

THE GREAT SEX GUIDE



THE MIX

Essential support for under 25s

In this guide, we'll answer all of life's **big** questions

let's talk SEX

- To send or not to send that dick pic?
- Are genital warts really that bad?
- Did that fanny fart mark the end of my sex life?

We'll explore getting to grips with your own sexuality, how masturbating can actually improve your love life and why communication is key to **great sex.**

Getting to know YOU

Great sex is about exploring what you like - no matter how long that takes.

what do I like?

Perhaps you identify as straight but your wandering eye tells you otherwise.

Perhaps you identify as gay but it doesn't feel as clear cut as that.

The bottom line is, sexuality is fluid - give yourself the time and space to figure out what it means for you.

straight **gay** **fluid**

But getting to know yourself is not just about sexuality. It also means figuring out what you're comfortable with or ready for and it might mean, quite literally, getting acquainted with your bits - how do you turn these things on?

turn me... on

off

- Explore your sexuality further
- Think you might be bi-curious? Read on
- Am I asexual?
- What is pansexuality?

Communicate

If there's **one thing** you need to take away from this guide, it's that...

communication = great sex

We're not dealing with mind readers, so tell your partner what you like, either using words or something a little more subtle...

sigh!

groan!

that's the spot!

Likewise, if there's something you don't like, don't feel ready for, it hurts or it's downright freaky in a bad way, let them know.

I'm not ready

I don't like it

This is freaking me out and not in a good way

Under no circumstances do you have to put up with it.

Want to try something new? Respect your partner by asking first. Sex is only fun when both parties are into it.

Confidence and Overcoming Cringey Moments

Following on from the last chapter, being vocal during sex is also great for relieving any awkward moments.

Perhaps you're embarrassed because, oops, you did a **fanny fart** or you're feeling inadequate because you **ejected** far earlier than planned.

FANNY FART ALERT!

oops!

Don't ignore these things!

talk **hehe!** **giggle**

Don't ignore these things, talk about them, giggle about them - doing so may even lead to feeling emotionally closer to your partner.

If it's sexual confidence or body image that's holding you back from enjoying sex, read our article on how to boost your **sexual self esteem.**

close to you

POWER POSE

Always follow this by power posing it out in front of the mirror!

- How to know if your penis is normal
- How to know if your vagina is normal
- Read about male body image
- Read about disability and sexual confidence

Casual Sex

Casual sex can often mean drunken, fumble-zipper sex ending with a dick-in-zipper moment, but it can also be really fun.

CASUAL SEX?

It's a way to experiment and explore what you like and so long as there's mutual respect between partners, it's generally safe.

RESPECT find out what it means to me.

mutual respect

If you meet someone irresistible on a night out or it looks like your **finder date** is heading towards a happy ending, there are ways to stay safe.

- Let a mate know where you are going
- Keep safe - use protection
- Consent - check in with your partner of the moment. Are they feeling the love vibes?
- Still not sure? Leave it for another night

- Read about hooking up at festivals

- What to do if you or your partner are too wasted for sex

Protection and Safe Sex

It's the stuff they taught you in school. We all know it but we don't all practice it.

Practice makes perfect... right?

But if it's great sex you're after, get with the programme - genital warts aren't sexy. End of. Tell your what else isn't sexy - secretly removing 'n't sexy.

knock knock

who's there?

a sexy genital wart

I'm sorry a WIIHAA!?!?

As we mentioned before, mutual respect between partners is key when it comes to great sex. Unless your potential baby-mamma or baby-daddy gives you the go ahead, keep the damn thing on. If you haven't had your STI test this year, or you have a new sexual partner, visit gettingsomegettested.co.uk to find your nearest clinic.

keep me on!

IUD **hormonal ring**

to name a few

Of course there are contraceptive alternatives to condoms but if it's STIs you're worried about, condoms and testing are king.

For other concerns about **contraception**, **herpes**, **chlamydia**, **having a smear test**, **condoms**, **the morning after pill**... the list is endless... just follow the links.

Sexing

We know how it is - you're feeling horny, you're feeling naked, you've had a wave of reactivity and boom you've sent a saucy snap to your partner.

Sexing can be fun, as can making sex videos and talking dirty over the phone.

It's a reliable way of getting off when you're apart from each other and it might play into your sexual fantasies. In that case, great. But remember, not everyone's into it - make sure your partner's a fan of dick pics or tit pics before sending them willy nilly.

FEELING NAKED **TIT PIC** **SAUCY SNAP** **DICK PIC**

Of course the greatest worry when sending nudies is that they'll end up in the wrong hands - this is always a risk, this is not how you trust someone. If this happens to you, this is matter your fault and there are things you can do to support yourself. If you're the person thinking of sharing naked pictures without permission, it's time for a lesson in **sexual consent** and the law.

WORRY ALERT!

I think my picture has ended up in the wrong hands

there are things you can do - support yourself by following the link

Read a real life story about someone affected by revenge porn

Masturbation

Aaahhh good evening Master Bation, how nice to see you.

Yes masturbating offers a helping hand during dreaded sex droughts, but really, it offers so much more.

explore **learn** **improve**

This is time to explore your sexuality and what you like, which in turn will improve your sex life with real life people.

For girls, masturbation can be especially helpful when learning to orgasm - reaching climax is something porn would have us believe is an inevitable part of sex, but in reality can take a bit of practice.

so, whether you're using...

ohhh yes! **kinky-stories**

porn

A fiddle down below is time well spent

An opportunity to explore your sexual fantasies in a safe way

bright imagination

- Find out more about how to orgasm
- Read more about masturbation myths
- A girl's guide to wanking

Porn

Porn is kind of inescapable these days and whether you watch it, is up to you.

In terms of having great sex, you may find it helps you to explore your sexuality or perhaps by watching it together with your partner, it may enhance your sex life.

let's try porn together

result? YES! loved it! NO way. Not sure!

The problems with porn start when people have unreasonable expectations of partners because of what they've watched online. The key is to remember, porn is not real.

EXPECTATIONS VS REALITY

Even when it's titled 'amateur porn' it's not real.

so, respect your partner...

always ask me first

show me respect

I don't want to act

Find out if porn is addictive and how it can affect your sex life

Getting Experimental

If you're of the experimental breed, right on!

time to experiment

Some people find the anonymity of single life ideal for experimenting - whether that's having a threesome, trying out BDSM stuff or testing out a new sex toy.

threesome anyone? **BDSM** **sex toys!**

But long-term relationships are often a good opportunity to experiment in a safe way - provided you're both into it. Anything too 'out there' that you're not feeling, tell them to reign it in.

And remember, experimenting doesn't have to mean latex wearing, whip wielding sex, it can also mean experimenting with our senses - read on for red hot tips.

smell **touch** **TASTE** **sight** **hearing**

perfume **favourite aromas** **massage oils**

tickle me **massage me** **speed up** **slow down**

colour **surroundings** **sexy undies** **lights ON** **lights OFF** **dirty talk**

blindfold me **horny theme tune**

- Curious about anal sex?
- Bondage for beginners masterclass
- Should I try polyamory?

The Mix supports under 25s in the UK with anything from sex and drugs, to mental health and housing.

For more information and support:

Visit themix.org.uk

Call our free helpline on 0800 808 4994 ; 11am - 11pm

Speak to our team via group chats, one - to - one webchats or discussion boards

For more information about STI testing visit gettingsomegettested.co.uk

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