

SEX
Q & A

All your urgent sex problems, handled

We. Got. You.
By FAYE BRENNAN

Is it possible for a penis to hit your cervix during sex, and if so, is that safe?!

A Well, considering that the average vagina is 3.77 inches deep and the average erect penis is 5.16 inches long, yes, it's absolutely possible. That said, the vagina does grow longer when aroused (the more you know!), and a penis can't actually penetrate your cervix. So "generally, nothing bad should happen," says Sophia Yen, MD, CEO and cofounder of birth-control delivery service Pandia Health and a clinical associate professor at Stanford University School of Medicine. In

fact, some women can experience full-body orgasms from cervical stimulation (see page 126 for more details on that). If, though, deep thrusting is painful in any way, ask your guy to lighten up, or switch positions to a more shallow sitch like missionary. And if you notice bleeding, notes Dr. Yen, see your doctor ASAP.

I've been with my boyfriend for more than two years, and the only way I can orgasm is when we dry hump. Are we doing sex wrong?

A I wouldn't say "wrong," but here's a tip from sexpert Emily Morse, host of the SiriusXM Radio show and podcast *Sex With Emily*: "The reason you're orgasming from

dry humping is most likely because of the friction you're feeling on your clitoris. For more of this kind of stimulation while having sex, try grinding when you're on top." You can also hold a vibrator against your clitoris during sex or wear a panty vibe as you're dry humping to jack up those good feels even more.

WOMAN: ARIS JEROME/ART PARTNER; PEACH: GRANT CORNETT/ART PARTNER; DR. RUTH: COURTESY AMAZON PUBLISHING; BRENNAN: PHILIP FRIEDMAN

As a woman, how do I know if I'm actually getting aroused?

A If you're thinking about sex, that's a pretty good start! As the largest sexual organ in your body, the brain is critical for getting things going. From there, arousal signs can differ from woman to woman, says Morse. "You

might notice your nipples and clitoris becoming erect," she explains. And thanks to more blood pumping to your erogenous zones, your skin may get flushed and you might feel a tingly, warming sensation between your legs. "Sometimes, you may notice you're getting wet, but if not, don't take it as a sign you're

PSA: Your brain is the largest sexual organ in your body.

not turned on." Every body's different (see what I did there?).

Is there a toy I can use instead of my fingers to stimulate my guy's prostate?

A Gunning for that elusive P-gasm? Good for you two—men can have seriously powerful orgasms from their prostate, a gland located between the bladder and penis. It's most accessible via his back door, and "a woman who uses a toy

on her man's prostate can really change the way he experiences sex," says Tino Dietrich, CEO of sex-toy brand Ella Paradis. He suggests a vibrating prostate massager (like Ella Paradis's Prostate Silicone Perineum Tickler, \$35, ellaparadis.com), which is long enough to reach his P-spot and buzzy enough to get him off better than your digits ever could. If that sounds like a little much, Dietrich suggests trying a butt plug that can hit the right spot hands-free.

I've only ever been with men, but lately, I find myself looking at women too. How can I test a relationship with a woman if I'm not a hundred percent sure how I feel?

A Respect to you for not wanting to fuck with anyone's feelings. You're in a good headspace to come at this like you would with a guy: "When you find someone who piques your interest, ask her to make plans," says Morse. "Then let her know you're exploring your sexuality and you find her attractive." That should definitely start an interesting convo. As you two get to know each other better, keep up the transparency. "Whether you find just a new friend or a sexual partner, you'll be learning about yourself," says Morse.

Should I put on two condoms at once, just in case the first one breaks?

No. The friction between them will increase the chances of both tearing. One condom is safe, and with so many sizes available, there's no excuse not to find one that fits you.

Let a toy do this homework for you.



DUDES WANNA KNOW

By DR. RUTH
(Yeah, that Dr. Ruth, OG sex therapist and author of the latest *Sex for Dummies*)



I can't last more than 10 minutes in bed, and I worry I'm not satisfying my GF. Help!

I'd ask her if you're providing what she needs. Odds are, she requires other types of stimulation beyond intercourse to have an orgasm. So have a heart-to-heart away from the bedroom and find out exactly what's going on.

Am I taking an experience away from my fiancée by not having a threesome?

It might be something she would like, but a threesome can bring risks into your relationship. It's not something you should feel you have to provide, especially if it's not appealing to you.

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