

# Please Her



A HOLAAfrica! Production

A safe sex and pleasure manual for  
*African women*



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Production

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“ We wanted women, especially African queer women, to take pleasure in their sex, whilst being safe and happy, so we created this manual for them. We hope all women can find something for themselves here, no matter your sexuality, because as always, we do this for the love, laughs and light. ”

The HOLAA team!

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*This one is for you and all the queer African women out there.*

HOLAA! xo

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## Welcome to the house of fun

The sensuality of women is often misconstrued and misunderstood within society, especially when it's two women coming together to make magic. We see a lot of sex between women through the male gaze sitting in the 'lesbian sex' part of porn sites. These clips reduce the sexy time of Women who have sex with Women (WSW) to fake moans, phallic sex toys and scary long nails entering soft places. So we decided to throw together this guide on having safe and sensual fun. Full of tips and tricks on everything from making a sex toy to engaging in BDSM this manual has something for everyone.

Enjoy.

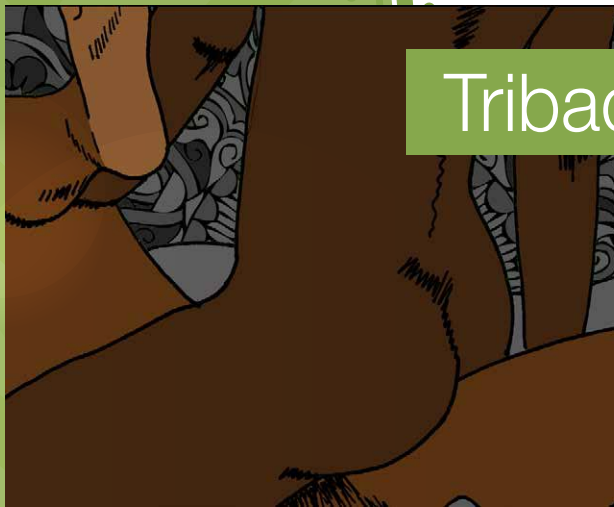


# TIPS & Tricks

Types of Women who have sex with Women (WSW) sexual acts:

- ▶ Tribadism
- ▶ Fingering
- ▶ Cunnilingus
- ▶ Anal Pleasure
- ▶ Toys, toys, toys
- ▶ Kink & BDSM  
(covered separately)





## Tribadism

Tribadism is when a woman rubs her vulva on or against another woman's vulva in a scissoring position, where both partners simultaneously stimulate each other's vulva (especially the magic clitoris) through gyration.

This includes rubbing one's vulva against other parts of your sexual partner's body (i.e. thighs, hips, bottom etc.) and can be achieved using various positions such as missionary, doggy-style, woman-on-top etc.

**KEY TIP:** This is even more awesome when both women are good and wet (sufficiently lubricated) causing less friction for a Slip 'n Slide party of indirect clitoral stimulation that leads to orgasm for some women.



## Cunnilingus

The glorious muff dive, where the tongue and mouth are used to stimulate the clitoris, other parts of the vulva and vagina.

This sort of oral stimulation is done mostly in the missionary, doggy and woman-on-top (face-sitting) positions. In the 69 position, where two WSW bodies look similar to the numbers 6 & 9 together – with each one's face in close proximity to the other's genitals - both partners enjoy cunnilingus simultaneously.

The tongue provides different sensations than the finger, while the mouth covers the vastness of the vulva and even insertion into the vagina.

**KEY TIP:** A flick of the clitoris with the tip of the tongue; a lap of the vulva with a flat tongue; and swirls of combinations provide thrilling pleasure and perhaps even orgasm.

## Fingering

Often during tribadism, WSW will include manual stimulation by rubbing the partner's clitoris or actively penetrating the vagina with their fingers. Can happen at the same time during the missionary, woman-on-top or 69 positions, or individually during other positions such as doggy-style.

**KEY TIP:** Use of fingers during sexual activity is especially beneficial for reaching a more vaginal orgasm or stimulating the g-spot that is easier found about 5 to 8cm within the vagina, towards the front vaginal wall and can induce squirting (female ejaculation) for some.

## Anal Pleasure

A.k.a: anilingus or rimming- is the oral stimulation of the anus; fingering the anus; as well as using toys to penetrate the anus. Some women have been known to achieve glorious orgasms from anal pleasure.

**KEY TIP:** Depending on the anatomy of the sexual partners involved, there is usually 2cm of sensitive tissue externally between the vaginal opening and the anus (perineum). This is often the cause of much 'double dipping' (moving to and from cunnilingus to anilingus) intentionally or unintentionally.

## Toys, toys, toys

From life-size, penis shaped dildos for vaginal penetration, to vibrating bullets for clitoral stimulation and a whole host of apparatuses that WSW use, toys are considered an enjoyable addition to sex.

Inventions such as the double dildo enhance scissoring by including penetration for both partners.

Strap-on's make it possible for one woman to penetrate the other using a dildo that is attached to a harness and strapped to the active partner's waist.

## GIVINGHEAD:

15 Steps to eat Pussy like a Champ. ▶▶▶▶

Eating pussy is a skill and not one that everyone has. But with these steps we shall have you well on your way to going down like a champ. 15 gorgeous steps to help her walk down that path to ecstasy.

**STEP NO. 1**  
**Tell her she is beautiful and mean it.**

Women can be somewhat shy about their bodies. Put her at ease and tell her how much you enjoy what you are seeing. Let her trust you enough to let you go down on her.

**STEP NO. 2**  
**Take a moment to appreciate her beautiful vagina.**

Take a minute and look. Enjoy the beautiful flower in front of you. A woman's pussy is one of the most unique things about her. They are all so different, look different, taste different, smell different.

**STEP NO. 3**  
**Chat to it: women love to speak.**

Speaking to her will make her comfortable and make it more likely for her to come, if done right. When you are stroking and touching her pussy, speak to it until it starts speaking back.



#### STEP NO. 4

**Use the tip of your tongue on her outer lips, inner lips then search for her clit.**

##### KEY TIP:

Women have clits in all different sizes. It does not affect her ability to orgasm. All it means is more of her is hidden underneath her foreskin.

#### STEP NO. 5

**When touching her pussy make sure your finger is moist.**

Sometimes you can use her juices, sometimes a little dab of lube. Or you can lick your finger. You have to make sure your finger is wet because the clit does not have any of its own wetness and is very sensitive. If your finger is dry it could stick to it and this could be painful.

##### KEY TIP:

You should work up to touch her clit in any case. Before she is properly turned on her clit is too delicate to handle.

#### STEP NO. 6

**Approach her pussy slowly, tease her a little bit.**

Taking your time to approach a woman's juicy spot will make the spot even juicier upon arrival. Touch it with the tip of your tongue, breathe near it, whisper while close to it. Come close then pull away.

#### STEP NO. 7

**This is the time for games, play with her.**

You know that soft area where her leg meets her pussy? Lick that. Let your lips caress her lips. Just lightly. Press them to hers and excite her. When she is bucking and throwing up her hips to try and get a little more put your lips on her slit.

#### STEP NO. 8

**From hard to soft: kiss her gently then make it a little more intense.**

Start with a soft kiss and then go a little harder. Once you have done this, use your tongue to push apart her pussy lips and when she opens up run your tongue in between the layers of vag flesh. Softly and gently spread her legs with your hands. Stroke a thigh while you're there.

##### KEY TIP:

Everything done to a woman must be done gently at first until she says otherwise.

#### STEP NO. 9

**Fuck her with your tongue.  
Tongue-fuck her.**

Do it. It feels amazing. It will drive her wild because it is a tease in a sense and makes her crave attention to her clit. Also the strength of the tongue (which is pure muscle) feels so good inside. Push your tongue in and out of her slowly and then more and more rapidly.

##### KEY TIP:

If you check now you will see her clit has begun to peek out and harden. So bring your tongue to it.

#### STEP NO. 10

**Work her clit with your tongue.**

Spread her lips and use your tongue to play with her clit. Do it fast. Do it. This will hopefully cause her legs to shake. If she tries to close them push them apart again and whisper for her to relax and enjoy it. The pleasure can be overwhelming but make her ride it.

When you feel she is about to come make your lips into an O and take her clit into your mouth.

And suck. Gently at first, and watch her reaction. If she can handle it go harder. If she is feeling that suck even harder.

##### KEY TIP:

Check in with her and see what she is feeling, what she wants. If she starts to move her hips, go with her. Do not fight her. Keep that O on her clit.

#### STEP NO. 11

**Enter the fingers.**

Extra tips to enhance the session: Put your fingers inside her while she is losing her mind at your clit licking skills. You can slide in your fingers before you lick her clit, during the epic task or after. Dealer's choice on that one.

##### KEY TIP 1:

Alternate between your finger and tongue some women can dry up from too much penetration. Do not be too... heavy handed in this respect (see what we did there?).

##### KEY TIP 2:

Women have an extremely sensitive area at the roof of their vagina. Let your fingers become acquainted with it.

Take it slow at first and then get a little faster. But only go faster when she does, read her body, listen to her breath.

#### STEP NO. 12

**Learn what her 'I'm coming' clues are.**

Every woman is different. When we are about to orgasm there is not a one face fits all.

For some it may be their nipples get hard, others may become drenched. Know what her triggers are and you shall be amazing.

#### STEP NO. 13

**When she is coming, Do Not Let Go. – Multiple orgasms are real.**

When the waves of ecstasy start coming keep rocking that boat. For goodness sake when she is coming DO NOT LET GO (unless she explicitly tells you to: CONSENT)

Slide your tongue in and out of her pussy or if your fingers are inside move them a little and gently because she is on edge now.

#### STEP NO. 14

**Taking it a little further.**

There are a few women who like to have their anal section rubbed or entered while you are down there. Test it out, but be gentle and do it slowly. If she does not like it, back off. It is not for everyone.

#### STEP NO. 15

**After you give her ecstasy the work does not end, make love to her slowly, be intimate.**

Now that you have driven her crazy do not leave her alone. Not just yet. Whisper to her, tell her how much you enjoyed what you did. Recap your best bits. Do this all softly. Stroke her, caress her breasts, stroke her stomach and guide her back down to earth gently.

##### KEY TIP:

The most important thing is love it, and she will too.

Good luck  
and  
happy  
eating,

HOLAA!

## How to care for sex toys

### NOTE:

Always clean your toys before sharing with a partner. Wash sex toys after every use. Make sure you are using the right lube. Do not use silicone- or oil-based lubes with silicone toys. Go with water-based or hybrid lube. Use condoms with porous sex toys.

### ▶▶▶▶ Section 2

# SEX TOYS

# & Self love

## TYPES OF SEX TOYS AND HOW TO CLEAN THEM:

Silicone, glass, stainless steel, or wood (motorised): Use mild soap and a damp cloth to wipe the toy clean.

Silicone, pyrex, stainless steel, or stone (not motorised): If you want to really clean it, place it in boiling water for eight to 10 minutes, or run it through the dishwasher without soap.

### CYBER SKIN

Use only a little soap and warm water to clean it. Too much sudsing can damage the sensitive material.

Hard plastic, elastomer, thermoplastic elastomer (TPR), or jelly rubber: These porous materials can still contain bacteria and STDs after washing with soap and water. Use a condom if you're going to share with a partner.

### NOTE:

Do not expose glass to extreme temperatures (like in the dishwasher), to avoid warping.

### PYREX

Pyrex is basically heat-resistant glass, so it can be boiled.

### STAINLESS STEEL

Boil for 10 minutes, soak in bleach and water (then make sure to RINSE THOROUGHLY), or wash in the dishwasher.

### STORAGE

Dry it off completely with a clean paper towel and store it in a case or silk bag to protect it from other bacteria-laden items.

### KEY TIPS:



Do NOT submerge battery operated or electric toys in water. Clean them under running water and be careful not to let water get inside the vibrator.

Rubber dildos absorb more dirt than silicone, so you should use condoms with rubber dildos.

Store your toys wrapped in cloth or in a cloth bag.

Take the batteries out of your toy when you aren't using it. Leaving the batteries in can actually corrode the toy and drain the battery life.

### Tips for safe strap on sex:



Put a condom on the dildo before you use it with your partner.

Use a water-based lube to reduce friction.

Make sure to clean the dildo with warm soapy water and change condoms whenever you switch between each other.

## TIPS FOR D.I.Y SEX TOYS

When choosing something to use as a sex toy you need to think of a few things:

- Can it transmit bacteria or cause infection?
- Can it break off?
- Will it cause injury?

### SO THINGS YOU MUST THINK ABOUT

Choose objects that are smooth, durable, and are comfortable for you to hold or manipulate.

Make sure that you cover your chosen object with a condom.


Once you use a food stuff as a sex toy do not eat it.

Most of the items that you might pick up to use as a makeshift dildo are porous (have a lot of tiny, tiny holes).

This includes wood, rubber and even fruits or vegetables. You cannot

completely kill all the bacteria on this. This is where the condom comes in.

### A list of objects that can be used as dildos:

	<ul style="list-style-type: none"> <li>• Hairbrush</li> <li>• Electronic toothbrush (which also makes for a makeshift vibrator)</li> <li>• Saucepan handles</li> <li>• Handle on a tennis racket</li> <li>• Mascara bottle or other similar shaped make up bottles</li> </ul>
	<ul style="list-style-type: none"> <li>• Cucumber</li> <li>• Carrot (or bunch of carrots)</li> <li>• Zucchini</li> <li>• Small egg plants</li> <li>• Non spicy peppers – <i>Be very careful here</i></li> <li>• Bunch of asparagus</li> <li>• Leek</li> <li>• Corn still on the cob</li> <li>• Ice in the form of cylindrical cubes that you might use in water bottles (the ones that are in those bottles to keep them cool).</li> </ul>

### NOTE:

If you are planning on using your D.I.Y dildo for anal stimulation, it must have a flared base. Inserting something into the anus that does not have a flared base runs the risk of getting lost. Ice is not for everyone and can be dangerous if it's too cold and sticks to your skin. **DO NOT** use a peeled banana. It gets soft and this is not a good look. Use soap and water (or toy cleaner) to clean and sterilise your D.I.Y dildo before inserting it.

# Put a condom on it

- Cover any and all objects used with a condom
- No objects with sharp edges or pointy bits
- Do not use anything that could possibly shatter, splinter, or break off inside you
- Objects with electrical currents are for outside use only
- Do not use anything that belongs to or that you share with another person
- Do not use electric objects in the tub or shower

### KEY TIPS:

The vibration from a phone can be a semi vibrator. Just make sure you clean it first. And try not to get it too wet. If you can cover it in a condom.  
**DO NOT** use anything that creates suction inside e.g. an empty bottle.

## TIPS TO HAVING EXPLOSIVE ORGASMS WITH A VIBRATOR

### VIBRATOR FOREPLAY:

Start by softly dragging your vibrator over your most sensitive erogenous areas e.g. breasts and nipples or thighs. As it starts to feel good, start focusing more on your thighs and vagina, but do not quite touch your vagina with the vibrator yet. Keep teasing yourself by gently trailing your vibrator around it.

### GENTLE TEASING:

Gentle Teasing is like the vibrator foreplay technique, except this time you will be focusing more directly on your vagina. But at this point it's about a light touch. Start by applying the tip of your vibrator to the bottom of your vagina and slowly dragging it upwards towards your clit.



### CLITORAL FOCUS:

Move the tip of your vibrator over your clitoris and start applying direct pressure to it. There is a whole lot of stuff you can do here:

- You may prefer to push the tip of your vibrator into a particular side of your clit.
- You may prefer to rub it over and back on your clit.
- You may prefer to circle your clit slowly or very rapidly.
- You may prefer to keep softly teasing yourself by applying minimum pressure.

The key is experimenting with different techniques and finding the part of your clit that feels most enjoyable and pleasurable with your vibrator.

#### KEY TIP:



You can use the clitoral hood as a buffer if applying pressure to the clitoris is too painful.

### SLIDING IN FROM BELOW:

You need to take your vibrator and press the length of it against your vagina. The top of your vibrator should be pressed against your clit, while the length of the vibrator is pressed against your vagina/labia and the bottom of your vibrator should be at the lower part of your vagina. Squeezing your legs together easily allows you to keep the vibrator in place.

### CUM INSIDE:

Using your natural lubrication or some lube that you purchased, coat your vibrator with it and slowly push it inside your vagina. Simply leaving your vibrator to sit inside your vagina can be very pleasurable, but you'll find it much more enjoyable to apply pressure to the most sensitive spots in there, particularly your G Spot and Skene's gland area along with your A Spot.

#### KEY TIP:



Experiment with the pressure you apply, the intensity of the vibrations and different areas inside your vagina to discover what feels most intense.

### ADD FINGERS TO THE MIX:

You can use your hand to stimulate your G-Spot or rub your clit. Experiment with pressure and places to see what hits the spot the best.

#### KEY TIP:



Add your vibrator to a sexual experience with your partner (male and female). If you are with a man try raising the idea of using it on him. (this may not go down well, but be patient).

▶▶▶▶ Section 3

# CONSENT

WHY ARE WE SILENT ABOUT  
LESBIAN RAPE?

By Hejin Kim

yes, no

# Trigger warning:

## SEXUAL ASSAULT, RAPE

We think about sexual violence not only in a very binary way, but also in a very one-directional way: men commit it, women suffer it.

However, looking back this just does not add up. I look upon my life, and I think about the sexual violence I have endured, and it was not just at the hands of cisgender men. My experiences of violence, even those outside the binary narrative of men on women, are not unique, and recent conversations have made me think this through even further.

My own experience has been further coloured by the fact that this happened to me long before I transitioned. Being a transwoman (who also happens to be a lesbian) I have often justified incidences so as to avoid terming them as instances of sexual violence, which, even in retrospect, are so much stronger and prevalent than when I have faced sexual violence at the hands of men. The idea that a woman can be a perpetrator of sexual violence is so strange to people, yet it is something that happens. It is something that is often ignored, or seen as, somehow, less violent.

..... **WOMEN ARE AS CAPABLE AS MEN OF COMMITTING RAPE, IN BEING PERPETRATORS OF SEXUAL VIOLENCE.** .....

One harrowing experience involved me waking up in the middle of the night at a party – we were all sleeping over, and sharing a bed – to a friend being raped by another lesbian there. It is a moment where one just does not know what to do. Despite my own experiences, the situation still was so surreal. It took me a moment to intervene and shield my friend from the woman who was forcing herself on her. In the aftermath of it, the

argument was simply made that ‘there ain’t such a thing as lesbian rape’. In the end it became something that was never discussed again, the entire idea was seen as too silly, too ridiculous.

Women are as capable as men of committing rape, in being perpetrators of sexual violence. In an anonymous experience posted on Everyday Feminism, a woman who shared her experience of being raped by another woman compared our inability to see women as rapists to the argument that sex between two women isn’t really considered to be sex. This resonated to me so clearly, the entire idea of rape and sexual violence in society is based on the idea that there is the “masculine” that acts violent to the “feminine”; the latter here is seen as being unable, not just to be sexually aggressive, but to be sexual without the “masculine” present. Somehow, even among lesbians we stick to this idea, despite that it is the same argument that is made to invalidate our own sexuality.

I have asked myself at times what this means when it comes to sexual violence in lesbian communities. Do those who are perpetrators not think they are doing anything wrong? Part of me thinks that some seriously believe that, because they are women, there is nothing wrong with what they do. It does not matter whether the sex is consensual or not.

The question is how do we address this? We think about our communities as ‘safe spaces’, but how safe are they really? When violence is perpetuated but then cloaked in silence?

I have heard people chalk what happens to ‘lesbians adopting problematic heteronormative attitudes’, and how it is somehow linked to some lesbians acting ‘too masculine’. However this argument feels very weak, it feels as if we are trying to shift to the blame for this problem onto broader society, absolving ourselves of having to address it.

# CONSENT FLOWCHART

Start: Do you want to do the sex?



**STOP**

Wanna do something else? Go to START

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## CONSENT 101

Consent is mandatory. Period. Any sexual acts in the absence of consent is rape.

- 1 Consent is not just about sex**  
Consent is about respecting people's autonomy, bodily integrity, and right to pleasure.
- 2 Consent is an active choice**  
Consent must be made consciously and given vocally and enthusiastically. Minors or people under the influence cannot give consent.
- 3 Consent is given freely**  
Consent is based on equal power. Consent is not possible if coercion is present.
- 4 Consent is ongoing**  
Consent is both continuous and specific. Consenting to one act doesn't mean consenting to everything. Consent can be withdrawn at any time.

*TRY: Are you OK with this? Do you like it when I... Does this feel good? I think it's hot when...*

DESIGN AND CONTENT BY ALEXIS TEYLE





# Let's Get Kinky

▶▶▶▶ Section 4

Introduction to BDSM for WSW

The first thing one thinks of when BDSM is mentioned, is leather spandex, whips, chains and lots of pain. Although not entirely false, this basic assumption bears little room for pleasure, intent, sexual agency and consent.

**BDSM stands for:**

Bondage,  
Discipline/Dominance,  
Sadism/Submission and  
Masochism.

Some of the activities involved in kink are probably things most people have done with sexual partners to an extent, without actually calling it kink or BDSM.

▶ **AT THE VERY CORE OF BDSM AND KINK IS EXPLICIT CONSENT.**

**KEY PRINCIPLES OF BDSM:**

Consent, openness, transparency, trust and safe words.

It is important for kinksters to practice full disclosure of fetishes, history as well as any medical concerns.

Remember: typical gender-roles and sexuality labels **do not apply to BDSM.**

BDSM is more about what gets you off, without shame or judgment.

**BONDAGE & DISCIPLINE**

If you've ever pinned down your partner's wrists or had it done to you during sex, congratulations, you've engaged in the mildest form of B&D.

The severity of both Bondage and Discipline, along with every other BDSM act, is discussed and agreed upon by both the receiver and the giver prior to play or in rare cases, given as once-off consent (*See: Master & Slave Dynamics*).



**Bondage**

Physical restraint of a person's body or parts using one's hands, rope, chains, ties, silk scarves, etc.



**Example of Bondage:** Tying your partner's hands above her head while you explore her body.



**Discipline**

Involves the social and psychological altering of behaviour through punishments and/or rewards as reinforcements.



**Example of Discipline:** Tying your partner's hands above her head because you want to teach her to receive pleasure without touching you.

**DOMINANCE & SUBMISSION**

**Dominance & Submission is also known as D/s**

It is the consensual exchange of power to a certain degree, where the sub will yield a certain amount of authority and control over to the Dominant sexually, erotically and sometimes lifestyle wise.

Not every D/s arrangement will involve sex or play, which is why it's important to know your kinks and find a dynamic that is suitable for you.

The Dominant will exercise given control over the sub within the agreed upon situations, limits and boundaries.

This sort of arrangement can be for a shorter term, all the way up to a long-term Mistress/Master & slave arrangement where the Mistress/Master has earned full control over their slave(s).

**VARIATIONS:**

- **Age play** – Where the Dominant is regarded as the Caregiver and the sub is her little (varying in 'portrayed' age from infant to teenager)
- **Animal play** – Where the Dominant is regarded as the pet owner and the sub is her pet (kitten, puppy etc.)

D/s arrangements do not necessarily represent a person's outward demeanour, as one can be submissive within its bounds while dominant in their professional and family life.

**It's all about exploring desires, fetishes, kinks and passions.**

**SADOMASOCHISM**



A sadist is one who finds pleasure in giving pain/torment, while a masochist finds pleasure in receiving pain/torment.

This is all done within mutually agreed upon boundaries.

As the more physical extension to a D/s arrangement, can be purely for the sensation of giving and receiving pain as pleasure, an arrangement based on the use of pain to enhance pleasure within an erotic context.

The build-up and release of adrenalin and

endorphins from an S&M 'play session' increases the state of euphoria and can be described as a "High" or sub/bottom-space for the receiving partner and Top/Dom-space for the giving partner.

As simple as the slight pain of your partner's bite on your neck that you ended up finding so enjoyable, S&M can also include spanking your partner's bare bottom during sex. At its most advanced level, S&M includes the use of paddles, floggers, whips and other implements to exert pain.

**PLAY SESSIONS OR SCENES**

A play session is a period that is mutually agreed upon by all participating people, to explore their fantasies, kinks and fetishes.

It is often thought of as a form of entering a different realm entirely, where you assume your desired role and partake in the activities involved.

Because of the fantasy nature of a play session, it can be easy for Tops or Dominants to get carried away, which is why they are required to adhere strictly to the safe words set within their arrangements.

Elements that may be involved in isolation or combinations of a play session:

- Bondage (such as cuffs, suspension and even artistic rope work)
- Sensory play (such as blindfolding and gagging)
- Sensation play (using sensations such as hot/cold, sour/sweet and rough/soft)
- Breathe play (such as masking and chocking)
- Role play (such as nurse/patient, cops/robbers and teacher/student)
- S&M (such as floggings, paddlings, whippings, scratching)
- Humiliation & Degradation (such as cross-dressing, derogatory name calling and other humiliating acts)
- Fetishes (such as feet & heels, stockings and latex bodysuits)



Safety, sanity and consent as the pinnacle of BDSM this means that:

- Every participant be aware and consent to the play.
- Ensure that safety measures are taken, such as keeping a fully stocked first aid and aftercare kit nearby before a play session begins.

### KEY TIPS:



A fun activity would be for the Dominant to establish a safety ritual that requires the submissive to check whether all toys, tools and kits are clean and within reach in the case of an emergency like tying the rope too tight.

Numerous bottoms and submissives note a period of 'subspace', where they feel completely euphoric in their state of submission during a play session. Dominants can also feel the same sensations from the power dynamics of the play.

Other feelings involve that of connectedness and deep intimacy with a partner, enhanced by oxytocin (also known as the love hormone), which involves a level of trust that one may have rarely experienced.

This is usually followed by a drop once the play has stopped and can feel like a plunge into heavy emotions ranging from emptiness to inadequacy from person to person.

### AFTERCARE



The cuddles, the pillow talk and the smoke break that comes often after sexy time is the aftercare of a play session, used to tend to the decline from subspace or the end of a session.

The needs vary from person to person. Find out what your person needs but often they include:

- Something sweet to eat
- Water or hydrating fluids
- Tending to any scarring/markings

- A warm blanket
- A cuddle
- Sex
- Reassuring words,
- and for some, none at all

### NOTE:

It is important to know or have had a list of what your partner may need as aftercare as most submissives and bottoms find it hard to communicate clearly whilst in or declining from subspace.

Be it a little bit of sugar or a smoke or even just watching a favourite movie, aftercare can also foster intimacy for those in more romantic relationships, where a level of trust is established and the vulnerability from an intense play session is handled with care and affirmation.

### BDSM RESOURCES

#### WEBSITES:

- [www.fetlife.com](http://www.fetlife.com) (Kinky Facebook)
- [www.dominantguide.com](http://www.dominantguide.com) (for Dominants)
- [www.submissiveguide.com](http://www.submissiveguide.com) (for submissives)
- [www.differentstrokes.co.za](http://www.differentstrokes.co.za)
- [www.thekinkacademy.com](http://www.thekinkacademy.com)

#### BOOK RECOMMENDATIONS:

- SM 101
- The Loving Dominant
- The Ethical Slut
- The Story of O

#### BDSM RELATED MOVIES:

- Secretary
- The Story of O
- 9 ½ Weeks

# Dangers of ... sex for WSW

Women who have Sex with Women

▶▶▶▶ Section 5

# STDs and WSW

So you think that because you are a woman who has sex with other women you cannot get STDs/STIs? **WRONG!**

HERE IS A CUTE LITTLE LIST OF THE AWESOME LITTLE BEASTS YOU CAN PICK UP WHILST YOU ARE OUT THERE PLAYING:

## 1. CHLAMYDIA

One of the most common STI's for women is Chlamydia, more so due to cervical cell vulnerability within young women.

With very little outwardly visible symptoms in the early stages of infection, Chlamydia commonly goes untreated and transferred from one partner to another unknowingly.

If left untreated it causes pelvic inflammatory disease (PID) that damages the uterus, cervix and ovaries leading to infertility.

As a bacterial disease, the transmission occurs even without penetration.

Internal symptoms include:

- Burning sensation during urination
- Yellow or green vaginal discharge
- Pain in the lower abdomen
- Painful sexual intercourse

Chlamydia is, however, treatable with oral antibiotics as prescribed by healthcare professionals after a consultation and a vaginal/throat/anal swab test. This can be in the form of a single dose or multiple doses of antibiotics as treatment.

## 2. HUMAN PAPILLOMA VIRUS (HPV)

There are over 100 varieties of HPV and focus is mostly placed on those prevailing in genitals, mouth and throat.

HPV is viral infection that is passed between people through skin-to-skin contact.

HPV is so common, it has been noted that both men and woman will contract at least one strand at some point during their lives.

WSW, in particular, are at risk of contracting and transferring HPV through unprotected cunnilingus, anilingus, tribadism as well as the immediate sharing of toys without disinfecting and using protection.

There is no known treatment for HPV in its earlier stages.

In most cases the immune system will fight off the infection before outward symptoms (such as genital and/or throat warts) develop. However, a healthcare professional may require several ongoing tests to monitor its progression over 6 months to a year and treat warts as they develop.

HPV can cause cervical cancer and other cancers of the genitals, head, neck, and throat. Please add: There is a vaccine available for HPV, please contact your doctor about it.

## 3. GONORRHOEA

Gonorrhoea is a bacterial infection that likes to live in the warm and moist areas of the body. This includes the urethra; eyes; throat; vagina; anus; and female reproductive tract (fallopian tubes, cervix, and uterus).

WSW are at risk of contracting and transferring Gonorrhoea through unprotected cunnilingus, anilingus, tribadism, as well as the immediate sharing of toys without disinfecting and using

protection.

Symptoms of Gonorrhoea in a number of women are not always out in the open. When they are, may come across as mild yeast or urinary infections, making it all the more harder to pinpoint.

Similar to Chlamydia, severe cases of Gonorrhoea cause PID and ultimately lead to damages in the uterus, cervix and ovaries, leading to infertility.

Most antibiotics can cure the infection, although, recent strains of Gonorrhoea have proven to be more drug-resistant.

Symptoms include:

- Vaginal discharge
- Fever
- Sore throat
- The need to urinate more frequently
- Pain or burning sensation while urinating
- Pain upon engaging in sexual intercourse
- Sharp pain in the lower abdomen

## 4. HERPES SIMPLEX VIRUS

Herpes is an outbreak of sores or blisters caused by the lifelong herpes simplex virus.

You catch it through direct contact with body fluids (mostly saliva and vaginal secretions) or lesions of an infected individual categorized by the particular body part that is infected.

Oral herpes sometimes show up as cold sores and blisters around the mouth and can be caught and given through simple interactions such as using same utensils, sharing lip balm, kissing and oral sex/cunnilingus (including anilingus).

Genital herpes shows up as similar sores and blisters around your sexy bits contracted and transmitted through tribadism, as well as the immediate sharing of toys without disinfecting and using protection.

Anal herpes are a real thing. Oh yeah. They may seem similar to haemorrhoids and anal fissures, yet will include the other general symptoms of HSV.

General symptoms of HSV:

- Fever
- Headache
- Muscle ache
- Burning sensation in infected area
- Lower back pain
- Painful, itchy, burning or tingle sensation right before and during an active outbreak

## HIV and WSW

WSW are considered to be at a lower risk of contracting sexually transmitted diseases and infections.

Not only is this the general assumption among society as a whole, but also in health care services and between WSW. The Centre for Disease Control & Prevention reported no confirmed cases of HIV from woman-to-woman transmission in 2006, a report that not only lulls the various other STI/STD's but also how sex is defined among WSW.

- This CDC and other studies have focused on the woman-to-woman contraction rate of HIV statistics.
- South Africa, Zimbabwe, Namibia and Botswana have 9.6% rate of self-reported rate of HIV infection among WSW

In the South African sample: 9% were black WSW and 5% were white WSW.

The lack of sufficient awareness on the vulnerability of WSW leads to a much larger cycle of stigmatisation both within social circles and health care practitioners, allowing numerous cases to go unheard/unreported and ultimately, silenced and assumed non-existent.

WSW sexual acts are much more than the traditional idea of sexual intercourse. A study by Masters and Johnson 1979 on lesbian sexual practices (extended to include WSW) saw these sexual encounters as more full-body inclusive, rather than genital-focused.



# Safe Sex

## for Women who have sex with Women

▶▶▶ It is important to be open and honest with your partner(s) about any health concerns and the use of safer sex methods. As awkward as it can get to have that conversation, it is necessary in protecting yourself and all those you have sex with. Regular STI screenings, good vaginal health practices and general body awareness can keep you in the know and alert of any changes with enough time to seek treatment, as well as take the necessary steps to preventing transmission.

### SAFER TRIBADISM

- Avoiding scissoring (vagina-to-vagina contact) if you or your partner is menstruating.
- Using a dental dam, cling wrap or even wearing a thong as a protective barrier.

### SAFER FINGERING (Including Anal Pleasure)

- Use latex gloves and finger cots, especially if you have a cut or sore on your hands.
- Using plenty of lube for fingering or fisting, especially for the anus to avoid abrasion.
- Washing your hands before and after sex.
- Keeping fingernails short and clean

### SAFER ORAL SEX (Including Anilingus)

- Using a dental dam, cling wrap, or a condom cut open and placed between the vagina/anus and mouth.
- Avoiding oral sex if you or your partner have any cuts or sores in or around the mouth, or if the receiving partner is menstruating.

### SAFER SEX TOY USE

- Using a new condom every time sex toys are shared.
- Wash sex toys before and after use and between partners.
- Applying plenty of lube.
- Using sex toys carefully to prevent drawing blood.



# On **HOT SAFE SEX** between WSW

By Lady Mango

Well sisters, there are a lot of upsides to having sex with a woman. Of course the fact that you do not have to worry about getting pregnant, that you can explore your love, lust, passions and get high between her thighs are just but a few... but just like sex with men, the hottest sex is safe sex.

Although women may have a low chance of catching HIV from being with other women, that does not mean that you should not think about protecting each other from other STIs including genital herpes and Chlamydia, as well as thrush, which can be transmitted between women too.

There is very little information for women who have sex with women out

there when it comes to health and safe sex, especially produced by African health programmes and 'sexperts'. Going to the health clinic for advice can also be a time wasting affair, given that you are unlikely to want to disclose that you are loving women- and if you say you are not sexually active they will wonder why you are there.

---

## HERE ARE A FEW TIPS:

---

### TIP NO. 1

**Be prepared and very honest.**

In any sexual relationship you need to be able to trust your sexual partner enough, even on a one-night stand, to ask your partner to respect each other's health and to agree to use the necessary precautions. Sex is great, but no need for it to end in STI infections. So get yourself checked out regularly at the health clinic for STIs, and only say 'yes' to sex with someone who is committed to your well-being enough to practice safe sex!

### TIP NO. 2

**Make sure that you keep your sex toys clean.**

Wash them with soap and water after you use them. If you are using toys with more than one partner then put a new condom on every time you use them. In terms of storage, wrap them with a clean cloth and keep them somewhere not

too dusty. Make sure you rinse them always, before you use them. In tropical African climates, they can get as dirty as everything else in your bedroom- so do yourself and your woman a favour and rinse them. On that very note, keep yourself clean too. Hygiene is very important (basic water and soap please! No disinfectant or douching)

### TIP NO. 3

**Make sure you have safe oral sex.**

Yes, oral sex also has its downsides (mmm...not just all wetness and moans!). A lot of STIs can be transmitted from mouth to vagina and vice versa, so if she is a new love, a one night stand or a casual acquaintance, just play it safe!

Take care of yourselves when kissing each other's lips, no! not those lips, the other lips. There is the oral condom, popularly known as dental dams.

Dental dams are not easily accessible in most African countries- including South Africa. But that's not an excuse, one can always improvise. You can use a square of good old kitchen cling film. Put some water-based lube on one side so she does not get cling film burn, lay the lubricated side over her vagina or her anus if you are rimming... (Yes! some people love it!) and let your tongue do the rest!

If you or your partner have obvious wounds or cuts in your mouth and do not have any cling film to use, then think about other ways of making love, like fingering, rubbing and using sex toys, until the cuts are healed.

### TIP NO. 4

**One could always be selfish and do it themselves.**

Yes, good old masturbation is less admin as there is no other person involved. This is probably the safest kind of sex, next to no sex at all of course.

### TIP NO. 5

**Wear latex gloves or finger cots when you go inside.**

Use latex gloves with water-based lubricant on them if you are fingering or fisting your woman, especially with a casual partner.

### TIP NO. 6

**Live positively.**

There are quite a number of lesbians and women who have sex with women and are HIV+. If you also have sex with men then make sure you take the precautions and get tested regularly for HIV. And if you or your partner are HIV+ then be open with each other, eat well, take care of each other, take your meds if you are on them- and practice safe sex! HIV+ women are susceptible to other STIs which can affect your health, particularly if your immune system is already weakened. Play it safe, and enjoy!

Source: This was first published on Adventures from the Bedrooms of African women.



# After

By Sister Seeker

## EROTICA STORY #1

It was almost thirty minutes before she realised that she had been lying still for a while.

She didn't know how long.

The stillness of the present contradicted the movement of the past so much it felt like time wrapping itself around itself.

She stirred. She was not sleeping. She was just still.

Listening to the sound of her breath trying to find a rhythm to match. The drip, drip, drip of the toilet cistern was too fast. The blowing wind too slow. And no other sounds offered for synchronicity.

She had no choice but to listen to the beating of her heart. And the intake and uptake of her lungs. There was a heightened sense of awareness of where she was.

Two beds. Red pillows. White sheets.

Here.

She rolled onto her stomach and placed her hand on her pubis.

She realised that it throbbed to the rhythm of her heart. She'd found a present rhythm. She lay there.

She smelled sweat and sex. She craved more.

She sought the same movement that had been a moment ago, but that was gone. Any movement now would have to be her own.

But the thing with that is your weight is never enough-another's weight is always more, always enough to push your nerves to feel that little more that makes all the difference between finding and getting.

She parted her lips and found wetness.

She was not sure whether it was hers or hers. Whether it was old or new. She swirled her fingers around her clit and brought up some wetness to her lips.

Subtle, sweet, salty. Not hers. She sighed. And moved her hand away. There was a wet patch on the bed.

**She realised  
that it  
throbbed to  
the rhythm of  
her heart.**

▶▶▶ Section 6

# Erotica

Three stories of sex, sensuality and seduction.



Sweat, cum, tears? She didn't know.

She never would.

She rolled over onto her back, her breasts softly sagging. Nipples somewhere between hard and soft. She looked at the ceiling. The empty hook above the bed where the mosquito net was missing. Or wasn't it? Maybe it had never been there. Maybe it was a hook for the sake of being one. Not because it was supposed to hold a net.

Sometimes a hook in the ceiling is just that.

A hook in the ceiling.

The absence of her presence was large, and loud. The duplicity of sounds made by two bodies in one space was not there. It felt weird. The way it would if one hand went suddenly missing.

She took a deep breath and got up off the bed. Then sat back down. Then lay down again. She wasn't tired. She was just stuck in the present.

What was missing? Was it the muted moans offered into pillows? Was it the sound of slick desire filling spaces of passion and release? Was it the laughter? Was it the exchange of gifts of surrender to an energy bigger than the hurt of the past and the fear of the future? It was the now-ness of everything.

**She wanted  
people to see.  
But no one  
could. Only she  
saw the art...**

How things happened in the present.  
Was that it?

She heard a shuffling sound outside the door. She had to leave. Summoning strength from the need to leave, she got up. Dressing was hard. Putting clothes on felt like covering the past. Her body was a canvas covered in invisible art. Marks, splashes and strokes were etched onto her skin and into her being.

She didn't want to cover it up. It felt beautiful.

Her scars felt beautiful for the first time in a while. She wanted people to see. But no one could. Only she saw the art that she had felt time and time again. Each time the brush strokes wider and bolder. Each time the etches deeper, testing boundaries of exploration and new ways of expression, making new what was old and misunderstood. Doing what art does-makes things beautiful, gives meaning to meaningless things, gives purpose to the purposeless. She decided to wear what she could.

A shirt and her jeans, anything else was too much. She collected her things. Her head echoed her breathing, her murmurs, her touch, her skin, her hair, her eyes, her laugh, her presence.

She took a deep breath, then she left.

# All the things women do

By Someone who loves...it

EROTICA STORY #2

I love women, they do things to me.

Truer words were never spoken.

"What do women do in bed? Doesn't it get boring?"

Senseless questions that need a sensual answer.

How can you not quiver when you think of all the things a woman can do?

How can you not want to spend that extra moment of longing whilst you think and imagine the tastes and sounds and visuals that come with two women clutching, writhing, moaning, scratching, bonding...coming.

Women kiss.

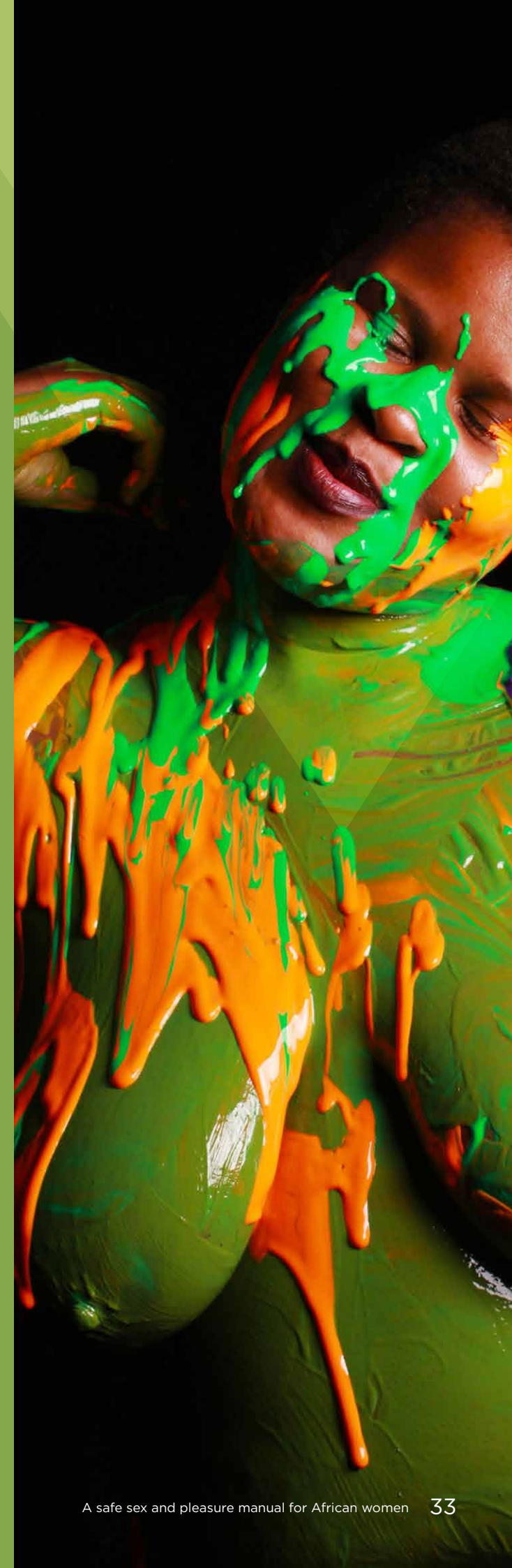
The kiss, that deep longing kiss where the moistness from her lips causes you to become damp on yours.

Both sets.

Where her tongue sliding into mine, is met with a moan and pure unadulterated longing.

Women touch.

And please know that comes in so many forms. It comes in the form of her running her hands over my back, my ass. Running them over my breasts as I anticipate her taking me and doing what she wants. Her tongue caresses my nipple and I use every core muscle I have to offer myself to her eager mouth.





As she strokes my thighs and I lie, my legs open wanting to swallow her offering whole but all she gives is a little taste.

.....  
**Shivering as the climax climbs through every inch of me causing my mind to evacuate the earthquake that is her body.**  
.....

Dipping her fingers in my entrance in a movement that feels shallow, incomplete.

When she's behind me, bringing me to my knees physically and emotionally. Controlling the pleasure I am allowed to feel. Grabbing at my waist, ass and my hips. Taking me to the brink while holding my hips so tightly that she stops me tipping over the edge.

Women come.

I come bucking and clawing at the sheets. Screaming into the pillow so as not to expose to my roommate the nature of what we do. Shivering as the climax climbs through every inch of me causing my mind to evacuate the earthquake that is her body. My breasts rising and falling with the shortness of my breath, mouth slightly open. Vagina wet and my mind flooded with the view before me. Not sure if I came until she reaches down and tastes me.

Two fingers worth and I shudder.

And then I lie there, unable to move, the moment throbbing in my mind. She calls me back from the depths of my memory by enclosing my clitoris in the warmth of her mouth and beckoning me to create new flights of fantasy.

# Seduction

By Fran

.....  
EROTICA STORY #3  
.....

She asks me to stand up, stand right in front of her. She tells me to undo my pants and lower them. I hesitate. This is not what I signed up for. She asks me again as her eyes dance with childlike curiosity. I oblige.

She watches me silently as I fiddle with my zipper. My hands are shaking. I am afraid that if I lower my pants, she will see the effect her words already have on my pussy, which is wet, already pulsating with want. 'Lower', she says. I pull them down to my knees.

I feel naked already, although technically I am fully dressed. She watches me, head tilted, seeming slightly amused. I can feel my cheeks redden under her gaze.

'Touch yourself', she coos. I can't. It's too...

Revealing...

But I start to, and I feel powerful, freed even. I can feel the effect of pleasuring myself as she watches me. And then the hairs on the back of my neck start to tingle as I feel her breath on the back of my neck. She is so close to me, I can smell the SM cigarettes she smokes on her skin.

God, it is intoxicating.

With the words 'can I touch?' she offers me something delicious. I do not have the strength nor the will to stop her. I couldn't, even if I tried. I had craved for her touch for so long, her fingers feel soft against the fabric of my panties. I will her to be less gentle, to stop teasing, but I remind myself not to be greedy.

She works her way around my panties, a gentle brush here, a slight tug there. I am dripping. I want her to take me. My breaths come in sharp and short. She notices this. She knows how much I crave her, and she takes her time.

My panties are over my knees. I am naked and the smell of my sex is intoxicating. I pulsate when she runs her fingers over the length of my slit. Her fingers are magic. It is taking all my willpower not to crumble in a heap at her touch. Her touch is the kind that has known a woman, and she uses this to her advantage.

.....  
**I am bare before this goddess of sex, my wetness glistening along my thighs. She does not stop...**  
.....

She circles my clit ever so softly, as if worried she may hurt me. My mind goes into overdrive. I want her fingers inside me, I want to hold on to her for support, because I do not trust my legs with the important job of holding me up.

When her fingers finally find their destination, I cry out. An intensity so great, so out of this earth, when she starts pumping, thrusting, and my pussy opens up to her like a flower in spring. My juices gush over my thighs.

Too soon, juices. Too soon. She seems to like this, and she increases the intensity.

Suddenly she flips me and has me laid out on the couch. Easier access, I muse. I am bare before this goddess of sex, my wetness glistening along my thighs. She doesn't stop, even when I can feel a mind blowing orgasm washing over me. She continues her rhythm, consistent, until my juices cover her magical fingers, and I am happily spent.

She lifts me off the ground, I don't remember falling down, and helps me back on the couch.

I have trouble breathing. My legs are still shaking. She lights two cigarettes and hands me one. I can't speak, I smoke silently, thinking about what I just experienced.

She throws me an easy smile, or was that a smirk? She knows her women, this one. I will definitely be back for seconds.

## CARING FOR YOUR VAGINA:

# A Listicle

I write about vaginas a lot. I play with them. I praise them. I talk about them. I love them, and I try my best to get other people to as well. Listen, I'm a vagina stan. Naturally, I want to see everyone with a vagina be healthy and happy with theirs.

*Here are some things to keep in mind all day, every day.*

### 1. WASH. THEN, WASH AGAIN.

I'm hoping this one is obvious, right? But let's talk through it anyway. The vagina is a self-cleansing part of our body, this doesn't in any way mean that you don't have to wash it. But drop that soap, stay away from the intimate washes (unless suggested by a medical professional, of course). Stay away from antiseptics. Stop. Scrubbing. So. Hard. You know as well as anyone that your vagina is tender, so treat it exactly that way. All it needs is some warm water. Be precise. Wash the exterior, part the labia and don't neglect your anus! Forgotten but useful tip: smegma (a sebaceous secretion in the folds of the skin) gets built up around your clitoris, so gently wash under your clitoral hood too.

### 2. COTTON PANTIES ALL THE WAY!

If, unlike me, you do prefer to wear underwear, try to stay clear of overly tight, synthetic materials. Cotton may be a little less sexy than many people prefer but it does decrease the chance that there'll be humidity or friction in your nether regions. Natural materials over vaginal infections? Yes, please.

### 3. CHANGE YOUR UNDERWEAR

This may sound obvious but I mean all types. It's hot, you put on your bikini, have a swim, hang around in that wet suit while dipping in and out for the rest of the day, completely

oblivious of how that moisture works against you. Wet and warmth environments are a breeding ground for bacteria and fungus. You'll get itchy, uncomfortable, start smelling less fresh and, yup you guessed it, may get an infection. So change your underwear often, especially if you're swimming or working out.

### 4. KEEP A HEALTHY DIET AND DRINK MORE WATER

The expression 'what you put in is what you get out' isn't just true with hard work. You can imagine that if you constantly eat junk food, barely drink water, you aren't going to smell or feel healthy, let alone taste great. Also let it be known that a vagina is not meant to taste like anything but a damn vagina. Those with vaginas, don't let anyone guilt-trip you into doing anything to your vagina that isn't healthy. As long as you stay as healthy and hygienic as you can, drink water (and follow the rest of the tips on this list, of course) you're good to go.

### 5. WIPE FRONT TO BACK!

Be aware that wiping the wrong way increases the likelihood of an infection. Whatever time of the month, always wipe the right way to avoid transferring bacteria from your anus into your delicate folds. Your toilet paper is also important to note: uncoloured and unscented is the way to go. If you're able to, baby wipes work wonders in place of toilet paper.

### 6. KEEP IT NATURAL AND UNSCENTED

While some people like to keep it naturally hairy and grow out their hair, others may trim, shave or wax. What many forget is that under that hair, your pubic mound is made of skin. The skin around the vagina needs to be taken care of just as you do all you can to make sure the rest of your body stays moisturised, smooth and lush. Hydrate your skin, find yourself a gentle exfoliating brush and apply soothing (unscented) products to avoid your skin getting itchy and inflamed.

### 7. MENSTRUAL HYGIENE IS KEY

Pads, tampons, panty-liners, none of these things should never stay on or in you for longer than a couple of hours. Panty-liners and pads keep the skin from breathing and up the risk of infection. You know that little booklet in your box of tampons? That thing haunted me for months in grade three. Having only just started my period I was terrified of Toxic Shock Syndrome and you should be too. Google it and tell me that info doesn't scare the hell out of you. (On that note, if you're able to, donate pads and tampons as often as you can manage. No one should risk infection or have to sacrifice hygiene and parts of their life because they don't have access to such.)

### 8. KNOW YOURSELF BY KNOWING YOUR VAGINA

Every vagina has a look and smell of its own. Are you aware of your look and smell? No? So how will you be able to tell when something is wrong? Are you aware of any allergies you may have for example latex, menthol, glycerin or maybe lube? Get to know these things. Get tested regularly, keep tabs on your vagina and don't assume nothing is wrong if you notice any changes.

### 9. PEE, BBZ. PEE.

Do. Not. Hold. Your. Pee. In. There's no prize for that mess. Pee as often as you need to. Pee after you masturbate. Pee after you have sex. Just pee, won't you? It'll decrease the likelihood of UTIs and other infections. If you're peeing too often, or it burns when you do, see a doctor as soon as you can

### 10. STAY WOKE ABOUT THAT YEAST

Yeast infections are as common as they are frustrating. Luckily, they're just as treatable as long as you know how to spot them, get them diagnosed and have some medication. Not



fun to do on a budget but you're able to get assistance at a clinic. So keep an eye out for changes in discharge and itchiness. Extra tip: avoid sex when you have a yeast infection. It won't be any fun, not to mention, you'll pass that infection on to your partner.

## 11. LEARN YOUR LUBE

The amount of times stories float around Twitter about people using random things as lube is worrying. Whether it's just for RTs or a simple joke, please don't try this : baby oil, massage oils, Vaseline, coconut oil, just don't do it. Many products may seem like a good idea but they wear down latex condoms and could lead to infections. Learn the difference between types of lubes too. Water-based vs natural vs flavoured vs silicone-based, which to choose? They all have their advantages and disadvantages. Try a little patch test on the inside of your wrist to check that you don't react to any lube you're trying for the first time. Extra note: flavoured lubes have sugar in them, which could be a problem if you're prone to yeast infections.

## 12. TOYS, TOYS, TOYS.

I am as big a fan of using toys (with or without a partner) as I am of vaginas. I'm also aware of the fact that you still have to be safe when using toys. Self-pleasure includes being healthy, be kind to your vagina, use condoms if you share your toys and make sure you disinfect them to keep mould and bacteria levels as low as you can. Never put your toys away when they're still wet or unwashed.

## 13. LOVE YOUR VAGINA

Use your instincts when it comes to taking care of your vagina. If you know and love how it is when it's healthy, do all you can to keep it that way. My favourite top tip here? Don't let misogynists penetrate you.



HOLAA!

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# HOLAA!

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