

Sexing in the Sunshine State

A how-to-guide for women who have – and want to have – sex with women



Lesbian Health
Action Group



HEALTHY
COMMUNITIES



This factsheet is an introduction to lesbian sex. There are many and varied ways to engage in sexual activity with women, and no set standard way of attaining pleasure through sex. Diversity applies to sexual practices just as they do with sexual identity. In saying this, this factsheet uses the term “lesbian” in reference to all women who have sex with women, regardless of individual identity.

What is lesbian sex?

When we speak about lesbian sex, we refer to all forms of sex between two (or three or more) women. Women have sex with women in different ways. Sexual activities can range from kissing and oral sex (licking and sucking) to penetration (vaginal and anal) with fingers or sex toys and all kinds of variations in between. The possibilities are endless, limited only to your imagination and the wants and needs of your partner.

How do you have lesbian sex?

Simply put, there is no wrong or right way to have sex. Women enjoy being pleased in all sorts of ways and it is delightful to find out what makes your woman gasp. But before you can pleasure another woman, it's recommended that you first find out what tickles your fancy.

Pleasuring yourself

Masturbation. Get in touch with that word. Don't fear it!

Masturbation (or the act of self-pleasure) is the best way to know yourself and what makes you feel good. Although it might not be one of the topics that comes up frequently at the dinner table, it is a perfectly normal part of being human. More women masturbate than you think and there's absolutely nothing wrong with taking time out to explore yourself sexually. Only you know your own body best and if you don't know what makes you feel good, then how can you let your partner know what feels good for you?

How do I do it?

Like having sex, the ways a woman can masturbate is limited only to your imagination. Some women use their fingers, some women use sex toys, some women just squeeze their legs together. But before you can get into touching yourself, a good idea is to actually know what's down there. Stick a mirror between your legs and explore what you've got.

What do I have?

There are a few parts to your genitals, and your vagina is not the only thing that can provide you with pleasure. Your clitoris (that nub above your urethra and vaginal opening) is there solely for the purpose of pleasure. Most women enjoy clitoral stimulation, but with thousands of nerve endings on that one nub, it is a very sensitive organ and not all women will enjoy having their clitoris directly stimulated. Many women don't feel pleasure from penetration alone and will appreciate clitoral stimulation whilst having sex or while masturbating.



How to pleasure yourself

Before you start, hygiene rules apply. To prevent yourself from catching anything nasty or hurting yourself internally or externally, wash your hands and clip your fingernails. Make sure there aren't any sharp edges on them if you're using your fingers. Better yet, use a glove for the most protection. If you're using sex toys, wash them before use and if penetrating, use water-based lube and a condom.

Now onto the good stuff. Get into the mood, because the brain is the largest sex organ in the body. Fantasise, push all those apprehensive thoughts out of your mind. Don't think of what dinner will be tonight, instead think about a woman you fancy or about that sexy outfit you've seen on a gorgeous woman. That said, some women appreciate mental stimulation while they masturbate. They might choose to watch pornography or read erotic literature and there is nothing wrong with doing so.

As you start feeling aroused, explore your body. Be confident and comfortable in your own skin. Pleasurable areas don't only exist between your legs, so don't feel pressured to dive down south immediately.

When you feel ready, explore your genitals. Usually women enjoy some lubrication at this stage, either from their own bodies or from another source (e.g. water-based lube). Whether you're using your fingers or a sex toy be aware of what makes you gasp, what makes you shudder and at what pace. Do you like your clitoris stimulated softly or do you like it hard? How does penetration feel? Do you like it with one or two fingers? Listen to yourself, listen to your body.

As you go on, don't feel embarrassed. When it comes to self-pleasure, attaining an orgasm does not need to be all you think about. Let your body guide you and make sure you relax. If one thing doesn't feel good, do another. Masturbation all about exploration and all about yourself.

Pleasuring others

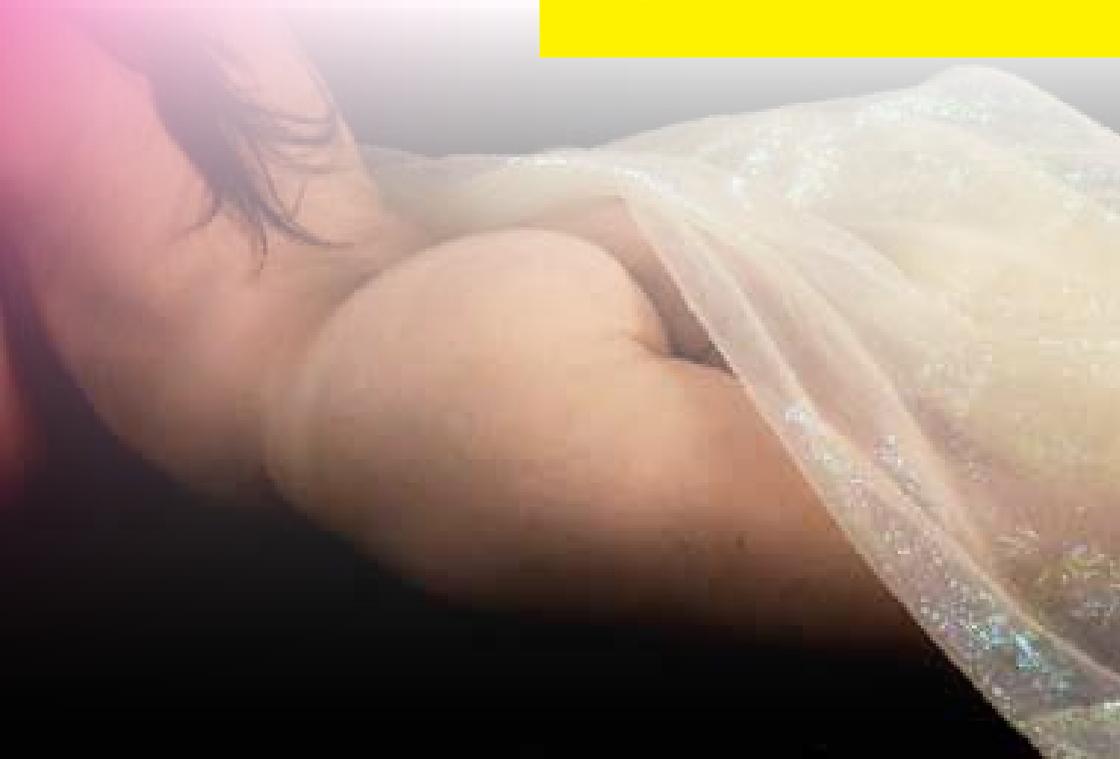
Before you start getting intimate, be aware and talk about any potential STIs your partner or yourself might have. Safer sex is essential if any one of you are at risk of transmitting an infection during sex. Also, remember that good communication between you and your partner is most important when it comes to having sex. Talking to your partner might not only mean whispering sexually charged phrases into her ear, but simple questions such as “Does this feel good?” or “How do you feel?” will make a difference in understanding your partner’s sexual practices.

Foreplay

Contrary to popular belief, there are ways to feel pleasure that does not involve the rubbing and touching of genitals. Foreplay is an important and usually forgotten part of sex. Pay attention to what you can do before touching her down below. Whether you and your partner are clothed or unclothed, explore and revel in that intimacy, feel the electricity between the both of you as you connect with each other. Kiss down her jaw, suck on the pulse point on her neck, play with her breasts, touch her, feel her and listen to her.

Remember to play safely, don't continue with what makes her uncomfortable and make sure you're aware of grazes, cuts or open wounds on her body and on your own.

From here, the direction where sex can go is limitless.



Tribadism (Scissoring)

Tribadism, also known as frottage or scissoring is the act of rubbing your genitals against another woman's genitals or other body part, with the idea to provide stimulation to the clitoris through friction, with or without clothing. Many women enjoy this form of sexual activity because of the pleasure that can be received by both partners simultaneously and the closeness that comes with genital-to-genital contact.

When considering genital-to-genital tribadism, be aware that there is a higher possibility of transmitting STIs due to the exchange of vaginal fluids with your partner, especially if done without a latex barrier. If choosing not to use a dental dam, make sure you are aware of the sexual history of your partner to avoid catching an infection.

Oral Sex

Oral sex involves stimulating your partner's genitals with your mouth and tongue. It can involve sucking, licking and penetration with your tongue, either vaginally or anally. Your tongue is a wonderful muscle and has the potential to make your woman shudder with pleasure. Explore her, circle your tongue around her clitoris or around her inner and outer folds, spell out the alphabet, lick hard and soft, whatever you do, once again, pay attention to what she likes.

A latex barrier over her genitals, (known as a dental dam) is the most effective way of having oral sex safely. If you're unaware of her sexual history, it is recommended to use a dam to keep yourself safe. For more information on what a dental dam is and how to make or use one, refer to the STI resource on the website.

Penetration (Fingering)

A lot of women perceive penetration as the be all and end all of sex; that without a form of penetration, whether with fingers, a penis or with a sex toy, a woman has not had sex.

This is a myth in many forms.

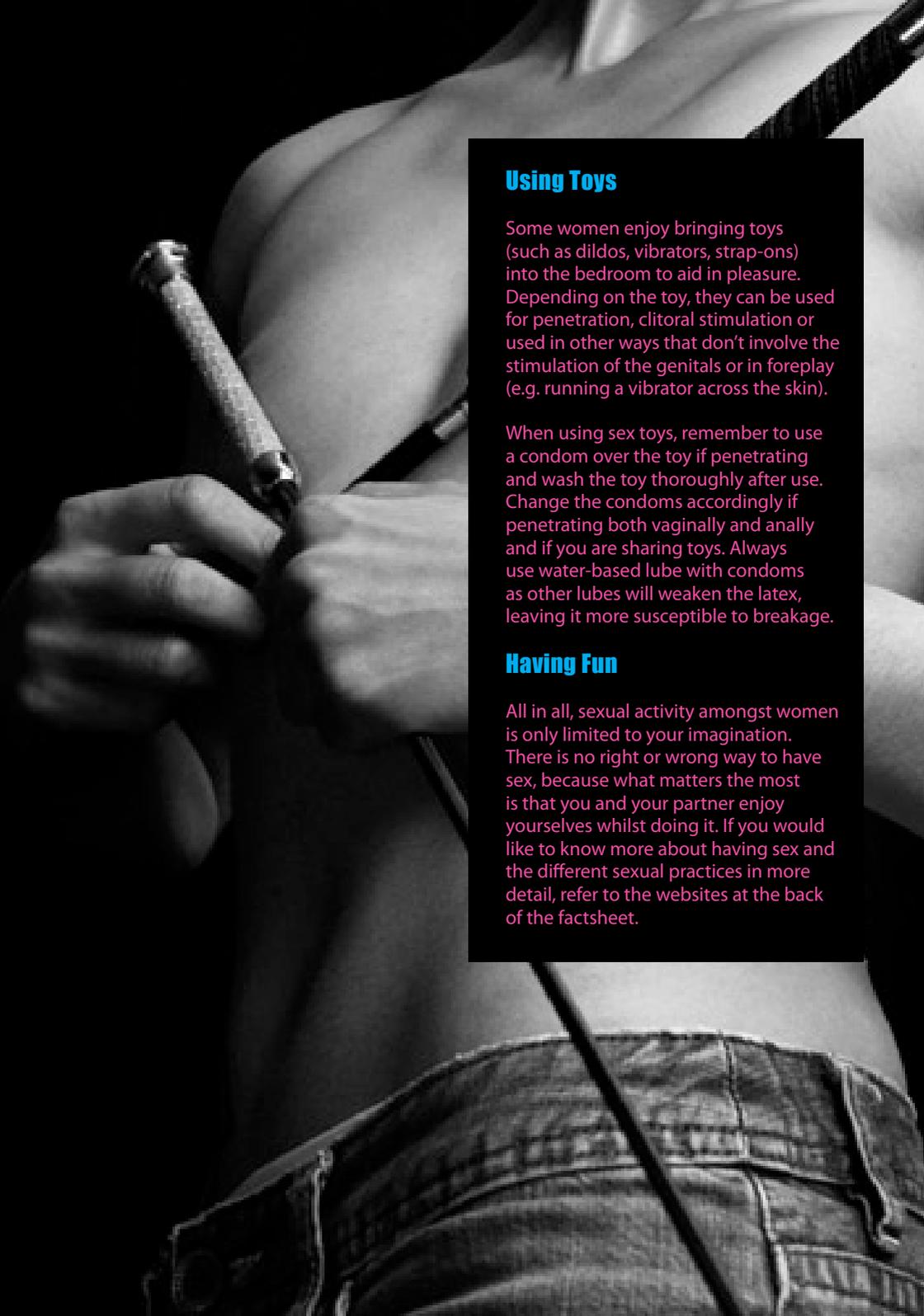
Some women don't enjoy penetration due to a range of reasons from gender roles, previous trauma, a preference for roles in the bedroom (e.g. I pleasure you, you don't pleasure me) or just the thought of it being uncomfortable. Communicate with her and respect her decisions when proceeding with any form of sexual practice.

Some women enjoy penetration or being fingered vaginally or anally, and some women do not. Before you attempt penetration, make sure she's well lubricated and start slow, building the pace as you go.

Start with your index finger and penetrate her slowly. Listen to her and add in another finger (or two) if she seems to enjoy it. Experiment with different thrusts and movements of your finger (e.g. curl them, walking motions) when you're in her and watch how she reacts to it.

Practicing penetration safely is important and before you're too absorbed in the action, prepare yourself by cutting your fingernails and washing your hands, making sure they're clean. Nobody likes dirty hands in their vagina and your partner isn't an exception.

The best way to penetrate safely is through using a latex glove. However you may or may not choose to use one, depending on the risks of STIs, whether you're penetrating vaginally or anally and also personal preference. Remember, never use the same finger you used when you penetrate anally and when you penetrate vaginally.



Using Toys

Some women enjoy bringing toys (such as dildos, vibrators, strap-ons) into the bedroom to aid in pleasure. Depending on the toy, they can be used for penetration, clitoral stimulation or used in other ways that don't involve the stimulation of the genitals or in foreplay (e.g. running a vibrator across the skin).

When using sex toys, remember to use a condom over the toy if penetrating and wash the toy thoroughly after use. Change the condoms accordingly if penetrating both vaginally and anally and if you are sharing toys. Always use water-based lube with condoms as other lubes will weaken the latex, leaving it more susceptible to breakage.

Having Fun

All in all, sexual activity amongst women is only limited to your imagination. There is no right or wrong way to have sex, because what matters the most is that you and your partner enjoy yourselves whilst doing it. If you would like to know more about having sex and the different sexual practices in more detail, refer to the websites at the back of the factsheet.

More information

- **Dental Dams**
www.respectqld.org.au/flyers-and-photos/dental-dams
For Sexually Adventurous Women (BSDM, Kink, Bloodplay) www.iloveclaudie.com
- **For Young Women**
www.qahc.org.au
The Birds and the Birds.pdf
- **Masturbation**
www.cltical.com/female-masturbation
- **STI Information**
womenshealth.gov.au
- **Sex Toys**
www.autostraddle.com
www.respectqld.org.au
cleaning and caring for your sex toys

Resources

- **Family Planning QLD**
(07) 3250 0240
Clinic locations throughout QLD.
Visit www.fpq.com.au
Women's Health Queensland Wide Health Information Line
(07) 3839 9988 or 1800 017 676 (toll free)
www.womhealth.org.au
- **Queensland Health**
Sexual Health Line
(07) 3240 0240
www.health.qld.gov.au/sexhealth
- **Queensland Association for Healthy Communities**
(07) 3017 1777
www.qahc.org.au/lesbian



The Lesbian Health Action Group would like to acknowledge the following sources of information, to read more go to:

- ACON – AIDS Council of New South Wales
www.acon.org.au/womens-health/sex-and-sexual-wellbeing/What-Sex-do-Lesbians-and-Same-Sex-Attracted-Women-Have
- Autostraddle
www.autostraddle.com/how-to-have-lesbian-sex-for-the-first-time
- Women's Health Australia.
www.womhealth.org.au/documents/booklets/Lesbian_Health
- The Gay and Lesbian Foundation (UK)
ripasstetseu.s3.amazonaws.com/www.lgf.org.uk
- Melbourne University.
www.dialog.unimelb.edu.au/lesbian/health/overview.html
- Respect. Inc. (QLD)
www.respectqld.org.au

Sources

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www.acon.org.au
- AIDS Council of New South Wales. (2010). The Birds and the Birds – The Lesbian Sex Workbook.
www.acon.org.au
- Belge, K. (2006). Safer Sex for Lesbians and Bisexual Women: How to Protect Yourself From STDs and HIV.
www.lesbianlife.about.com
- The Gay and Lesbian Foundation. (2011). Beating About the Bush – A guide to sex and sexual health for women who have sex with women.
www.ripasstetseu.s3.amazonaws.com/www.lgf.org.uk
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www.dialog.unimelb.edu.au/lesbian/health/overview.
- Women's Health Queensland Wide and Family Planning Queensland. (2004). Lesbians, sexual health and Pap smears.
www.womhealth.org.au/documents/booklets/Lesbian_Health
- U.S. Department of Health and Human Services, Office of Women's Health. (2011). Lesbian and Bisexual Fact Sheet.
www.womenshealth.gov/publications.

Kelly Humphries Photography (except cover)

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