



I am a Sex Therapist and Coach. I have been in private practice for nearly a decade. During this time, I find myself needing to provide education every day. There is a difference between sex for reproduction and sex for recreation. In school we learned about reproduction. As adults, we are left to explore the other side of sexual activity through the internet. I am sure you have tried to figure things out online, right? Most of us have. Unfortunately, what is usually found is a gross misrepresentation of sexual activity, expectations and performance. In reality, we might need to explore ourselves before we jump into action with 3 other people all with different bodies and different desires.

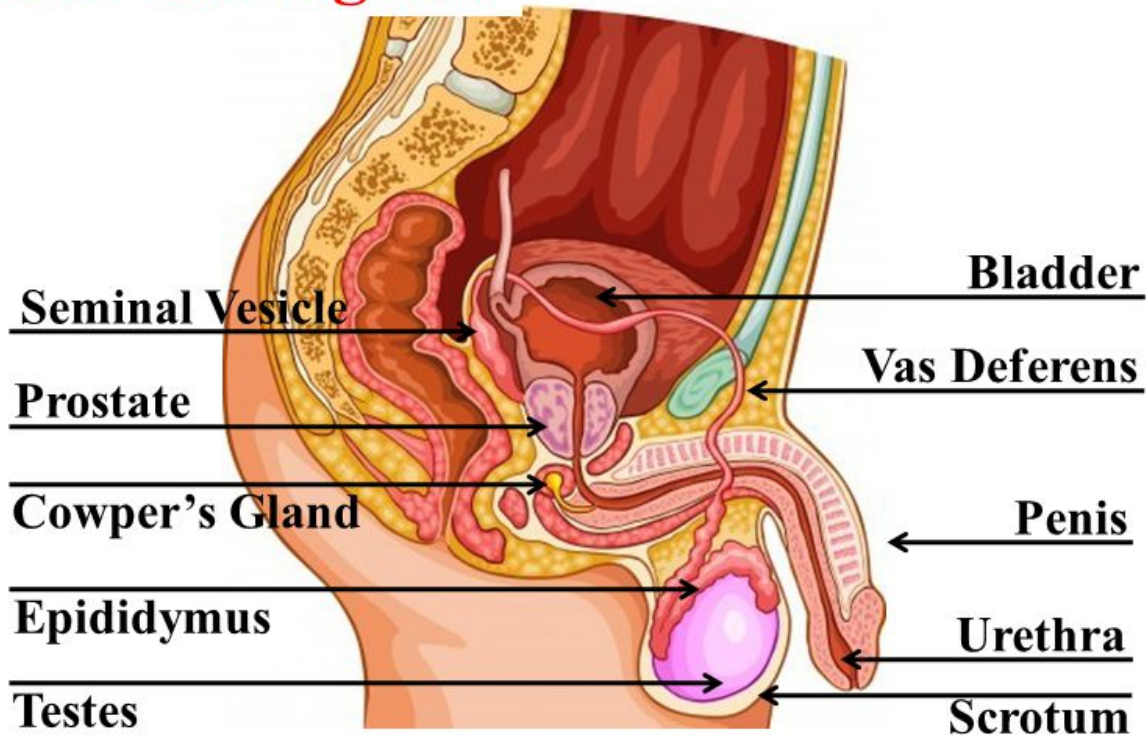
So, I decided to put together a quick resource to cover some of the basics of what sex is when used for recreation. I will explore sexual anatomy including male and female SEX organs, orgasms and differences in experience. Consent. When I present consent, I will do so in the simplest way possible. Remember, females consider their WHOLE BODY to be their sex organs. So, consent is a funny, very important part of education. I will also cover, performance, Intimacy, Anxieties, Sex Positive Approaches, Communication and Repercussions of Having Sexual Activity.



Let's get started!

Male Sex Organs

Male sex organs:





You probably will remember this from childhood sex education but just to briefly refresh your brain, here is the male sexual organs.

The testes are where sperm are produced. Once it is produced, the sperm move to epididymis. The epididymis stores, matures and transports sperm between the testes and the vas deferens. The vas deferens channels sperm toward the urethra. The sperm then meets up with its carrier fluid from the seminal vesicles. The carrier fluid is a milky like fluid that is released from the ejaculatory duct.

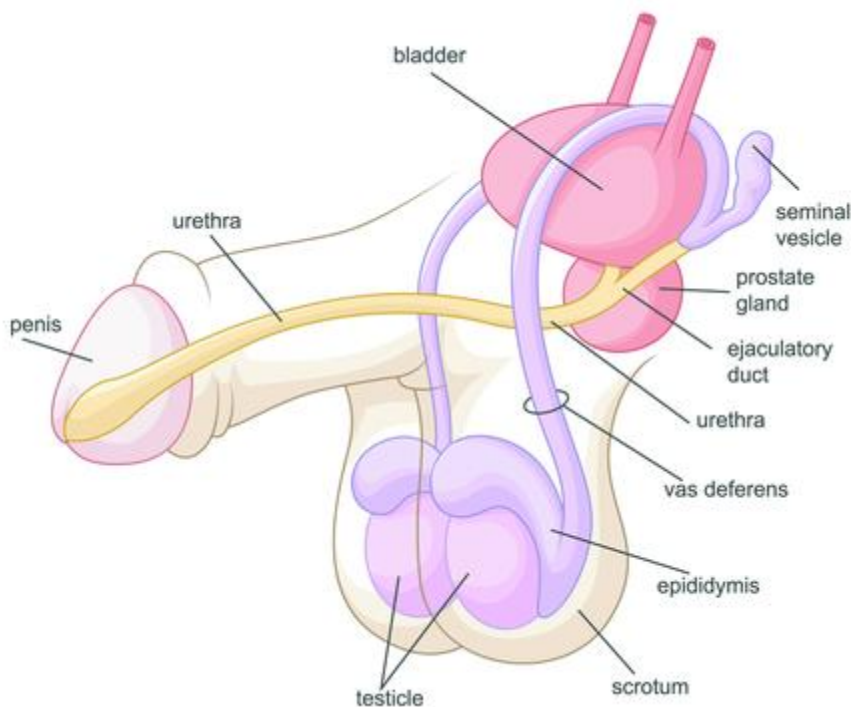
On the outside of a human male sex organism, you will find a penis, scrotum, anus and a prostate. The penis has 3 layers of spongy tissue. During arousal, this tissue will fill with blood. This is what makes the organ stiff and grow. (The average erect penis is 5-7 inches. Do not believe what you see on the internet.) Some are circumcised, and some are not. Those that are not, are more sensitive and require a little more care in cleaning to avoid infection.

The top of the penis is called glans. Following glans is the shaft. In uncircumcised men, foreskin covers the glans until the penis is erect. On the underside of the glans is a frenulum. It is the small v shaped piece of skin that will remain even if a man is circumcised. Below the penis is the scrotum. This is the sac that holds the testicles and maintains their temperature.



The opening to the rectum is the anus in all human genders. Around the anus are masses of erectile tissue called Corpora Caverosa. Its purpose is to prevent moisture and air from escaping the anus. Because it has erectile tissue, anal sex or play can be pleasurable.

The prostate is a small gland about the size of a ping pong ball located internally between the base of the penis and the rectum. This is source of the supply of seminal fluid.



The prostate appears to serve the purpose of reproduction, mostly. Maybe evolution is at work here, but the prostate is know to aid in more powerful male orgasms through external stimulation. Rumor has it, regular stimulation can also aid in cancer prevention of the prostate.



Female Sex Organs



While men can find much pleasure across the vastness of their bodies, they differ in how they view their sex organs. Women consider their whole body to be their sex organ.

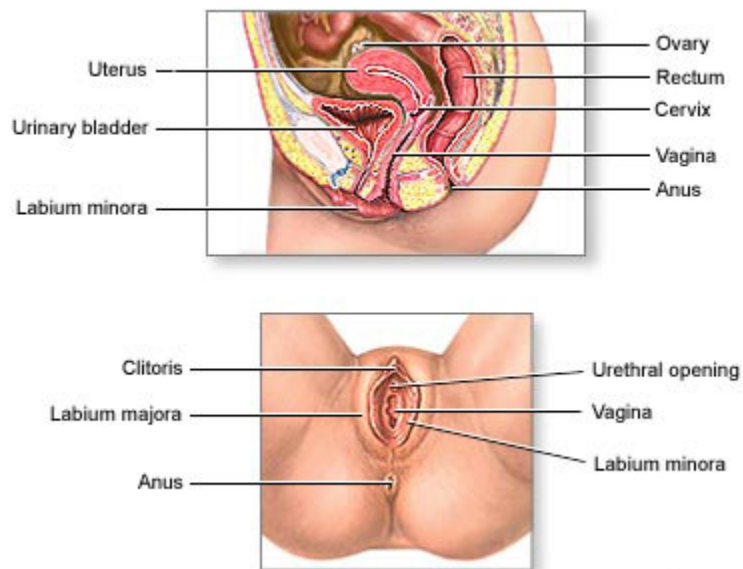
Lets repeat this for everyone in the back of the class or slow learners.

WOMEN CONSIDER THEIR WHOLE BODY TO BE THEIR SEX ORGAN.



Of course, even though reproduction does not take the whole body, for a woman, her whole body is her sex organ. This is the reason why unwanted smacks on the booty or caresses across the back are violations.

Women enjoy sex much more profoundly when their partners awaken more than less of their body. It has been said many times that women can even experience orgasm through breast stimulation. So, if you are having sex with a person who has female sex organs, excite her all over. She will thank you for it.



Here is what you really wanted to know though, right?



You likely already know all about the top picture. But do you know about the bottom picture? For reproduction the vagina is the vessel by which sperm travels to meet an egg. But for recreation, the vagina is not designed for the most pleasure. In fact, it is not the place where the equivalent of the penis exists on a woman. Surprise! The pleasure organ on a woman is her clitoris.

The clitoris and the clitoral hood — a triangular area of tissue that slightly covers it—are at the 12 O'clock position on a woman's genitals.

Although the clitoris may appear to be small, it is larger than meets the eye. It extends backward into the body in two branches of spongy tissue that are called "crura." When a woman becomes sexually aroused, blood flow can cause the clitoral tissue to expand.

The sole purpose of the clitoris is related to sensation and pleasure. No other male or female organ is designed only for pleasure. The clitoris contains thousands of tightly packed nerve endings and can provide intense sensation to women. Some women enjoy direct clitoral stimulation and others will find that directly touching this sensitive area is too intense for them. They may instead prefer stimulation of the surrounding parts or other types of sex play.

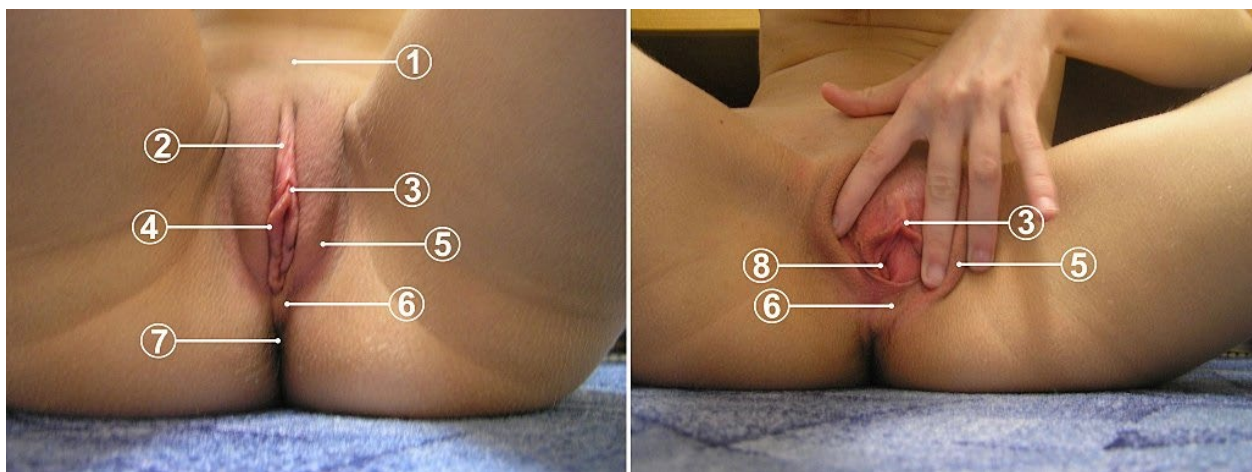
Since all women are different, ideal clitoral stimulation methods vary from woman to woman—fast or slow, soft or firm. Using a vibrator on the clitoris, alone or with a partner, is a great way



for a woman to become familiar with how clitoral stimulation affects her experience of sexual pleasure and orgasm.

The external area of the female genitals (the parts you can see by looking) is sometimes mistakenly called the vagina. However, the correct term for these outside parts is the vulva. It includes the mons pubis (which is the mound of tissue that forms a triangle between a woman's legs and is covered with pubic hair), the labia majora (outer vaginal lips), labia minora (inner vaginal lips), and the clitoris and clitoral hood.

It is important to note that not all vulvas look the same. Women's labia, in particular, come in numerous different shapes, sizes and colors. Also, just like our eyes and ears, the labia are usually not symmetrical. This is completely normal and healthy.



Can you name the parts of the female sex organ?



If a woman looks closely at her genitals, and spreads her labia apart, she will be able to see the entrance to the vagina. In scientific terms, the vagina is a fibromuscular tubular tract that connects the cervix (the opening to the uterus) to the outside of the female body. In nonscientific terms, most of us know it as the main female sex organ that tightens and expands and that may produce that “throbbing” feeling during orgasm. The vagina is the part of the body in which a woman may insert a tampon or through which a baby can be born.

When a woman is not aroused, the vagina is typically about 3 to 4 inches in length. When she becomes sexually aroused, the vagina can expand in both length and width, which can make sexual penetration more comfortable and pleasurable.

As women become sexually aroused, more blood flows to their genitals and pelvic area. As blood flow increases, vaginal lubrication passes through the vaginal walls, increasing their wetness. Vaginal lubrication can help to reduce friction during sex, which can reduce the risk of vaginal tearing and help sex to feel more comfortable.



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