

BUILD YOUR OWN ORGASM: VULVA

WHAT GETS ME IN THE MOOD

- Being grabbed tightly
- Soft caresses
- Hair play
- Kissing with lots of tongue
- Dirty talk
- Verbal affirmation
- Vibration
- Porn
- Nipple play
- Teasing with food
- Teasing over clothing
- Massage
- Hot wax or ice cubes

DURING SEX I LIKE

- Doggie
- Spooning
- Cuddling
- Cowgirl
- Missionary
- Oral sex
- From behind, on belly
- Cervical stimulation
- Shower sex
- Standing
- 69
- Butt play with fingers or plugs
- Toys

HOW I LIKE MY CLIT TOUCHED

PRESSURE

Light touch  Deep pressure

Slow mo  As fast as you can go

HAPPY ZONES

- Over the hood
- Right on the head
- Focus on a side: L / R
- Labia
- Vagina
- Inner thighs
- Circles around clitoris
- Stroking labia
- Toy in vagina
- Toy on clitoris
- Fondling (light touch, tickling)
- Licking or sucking

EXTRAS

ORAL SEX SCALE

Don't like it  Love it

MY ORGASM

It usually takes me: a while / pretty short time / _____ to orgasm.

I can orgasm once / twice / three times.

I need _____ minutes / hours in between orgasms.

I orgasm best when _____

Sometimes _____ is uncomfortable / can hurt.

Get what you want the way you want it.

Tell us about your experience: Email us at submit@o.school