

GUIDE TO Sex Toys

Sex toys can enhance and diversify your sexual experiences. With toys you can explore different sensations, such as vibration, pressure, hot and cold temperatures, and the feeling of different materials. Some people enjoy using toys in their personal life, solo or with a partner. Some people may choose to use toys in their professional life.

The main sex toys explained:

Vibrators come in different sizes. Small vibrators, such as vibrating **bullets**, are used on the clitoris. Some people also enjoy using a vibrating bullet on their nipples. A vibrating bullet is usually made of hard plastic and is the size of a finger. Importantly, a vibrating bullet is designed to be used on the *outside* of the body, not the inside.

Larger vibrators can be used inside the vagina. These vibrators may be a simple, long shape, or may be curved or textured. Some vibrators have a 'clit tickler' attached to the shaft so that the toy can be used inside the vagina while also vibrating on the clitoris. These toys are often called 'rabbit' vibrators, or 'twice as nice' toys.

Dildos are toys that can be used for penetration either vaginally or anally. They do not vibrate, instead they provide a full sensation inside the body. Often dildos are shaped to look like penises, but they may also be smooth.

The **G-spot** is located inside the vagina on the front wall. Many people find stimulating the G-spot sexually enjoyable, although it can take practice to find it and learn techniques that are pleasurable. A curved toy made of a hard material, like hard plastic, glass or stainless steel is best for stimulating the G-spot. There are G-spot vibrators, such as the Lelo Gigi. There are also G-spot toys that do not vibrate, such as the Njoy Pure Wand.

Some people enjoy having their **prostate** sexually stimulated while receiving hand relief or oral sex. To locate a person's prostate use your finger, or a toy, to go inside the anus, and press or rub your finger or an appropriate toy against the front wall of the rectum, inside the body. It can take a little warm up time until this feels sexually pleasurable, but can lead to stronger orgasms. Remember to use lubricant for anal penetration – it is important for safety and comfort. Depending on the services you offer, if you stimulate a client's prostate, it may be considered an extra – so charge accordingly.

A **cockring** is a ring of leather, silicone or metal that is worn on the penis to constrict the base. Wearing a cockring can make an erection feel more intense, and it can lead to more intense orgasms for some people. A cockring may also help those with erectile dysfunction maintain an erection. Some cockrings are one simple ring, while others may be made of several rings, or may have a small vibrator attached.



SAFER SEX is important for all sexual activities, including using sex toys. It is a good idea to put a condom on the toy, especially if it will be used for vaginal or anal penetration. If you want to use the same toy in both the vagina and the anus, change the condom between using it in each hole. If using the same toy on two or more people, change the condom for each person (and each hole). As with other sexual activities, using lubricant can make the experience both safer and more pleasurable.

IMPORTANT

If you choose to use a sex toy with a client, remember that it is considered an 'extra' and the client can be charged more.

Some people enjoy anal sex or anal stimulation with a toy. **Butt plugs** come in different sizes, colours and shapes, and may be vibrating or non-vibrating. A butt plug is designed to go into the anus and to stay there until you remove it. Wearing a butt plug during orgasm can intensify the sensations. There are also **anal dildos** and **anal vibrators**. Remember, any toy used anally **MUST** have a base (known as a flared base or a flange), which is essential so the toy can be easily removed and does not go completely inside the anus, which can be dangerous.

There are also toys for other parts of the body, such as **nipple clamps**, which squeeze each nipple, and may vibrate. Some people enjoy the use of kinky toys such as **handcuffs** and other **restraints** to restrict their movement. Some people also enjoy pain as part of their sexual experience, for example using a **paddle** or **whip**. As with all toys, kinky toys can be a lot of fun, but it is important to learn how to use them pleurably and safely before using them in sex play.

Toys can be made of different **materials**. When choosing a toy, chose a body-safe material such as silicone, hard plastic, glass, or stainless steel. These materials are safe to use and will last longest. Toys made of other materials (especially if they feel like jelly, or smell like plastic) may contain harmful chemicals. Use a condom on a toy if you are unsure of what it's made of.

Cleaning sex toys is important for safety and hygiene, and will also make them last longer. Toys made of body safe materials can usually be washed in hot soapy water and some can even be sterilized by boiling. Toys made of other materials may require a special cleaner.

Storage: After the toy is cleaned and dried, place each toy in a fabric bag, and then they can be stored together in a box or drawer.

Shopping for toys: When buying a first toy (or even if you have quite a collection!) think about what you want to use it for, are you looking for a toy for penetration, vibration, kinky play, or all of the above? Will you be using it on yourself, your partner/s or client/s? Also consider price – toys made of high quality, body-friendly materials will last longer and are safer to use, but may also cost more. If possible, go into a sex toy shop, so you can familiarise yourself with how the different toys feel and work, it will help you choose the right one for your purpose.

Toys can be a fun addition to your sexual experiences and professional life. Enjoy your sex toy explorations!

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Louise Bourchier is a sex educator who knows pleasure! She teaches workshops on a variety of sex-related topics to different adult audiences. Equipped with anatomy diagrams, sex toys, and humour, you can guarantee this is not the sex education you had in high school. Originally from New Zealand, Louise is now based in Melbourne, where she completed her Masters of Public Health in 2012. For over three years she has

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