

# SEX: YOUR OWN WAY

A booklet about sex  
for teens



Price: SEK 10

This booklet is written by RFSU and it's about sexual feelings and what you can do when caressing, making out, masturbating or having intercourse with someone. "Sex: your own way" is aimed at everyone, whether you have sex on your own, with someone else, or don't want to have sex at all. We're also writing for those who would like to have sex with someone, but haven't done it yet. RFSU believes that sex isn't just something you do or feel. It's also about knowledge. It's good to have facts and tips, so you can make your own decisions – now and later in life. Everyone has the right to make their own decisions about their body and their sexuality. Openness is a key factor for prevention and sexual health. Everyone should have the freedom to choose, to be oneself and to enjoy.

You don't have to read the whole text at once. It can be good to stop occasionally and think about how you feel and what you want.

Read more about RFSU (The Swedish Association for Sexuality Education) at [rfsu.se](https://rfsu.se).

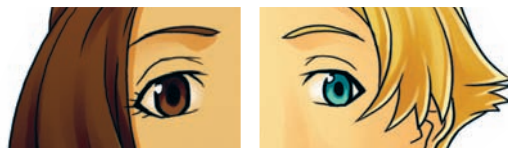
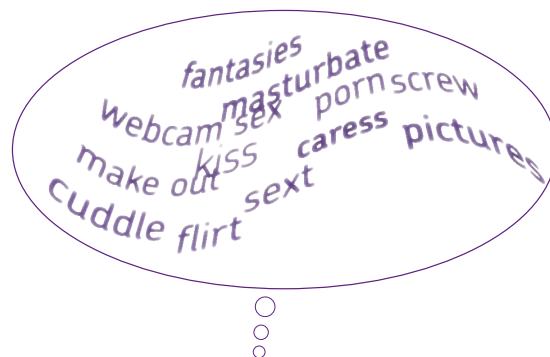


## WHAT IS SEX?

“Sex: your own way” describes many different ways of having sex. It might feel like a lot to take in all at once, but we think it’s important to make it clear that sex is about much more than many might believe at first. It is both easier and more enjoyable to choose what you want to do, if you’ve already thought about what sex can be.

Sex is anything that turns you on or makes you horny. In other words, it can be all sorts of things: making out, kissing, masturbating, caressing, pictures, sexting, screwing, fantasies, porn, webcam sex, flirting and much more.

What feels like sex one time might feel different another time. It depends on the situation. If you flirt with someone who flirts back in the school cafeteria, that can be an extremely strong and pleasant sexual feeling that runs through your whole body. But if you look at someone you’re not interested in, nothing happens. You can trust your own gut feeling.



It can feel like sex and love always go hand in hand. But you can of course be in love without wanting to have sex with each other or want sex without being in love. We all think and feel differently, and no one thing is more right than another.

Most of the things people do when having sex can be done with both boys and girls. You might only want to have sex with boys or only with girls, or you might feel that gender doesn't really matter.

Many people think that boys have a boy's body and girls have a girl's body. That's true for most people, but not everyone. Some people are born with a girl's body, but they aren't a girl, they don't feel like a girl; they feel like a boy and want to live as a boy. Of course, the same is true for a small number of girls who are born with the body of a boy. Nor is everyone either a boy or girl. This book is mainly about the practicalities of having sex and is based on the notion of boys' bodies and girls' bodies. Not everyone wants to be defined by their gender. When it comes down to it, it really doesn't matter whether you fall in love with or want to have sex with boys, girls, or both. This text is mainly about the practicalities of having sex and is based on the notion of boys' bodies and girls' bodies. Sometimes we use words like "boy" to describe someone who has a boy's body and "girl" for someone who has a girl's body. We hope that if you don't fit into that model, you can still use the information offered.



"How does  
flirting work?"

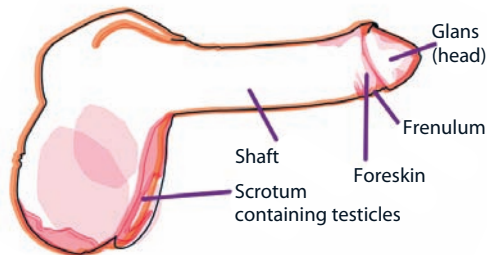
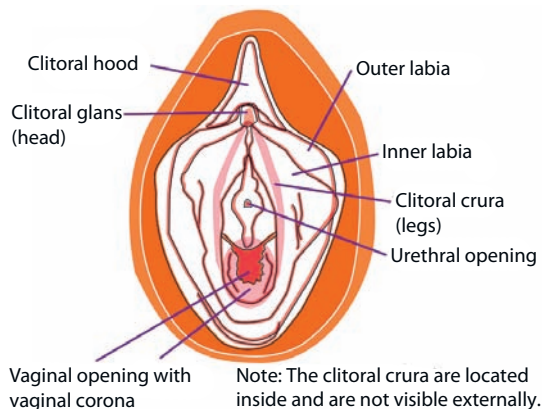
## GENITALS

There are a huge number of nicknames for genitals. These include pussy, dick, ladybits, cock, vagg, dong. You probably know a lot of other ones too. Most people use different words for genitals when talking with friends, their parents or a doctor. Some words fit in one context and others in another, which is why we need several different words. Fanny and willy are fine for the genitals of younger children, before puberty. Most adults also use those words about adults' genitals when talking to children. It can also be good to use words that everyone understands, like pussy and cock. These are common words that many people associate with sex and arousal. Everyone knows that these words can be used negatively sometimes. Words like pussy and cock can be used as insults that cause varying degrees of offence. Many people are not comfortable with all the available words, and we should respect that, but here at RFSU, we think that pussy and cock are basically positive words, because they also include the outer parts of the genitals, which are so

important for sexual pleasure. No one would suggest that all girls' bodies or all boys' bodies look the same. In fact, everyone has a unique appearance. The same is true of genitals, which vary enormously. But the genitals of both genders are made up of parts that are basically very similar to each other. The skin that in one foetus becomes the outer labia becomes a scrotum in another foetus. The same root forms ovaries or testicles. And both the clitoris and the penis shaft have a head (also called the glans).

RFSU has published two thick booklets on the genitals called *Pussypedia* and *Dicktionary*. They can tell you much more about the genitals and what happens when you get sexually aroused.

These diagrams show the key parts of the genitals.  
On a circumcised boy, the foreskin has been cut away.



Without a foreskin, the skin on the head of the penis becomes thicker and this can lead to reduced sensitivity in the glans in older age, although is not always the case. The effect is much greater on many circumcised girls, but the process of circumcising a girl varies considerably. Some have the clitoral glans, clitoral hood and parts of the inner labia cut away. Some even have their genitals practically sewn up. Others may be burned or pricked on the clitoris with something sharp, without anything being removed. Circumcised girls can still find ways to enjoy sex. Most of the clitoris remains intact inside the body, along the genitals and labia. Other parts of the body are also sensitive to touch and the capacity to become aroused is still there. If you have any questions or problems, you can always visit a youth clinic. The circumcision of girls and women is forbidden in Sweden. Carrying out the procedure is a serious crime. The circumcision of boys and men is not forbidden.







## SEX: PLEASANT FEELINGS IN YOUR BODY

Remember that it's your own feelings that tell you whether or not you are aroused. The feeling you get may be in your head and in your body. All the senses can affect desire. Smells, tastes or hearing something can turn you on. You can also be aroused by stroking yourself, being stroked or stroking someone else. It might be a hand caressing your neck. Or that you start thinking about sex when sitting on the bus. Horniness can be felt in many different ways. It can be lovely, nerve-tingling, nervous, nice, scary, valuable, embarrassing, bubbly and like an overwhelming feeling of being free. It can be like a strong desire in the whole body. It can also feel like you've taken all these feelings and put them in a blender.

Things happen in the body when you become aroused. A signal from the brain makes sure that blood flows to the genitals. The clitoris, labia and penis have erectile tissue that fills with blood, hardens and swells. The heart beats a little faster and breathing speeds up. The body –

particularly the clitoris and labia, penis and scrotum – becomes more sensitive to touch. A boy's erection is clear because the penis rises up. A girl's clitoris also experiences an erection, as the external genitals fill with blood and swell, and fluid emerges through the vaginal walls.

The amount of fluid varies, but during arousal the vagina becomes wetter than usual, sometimes much wetter. The fluid is called lubrication. Erection, lubrication and arousal often go together, but it is also possible to have an erection or lubrication without being turned on.

Arousal can come and go quickly. Sometimes people get an almost instant feeling of arousal, and sometimes it takes longer and they get there a little at a time. At other



times, you might start with desire and a while later feel that you don't want to proceed. It can depend on the atmosphere, the place, or something else that feels wrong. Many things affect the possibility of becoming aroused. You might have a desire to masturbate, you start stroking yourself and it feels good, but suddenly you start to think about different things and the desire passes. You might just be tired after school or sports, or worried about some other part of your life. If you have sex with another person, you could be nervous about what they think about you and that may make it more difficult to focus on the pleasurable feeling. Or there might not be any particular reason. You can lose interest in sex, just like with anything else.



When you want to feel desire, you need to focus on the sexual feeling and try to block out any distracting thoughts about how important it is for the sex to be good or how you want to look when you're lying there, half-naked. It's not easy, but you actually also need to be aroused in your head and emotions to get the full effect.

You might also find that what feels good one time may not the next time, and what works with one person may not be at all appropriate with another. Sometimes it can be hard to understand why you become aroused on some occasions and not others, but that's just how it is with feelings.

### **Orgasm, lubrication and ejaculation**

The orgasm can be described as the highpoint of a sexual feeling of pleasure. It's like the feeling you have when you're aroused, but it's usually stronger. After an orgasm, the pleasant feeling often disappears quite quickly, and the body becomes warm and relaxed. Some people become extremely sensitive to touch directly after an orgasm, particularly on the genitals. The strength of the orgasm can vary a great deal from one time to the next. Sometimes it can feel like almost nothing and at other times it can be felt throughout the body.

You usually reach orgasm by being stroked or stroking places that are sensitive to touch. The easiest way to achieve an orgasm is to find a particularly pleasurable spot and continue to stimulate it. Sometimes the most pleasurable thing is variation, but if something feels good, the best idea is usually to keep doing that. A common reason for not achieving an orgasm is that you change the method and location, despite it being pleasurable. There is no need to vary things just for the sake of it.

All boys and girls can achieve orgasm and ejaculation. At that point you'll experience rapid muscle contractions around the genitals, and your pulse and breathing will speed up.

A boy's ejaculate can vary in thickness from one time to the next, and is usually white or slightly yellow. A girl's ejaculate is slightly frothy and oily. The amount of ejaculate can vary from a few drops to two teaspoons – although it can feel like much more.

A girl's lubrication and ejaculate are not the same thing, but they can be difficult to tell apart. The lubrication comes from the vaginal wall when she starts to become

aroused, while the ejaculate comes from the urethra, mostly when having an orgasm. Many girls don't feel that they have an ejaculation, and others are concerned that the fluid is urine because they don't know that girls can ejaculate.

An orgasm and ejaculation often occur at the same time, but they are two different things. You can have an orgasm without ejaculating. Your first ejaculation might well be during puberty, while an orgasm can come long before that. You can also ejaculate without feeling an orgasm.

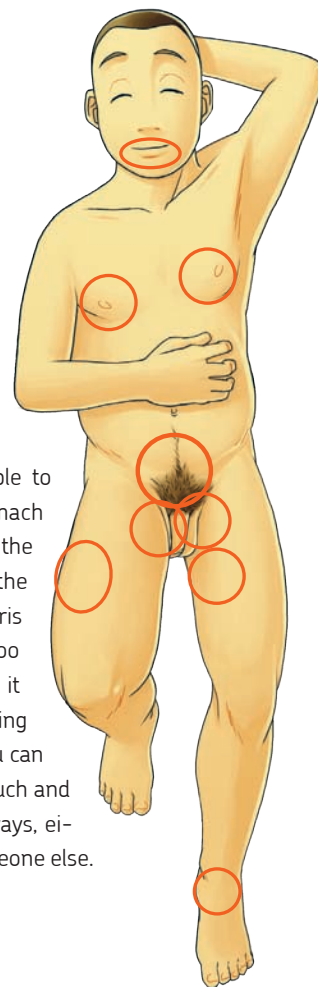


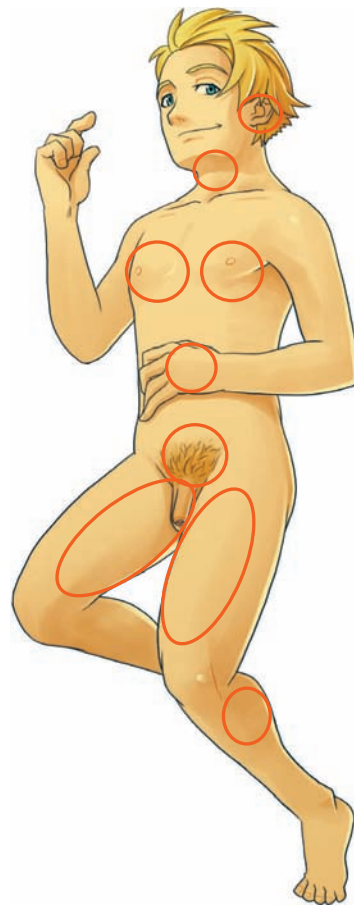
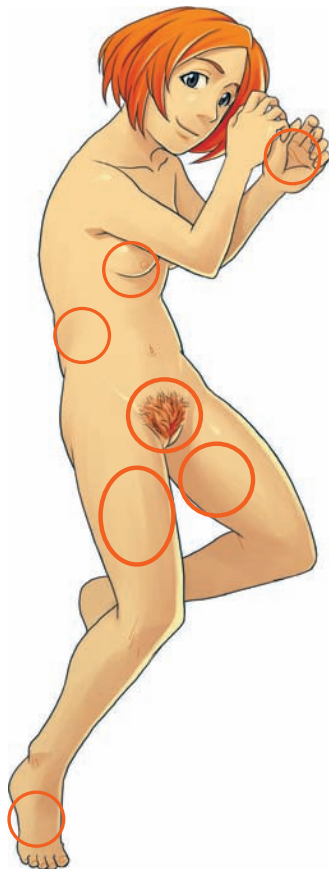
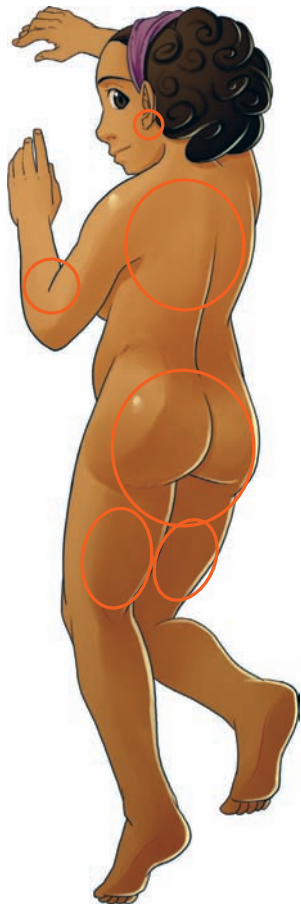
## SEX: SENSUAL PLACES ON THE BODY

There are places on the body that are particularly sensitive in a pleasurable, sexual way, and they are called erogenous zones. When you're aroused, the whole body can feel sensitive, but some places usually give more pleasure than others. The earlobes, neck, scrotum, tongue, lips, chest, clitoris, hands, nipples, buttocks, thighs, labia, glans, breasts, vaginal opening, feet, the area between the genitals and anus, and around and in the anus are particularly sensitive places on the body.

Both the penis and the clitoris have a chord that runs from the glans, called the frenulum. In most people, the frenulum is extremely sensitive to touch. It sits under the foreskin of the penis (if you have a foreskin), and under the clitoral hood.

But not everyone likes the same thing and there's no one right answer. For some, certain spots can be so ticklish that it's almost impossible to stroke them, like on the stomach or inner thigh. Others love the tickling and shivers through the body. The glans on the clitoris and penis can almost be too sensitive to stroke directly, so it can feel better to start stroking the area around it instead. You can explore what it feels like to touch and stroke the body in different ways, either on your own or with someone else.







## SEX: ENJOYABLE THINGS YOU CAN DO ON YOUR OWN

Masturbation is sex with yourself. The vast majority of teenage girls and boys masturbate and it is the most common kind of sex to have when you're young. When masturbating, you have a chance to do what you enjoy and try new things – like what it feels like to stroke your scrotum or labia in different ways. Most people think about someone they like or an arousing situation while they masturbate. It's very common to look at sexy images at the same time or just before masturbating. You can also fantasise about things you would never want or even be able to do in reality. You might think that a game character or celebrity is sexy and fantasise about them.

Boys often hold their cock and pull the foreskin on the shaft forward and back when they masturbate. Some stroke the head of the penis or around it. Girls usually move one or more fingers forward and back on or around the clitoral glans, clitoral hood and labia. Most stroke





other parts of their body at the same time, such as the scrotum or chest or inner thigh. Both boys and girls can find it enjoyable to stroke in or around the anus while they masturbate. You can use oil, skin lotion or something else to make your hand glide lightly over the body. If you don't have a foreskin, the head of your cock might feel dry and so masturbating might be more pleasurable if you use something to moisten it. Similarly, if your pussy doesn't get very wet, you can use extra lubricant when stroking yourself.

If you want to do things a bit differently, you can make use of items you have at home. Use the showerhead and direct the stream towards the head of the penis or clitoris, or hold the showerhead against the perineum – the area between the genitals and anus. Explore what it feels like with different water pressures and temperatures. One favourite might be a warm banana skin around the cock. Some like covering themselves in olive oil or something else that feels nice on the body. Some like masturbating in a warm bath. Others like putting on particular clothing, such as sports wear, a particular kind of underwear, or some other material that feels good against the body. One tip can be to rub the genitals or



the whole body against soft things such as blankets, clothes, towels and pillows. When masturbating, you can lie on your back, stomach or side, stand in front of a mirror or in the shower, sit on a chair, or put your legs up against a wall or over your head. Everyone can find their own most enjoyable method.

Sex with yourself is not just a replacement for sex with other people. Most people continue to masturbate even if they've hooked up with someone else. Some things feel better when masturbating than when having sex with another person. When you masturbate, you can control everything down to the smallest detail, including fantasies, and that can be a wonderful feeling.



## SEX: MUTUALITY AND RESPECT

The foundation of good sex with another person is mutuality. This means caring about each other and remembering that your partner should enjoy it too. You should have a good feeling before, during and after having sex. If it doesn't feel good – you can back out, say wait, no, I don't want to do this. You might want to later, but not now. If you notice that the other person doesn't seem to be enjoying what you're doing, then stop doing it. If you show each other respect in this way – that's mutual sex.

Most people will have both good and less good experiences of sex without anyone doing anything wrong. It is, however, wrong to nag or push others to have sex with them. It is also wrong not to care about what the other person wants or even try to understand what they want. That clearly breaches mutual respect.



“How can you show what you want?”

But how can you tell what the other person wants? How can you show what you want? You can, of course, ask: Does that feel good? Am I doing it too hard? How does this feel? But you can also see how the other person reacts, even if they don't use words. Does the other person not want to be stroked back or take the lead? If someone is really passive, you might want to consider whether you're doing something that the other person doesn't want. A good tip is to listen to how your partner is breathing, sounds, watch their reactions and body language. It's also worth saying what feels good or doesn't feel good to you: A bit gentler. Move your finger faster. Mmm, that feels so good. Yes, there! Many think the best approach is to take the other person's hand and show them what you like, or touch your own body and show them that way.

Saying what you want to do is really good, but may not always be easy. Many people feel shy, ignorant or scared that the other person will react badly. You can practice by quietly saying to yourself what you like and think. That can make it feel easier to tell or show someone else what you want. Another option, if you want to have

sex with the same person again, is to talk about what you want some other day. It doesn't mean you didn't enjoy the last time, just that you want to try different things on different occasions.



“How can you tell what other people want?”

## SEX: ENJOYABLE THINGS YOU CAN DO TOGETHER

You can do lots of wonderful things together and there is no set order for what you do when. This is a description of different ways of having sex with other people. You can choose to do one of these things or several.

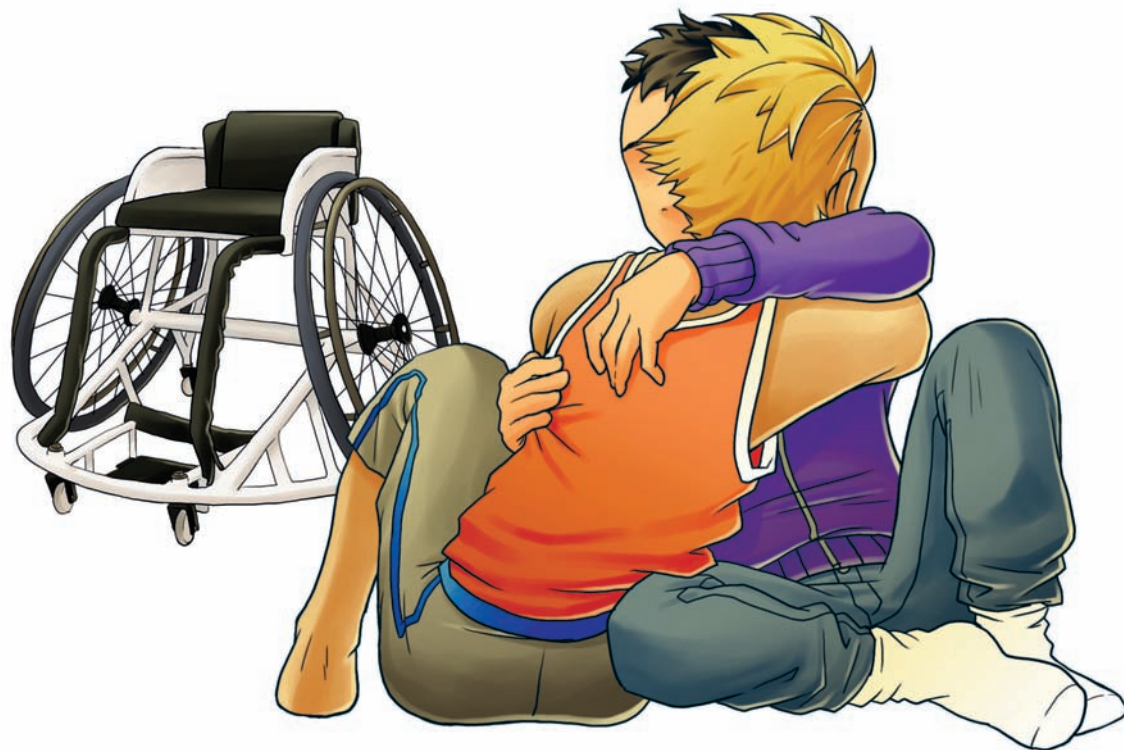
**Flirting** can be highly spontaneous and just happen. The whole situation feels extremely flirtatious and the next time your eyes meet, the feeling becomes even more intense. It's almost impossible to hide the fact that you're interested. Flirting can also be carefully thought out. You might, for example, think long and hard about how to be clear enough, but without being too obvious. When flirting with someone for the first time, you often want to achieve that balance. How can you flirt in a way that feels okay for both of you? How can you show that you're interested without coming across as too direct or desperate?

If you're shy or worried about making a fool of yourself, you have to find out what works for you. Also remember

that flirting should ideally leave the door open for a response. Showing how you feel step by step and at the same time trying to see how the other person reacts is a good rule of thumb. That gives the other person time to work out how they feel. Whoever starts the flirting already knows their own feelings, but the other person might be a bit surprised.

A positive response to a look can be a smile and a look in return. The other person may also choose not to smile or look back, perhaps because they're not interested, or because they're shy. A compliment can be answered by texting back a smiley face or with nothing if you're really not interested.

Showing your feelings is quite a brave thing to do. Of course it can be tough if the other person isn't interested, but standing up for what you want usually feels good no matter how well it goes.



**Love play** involves touching and caressing the whole body, and of course the genitals. Some people like to stroke another person's body, while others prefer to be stroked. Sometimes you might want to touch yourself in front of someone, while they also stroke and touch themselves.

You can stroke your whole hand over the body, like painting with a broad brush, or use a fingertip to stroke the skin lightly like a feather.

If the other person lies on their stomach, you can stroke their buttocks with both hands and down over the thighs. You can also massage the buttocks, gently or vigorously,



depending on how they like it. Then you can continue stroking up the back, via the neck and perhaps brush a fingertip behind the ear. Many people enjoy having fingers run over their head, and through their hair, perhaps giving a gentle head massage. If you're together several times, you usually get to know how the other person likes to be touched and caressed.

You can stroke around the nipple and then try lightly stroking it with your palm, so that it sort of tickles, or stroke the nipple with a finger. Soft and hard feel different, but you might like both. Some enjoy gentle squeezing, but few like pinching. Some girls really don't like having their breasts caressed. Some boys have sensitive chest muscles while others like having their pecs squeezed with a bit of force. It is quite common for one nipple to be more sensitive than the other.

Many boys like it if you hold their cock in your hand, just under the head, and squeeze the shaft while at same time moving your hand up and down. The amount of squeezing can be agreed between you, but it is common for boys to enjoy a forceful squeeze. However, you have to be careful about how hard or far you pull the skin on the shaft. Pull it too far and too hard and it can be painful.





Girls tend to most enjoy being stroked around and on the clitoral glans. You'll find the glans on the clitoris if you run your hand from the stomach down between the inner labia. It's the place on the body with the most nerve-endings. Sometimes being stroked directly on the clitoris can feel tingly and a little too sensitive, particularly if the girl is not all that aroused. It's therefore a good idea to start gently and find out what feels good this time around. You can start by stroking the inner labia and around the clitoral glans. You can also slide a finger into the vagina to get some moisture from the extra wetness that comes from the vaginal wall during arousal. Many also like being stroked around and a little way into the vaginal opening.

**Sex with the mouth and oral sex** are when you suck, lick and kiss the body or genitals. Oral sex and sex with the mouth are practically the same thing. You can have sex with the mouth over the whole body, while the term oral sex is used when you suck or lick the genitals or anus. Some people avoid oral sex because they are worried about what the genitals smell or taste like, but many actually get aroused by the smell and taste. We usually advise people not to use soap when washing their genitals, because it can lead to irritations, particularly if they wash frequently. Warm water is enough to keep you clean. If you do want to wash your genitals with soap before you have sex, do so carefully and don't rub the soap in.

Some people enjoy it more if just the tip of the tongue repeatedly flicks the area around the clitoris, a bit like being tickled. Other people want the whole mouth pressed against the genitals and a slower tonguing. You can part the labia slightly to see the clitoris more clearly and get to it. Many enjoy being licked around the genitals and on the labia. The same is true with the glans on the penis – some want you to lick and suck carefully, while others want a bit more force, with a little squeezing from the lips. The frenulum on the underside of the glans is

sensitive and being licked there with rapid tongue movements tends to give pleasure. Others enjoy it if you suck or hold the scrotum, or pull it back a little towards the perineum while sucking. It is common to enjoy being licked or sucked on the scrotum itself, or under and next to it. Avoid teeth and nipping, as the genitals are highly sensitive. During oral sex, the person being sucked or licked may be still or might move their lower body. If you're having mouth-on-cock sex, you need to be careful that the cock isn't forced too hard or too far down the throat of the person doing the sucking, since this can be really unpleasant. It can feel like you can't breathe and you are going to be sick.

69 is a position where two people give each other oral sex at the same time. It might be two girls, two boys or a girl and a boy.

**Dry humping** is when you rub your genitals against another person's body. It can be cock against cock, pussy against pussy or pussy against cock. You can also rub your genitals against another part of the body, like the buttocks, hip, thigh or shoulder. It can be either with or without clothes. If two girls rub their genitals directly

against each other, this position is sometimes called Scissor Sisters. The same position is sometimes called the Banana Ride if it's a girl and a boy, or two boys rubbing their genitals against each other.

Love play, dry humping and oral sex are all different ways of having sex that are always about finding a pleasurable feeling for yourself and the person you're with. This type of sex is sometimes described as "outercourse", which means sex outside the body, as opposed to the more widely known word "intercourse", which has the opposite meaning.

**Kissing** is when you come together with slightly open mouths and half-pursed lips, and often your tongues touch each other. However, kissing is used for all sorts of things. You might send a text saying "kissing you all over" so kissing can be on the body too.

When you kiss, the tongue is important. You can start by brushing the tips of your tongues against each other and you can then move deeper in and out of each other's mouths, backwards and forwards with gentle motions. Often it goes slightly differently: you touch the tongue

and the lips, parting them. You can kiss each other with soft and relaxed lips and with your mouths half open or a little more open, before letting your tongues meet. Many think that a good kiss is when both of you do things with your tongue and lips, when you find yourselves in sync, in the moment together. Try brushing the tip of your tongue gently on the inside of the other person's lip. Some like it when you chew or suck each other gently on the lips, but most people don't like painful biting. Not many people enjoy kissing a fully open, gaping mouth. It makes you wet all around the mouth.

Some people worry about their breath. Brushing your teeth in the morning and evening is enough for the majority of people to have fresh breath, but it can be reassuring to carry some chewing gum with you if you're concerned.

**Making out** is when you hold your bodies close while caressing, kissing and fondling each other. You press against each other and touch sensitive spots, sometimes inside your clothing. You can make out while lying down, sitting or standing. Or dancing. No one can pin down exactly what making out is, there are no rules to follow. It's common to talk about **making out**. When making out you might reach orgasm and ejaculation. Making out often involves kissing, love play, oral and dry humping.



**Cybersex** can take very many different forms. Many people who meet on the internet do so via friends, friends of friends or a common interest. It often starts with liking someone and after a while you might start to notice some sexual feelings. You get a wonderfully bubbly feeling when you think about the person. This can of course take a few minutes or several months. You might then do something flirtatious, like posting a compliment. Some end up having sex via the internet, but most people have it in the physical world. Of course, some people have sex almost as soon as they meet, but it's not particularly common, whether you meet on the internet or elsewhere. If you have webcam sex with someone, you can do the things you like to your own body. You could fantasise that it's the other person's hands stroking you. Some people send sexy pictures of themselves, and if you're chatting you can suggest what the other person should do. Some write sexy stories for each other. On the internet, you don't have to be physically near someone and you can switch off whenever you want. Some people are together for a long time before they meet offline. Unfortunately, it does seem easier to be tactless or



mean from behind a computer, but mutual respect also applies on the internet. You need to try to understand and find out what the other person wants. This means, for example, that you shouldn't send naked pictures without checking that it's OK first. You also mustn't show or send the pictures to other people. Choose your own strategy online, but remember that it's not your fault if someone does something nasty to you, whether it happens on the internet or anywhere else.

## Intercourse

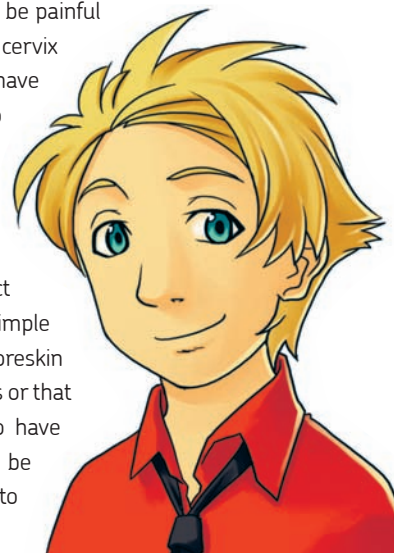
Vaginal intercourse is when a penis is inserted into or enclosed by the vagina, while anal intercourse is when a penis is inserted into or enclosed by the anus.

If you want to have vaginal intercourse, it's good to stroke the genitals first, as this increases arousal. The shaft of the cock becomes stiffer and the glans more sensitive when the genitals are filled with blood. The vagina becomes wetter, bigger and longer. The labia swell as the erectile tissue is filled with blood. The majority of girls want their clitoris to be touched as part of vaginal intercourse – before, during or after the intercourse itself. If the girl is on top, with the cock inside her, she or the boy can touch the clitoris at the same time. The preferred

pace and amount of movement varies, but you can experiment and find out what suits you and the other person. You can make small or bigger movements.

Many girls worry that it is going to hurt, and many have experienced pain at one time or another. During intercourse, the wetness is important when it comes to pleasure. The most common reason for experiencing pain is that you are not aroused and wet enough. If it hurts, do something else that feels good instead. Some vaginas are less deep and then it can be painful if the cock bangs too hard against the cervix and the end of the vagina. A few boys have long cocks and they therefore have to be extra careful. Some boys worry that their cocks are curved or bent. A cock would have to bend or curve by more than 30 degrees for it to be a practical problem. If it is, the erect penis can be straightened out with a simple operation. A few boys have a tight foreskin that they can't pull back over the glans or that causes them pain when they try to have intercourse. The foreskin can usually be treated with a cream that helps it to

“How long should we do it for it to count?”





stretch. If you're worried about a bent penis or tight foreskin, you can get help at your local youth-friendly clinic. Others worry that their cock is too small. Surveys show that size has nothing to do with how satisfied people are with their sex life. Ninety-five percent of all adult cocks are between 9 and 22 centimetres when erect. One percent are longer and four percent are shorter. The majority of cocks are thought to be between 10 and 15 centimetres long, but it's difficult to be sure, since so few studies exist. The vagina can clench around a little finger, and the most sensitive part of the vagina is closest to the opening. This means that the size, length, width or depth of the cock or vagina plays less of a role in vaginal intercourse than you might think.

Particularly when it's dark, some people worry about not finding the vaginal opening. If you want to show the way to the vaginal opening, guide the other person's hand there. This can be part of love play. So one way to be more confident about the location of the opening is to feel with your hand when stroking someone. Try sliding your hand straight down from the clitoris and between the inner labia. A girl, or a boy, can give a girl vaginal sex that is like vaginal intercourse in many ways. You can, for example, insert fingers or a dildo into the vagina.

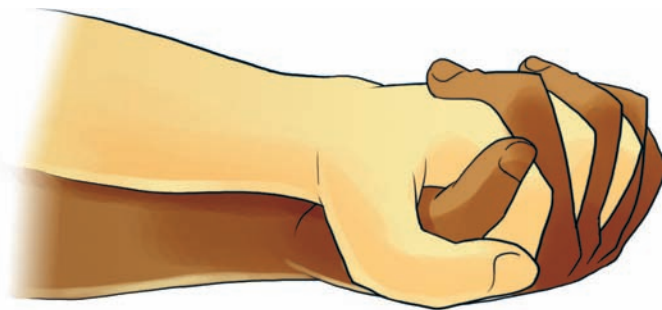
If you want to have anal intercourse, it's best to start with love play around and a little way into the anus. Before anal intercourse, stroke with your fingers and then you can carefully press a finger against the anus for a while and then try gently sliding your finger a little way in. This will get the sphincter to slowly stretch. Inserting your penis into the anus without love play and plenty of lubricant can cause pain. More stimulation and time might be needed if the penis is a bit thicker. As with all sex, it can feel different on different occasions. If it doesn't feel good now, don't do it. A girl and a boy, or two boys can have anal intercourse. A girl can give a boy anal sex that is like anal intercourse using a dildo or fingers, for example. Of course, a girl can also do this to another girl, and a boy to a boy.

Many people wonder how long intercourse should last and how far in the penis should go. The truth is that there is no right answer. Intercourse can take a second and involve one centimetre of penetration. It can also last several minutes and the penis can penetrate deeply into the vagina or anus many times over.

Some want to wait to have intercourse. If you've been with someone and never had sexual intercourse, it's

quite common to have a different type of sex first. However, some can proceed quickly from meeting to wanting intercourse. It might even be the reason for getting together.

If you have vaginal or anal intercourse, you should use a condom, as this is the only protection against sexually transmitted infections. This applies to two boys having anal sex, or a girl and a boy having vaginal or anal intercourse. For boys having vaginal intercourse, a condom is also the only way to protect against unwanted pregnancy. Studies show that most people see condoms as offering good protection. However, it still happens that





condoms don't get used. There may be all sorts of reasons why it doesn't feel right at the time. It may, for example, be that you don't dare take one out, maybe because you're too shy to suggest a condom or you don't want to appear too keen, too forceful. You might worry "What if they say no?" Many choose to keep making out and see what happens instead. Sometimes this leads to having intercourse without a condom despite wanting to use protection. Some worry that the other person will think you have a sexually transmitted infection if you take out a condom. Studies show that almost everyone wants to use a condom and will therefore be happy if you suggest it. A person who takes the step will come across as more confident, considerate, experienced, responsible and mature than someone who doesn't.

Boys can worry about losing their erection when using a condom. This is down to a pressure to be able to perform, and that can make anyone nervous, but it's not the end of the world. If the erection does go down, you can have love play and kiss until the erection returns. And then the condom is already in place.



Condoms give you more options. Having protected intercourse enables you to avoid infections and unwanted pregnancies, so you don't have to worry afterwards. In this way, choosing to use a condom allows you to be freer in your sex life. You can, however, also choose safer sex options. Making out, dry humping, oral sex and love play bring at least as much pleasure. Many even find it easier to achieve an orgasm from this type of sex, which also carries much less risk of sexually transmitted infections than unprotected intercourse.

Oils, Vaseline and skin creams quickly damage condoms, making them extremely easy to break. If you want extra lubrication, remember only to use a water-based or silicone-based lubricant. These are available from various places, including pharmacies. Remember that there is a risk of condoms breaking if the vagina or anus is not lubricated enough. The anus always requires plenty of lubricant because there is almost no moisture there, and that moisture is also needed to keep the pleasure levels up. Lubricant can also make vaginal intercourse more enjoyable, but you shouldn't replace the natural lubrication with artificial lubes, because a lack of natural wetness is usually a sign that you are not aroused.

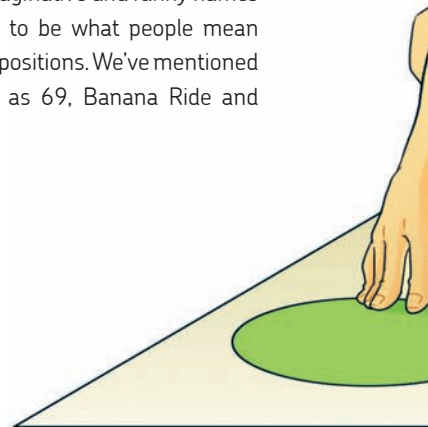


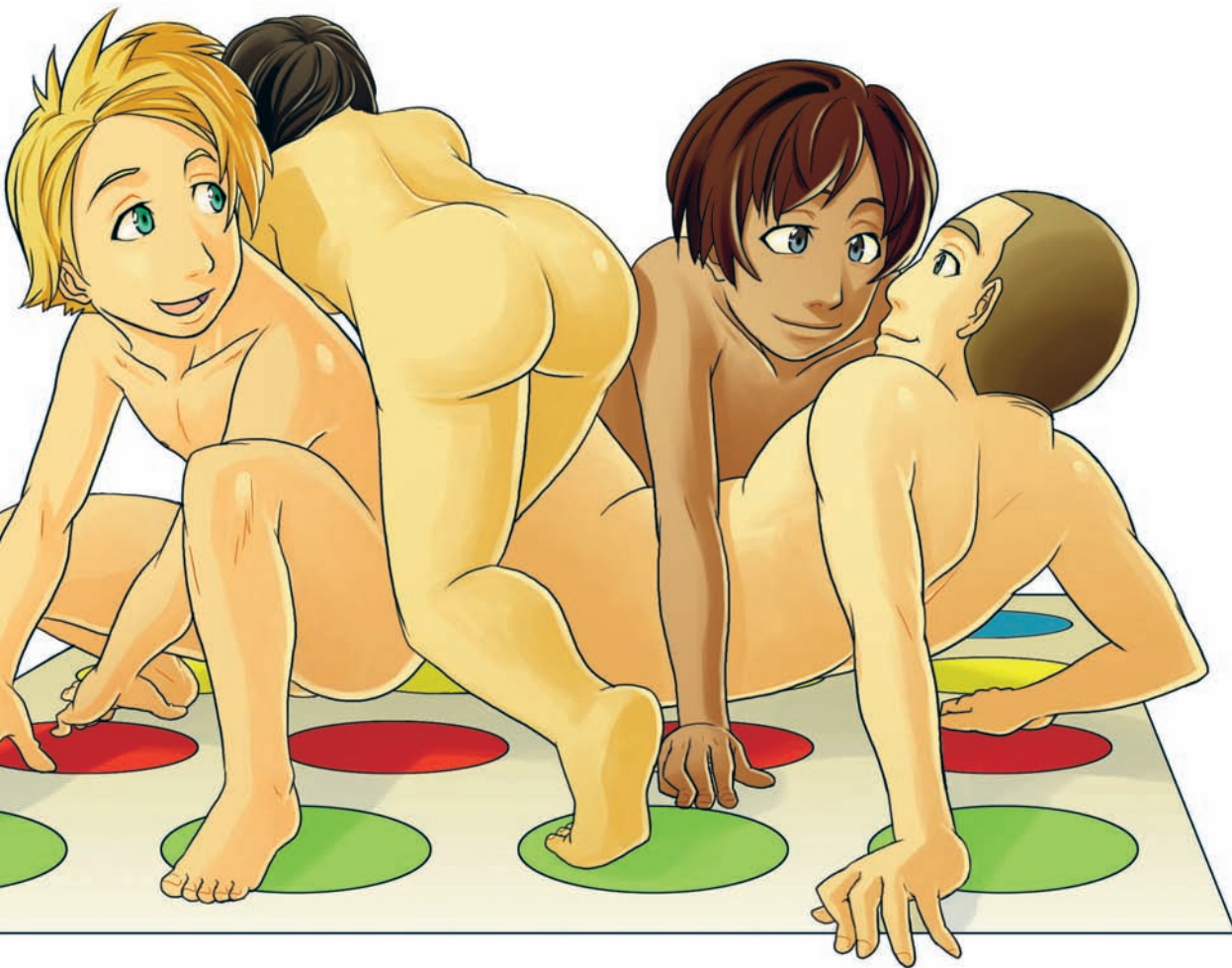
## SEX: POSITIONS

A common question is how many positions there are, but there is no real answer, because you can have sex in so many different ways – and you can come up with your own ways too. The only restriction is the body and what you can do with it. A few examples: You can lie down face-to-face or spoon, stand up, sit on top of each other, lie on your stomach with the other person on top, one can crouch on all fours and the other can stand in front or behind, one person can lie down while the other sits on top, one of you can sit on the edge of the sofa and the other stands up, you can lift your legs up or over your head. The different positions can be used whatever type of sex you're having or whether you're with a girl or a boy.

However, the positions are rarely the most important thing, and you'll often find yourself switching position and moving around without even thinking about it. If you

concentrate too much on specific positions, it becomes like a series of different contortions that you need to complete, a bit like a circus act. Sex is usually better if it's kept simple and if you think in advance about what feels good. There are all sorts of imaginative and funny names for positions, and that tends to be what people mean when they ask about different positions. We've mentioned some of them already, such as 69, Banana Ride and Scissor Sisters.





## SEX: UNWRITTEN RULES

There are lots of unwritten rules and norms! Norms are more or less invisible expectations, unwritten rules and unexpressed requirements about how to act and behave. Most people know what the norms are and generally tend to follow them – often without giving it a moment's thought. Norms affect what we do, like and think. If you break a norm, you can feel like you need to explain or defend your actions. Take haircuts, for example. Boys and girls can have long, medium length or short hair without anybody being surprised, but there are still so-called “girls” and “boys” hairstyles that most people recognise, even if the differences are often very slight. If a boy had a girly hairstyle, a lot of people would react to it, wouldn't they? This means that most boys only want boys' hairstyles and girls girls' hairstyles.

You may encounter many different reactions if you break a norm. Some will be surprised, some happy, some irritated or angry, some will shut others out, and a few

can sometimes turn threatening and violent.

There are many norms surrounding sex and they come from all manner of sources: friends, parents, religion, school, siblings, films, clubs, political parties, the internet, newspapers, TV and books. What counts as sex, and what is the right kind of sex? When is it okay to have sex? What is okay for boys and girls to say when talking about sex? Who are you allowed to fall in love with? How can you dress without risking a bad reputation? Can boys wear make-up to the same extent as girls?

There are good norms about sex, like the fact that sex should be mutual, which means caring about each other and remembering that your partner should enjoy it too. However, many norms set up barriers for people, such as the arbitrary and invisible rules that say boys should act like boys and girls should act like girls. It's common for boys to feel they have to appear self-confident, but in real

“When is it okay  
to have sex?”



life most people feel insecure now and then, perhaps particularly when it comes to feelings such as sexuality and love. To hide their insecurities, some might exaggerate their confidence and appear insensitive instead. There are other similar norms that feel entirely unwritten to many, and that you don't think about until someone breaks them, like when you don't know whether you're talking to a boy or a girl. It's then you discover how affected you are by the way we usually divide people into either girls or boys, and how this affects the way we talk and what we say.

We have laws saying that girls and boys must have the same rights and opportunities. But that's not how it is in reality. There are norms that make it more difficult for girls to know how much or little sex they can have without others making judgements about them. For example, it's much more common for girls to be bad-mouthed because they've slept around, but they can also be criticised for wanting to have “too little” sex. Sometimes girls can be dissed just because they're not girly enough. Many girls feel they have to conform more than their male friends, making them

less free to make choices when it comes to relationships and sex. People can also be unfairly treated if, girl or boy, they like or fall in love with someone of the same sex. That really is unfair. It's also not fair that boys can be picked on if they're shy or sensitive.

Looking around, you'll always see people breaking these norms. Some do it occasionally, others all the time. Sometimes you just can't follow the expectations about how you "should" act. It is perhaps worth bearing in mind that norms can change. Masturbation is a prime example. A long time ago, masturbation was seen as dangerous and bad for your health. Today, most people see masturbation as a pleasurable thing, and we now know it's actually good for your health. But still some people are told that masturbating is wrong. Clearly, the norms can be viewed differently by different people.

There's also a law about the age of consent, which is 15 years old in Sweden. The purpose of the law is to protect children from being exploited by young people or adults. If someone is older and perhaps more experienced, it's sometimes difficult to say no to things you don't want to do. If you've experienced something that feels wrong, you

can contact your local youth clinic or turn to an adult you feel comfortable talking to.



"I'm not one to follow all the rules."





## SEX: SO-SO

Many people would like sex to just work out on its own – without the need for talking – that it should just happen and be great. You may do your best to make it work, but sometimes sex still isn't good. It's just so-so. You tried what worked before, but it wasn't that good this time. It can be hard to put your finger on what's not right. You really want to be good or at least OK at sex. So-so sex can feel particularly disheartening if you're really in love.

It happens to just about everyone, but it rarely gets talked about, which can make you feel like it's only happening to you. Sex isn't always perfect, or even good, but nor is it entirely rubbish. Sometimes it can be somewhere in the middle, even if you're in love, horny, or both.



## SEX: SOMETHING YOU LEARN

There are loads of things you can do and try if you want to. You'll learn as you go along. If you're curious about something in particular, you can always try it and find out whether or not you like it. People will have their favourite type of sex that they want to have often, while there may be other things that they fancy now and then, or never want to try. Talking about what you like and don't like can help you and others. How you want to have sex, and who you want to have it with, can also change. You might find inspiration somewhere or come up with something yourself. It's often the case that we change as we gain more life experiences. We're learning and changing all the time.





The website [rfsu.se](http://rfsu.se) has lots more information about sex, the human body and relationships.

The RFSU Question Box contains answers to the most frequently asked questions and allows you to ask your own questions. You will find some faq in english.

Here are a few other really good sites:

[umo.se](http://umo.se)

[rfslungdom.se](http://rfslungdom.se)

[rfsl.se](http://rfsl.se)

[tjejjouren.se](http://tjejjouren.se)

[killfragor.se](http://killfragor.se)

[sakraresex.se](http://sakraresex.se)

[linje59.se](http://linje59.se)

[ur.se/sex](http://ur.se/sex)

[fragachans.se](http://fragachans.se)

Changing and improving people's lives has been the driving force for RFSU since the very start in 1933. RFSU, the Swedish Association for Sexuality Education, is a politically and religiously independent organisation dedicated to promoting a knowledge-based and open-minded attitude to sex and relationship issues. Through sex information, education and advocacy, we can overcome prejudices, bridge the knowledge gap and improve sexual health, both in Sweden and internationally. RFSU applies a perspective of freedom and human rights to sexuality, based on the freedom to be oneself, the freedom to choose and the freedom to enjoy. When you purchase our products, become a member or partner, or support the work of RFSU in some other way, you are helping to contribute to continued changes in people's lives.

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