

Little Black Book For Girlz



Summer Creek High School



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The little black book for girlz : a book on healthy sexuality



St. Stephen's Community House.

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THE DENTAL DAM.



○ Make Sure
you don't
lick the
Powdery side...

○ GO FOR IT!

○ Place Dental Dam
over the "lickin' area"
(vagina, anus, Penis)

the little black book for girlz

A Book on Healthy Sexuality

by St. Stephen's Community House
—an independent community-based agency—

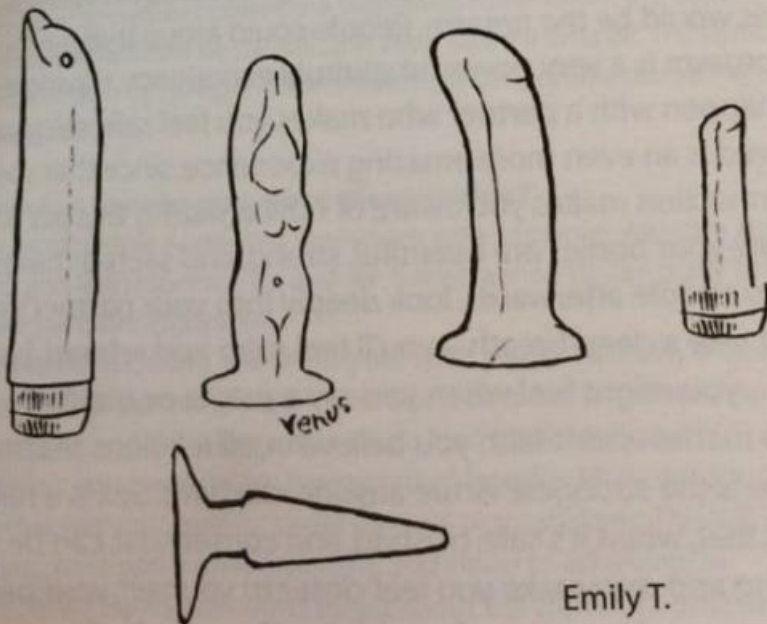
by youth
for youth

Q: IF YOU MASTURBATE WITH A DILDO DOES IT MEAN YOU ARE NOT A VIRGIN?

A: A lot of people have different views of what virginity is. I think that most people think that until you're with someone else, you're a virgin, whether you masturbate or not. Medically, if there is a hymen intact, then you are supposed to be a virgin, but the thing is a lot of people can break their hymen in non-sexual ways, like bike riding or horseback riding. Therefore, having a hymen does not define virginity. So it's kind of a vague notion and people have different ideas about what virginity is.

Q: HOW DO YOU KNOW IF YOU ARE HAVING AN ORGASM WHEN YOU ARE MASTURBATING?

A: It takes time to figure it out. That was my experience masturbating when I was young. But eventually you know. You feel an incredible body buzz and you feel it go through your body. And there are lots of different kinds of orgasms, and even if you don't have one, you can still have a good time.



Emily T.

Q. What is a blow job?

A. A blow job is performing oral sex (using your mouth) on a guy's penis.

When you give head to guy you may lick his penis and balls. You may want to suck on his penis and use your hand on the shaft. The head of the penis is very sensitive and is a good area to play with the pressure of your tongue. Slowing down and speeding up your hand will also help him to orgasm. You will want to use a condom to protect yourself from STIs and HIV/AIDS.

At no point do you have to swallow the cum (a.k.a semen—the white stuff, usually less than one teaspoon, that ejaculates out of the guy's penis) or even let him cum in your mouth. You can spit it out or pull away and use your hand before he cums.

The most important thing is that you are both communicating about what you are comfortable with and what feels good. I would suggest that, when you give a blow job, you have the guy lie down so you can control how deep his penis goes into your mouth/throat. Remember that you have the right to decide what type of sex you have; you don't have to have oral sex.

Q. How do you have oral sex with a girl?

A. When you are eating out a girl you may want to lick and gently suck on the clitoris and the labia. You may want to gently use your fingers in her vagina. You can speed up and play with the pressure of your tongue on her clitoris to help her to achieve an orgasm. Again the most important part is that you are communicating about what feels good and what is comfortable. Often people find it difficult to find the clitoris, remember to ask! You will need to discuss with your partner the use of a dental dam (see Chapter 8) to help protect you from STIs and HIV/AIDS.

FUN Alternatives to Intercourse

There are a lot of ways to have sex. If you think sex is just intercourse, or screwing, that's where you're wrong! There are many other fun, intimate things you can do together. Lots of women find intercourse overrated, and only about pleasuring the guy. For most women, other stimulation is far, far more enjoyable.

Things like:

- * 69ing
- * Cyber sex
- * Fingering
- * Fondling, groping
- * Grinding
- * Hand jobbing
- * Hissing, making out
- * Massaging
- * Oral sex (going down on each other)
- * Petting
- * Phone sex

Check the glossary at the back of the book for more info on these terms.

P.S. You never have to follow through on any sexual activity. If you want to stop, then stop!!

Annie Grainger and
Fox F