Queering Sex Ed.

Sex Acts That Don’t Get Enough Play

Queering Sex Ed. is a program of Planned Parenthood Toronto, generously funded by the Community One Foundation.
There are some kinds of sex that we hear a lot about. Other kinds of sex, particularly kinds of sex that queer or trans* people might be interested in, don’t get a lot of coverage. This recipe book is designed to give you more information about some of the sex acts that we don’t think get enough play. We’ve included a couple of blank recipe cards if there are other things you think should be added, or even if you come up with something new that’s sexy for you! Remember, just like in cooking, it takes time and practice to become a pro. It’s okay to experiment with ingredients, change things up, and make a recipe your own.

**ANAL SEX**

*Using toys or parts of a body in and around a person’s bum.*

**Serves:** 2 or more

**Ingredients:**
- Condoms or gloves
- Bum
- Lube
- Fingers/Sex Toy/Penis
- A shit ton of consent

**Substitutions:** Fingering or other penetration

**Notes:** Go slow, it might take awhile to get comfortable

**Prep/Cook Time:** As long as it takes. May take longer than expected. Some days are not good for anal sex days.

**Steps:**
1. Get consent from all parties
2. Make sure that the person being penetrated is relaxed
3. Use a lot of lube!
4. Start slow, inserting one finger first and gradually building up to more fingers or penis or sex toy
5. Remember to ask for continued consent
BONDAGE

Restraining a person’s body to restrict their movements for physical and psychological pleasure.

Serves: 2 or more

Ingredients:
Rope/ribbon/scarves/tape/belts/chains...
A safe word and clear boundaries
A shit ton of consent

Substitutions: Roleplay

Notes: One example of how safe words can be used is “red, yellow, green”, with “red” meaning stop, “yellow” meaning slow down, and “green” meaning keep going

Prep/Cook Time: As long as it takes.
Could be shorter than expected.

Steps:
1. Get Consent
2. Start simple, with soft materials and knots that can be easily undone
3. Make sure that the ties don’t cut off blood to any part of the body

Your Notes
Rimming

*Stimulating the anus of another person using the tongue and mouth.*

**Serves:** 2 or more

**Ingredients:**
- Tongue
- Bum
- Dental Dam
- A shit ton of consent

**Substitutions:** Oral sex

**Notes:** Many people feel this recipe works best when all necessary “pots and pans” have been cleaned thoroughly beforehand. If concerned about cleanliness, you might consider a shower before rimming.

**Prep/Cook Time:** As long as it takes

**Steps:**
1. Get consent
2. Dive on down
3. Use your tongue or mouth to stimulate bumhole area
4. Throw in a finger if the receiver is into it
5. Remember to ask for continued consent

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Your Notes
DOMINATION

Playing with power between people in a sexual context, taking a dominant role.

Serves: 2 or more

Ingredients:
Someone who enjoys being dominated
Someone who enjoys domination
Control
A shit ton of consent

Optional: Toys

Substitutions: Submission, roleplaying

Notes: Could be incorporated with bondage

Prep/Cook Time: As long as it takes

Steps:
1. Get consent
2. Vary by preference. Can involve role-play, bondage or words.

SADOMASOCHISM

Playing with giving and/or receiving pain and humiliation for pleasure.

Serves: 2 or more

Ingredients:
Sadist (gives pain)
Masochist (receives pain)
And/or a switch (somebody who likes to give/receive pain)
Pain
Humiliation
A shit ton of consent

Optional: toys like whips and chains

Substitutions: Other forms of kink, roleplay, bondage

Notes: Can use props!

Prep/Cook Time: As long as it takes. Sometimes longer is better!

Steps:
1. Get consent
2. Talk about what you’d like before getting started
SEX ACTS THAT DON’T GET ENOUGH PLAY

SEXTING

Using a phone to text sexy conversations or images.

Serves: Any number

Ingredients:
Phone
Sexy vocabulary
Winky faces, emoticons in general
Privacy, if wanted
A shit ton of consent

Substitutions/Suggestions:

Person 1: “hey babe”
Person 2: “hey I can't wait to see you tonight!”
Person 1: “can’t wait to see what part of me ;)?”
Person 2: “I cant wait to see your sexyyness and kiss your neck”
Person 1: “mmm that sounds nice, I really like it when you kiss my neck and then...”

“I bet you look super sexy in that outfit”
“I’d really like to...”

Notes: Can be super fun foreplay

Prep/Cook Time: Can be short or can be spaced out throughout the day or many days

Steps:
1. Get consent from all parties
2. Make sure you have the right number(s)!
3. Start sexting
4. Be creative
FINGERING

Using fingers in a person’s bum or vagina.

Serves: 1 or more

Ingredients:
Fingers
Gloves
Lube
bum / vagina / front hole
A shit ton of consent

Substitutions:
Masturbation, outercourse, oral sex, sex toys, penis

Notes: Take a look around your house-- you might find something useful. You might also enjoy this with a buddy

Prep/Cook Time: As long as it takes

Steps:
1. Get consent
2. Get comfortable
3. Communicate about what feels good and what doesn’t
4. Warm up the area, do some rubbing and massaging
5. Insert finger or fingers and move in and out. Communicate about what feels good. (Sometimes slow is good and other times fast is better.)
6. Experiment with speed and pressure
7. Get ongoing consent
**MUFFING**

*Using fingers or other objects to stimulate a trans woman or MAAB (male-assigned-at-birth) person internally through the inguinal canals.*

**Serves:** 1 or more

**Ingredients:**
- Lube
- Fingers
- Inguinal canals
- A shit ton of consent

**Substitutions:**
- Anal sex, fingering, masturbation

**Notes:** Inguinal canals are located in any body. They’re diagonally oriented tubes running in the groin area round the middle of the pelvis (You can’t see them). Often used when “tucking” among trans women

**Prep/Cook Time:** As long as it takes. Take your time.

**Steps:**
1. Get consent
2. Find the inguinal canals. They’re located behind the scrotum and are angled diagonally outwards
3. Use lube
4. Start slowly, maybe with a pinky finger: the canals can be tight

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Want more info? Check out:

www.transrubber.wordpress.com/2011/03/14/owning-trans-sexualities-1-what-is-muffling/
OUTERCOURSE

Touching/fondling/rubbing another person’s body to give or receive pleasure. (Also known as grinding or heavy petting).

Serves: 2 or more

Ingredients:
Imagination
Bodies
A shit ton of consent

Substitutions:
Masturbation, sexting, mutual masturbation, dirty talk

Notes: Known as sexual activity without oral or penetrative sex

Prep/Cook Time: As long as it takes

Steps:
1. Get consent
2. Get comfortable
3. Communicate about what feels good and what doesn’t
4. Get ongoing consent

MASTURBATION

Using objects/tools/parts of your body for your own sexual pleasure.

Serves: 1 or more

Ingredients:
Hands/fingers/sex toys/pillow/showerhead...
Lube
A shit ton of consent

Optional: Porn or erotica

Substitutions: Mutual masturbation

Notes: Take a look around your house - you might find something useful. You might also enjoy this with a buddy.

Prep/Cook Time: As long as it takes.

Steps:
1. Get comfortable with your body
2. Start touching yourself and pay attention to what feels good
3. Repeat as needed
SEX ACTS THAT DON’T GET ENOUGH PLAY

FISTING

Putting a fist or whole hand into a person’s vagina or bum.

Serves: 2 or more

Ingredients:
Lots and lots of lube
Gloves
Time and patience
Clear communication
Another serving of lube
bum or vagina or front hole
Relaxation
A shit ton of consent

Substitutions: Fingering, sex toys

Notes: It’s important to start off slow and work your way up Otherwise, you can hurt yourself or your partner(s)

Prep/Cook Time: May need some warm up time, may have to come back to it

Steps:
1. Get consent from all parties
2. Warm each other up. Make sure that the receiving partner, particularly, is turned on
3. Keep your container of lube on hand and reapply frequently
4. Go slowly, one finger at a time
5. Check in frequently
6. Go ahead and use some more lube

CHECK OUT...

Heavy Petting’s Fisting 101

www.vimeo.com/30936025