

14. We all deserve to find our own way to be sexually fulfilled.

There's no need to push.

Remember to breathe.

13. Take time.



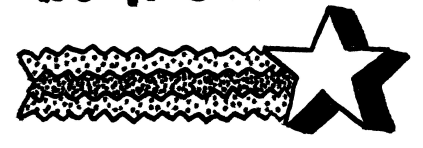
15. You are the author of your own story/sexuality & you don't have to apologize for it.



You are loved.

pleasurepie.org

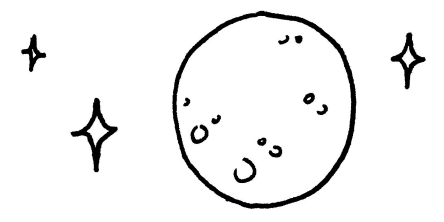
A few things everyone should know about sex



- 9. If you're afraid to communicate your needs to your partner, that's an issue.
- 10. Honesty is key. It's okay to be honest.
- 11. Sex is often weird, funny, & surprising. Open your expectations.
- 12. Be prepared to laugh at yourself & with your partner.



- 1. There is a huge variety of what is healthy or normal.
- 2. Sex doesn't have to be a goal. You (& your partner) get to define pleasure however you want to.
- 3. Foreplay is at least as fun as the act itself.
- 4. It's okay to be alone/single. You don't have to be alone in being alone. And you don't have to starve sexually!
- 5. It's okay not to know what to do before, during, or after sex.



8. Telling your partner what you want sexually - specifically & enthusiastically - is the most likely way to get what you want in bed. Plus, there's a good chance that it will be a turn on (& a relief!) to your partner.

Try it!

6. Sex is not a commodity to be given or taken. It is a mutually pleasurable experience shared between two * equals. * or more!



7. Connecting with someone is more fulfilling than "attaining" them.