



AH! And noooooow they're naked!

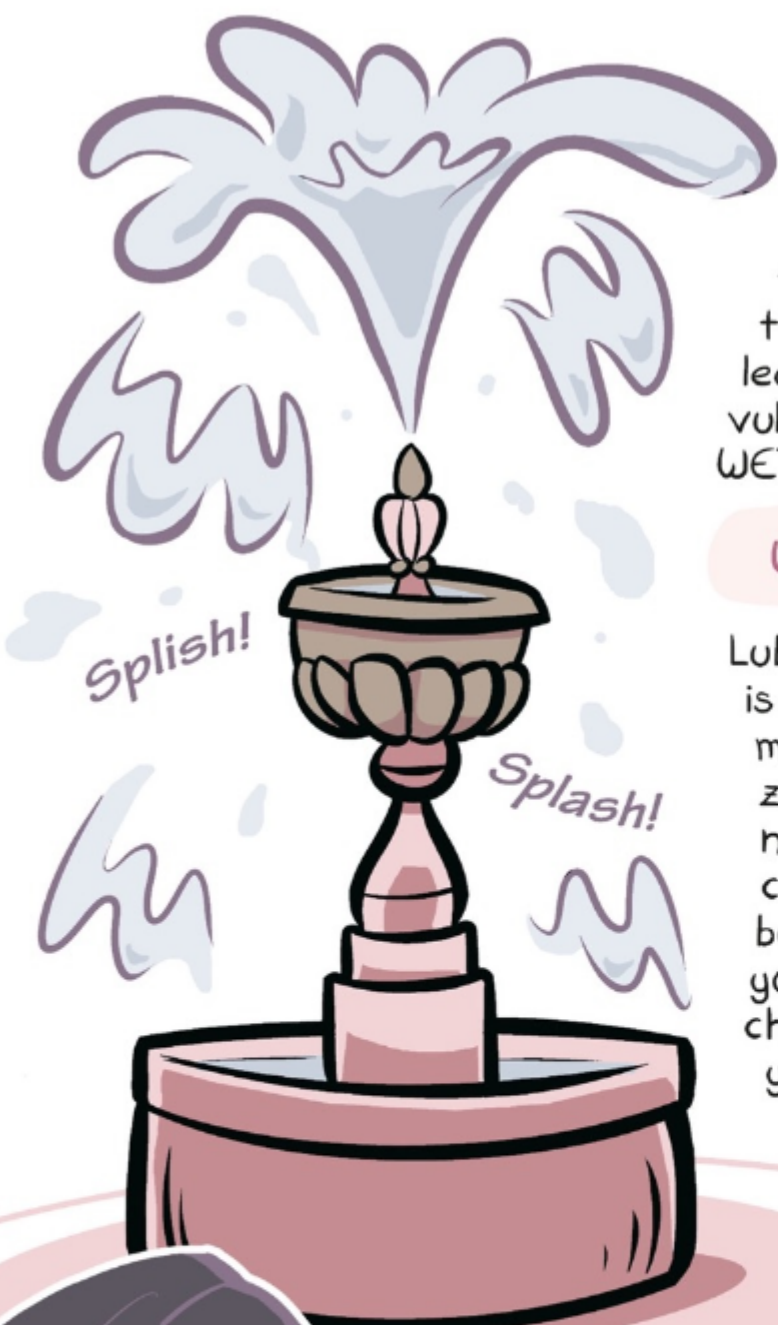
And looking **GOOD!** All different! All rockin' it! Lookit all these badass babes!



We all get hung up on comparing ourselves to others at some point. No matter who you are, there will always be someone out there who you think has it better. But comparing yourself to them doesn't work.

It'll always be a bummer.

Instead of looking **outward** at other people, start looking **inward** and find the parts of yourself that **YOU** can love.



When you're ready to play with your body, there are a few things to try. But the first thing to learn is that a **HAPPY** vulva or penis is a **WET** vulva or penis.

Use lots of lube!

Lube (or "lubricant") is a liquid designed to make your sensitive zones slippery, which not only makes contact feel better but also reduces your chance of chafing or tearing your softest, most delicate bits.

Look up **sexual lubricant** to figure out which lube is the right one for you.

Things to Try!

Trail your fingers around and over your vulva. **Flutter** your fingers lightly from place to place.

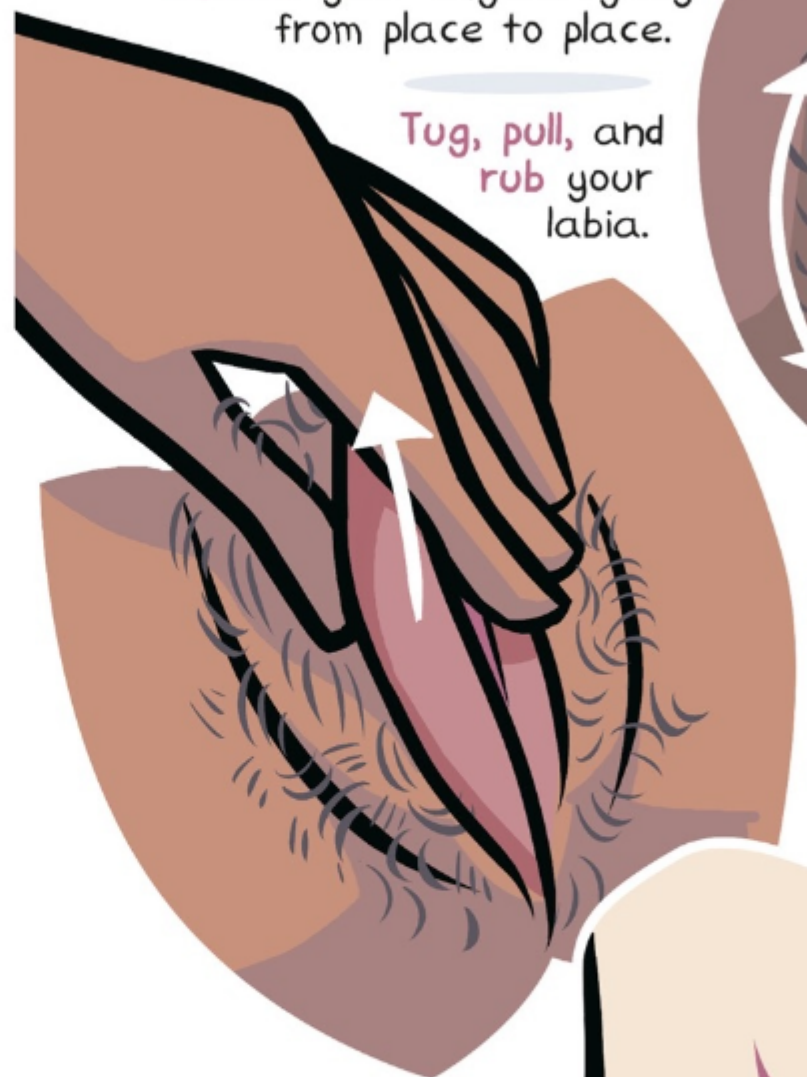
Tug, pull, and **rub** your labia.



Circle your fingers around and over your clit. Give it a couple **quick pats!**

Press and **pull** on the skin around your vulva to make it taut.

Try slipping a **finger or two** inside your vagina.



Later on, try adding a **sex toy** to your masturbation! They can bring a completely new sensation that you can't experience with just your hands.





This is wild!
We're only a few
pages in and
WHOA.

Bodies typically
fall into one of two types,

depending on their anatomy, genetics, and hormones.

Testes historically label someone as "male," and lead to a testosterone-rich puberty. **Ovaries** historically label someone as "female," and lead to an estrogen-rich puberty. Some people have anatomy or genetics that don't exactly fit either of these two categories, which is called "intersex." Lots of people also

medically change their bodies to have the traits that are right for them; this includes cisgender, transgender, and nonbinary people.



Before we focus on the baby-making organs, let's go over **secondary sex characteristics!** Depending on WHICH hormones you're exposed to as you grow, your body develops differently. Generally this starts to show up in your teenage years, as your body decides it's time to fill you to the brim with hormones!

Increase
of muscles

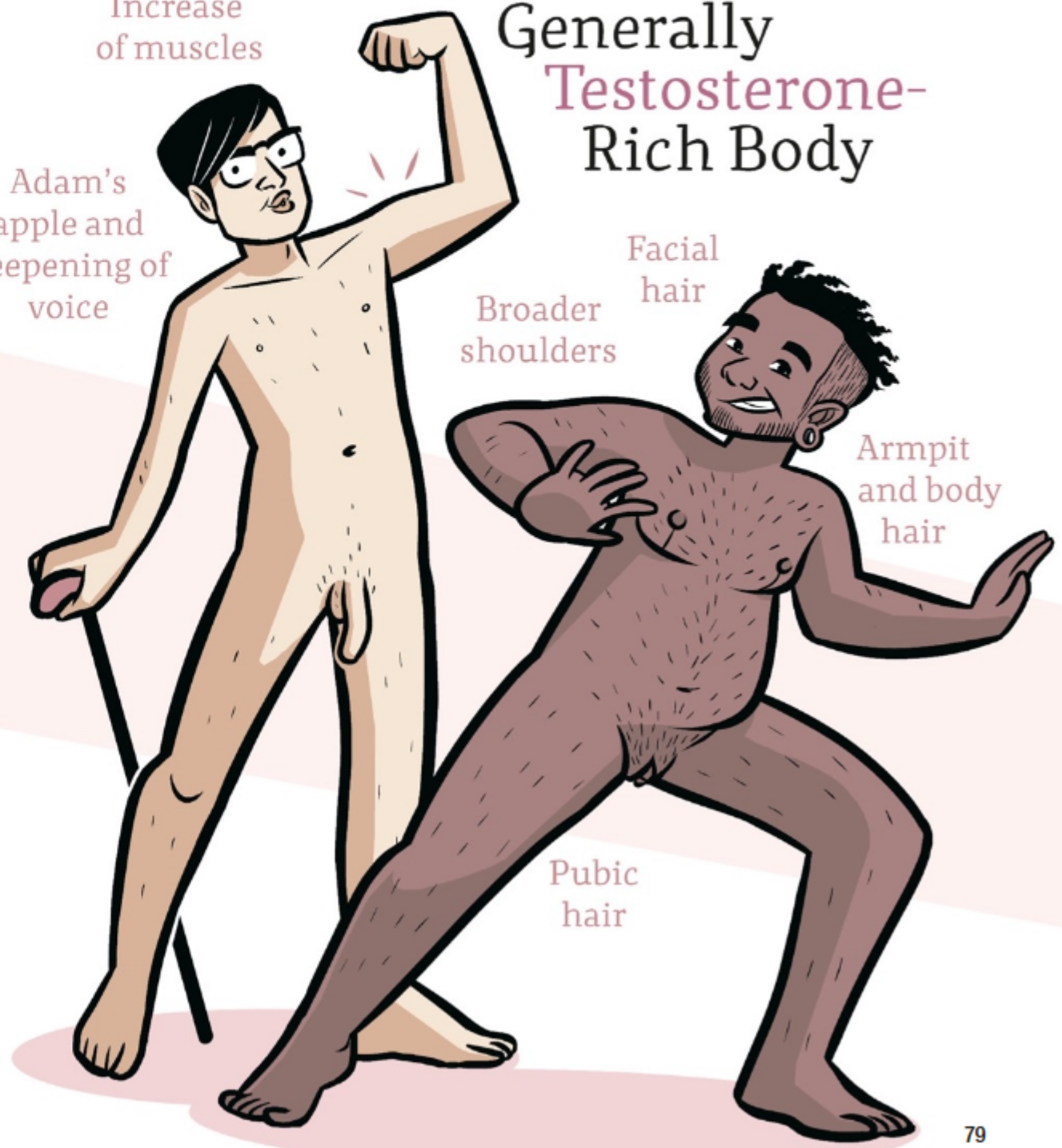
Adam's
apple and
deepening of
voice

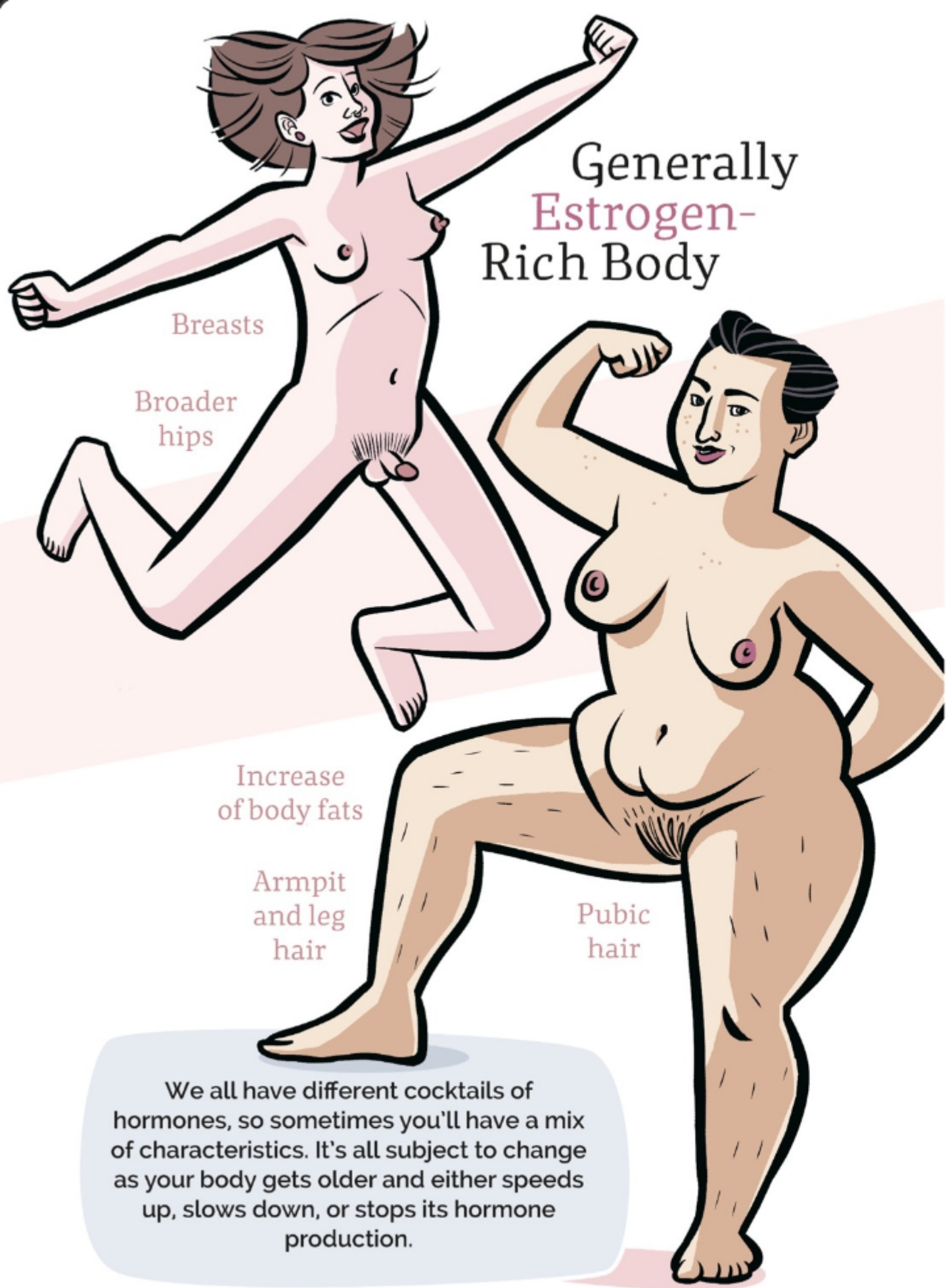
Generally Testosterone- Rich Body

Facial
hair
Broader
shoulders

Armpit
and body
hair

Pubic
hair





Generally Estrogen-Rich Body

Breasts

Broader hips

Increase of body fats

Armpit and leg hair

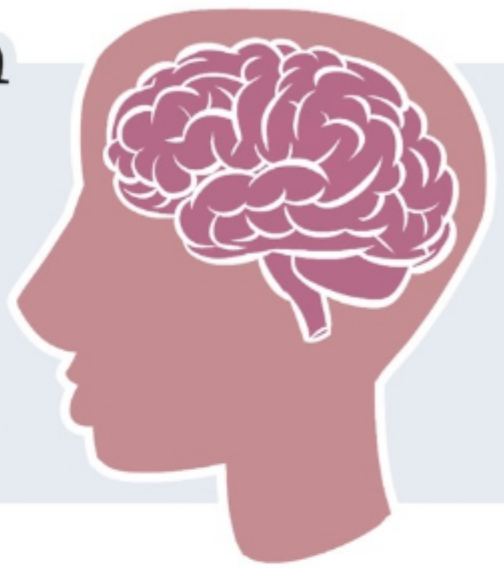
Pubic hair

We all have different cocktails of hormones, so sometimes you'll have a mix of characteristics. It's all subject to change as your body gets older and either speeds up, slows down, or stops its hormone production.

Let's take a look at some universal zones and attributes of the body.

Brain

Aw yeah, the big boss, responsible for all of your thoughts, feelings, and actions—which includes your sexual functioning! Your erotic imagination, your arousal, your sexual response: it's all controlled from here!



Skin

It's such a complicated and fascinating organ that we often overlook because it's right there in front of us all day every day. It covers our body from tip to toe in sensitive nerves and feel-good zones. It responds to touches, stroking, holding, and other forms of contact—soft, hard, and everything in between.



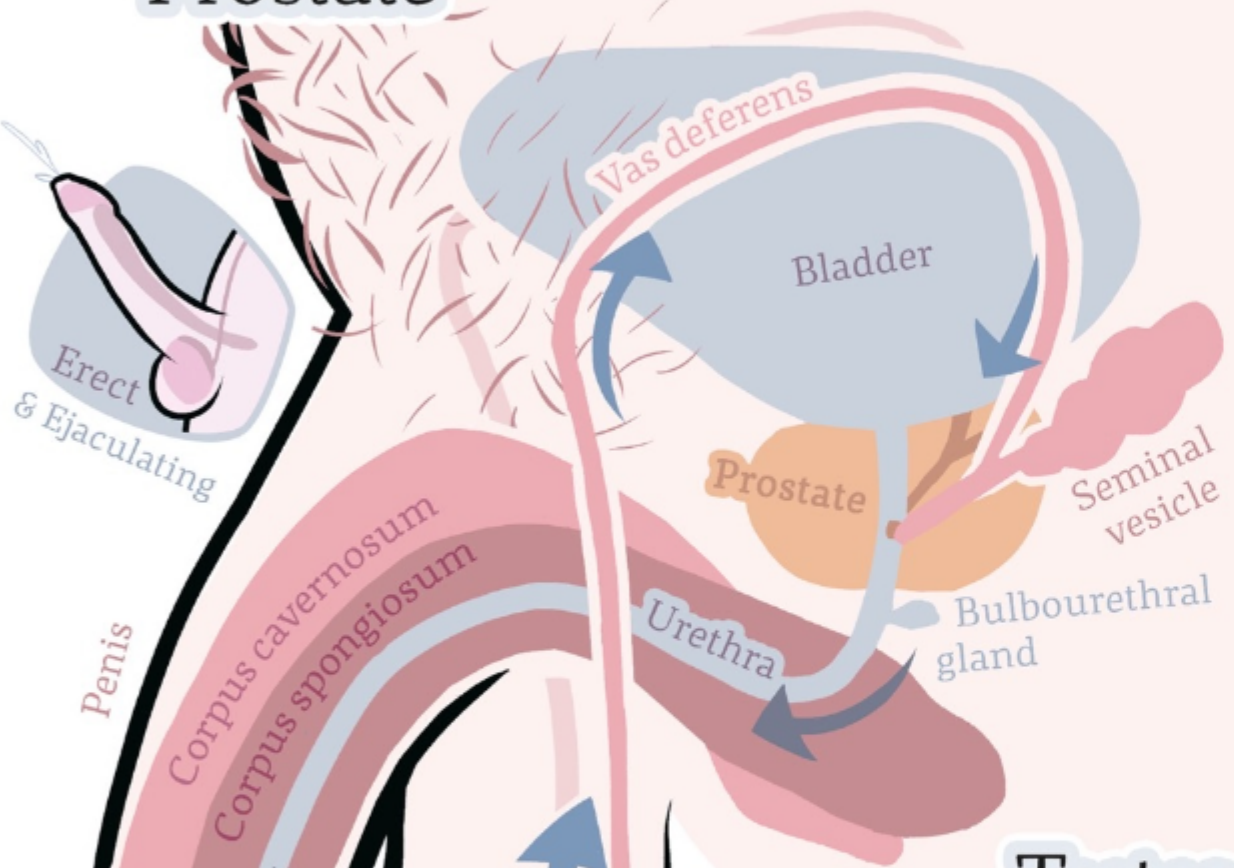
Mouth

One of the most versatile things on your face! It takes in nourishment, spits out language, and is another sensitive spot.



Here's where things get wild. Before the urethra meets up with the bladder, it runs into a **junction of tubes** that are surrounded by a **walnut-shaped organ: the prostate!** This hunk of muscle is here to **add protective juices** to the sperm and to **help push out ejaculate** during an orgasm. Some people like it stimulated by putting a finger in the bum and doing a come-hither motion toward the belly.

Prostate



Testes

These **egg-sized organs** sit in a heat-controlled scrotum, **making millions of DNA-carrying sperm** while also providing **testosterone** (and a few other hormones) to the bod. When ready, the sperm make their way upward through tubes called the vas deferens. These then join up with a pair of seminal vesicles (glands that add fluid to the mix), which lead on to the prostate!

When it comes to reproducing, the penis and the vagina can fit together to form the ultimate baby-making machine. Let's take a peek right now and see how—



WHOA, that's NOT safe for work!



Reproduction aside, **your genitals exist to let you feel pleasure** with yourself or others (no matter which genitals they may have). Sexual intimacy

is a powerful way to **feel good and bond with another person**, whether it's for a night or a lifetime.

Ahhhh. I can't handle any more.

Our bodies are so incredible!!!

...Makes me wanna have some alone time with my bits.

Get outta here, Suri!



Things to Try!

Stroke the shaft of your penis with different pressures and speeds. Try mixing up your grip or switch hands.

Whack it against your palm or give it some gentle **bending pressure**.

FWAP!

Tug or squeeze on your balls.

If you have a foreskin, play with it! Slip a wet finger between it and the glans.

Switch things up and avoid constantly masturbating with a tight hard grip, as it can make it harder to climax in the future.

Try a **sex toy** for bonus fun. Vibes and strokers are awesome!

And don't forget—everybody's got a butt!

After the train has left the station (so to speak) and you've had a chance to wash up or douche back there, you can have an assload of fun with a healthy heaping of lube.

Apply **broad pressure** to the outside of the entrance.

Circle your butthole with your finger, pausing any time a spot feels extra good.

Dip just the tip of your finger inside. Let your anus pull it in when it's ready, instead of forcing it.

Dive deeper with your finger or a butt plug! Just make sure any objects you put up there have a flared base; otherwise, your hungry heinie can gobble it up and the only way to get it back out is a trip to the hospital.

Make sure to wash your hands before touching any of your other body parts, especially the vulva! Or wear latex gloves and toss 'em when you're done.





Different people climax at different points and because of different things. Some NEVER come, and others can come without even being touched.

You could be having the best sex of your life and your body just won't feel like coming! Or, on the other hand, you might come super fast before you feel ready for it. You can even come while you're having really unenjoyable sex. **It's all normal.**



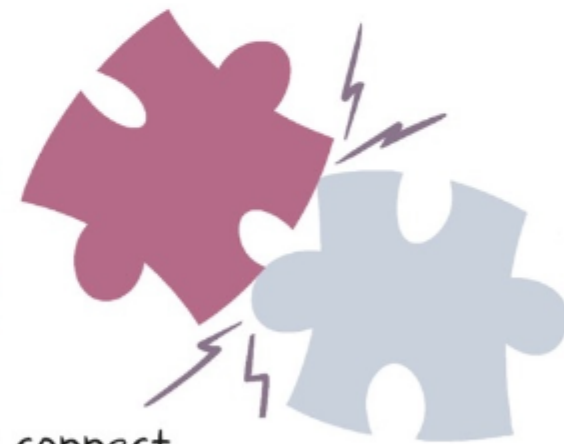
There's nothing shameful or wrong about any of it. Especially if everything else felt good and satisfying. Orgasms can be tons of fun, but they aren't the be-all and end-all of "good sex."

Instead of chasing the orgasm, focus on the moment and your partner. If you want to judge the success of the sex you're having, do it by how much **fun you're both having.**



Good sex is consensual, communicative, fun, and enjoyable. None of those things really have anything to do with an orgasm.

Figuring out how to make sex feel good for you and your partner takes **time and practice!** Find out what works for both of you through **trial and error** and **lots and lots of chitchat.**



Sometimes people never connect physically with each other, and that's okay too. Some folks just aren't a good sexual match, while others might be a perfect fit.



It's OKAY to take your time exploring. The adventure of sex is going to be different for everyone.

A great place to research fantasies and kinks safely is on the internet!

There are tons of people and communities out there who share your interests and have all kinds of advice.



The online world is also chockablock full of pornography: professionals and amateurs alike sharing their sexy adventures online.

When consumed right, porn can help you discover new aspects of your sexuality, and help you safely explore kinks and fantasies.

Buuut, depending on your age and where you found it, porn can also be unethical or illegal to watch. **So do your research!** Look up interviews with your fave porn performers, go to the sites they recommend, and pay for your porn.



But here's a heads-up: **pornography is a performance.** It's not a blueprint on how to have sex in real life, just like an action movie isn't a guide on how to drive a car.



Watching porn uncritically can leave you with unrealistic expectations about what to do in the bedroom, so do yourself a favor and consume it with a hefty pinch of salt. At the same time, remember that **the people you see on camera are real human beings who deserve your respect.**



Yeahhh, I know that worry! But there's nothing wrong with enjoying some porn; it's a **fun sugary treat!** Though if the amount of porn you're watching feels like it's impacting your life, then it's probably time to pull back and give it some thought.





Let's take a break?

Yeah.

Zzzzzzziiiiiiiiippppppp

Ah, fresh air!

I had NOT realized how hot it got in there.



So, ah. I don't think I'm gonna be able to come.

Ha, meeee neither.

