



SEX



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Bottoms up

IT'S TIME FOR THE GOOD DOCTOR TO TALK ABOUT THE INS AND OUTS OF BACKDOOR ACTION

Finally, I get to write about something not many people allow me to – anal sex! It's that one topic that's still considered so taboo, yet everyone has a question – and a fantasy – about it. But before I go any deeper (of course I used that phrasing), I want to bust three common misconceptions:



It doesn't happen like in a porno, and you can't always spontaneously just give it a go. It also doesn't always look like a porno. Let's focus on real sex, not entertainment sex.



Just as in life, when it comes to anal sex, shit can happen. Don't stress, it's not what you think: the anal cavity is the transportation area – not the storage unit – but mishaps can happen. If they do, don't freak out – deal with it promptly and have a laugh. Sex is supposed to be fun and humour resolves all poop problems.



Straight men enjoy anal stimulation too but it does not make them gay. Haven't you ever heard of the prostate?

Now for the good stuff. Some women love this particular act and will surrender their behinds to you with no hesitation, others are curious, and some are flat out against it. If your partner is against backdoor behaviour, don't push it! It can be a sensitive topic that needs to be discussed, but if she is keen to give it a try, here are a few tips to help you with your bum fun.




Talk about it first (and that might involve the words 'anus' and 'bum', so try not to act like a child). This can be a really intimate act between two people, so it's important that your partner feels connected, close, and that any concerns have been voiced and heard. This is one of those things where playing the SNAG card could really up your odds. Try the gentle, caring, and slow approach instead of an aggressive and dominant one (unless that's what she's into).



There might be some preparation required before you slip through the backdoor. Those anal enthusiasts might want to try a douche, but for beginners a nice, warm shower can do the trick. Don't force this upon her but use it as part of the foreplay. It will help her relax and get into the mood and possibly feel a little more secure that any little friends won't be appearing later on.



Lube it up! Unlike the vagina, the anus does not self-lubricate. As we want this to be a pleasurable experience for both parties (don't be selfish now), it's vital that you have a good moisture-holding lube. NB: Oil-based lubricants can break



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it's a fun act but comes with some risk. Also, make sure anything you insert in her rear doesn't get inserted into her vagina right after. The rule is: 'vagina-then-anus', not 'anus-then-vagina'. If you get this wrong, it could cause a nasty infection.



Be creative. Once she is lubed up, warmed up, and raring to go, it's time for you to make your grand entrance. Keep in mind that everyone is different and everyone likes different things. She might just enjoy some anal play and not anal sex, or she might be keen on clitoral stimulation during anal. But how will you know if you don't ask? Ask her what she wants!



The aim of the game here is not to cause pain – quite the opposite. Pain is the one way of ensuring this is not going to happen again. Keep the lines of communication open and keep checking in with how she is feeling. She is your guide and you need to respond not only to her vocal commands but the non-verbal hints her body will give. Pay attention!



It's your turn now. Like I said before, anal sex is not just for women. We now have something called pegging, which describes the act of a woman anally penetrating a man. Feel free to explore this sensation if you have not before but keep in mind the same rules as above apply for you, too. Maybe experiment first on your own before you present your butt to anyone else.



Have fun and enjoy this act. People tend to get too hung up about it, and you need to ask yourself why it is seen as taboo. Is it because it doesn't have a procreation focus or because it's common in porn? Each person has his or her own flavour when it comes to sex and anal is not for everyone. It might not be on the menu for some because of a bad experience, but I'm sure this piece will assist with that.



The word *anus* is derived from Latin and translates as 'ring'. There's a fun fact you can share mid-act.

down condoms, so make sure you choose the right one for the right occasion (and, no, spit won't do).



Like with any physical activity, it's good to do a warm up. Allow your partner to get used to the sensations. Start off small and work your way up. One single finger might do the trick, followed by a small plug or string of anal beads. PLEASE make sure that if you are going to insert anything into the back passage it has a handle or flared base, so it doesn't enter further than it should. The high rate of emergency room visits for situations like these is why I am passionate to talk about anal sex –