

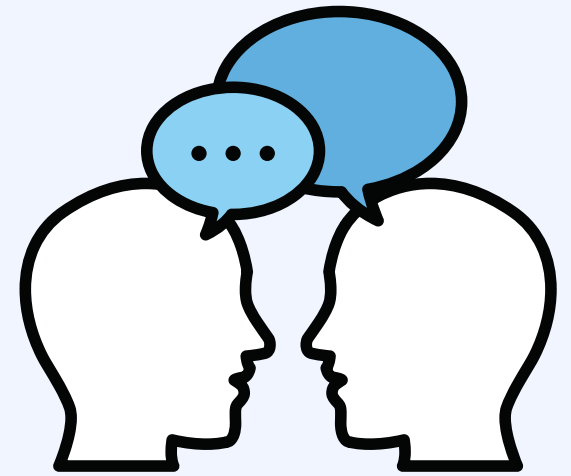
**HOW CAN I
MAKE SEXUAL
CONTACT
ENJOYABLE?**

*How do I figure out
what I like?*



- Take some time to explore yourself physically before trying it with a partner(s) (assuming partner sex is something you want at all!)
- Try to **let go of your preconceived notions** of what should turn you on, and instead, focus on exploration and trying new things
- Don't just focus on your genitals, try touching yourself in **new places in new ways**- you might be surprised about what works for you!
- What gets us going is different for every person, so **don't worry** if something someone else likes isn't your thing.

What do I do if I'm not getting what I want out of sex?



If you know what you like but you're not getting it during partner sex, that's a good sign that you and your partner(s) need to **have a conversation.**

Hopefully, they just don't know what you want, or even how to give it to you.

Communicate with your partner what you want out of sex, and **try to guide them** if you can in how to do that for you.

What do I do if my partner doesn't want to do what I want?



If there are acts that you're interested in, but they're not comfortable with, you have to **recognize their sexual agency**, and never push them to do something they don't want to. **Because that's no longer sex, it's assault.**

If you do voice your desires, and your partner doesn't care to do what makes you feel good— **not out of discomfort**, but out of singular interest in their own pleasure, or lack of care— that's a bigger conversation about **respect** in the relationship.

It might be worth evaluating **if they're taking your needs seriously**, both in sex, and in the rest of the partnership.

What if I'm struggling to orgasm?



There are a lot of factors that can make orgasm difficult for people. Some things that might limit orgasm are



certain medications



stress

illness



alcohol or other drugs



emotional factors

If it's hard to orgasm, for these reasons or otherwise, that doesn't mean that sex can't be enjoyable.

Sex isn't all about the climax, and there doesn't even need to be one to have good sex!

That said, it can be helpful to explore on your own, and if you know what you like, communicate about it with your partner(s)! Chances are, they want to give you what you want.

