



Sex, Pleasure, and You



HOW DO I KNOW WHAT I LIKE?

Take some time to explore yourself physically before trying it with a partner(s), assuming partner sex is something you want. Try to let go of your preconceptions of what should turn you on, and focus on trying new things. Try touching yourself in new places in new ways- you might be surprised about what works!

WHAT IF I'M NOT GETTING WHAT I WANT OUT OF SEX?

If you know what you like but you're not getting it during partner sex, that's a good sign that you and your partner(s) need to have a conversation. Communicate with your partner what you want out of sex, and try to guide them if you can in how to do that for you.

WHAT IF MY PARTNER DOESN'T WANT WHAT I WANT?

If there are acts you're interested in, but your partner is not comfortable with, you have to recognize their sexual agency and **NEVER** push them to do something they don't want to. *Because that's no longer sex, it's assault.* If your partner doesn't care to do what makes you feel good, not out of discomfort, but out of singular interest in their own pleasure, or lack of care, that's a bigger conversation about respect in the relationship; it might be worth evaluating if they're taking your needs seriously, both in sex and in the rest of the partnership.



What if I'm struggling to orgasm?

There are a lot of factors that can make orgasm difficult for people. Some things that might limit orgasm are certain medications, stress, illness, alcohol or other drugs, as well as emotional factors. If it's hard to orgasm, that doesn't mean sex can't be enjoyable. Sex isn't all about the climax, and there doesn't even need to be one to have good sex. That said, it can be helpful to explore on your own, and if you know what you like, communicate about it with your partner(s)!

