



educates

Why and how you should try anal sex

This piece is mostly written for women. Of course, I know that there are men who also like the idea of having a dick shoved up their butt, but let's focus on others. For most men, anal sex is like touching the forbidden, the proof of her love, the most desired thing to do in bed, and another in-and-out type of thing they can do. For most ladies it's like "oh, gross, you want me to do *what?*" Calm down, calm down! Yes, we're talking about a butt. An asshole. A poop dealer. But there is nothing gross and disgusting about it. In fact, you might like it even more than vaginal sex if done right. So let's dive into a wonderful world of anal pleasure.

Pros and cons of anal sex

Pros

- A Different Type Of Orgasm

Many women have much more intense orgasms from anal sex. I can't fully explain why this is. I do know that there are thousands of nerve endings in your anus, but there are even more in your vagina and clit. So if you currently struggle to orgasm from regular vaginal sex, then you may find anal sex to be way more pleasurable.

- The Kinky Factor

Another very appealing aspect of anal sex is the "kinky factor" or the taboo of doing something that you "shouldn't." Breaking taboos can be a lot of fun and major turn on in itself. Many people don't see it this way, but if you do, then it's just one more reason to have anal sex with your man.

- The Replacement

Often, vaginal sex is out of the question. You may not want to have it if you are on your period. You may have a UTI that you don't want to aggravate. You may even be

sore from a previous session. This is when anal sex becomes the perfect back up plan.

- No risk of pregnancy

This one is obvious, but anal sex means that there is almost zero chance of pregnancy.

Convinced yet? Well, ok if there are pros, there must be cons and I can name a few of them.



Cons



- Needs Planning

One of the biggest problems with having anal sex is that it requires some planning. You probably don't want to try anal after a big vegan lunch. You are also going to want to do some preparation beforehand. A lot of preparation if it's your first time to make sure you're clean and that it's not painful.

- His Obsession

Some guys seem to have an obsession with anal sex, especially inexperienced guys. For many guys like this, it's a box for them to tick and something they can brag to their friends about. If you are not particularly keen, but your man is obsessed, then dealing with this pressure can be a real turn off.

- Some Love It, Some Don't

Some women really adore anal sex. They find it incredibly pleasurable, while others don't find it pleasurable at all. It comes down to personal preference, so if you try it and don't enjoy it, that's fine. There's no need to stress about it if you don't get much stimulation from it. But at least try if it works for you.

If you got hooked on that, welcome aboard! At this point, you must be wondering where to start. Like, to have a penis right into your butt doesn't seem appealing. And maybe very unpleasant. So to enjoy, or at least not to regret, your first time, prepare for it.

What you need to do to enjoy your first-time anal sex

1. Experiment with anal play solo before you try it with a partner.

Sex is a whole lot better when you know your body and you are confident about what turns you on, and what doesn't. If you bring a partner into the bedroom for anal sex and you don't know anything about how your butt works, you are guaranteed a disappointing result.

Exploring your butt with your fingers or smaller butt plugs can give you a good sense of just what kind of anal-play works best for you. If you come into the bedroom with a sense of what turns you on and what doesn't, it will make communicating with your partner and the anal sex you're striving more that much hotter.



2. Start slowly, and don't jump ahead to anal sex too soon.

So you've played around with your butt in your solo time and you know what works, that's great! But having a real penis go inside your butt is very different from you exploring all on your lonesome. Anal sex works best when you are relaxed, relaxed, relaxed.

Start off with your usual foreplay, and even vaginal intercourse if you think that will help you relax. When you feel ready to have your partner begin by massaging your sphincter and then using the fleshy pad of their finger (and NOT the tip) work their way inside your butt.



3. Anal sex might get messy, and that's absolutely normal.

Let's talk about the giant elephant in the room: the poop. A lot of people are terrified of having anal sex, not because it's new, not because they are frightened of any potential pain, but because they are worried they are going to poop or they are going to expose their partner to poop.

Look, this is your butt we're talking about here. it's where poop comes from. Your partner knows that. If he wants to have anal sex with you, he knows what he is getting into. Unless you feel the need to poop DURING sex, you'll most likely be fine. If there is poop, you'll clean yourself up and he'll clean himself off and that is that. If you want to preserve some mystery with your anal play, invest in black disposable gloves.

4. Anal sex doesn't have to be painful at all, and your partner can help with that.

A lot of people put off having anal sex because they are terrified that it is going to be very painful. Sex shouldn't EVER be painful (unless that's what you're into, in which case, high five). The first few times you have anal sex may be uncomfortable, but that's just because it's new.

To ensure that you feel good things and nothing bad, make sure you go very slowly. The head of the penis is the widest part of his penis, and once that's in, you've crossed the biggest hurdle. Make sure you're relaxed, comfortable, and talking to your partner. Communication is the key to your comfort during pain-free anal sex.



5. Lube isn't just important, it's essential for anal sex that doesn't hurt (and don't let anyone tell you otherwise).

Yep, if you're having anal sex, you'll need to use lube. In fact, you'll need to use a comically large amount of lube, especially if you're worried about pain. Try an oil-based lube instead of a water-based lube during anal sex. Usually, I'd recommend the other way around, but your butt isn't your vagina (and vice versa).

Oil-based lubes stay wetter longer and that's something you need if you want

anal sex that doesn't hurt. If you think you haven't used enough lube, don't be afraid to use more. If you think you've used too much, you've probably used just the right amount.

6. Use condoms.

Even if you're in a monogamous relationship, condoms are a good idea when it comes to anal sex. Why? For one, they reduce friction to provide a smoother entry. Second, since anal tissue is fragile and susceptible to microscopic tears, having anal sex without a condom could cause the bacteria already in your anal canal to enter your bloodstream — not good. And use a separate condom for each sex act (i.e., if you're going from vaginal sex to anal sex). Just be sure not to use an oil-based lube with a condom, since the oil could degrade the latex and cause the condom to break.



7. It's all about communication.

Before your clothes are off, talk it out with your partner. And consider having a safe word — a code word that has nothing to do with sex (like "hockey") that brings everything to a halt, fast. This can be a smart strategy in any new sexual situation. Your partner may not be able to tell if you're making moans of pleasure or pain, so having a code word in place can make you both confident you're on the same page during the act.

8. Find the anal sex position that works best for you and your partner.

There is no one-size-fits-all perfect anal sex position. You need to experiment with what feels best for you. For some this might mean traditional missionary, for others, lying on your tummy might provide the most comfortable point of entrance for you both.

Doggy style is a natural go-to for anal sex, but it might not necessarily be the position you're the most comfortable in. Have fun with it, an experiment in which positions allows you to relax and enjoy the anal ride.

If you are lost and have no idea what might work, besides doggy style, here's for you.

Top 6 best anal sex positions

1. Missionary

Given some adjustments here and there, the missionary position can prove to be an amazing and optimal position for anal sex. The first thing to do is to prop the receiver's hips with a small pillow to get a better angle. Raising the legs or placing it on the shoulder of the partner would also help in smoother movements.

What's great about the missionary positions is how both you and your partner can easily gauge one another's movements, responses, and feelings. And given the sensitive nature of trying out anal sex for the first time, it'd surely be helpful to have that open view of each other.

2. Doggy style

Doggy style is the most basic position for anal sex and usually the starting point for a lot of couples. The control in this position completely relies on the partner who's going to penetrate. It's important that to just relax if you're the receiver. You can never go wrong with starting slow to easily gauge the speed and depth that you're both comfortable with.

To make things even better, once you get the hang of it, have your partner reach out to your clit or breasts for more stimulation. You can also go lower and have your chest and face laid out on the bed with your hips propped up. Again, it's all about the position that gives you that smooth sailing rhythm.

3. Cowgirl

A lot of women prefer the cowboy position because of the control it gives them. All there is to it is to have your legs on the mattress, placed on both sides of your partner, and have your hands on his chest for your balance. You can go up and down or front and back, even sideways or going round and round. Remember that this position is all about you taking charge of you want the pace and depth to be. Of course, there are other ways in which you can do this that can also stimulate your partner in the best way possible.

4. Reverse cowgirl

It's the cowgirl but with a better view for your partner. Men are visual beings and seeing your behind up close and personal--and on top of them--would surely make them go wild. And the best part? You still have control since you're on top. Have some fun while you're at it by putting on a show as you move your butt and arch your

back a bit for an intense viewing pleasure for your partner, and a more controlled pace for you.

5. Spooning

Feeling lazy or want to inject some cuddle aspect into your anal sex? Spooning is the way to go as your partner enters you from behind, maintaining a slow and sensual pace. As the receiver, you can also place your leg on top of his to help create more leverage. While you're at it, you can also use a vibrator for some clitoral fun.

If things get a bit complicated and you can feel your libido rising with every thrust, then you may want to adjust and have your partner directly on top of you and you laying flat on the bed, assuming somewhat of a plank position.

6. High chair position

The High Chair is a great anal sex position that most have never even imagined before. To perform the High Chair with your partner, you just need to sit down on a seat with your butt sticking out. Meanwhile, your guy will either be standing, squatting or kneeling depending on the height of the chair.

2 quick notes on the High Chair position:

a) You'll find it much easier to perform the High Chair when you are on a high stool/chair as it means that your man can stand.

b) Performing the High Chair position is best when you are in front of a wall/kitchen counter so that you can push back against your man while steadying yourself at the same time.

That's probably what you need to know if you're thinking about trying some anal. Most importantly, don't take anal play too seriously and remember to have fun. Sex is an incredible experience that's meant to bring you pleasure. If, at any time, you start feeling frustrated or stressed out, it's time to step back and take a break. If you're feeling wound-up or getting irritated, you can always stop and try butt stuff again later.

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these points in
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