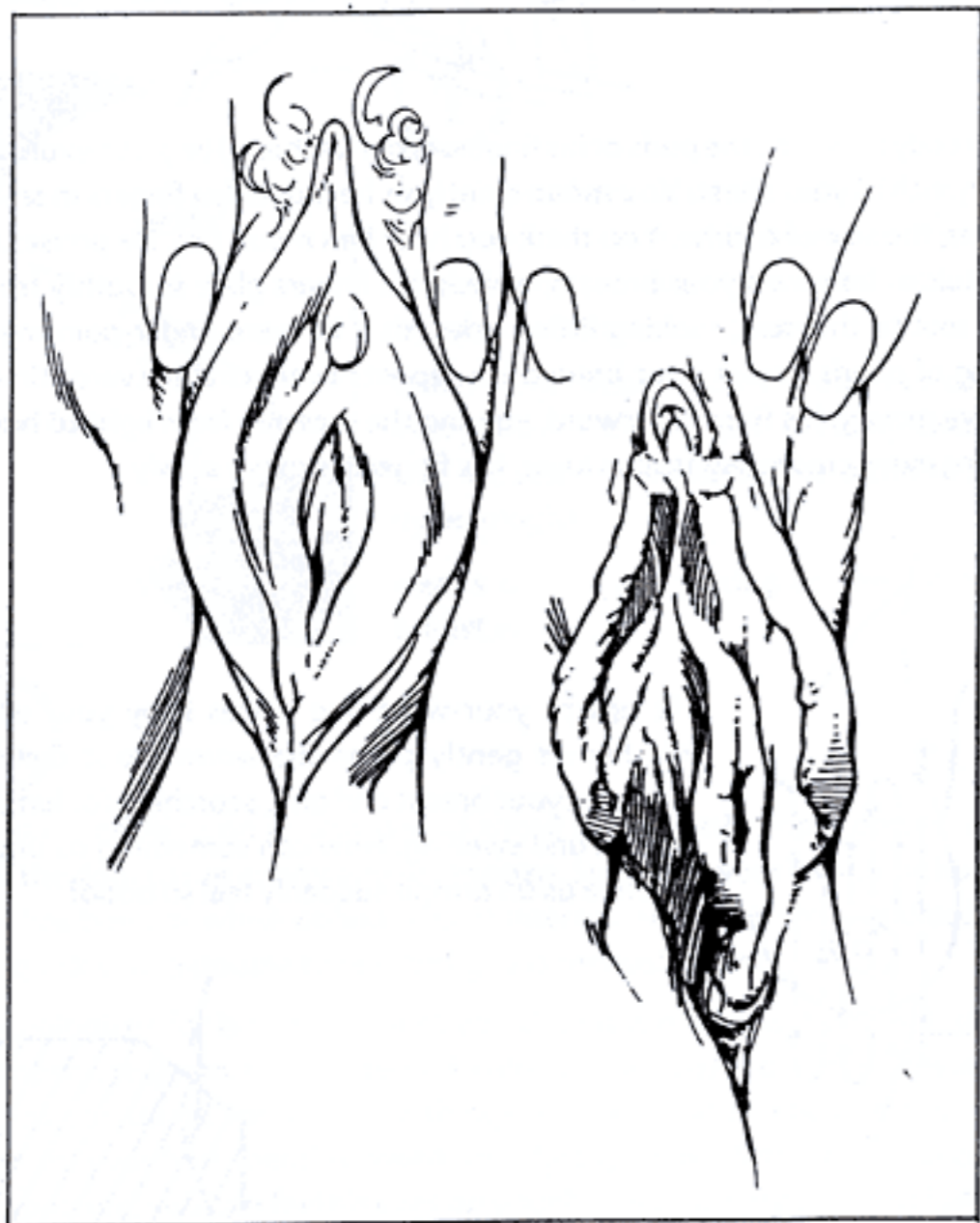
"I do it while reading a book or having a fantasy. Usually I stimulate my clit directly with one or more fingers. Only rarely do I put anything inside my vagina, although I do like the feel of a tampon. I also like anal stimulation. That will make an orgasm more intense and more diffused." *female age 26*

Have you ever needed to masturbate while away from home?

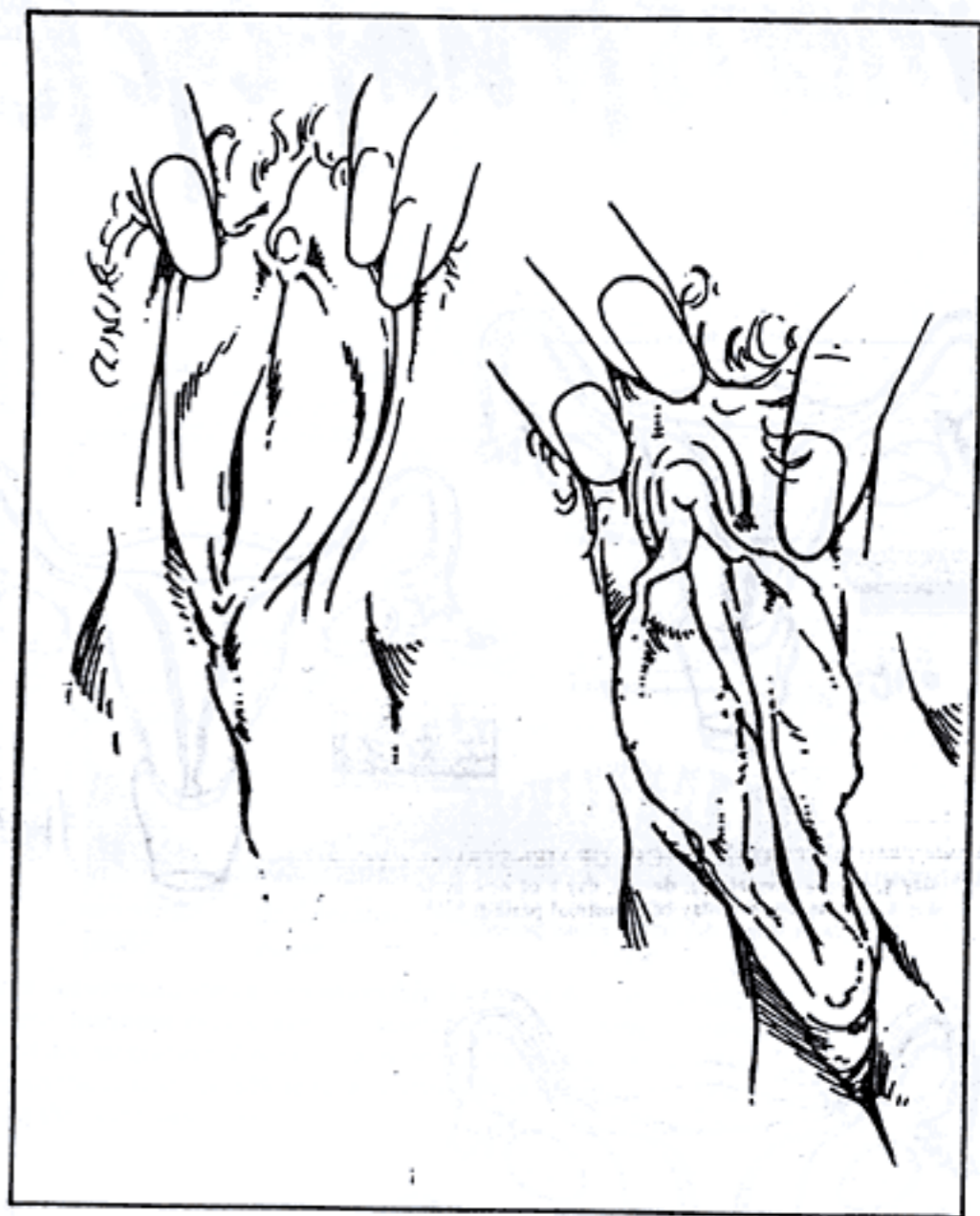
Guess which answers are men's and which are women's!

- "I have done so occasionally in the car, while driving. Tricky, but doable." *age 37*
- "I would pretty much masturbate anywhere if I could. I know it sounds silly, but when I am on the beach or catching a killer wave I get kind of horny." *age 23*
- "Yes. Although never at my current job, I have masturbated at work." *age 26*
- "Yes. I've masturbated driving in my car; the urge was just too great and I had to deal with it right then." *age 36*
- "It has happened. I feel pressure like I'll go nuts if I don't get relief, and I'll sneak off." *age 38*
- "Except for when I was on a long vacation, I've always been able to wait until I got home." *age 26*
- "One time I was driving and I had a terrible urge, so I brought myself to orgasm. I've also done it at work once." *age 43*
- "I was once on a long distance bus trip and a teenage boy was next to me. I don't remember why, but I got very aroused, so I put my coat over me and masturbated while he slept." *age 45*
- "While my partner lived in a different city, I used to all the time. I would lock myself in the bathroom and put my feet on the wall while sitting on the toilet, with my legs bent and above my head. It was most satisfying this way." *age 37*
- "I was using the computer at my brother's house when no one was home. While on the net, I was talking to someone who was so hot that I had to masturbate to release enough tension so I could keep talking online." *age 27*

a. female b. female c. female d. female e. female f. male
g. female h. female i. female j. female k. female l. female m. female n. female o. female p. female q. female r. female s. female t. female u. female v. female w. female x. female y. female z. female



...Different Vulvas



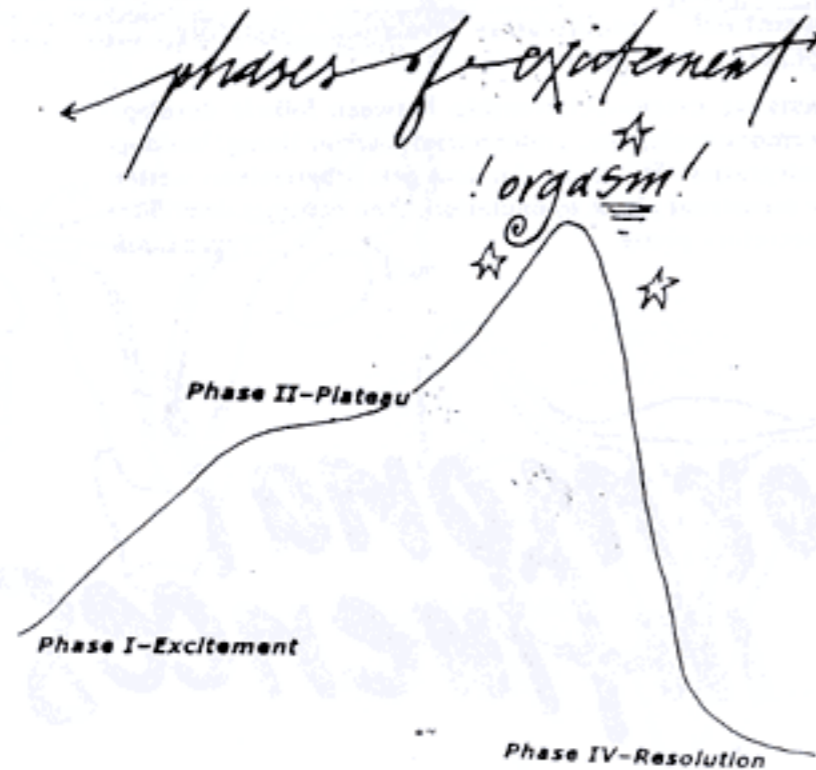
Different Women...

HUMAN SEXUAL RESPONSE

Sexual response is physical, emotional, social, and psychological. It begins with stimulation of some kind. This could be smell, taste, hearing the voice of a partner, certain sights, sounds, touch, fantasy or memories. The human sexual response is very individual. A person's response may vary from time to time, with different partners, or with age.

Orgasm, or the climax of sensation, is a unique experience. It can vary in intensity, as many factors will affect it. Moods, level of energy, the amount and type of foreplay both have participated in, what is happening in either partner's life, and in the level of trust in the relationship are examples of such factors. For some people orgasm can be easily achieved, while for others, more effort is required. In general men usually achieve orgasms each time they have intercourse. Women may vary greatly. Some women do not experience orgasms until several years after they are sexually active, or not at all. Some women may achieve orgasms just about every time they have intercourse. Not every sexual experience will end in orgasm. It is important to recognize that this is not a problem unless it is perceived as one by the client.

Orgasms involve involuntary contractions of the vagina and uterus in the female, and involuntary contractions at the base of the penis in the male. They are accompanied by strong sensations followed by the release of muscle tension. During orgasm, either partner may moan, groan, scream, contort their face and body, or react quietly. Following orgasm, a relaxed and peaceful state is often accompanied by the desire for sleep.



SLANG TERMS FOR FEMALE MASTURBATION

beating the bush
blessing yourself
buffing the box
buffing the jewel
buffing the muff
comforting yourself
creaming yourself
flit your clit
frigging
get to know yourself
getting off
going solo
indulge yourself
jillin' off
juicing it up
lady fingers and cream
larking
manage a'moi
pet the kitty
pet the pussy cat
powder your nose
rub the clit
rubbing the donut
searching for spock
self love
stroke the kitty
stroking' the slit

What's Inside a Girl ?

Whoa... there's some things, baby, I just can't swallow
Mama told me that girls are hollow
Uh-uh... What's inside a girl?
Somethin's tellin' me there's a whole nuther world

Ya gotta pointy bra... ten-inch waist
Long black stockis's all over the place
Boots... buckles... belts outside
Watcha got in there yer tryin' a-hide?
Hm... What's inside a girl?
Ain't no hotter question in the so-called civilized world

Can't see it by satellite, baby that's cheatin'
The President's callin' an emergency meetin'
The King of Siam sent a telegram
Sayin' "Wop bop a loop a lop a lop boom bam!"
Wooeee... What's inside a girl?
Somethin's telling me there's a whole nuther world
(chorus)

Whatcha got... watcha got...
Watcha got in the pot?
Whatcha got... watcha got...
Whatcha got in the pot?
In the bottom of your bottomless bodypit
You got somethin' and I gotta get it
Come onnn... What's inside a girl?

Like da itty-bitty baby takes apart his toys
I'm gonna find what's rilin' up the boys
Sugar and spice is just a bluff
You can tell me, baby... what is that stuff?
Come on... What's inside a girl?
That wavy gravy got my head in a whirl



NAMES FOR THE LADY

bearded oyster
bearded clam
birdy
beaver
bush
celestial palace
clam
cooch
cunt
delta of venus
fuzz box
her
honey-pot
hootchie
jade gate
kitty
mound of venus
muff
orchid
passion fruit
peach
pookie
pootang
pussy
snatch
sweet spot
twat
vagina
velvet box
yoni

Lyrics: The Clamps