



SEX

e-Horny



Nikki is a qualified sexologist and relationship expert aiming to educate Australians about everything under the sheets. You can find her on *The Morning Show*, *Sunrise*, *The Hot30countdown*, or her website: www.drnikki.com.au
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Thanks to the Net and our trusty smartphones, we're lazier than ever in the pursuit of love and sex. Dr Nikki helps you get ahead of the pack in the online hook-up game

Profile photos

The following are not appropriate:
 ✘ Wedding photos or photos with a girlfriend or female friend. Even if you are no longer together, how are we supposed to know that and why, when we are casually chatting online, do we need to be introduced to the concept of your ex? Turn-off!

✘ Drunken party photos. Why would a girl want to see how many drinks you can fit in your hand, what stupid things you might be getting up to, or you posing next to your friend – who is vomiting into the toilet. Massive turn-off!

✘ Photos with no image showing who you are. If you are trying to protect your real identity, get over it. These apps and sites are now the norm and everyone seems to be on them, so why be ashamed? They are also largely based on looks (hello, Photoshop!), so by hiding yours you might only result in a confused woman giving you

the flick because she can't judge you. (Yes, the harsh reality is that we judge, but there is also a lid for every pot).

Conversations

Why not be the big, strong, brave man and send a message? Masculinity is not about muscles or facial hair – it's about being confident enough to talk to a woman (whether online or in the flesh. Did I just save you some money on gym memberships and protein shakes?). Just because women are on these apps, it doesn't mean they don't still want to be pursued and chased – even if it is only a casual sexual encounter they are after. Women still want to feel desired, valued, and respected. Plus, it also turns them on. Put into a simple equation:

Being desired + being valued
 + being respected = Clothes
 being removed.

Competition is at an all-time high

You can nearly be certain that if you have met her via an app or website, she is talking to other guys and being pursued by them, too.

So, knowing that you are not the only one, what are you going to do about it? Can you come up with a clever way that makes you stick out from the crowd? Creativity is key.

Where do we go from here?

Think of it as extended foreplay. On an app or website, there is still that element of the unknown and fear of stranger danger. In order for the first encounter to go more smoothly and not just be a bucket of nerves, it's good to get to know a bit more about her first. Chat to her a bit online but not so

Fact: If you look like this, it may be easier to pick-up online

long that she might think you're not interested in meeting in person. Trade numbers so you can talk properly and go the Facebook route if you want. Some wish to use Facey as a form of verification, while others feel it spoils the mystery and fantasy.

