

# SEXUAL PLEASURE: HAVE FUN, EXPLORE AND BE YOURSELF

YOUNG PEOPLE LIVING WITH HIV HAVE THE RIGHT TO SEXUAL PLEASURE. SEX CAN FEEL GREAT AND CAN BE REALLY FUN, IF IT'S SOMETHING YOU CHOOSE TO DO!

Many people think sex is just about vaginal or anal intercourse... but there are lots of different ways to have sex and lots of different types of sex. Sex can include kissing, touching, licking, tickling, sucking, and cuddling. Some people like to have aggressive sex, while others like to have soft and slow sex with their partners. There is no right or wrong way to have sex. Just have fun, explore and be yourself, as long as all parties agree!

Improve your sex life by getting to know your own body. Play with yourself! Masturbation is a great way to find out more about your body and what you find sexually stimulating. You can also use sex toys to explore what you like, and what sensations feel best!

Don't stop there: Find out how your partner's body works, what makes them feel good and what gives them pleasure. Talking with your partner about what you each like and what feels good is the best way to have great sex.

Take time to explore your own and your partner's bodies. Your skin is the largest erogenous zone on your body, and your mind plays a big role in your desire for sex and sexual pleasure. Caress and lick your partner's skin. Explore your partner's body with your hands and mouth. Mix things up by using different kinds of touch from very soft to hard. Talk about or act out your fantasies. Talk dirty to them. Tickle, tease and make them feel good.

Do you know about people's hot spots? The clitoris, just above the vaginal opening where the labia meet, is the only organ in the human body to have the sole purpose of sexual pleasure. The penis is also sensitive to people's touch, especially the head. Some also find touching in and around the anus to be pleasurable, while some people enjoy prostate stimulation. The prostate is a gland located between the bladder and the penis.

