

Sexploration

THE ULTIMATE GUIDE

TO FEELING

TRULY GREAT IN BED



JANE BOGART, D.M.A.T., CHES

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SEXPLORATION

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*S*EXPLORATION

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SEXPLORATION

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*The Ultimate Guide
to Feeling Truly Great in Bed*

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PENGUIN BOOKS

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For Dinah Bogart

* *Contents* *

Introduction

What Is Sexploration?

xv

Chapter 1 * **THE JOURNEY BEGINS**

Starting Your Sexploration

I

Chapter 2 * **HISTORICAL OVERVIEW**

Exploring the Messages and Experiences

You Got Around Sex

II

Chapter 3 * **PLANNING YOUR ITINERARY**

Getting to Where You Want to Be

45

Chapter 4 * **CULTURAL CONSIDERATIONS**

Challenging Your Assumptions

58

Chapter 5 * **LOVING THE SKIN THAT YOU'RE IN**

Appreciating Your Body and Its Sexual Capacity

75

Chapter 6 * **VOYAGE TO THE LAND OF VULVAS AND VAGINAS**

What You Need to Know About Female Genitals

90

Chapter 7 * **A PENILE PILGRIMAGE**

What You Need to Know About Male Genitals

117

Chapter 8 * **SELF-SEXPLORATION**

Masturbation and Other Self-Pleasuring

141

Chapter 9 * **A VISIT WITH YOUR LARGEST SEX ORGAN**

Using Your Mind to Enhance Your Sexuality

174

Chapter 10 * **PLEASURE ISLAND**

Trips to Erotic Lands

189

Chapter 11 * **LEARNING THE LEXICON**

Improving the Way You Communicate About Sex

232

Afterword

251

The Sexploration Continues: Resources and Other Information

253

Index

265

* *Acknowledgments* *

Whenever I get a new book, I turn first to the acknowledgments page because it gives me some sense of who the author is as a person and what is important to her or him. I have always fantasized about being able to write acknowledgments in my own book, and now that I have that opportunity, I find myself a bit stymied by the task. As I look back over my turbulent, quixotic, and unfinished life, I find that an overwhelming number of people have supported and guided me in my journey. Following are just some of those to whom I owe gratitude.

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* *Introduction* *

What Is Sexploration?

That the ability to copulate is not clinically a meaningful indicator of much of anything has not shaken people's belief that if they can fuck they are fine: they are judged healthy, with all that implies about the fulfillment of life.

—Stuart Schneiderman, *Jaques Lacan*

I'm not going to make any assumptions about you and sex. Maybe you've never had sex with another person or you've had a lot of sex with many different people. Maybe you love sex, or you hate sex, or you're pretty neutral about it. Maybe you know a lot about sex, or maybe you're still trying to figure out where the heck the clitoris is. Maybe you've had wonderful, passionate encounters, or maybe you've had traumatic, confusing, or dissatisfying experiences fraught with fumbling and missteps. Hey, maybe you're having sex right now.

I'm here to tell you that there is no perfect sex life. Human behavior around sex is unpredictable because your body and your mind are both fallible. People are not machines. Normal human sexuality encompasses a wide range of activities, feelings, and experiences. To make it more complicated, sexuality is dynamic, not static, which means that who you are as a sexual human being will change over the course of your life. How your

body responds sexually, your sexual likes and dislikes, your feelings about sexuality, and your interest level in sexual activity can change from day to day.

The other catch is that sex often involves other people, so it's not just your sexual stuff that you have to contend with; it's their stuff, too. One person's turn-on can be another's turn-off. It's rare to find two people who are magically sexually compatible, and even when you do, it's not uncommon for one of you to be in the mood while the other wants nothing more than to go to sleep. That's life. That's sex.

And that's where *Sexploration* comes in. *Sexploration* is a practical, human, and humorous sexuality guide that will supply you with accurate, compelling information, interactive, thoughtful exercises and activities, and shared anecdotes to help you figure out for yourself where you've been, where you are, and where you'd like to go on your sexual journey through life. You can be comfortable with your body, be at home with your desires, communicate with your partner(s), and really, truly enjoy yourself in bed—or *out of bed*, whatever the case may be.

By examining your sexual attitudes, values, and beliefs and knowing, exploring, and challenging your own limits and boundaries, you will come closer to the sex life that's best for you. You will learn how to adapt to the twists, turns, bumps, and other unexpected changes that are inevitable in your sexual journey.

My own sexual journey has been peppered with both foibles and fantastic adventures. It's what makes me human. In my work as a sexuality educator, I've found that sharing experiences, stories, and information is one of the most enlightening ways to learn. This doesn't often happen with sexuality. But throughout this book you'll find stories from others, both similar and dissimilar to your experiences, that can help you expand your concept of sexuality and direct your sexual journeys.

Each one of us is different, and I won't make generalizations or tell you what I think you should do. I am not you; I do not live your life, and I certainly don't know what's best for you. There are no rules; it is most important to do what makes sense for you. Read and use the parts of this book that you are comfortable using, and try to push yourself a bit out of your comfort zone so that you can grow. If certain activities or suggestions make you anxious, skip them or go back to them when you feel ready.

Embarking on a sexploration isn't necessarily simple. It involves challenging yourself to grow, to try different ways of interacting and talking about sex. It involves asking yourself—and perhaps learning how to ask others—questions that may not be readily answered, questions with and without right and wrong answers, and perhaps even questions to which you thought you knew the answers. It involves confronting your judgments and

A NOTE FOR SURVIVORS OF SEXUAL VIOLENCE

This book is for anyone who is interested in exploring his or her sexuality regardless of age, sex, gender identity, sexual orientation, or survivor status; however, it is not intended as a guide for coming to terms with the effects of past sexual violence (such as childhood sexual abuse, sexual assault, or rape). If you are a survivor of sexual violence who is just embarking on your healing journey, I encourage you to seek additional resources and assistance in coming to understand and heal from the effects your past experience may have had on your current sexual self. There are several books on this topic listed in the resources section. Professional help in the form of a trained therapist who specializes in sexual violence is also an invaluable resource for anyone who is struggling with these issues.

assumptions and working through your anxieties. And it involves practice!

Here are five guiding principles I think are most important to keep in mind:*

- Sexuality is a positive, life-affirming force. The ultimate goal is for you to have fun and feel good!
- Sex is more than sexual intercourse and should be more than orgasm goal oriented. Sexuality involves taste and smell and touch and sound. There are many, *many* ways to be sexual without penetration. By broadening your definition of sex, you can alleviate many of your sexual problems and concerns, expand your sexual repertoire, and improve your loving.
- People vary in their comfort level with sexual language, sexual behavior, and sexual risk taking. Language, especially language around sexuality, has meaning, and those meanings differ from person to person—my curse word may be your word of endearment; one woman’s “vagina” may be another’s “down there,” and one man’s “penis” may be another man’s “shlong.”
- Learning about sexuality is a lifelong adventure. Sexuality begins at birth and ends with death.
- Normal sexuality encompasses a wide range of expression, including sexual orientation, gender identity, sexual experience, ethnic identity, and sexual practice.

* Some of these guidelines are adapted from Peggy Brick and Jan Lunquist, *New Expectations: Sexuality Education for Mid and Later Life* (New York: SIECUS, 2003).

It is not the ultimate goal of this book to make you into some physically programmed sex god/goddess/robot. This book is not about mastering specific techniques. This book is not about achieving “the ultimate orgasm” or the art of maintaining a five-hour erection. This book is about you. It’s about helping you understand your sexual journey up to this point in time and to help you map out a course for the future so that you feel happy and healthy and comfortable enough to have the ultimate orgasm or understand why you may or may not be interested in maintaining a five-hour erection. It’s about uncovering your sexual longings, talking about them with your partner, and learning how to give and receive pleasure in a way that makes you feel fantastic. Because after all, that is what it means to be truly “great in bed.”

*S*EXPLORATION

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THE JOURNEY BEGINS

Starting Your Sexploration

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For there are three elements that contribute to sexual functioning—knowledge, comfort and choice . . . and they are interlocking, mutually reinforcing elements. To know is one thing; to be comfortable with what one knows is another; to choose what is right for oneself is still another.

—Masters and Johnson

*W*ander into your neighborhood bookstore and peruse the travel section. No matter where you choose to go, you'll find many books to guide you in your travels. Why? Because it makes sense to know where you're going before you get there. At minimum, you want to have some idea of the culture, the climate, the currency used, and the basics on how to get around so you can be comfortable. Otherwise you may end up in a place like Reykjavík, Iceland, in the middle of winter, wearing shorts, a T-shirt, and flip-flops, squinting through your Ray-Bans, a wallet full of shekels, looking for the subway. (If you've never been to Iceland, I assure you that Reykjavík, although

beautiful, is cold and very, very dark in the winter, you can't buy anything with shekels, and there is definitely no subway system.)

You may at times be traveling solo, but you will most likely have a traveling companion, or two, or three. If you've ever traveled with someone else, you know that his or her quirks can make or break your trip. There's nothing more disconcerting than finding out that you're with a "plan every second of the day, get up early, visit every museum, stick to the itinerary" person when you are a "spontaneous, fly by the seat of your pants, let's see where this road takes us" voyager. Bottom line—you want to be prepared for your journey. Or, as my mother used to say, "You want to make sure you have clean underwear!"

It's the same with sexuality. You may be primed to jump right in ("Get out the handcuffs and slather me with lubricant—yahoo!"), or you may want to take a more tentative approach ("Don't expect me to stray too far from that old faithful missionary position"). Trying new things and new ways of doing old things can evoke both excitement and apprehension. In *Sexploration*, there are opportunities for both ends of the adventure spectrum and the entire range in between.

That's necessary because, much like the weather, our bodies and our sexual desires and needs are constantly evolving and changing, ebbing and flowing and responding. Any change in your life—ending or starting a relationship, an illness or disability (whether temporary or chronic), stress (and who doesn't have this in his or her life), gaining or losing weight, having children, even having a bad day—affects our sexual needs and desires.

If you have a longtime companion or spouse, it is likely that he or she will also go through changes over the course of your time together. If you start a new relationship, you will have to adjust and adapt to another person's needs and wants, which are most likely to be different from your previous partner's needs and wants, not to mention your own.

Like any other excursion, a sexploration requires predeparture planning. You need to figure out the “lay of the land” (so to speak) to guarantee that your sexual journey with yourself and your partners is safe and exciting. But the truth is that we seldom prepare sufficiently for our sexual journeys, and then we wonder how the heck we are so unequipped for the place and person (or persons) with whom we have ended up.

This book is not going to help you achieve the perfect sex life, because (let’s be serious) nobody has the perfect anything. But it will help you challenge yourself within your own limitations, give you tools to address particular situations, communicate your needs, negotiate with partners who have different turn-ons from your own, confront your personal inhibitions, expand your definition of sex, and teach you new ways of sexual pleasuring. It can help you identify which of your sexual behaviors are healthy and which are sexually hindering—so that you can be truly great in bed, whatever that entails or means to you.

If you’ve had negative or disappointing experiences around sex, you might feel you need to do some type of work on that. If you are ashamed of or not comfortable with your body, you may want to work on improving your body image as your goal. Part of a sexploration is setting the parameters within which you can safely explore. Following are some of the guidelines I have found to be helpful for anyone embarking on a journey in the realm of sexuality.

Challenge Your Assumptions About Sex

I can’t tell you the number of people who preface stories about their sexual experiences with “Well, I’m kinda freaky” or “My sex life is pretty boring” or “I’m not sure if this is normal.” Trust me, no matter what you have or have not done sexually, there is someone else who has or has not done it, too. You can

probably find a chat group online for those who like to wear diapers and chew Gummi Bears while someone sucks their earlobes. People's sexual experiences run the gamut from "I've never done anything, even with myself" to "Every day I do something with a feather duster." Human behavior around sexuality is unpredictable, diverse, and limitless. That's what makes it so wonderful. It's all normal . . . as long as it's consensual. But whether or not you're content with it is another story, and that's what this book is all about.

Basically, from the time we are born until the day of our death we are flooded with ideas about what is sexy and how sex should happen. In some ways the boundaries for sexuality are widening, but in some ways they are just as constrictive as ever. Every strong viewpoint that you have about sex is profoundly influenced by your past experiences and the messages you received. Often you're not even aware of how your experiences affect your interpretation of the world.

Where you are at this point in your life is the result of a lifetime of learning about sexual attitudes, values, and beliefs and your personal sexual encounters. Every sexual person experiences and expresses him- or herself differently. What you have learned and what you have done—combined with how our culture portrays sexuality—forms the basis for your "sexual script." This script generally specifies when, where, and with whom you have sex, as well as what you do sexually and why you tend to do it the way you do.

We are often limited by our own rules—we spend so much time worrying about doing things right, having the correct types of orgasms, being with a certain number of people, and how frequently to have sex that it's amazing we enjoy our experiences.

In her compelling and insightful book *Intimacy and Solitude*, Stephanie Dowrick says, "Many of us have sexual secrets about which we feel uneasy or even ashamed. These make us unusu-

ally vulnerable to real or imagined misunderstandings, attack, or potential ridicule.” Once you realize that these “secrets” are normal, natural, and often common, you can start to accept them as a part of your sexual self and move forward.

One of the most compelling changes you can make is to challenge the assumptions that underlie your rules about sexuality. We all make them. And we are not immune to judging ourselves—often we are our own worst critics. We compare ourselves with others constantly (am I prettier, stronger, fitter, smarter, hotter?) and may have stringent rules about with whom, where, when, and how to have sex.

Examine Your Gender Expectations and Limitations

*G*ender expectations are a pretty tough thing to shake. Basically, we’ve been saddled with them since someone checked between our legs at birth and pronounced us to be a boy or a girl. Gender is a social construct, which means that you learn from family, community, and media how girls or boys should behave. The extent to which you ascribe to these roles (or not) can either limit or enhance your sexuality. For example, you may believe that if a woman asks for sex, she is a slut because you learned that a woman’s role is to play hard to get and not “let” a man have his way with you too easily. Or maybe you are a man who doesn’t have an enormous sex drive, but you learned that men are supposed to be perpetually horny and ready to penetrate anything, so you wonder what is wrong with you. Some of our most damaging and limiting assumptions are those we make about gender roles and sexual orientation.

Appreciate Your Body and Celebrate Its Sexual Capacity!

People of all shapes and sizes have hot sex, and I guarantee that no matter how “attractive” the person may be, it is no indication of how hot the sex he (or she) is having will be. Sometimes the best-looking people have the worst sex. People who are comfortable with their bodies and their appearance often have better sexual experiences than those who are insecure. Getting to know your own body, whether through self-sexploration, learning the facts about how bodies work and respond, or having open conversations with others, is an important part of healthy sexuality.

Proceed at Your Own Pace

Trying to change everything, to entirely re-create the sexual you all at once, is difficult, if not impossible. It’s like the person who makes New Year’s resolutions to go on a diet, exercise, cut down on drinking, and quit smoking all at once. By the third day, he or she is sore, hungry, and rummaging through the garbage can for old cigarette butts.

I remember reading one book that told me that in order to “spice up” my sex life, I should greet my partner at the door naked in nothing but Saran wrap, like a tasty dish waiting to be uncovered. All I could think about was that this would be the time Ed McMahon would ring my doorbell to tell me that I had won the Publishers Clearing House Sweepstakes and I would be on national television looking like a human fruit roll-up. While this may work for some, if you’ve never done anything remotely like it, it can be jarring for you and your partner. He or she may decide that you have truly lost it. And just because someone

writes in some book that something is “hot” doesn’t mean you’re not if you don’t want to do it. Trust your instincts.

Behavior change is best done incrementally. If you have never exercised, it would be irresponsible of me to encourage you to run a marathon the first day you get on a treadmill. It’s the same with sex. If you are used to doing things in one particular way, I encourage you to introduce new ideas, positions, and products at a pace you find comfortable. Bottom line: Go at your own pace, challenge yourself but stay within your comfort zone, trust your instincts, and don’t feel obligated to try everything.

Improve Your Communication Skills

Sex can be difficult and confusing to talk about. This is mainly because we don’t learn how to talk about it. And many of us believe we shouldn’t talk about it—that we should magically know what our partner wants and needs and that talking about sex ruins it. This astounds me. In what other aspects of our lives do we believe that *not* talking about something makes it better? Just imagine this scenario: “I had the best meeting ever at work. My boss didn’t have to say a word. We sat down, he just looked at me in that special way, and I knew exactly what he wanted me to do; it was clear that I was supposed to do that report as a PowerPoint presentation.” Usually people complain when they *haven’t* been told what someone wants, when they have to second-guess what he or she wants them to do, or when his or her instructions are unclear—it is frustrating. Why doesn’t the same hold true for talking about sexuality?

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