

If You Aren't Having Sex...

By Kenzin Fultz-Wahl

...you aren't alone. Though it may not feel like it, there are plenty of people on this campus who are not having sex. And yes, some of them are people in committed relationships and people who are just dating who have made a conscious decision not to have sex at this point in their lives. There are also many students who have made the choice to have sex. This article is aimed at both the sexually active as well as the sexually "inactive" groups who want to make the time they spend NOT having sex an enjoyable time for all parties involved. Whether the tips given here are used as an alternative to sex, a precursor to sex, or simply as knowledge stored for future use is your choice—these tips can act as a jumping off point for your own imagination and resourcefulness.

Where it Begins: You

Before anyone else can turn you on, you have to know what turns you on. Perhaps you have the dubious good fortune of being brought to orgasm simply by the kiss of your partner. More likely, you're like the rest of us who need just a little more. What this "little more" consists of varies from person to person. Masturbation is a convenient way to find out what things turn you on and what things definitely turn you OFF when being intimate with someone. Masturbation is an ever-taboo subject, but is the first step toward self knowledge of one's sexual likes and dislikes. Thought to be more common among men, masturbation is a subject about which many women are relatively uninformed. To describe here the various techniques of masturbation would be not only difficult, but also quite lengthy. Some books with both detailed yet simple methods for so-called "self love" include: *Hot Sex*, by Tracey Cox, and *The Big O*, by Lou

Paget, provide tips for both sexes; *Our Bodies, Our Selves*, by Boston Women's Health Collective, provides step-by-step instructions for women. The latter two can be found in the Peer Health Education Office on the main floor of the UO Health Center.

Recipe for Fun

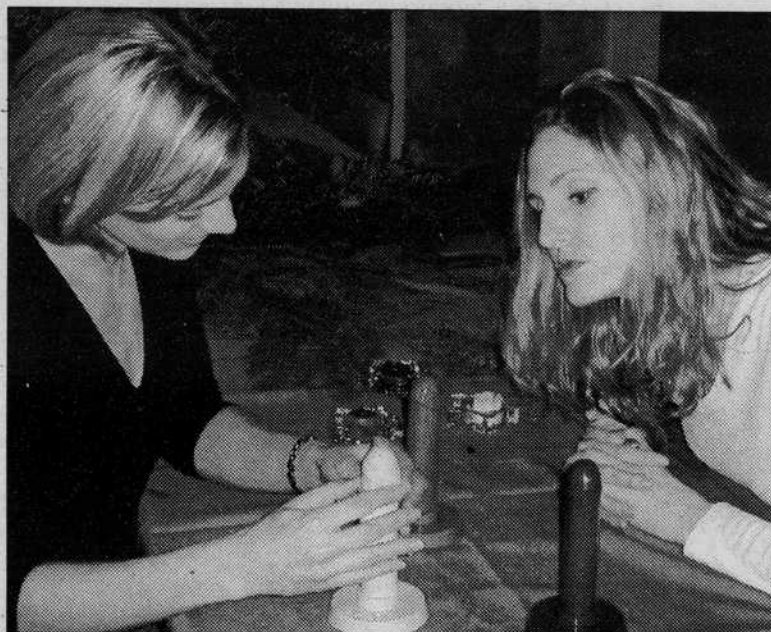
Now, onto the tips for a better time without sex. Talking informally with several students on campus, I've found that the one of the most forgotten turn-ons is simple conversation. Intimate conversation with your partner is not only informative, it's a fun, easy, and safe way to get closer to your partner without actually getting close to your partner. Writing notes, leaving e-mails or messages, or simply calling just to say you can't wait to see your partner are simple ways to increase anticipation for the next time you see him or her. These notes can be casual or erotic in nature, but don't have to lead to sex. The beauty of intimate conversation is that it establishes the boundaries for both you and your partner, upon which all other anticipation-building activities can be based. Some other great activities:

- *Stroking all over; if long hair, pick it up, stroke the back of neck, run palms down arms*
- *Giving back rubs; foot rubs; all-over rubs*
- *Cuddle*
- *Eye-to-eye contact*
- *Feeding one another*
- *Kiss for hours*
- *Notice each other's scent*
- *Dance together*
- *Flirt*
- *Sensual massage*

- *Reading erotic stories*
- *Dress sexy-push it a bit*
- *Leave notes, messages, or just call and talk unabashedly about what you'd like to do to your partner*
- *Undress each other kissing or caressing each newly exposed part*
- *Play the part: if she likes tight briefs, buy a pair; if he likes garters, wear 'em-and give him a glimpse while you're out*
- *Lick whipped cream off of one another; suck on some ice cubes, then on your partner*
- *Toes, fingers, belly buttons, etc. are all fair game-have fun while showing your partner that you enjoy all their parts!*
- *Do a long and slow striptease for one another*
- *Use your whole body to massage your partner's*
- *Tie each other up, blindfold one another, then perform the above tricks a few silk/gauzy scarves and you're on your way!*

If You Decide to Keep Going

Be READY. Before the situation arises, sit down with yourself—is this what YOU want? Be sure. If the answer is yes, great, but be smart and most of all be safe. Get tested for sexually transmitted infections (STIs) and ask your partner to get tested. For heterosexual sex, use contraception to prevent pregnancy. For everyone, use barriers (condoms, dental dams) to prevent STIs. The UO Health Center provides low-cost infection screenings for students as well as contraceptives; free condoms and dental dams can be found at the Peer Health Office in the UO Health Center. Call 346-2770 to see if you qualify for the Family Planning Expansion Program that provides free contraceptives and various medical services related to your sexual health.



Is My Vulva Beautiful?

By Lisa Rowe

It was about five years ago. I remember it clearly. I realized that I was bored sexually. My boyfriend at the time was not satisfying me, but I had an epiphany of sorts. How could he possibly know how to push my buttons if I didn't even know what and where those buttons were? I had finally come to a point where I could get past seeing my vulva as something that was dirty and not to be touched. After all, how could I possibly expect someone else to enjoy that part of me if I couldn't learn to?

I needed some help. I was too embarrassed to ask anyone until I finally broke down and asked one of my good friends. She was older so I thought she would be the perfect person to ask. With a red face and darting eyes, I finally sought out her wisdom.

My friend smiled at me and took my hand. We went to The Love Shack, an adult store. I was so embarrassed. We walked in the doors and the smell of incense was present. There was lingerie over in one corner. One wall was entirely covered with vibrators, synthetic penises, and a variety of other sexual accessories. The woman that owned the store approached us and provided a tour of the entire store. In the large selection of lingerie, some were silky and soft, and others were leather with belt hooks up the front. The lotions were all edible, with unique flavors. Some of the lotions even came with a massage glove that was surprisingly soft. There were a variety of lubricants, some water based and therefore compatible with latex. Some flavored and brightly colored and some were clear and unscented. The array of toys was too huge to fully describe here, but fortunately there were some for both men and women.

Given the right adult store, they are in equal abundance.

What surprised me most about this new experience was when I realized that everyone in the store had something in common with me. We were all there to improve our sex lives. I had this idea that the people that I would run into there would be perverted. Instead I found a variety of people. There were couples. There were young men and women, as well as older men and women. It suddenly seemed no dirtier than the grocery store. I was able to be curious without being questioned.

I quickly became friends with the owner, who helped me become confident enough to go out and educate others about the different options to determining what we enjoy and what our limits are. I conducted private parties not unlike sex toy Tupperware parties. I encouraged others to expand their own newfound knowledge by finding out what their partners enjoy. While doing these gigs, women of every type and personality surprised me as to how open they were to discovering their own sexual preferences. I had never been more wrong in assuming that every person out there would think that I was a bad person if I decided to take an active role in my own sexuality.

Even though the Health Center does not offer such parties at this time, the lending library in the Peer Health Ed Office has some interesting related reading, such as *Total Health for Men* by Neil Worthheimer and Natalie Angier's *Woman-an Intimate Geography*. Come by and check them out from the first floor of the Health Center.

FACTOIDS

- ✓ *Percentage of Americans who believe they have never eaten genetically modified foods: 70%*
- ✓ *Chance that a processed food in a U.S. supermarket contains genetically modified ingredients: 50% —BE magazine Nov/Dec 2001*
- ✓ *It takes 100 times more water to produce a pound of meat than a pound of wheat. —Diet for a New America- John Robbins*
- ✓ *If Americans reduced their meat intake by just 10%, the savings in grains and soybeans could actually feed 60 million additional people. —Diet for a New America- John Robbins*
- ✓ *About 16 million American have diabetes, but only 10 million have been diagnosed. —CDC*
- ✓ *From 1992 to 1996, approximately 8 in 1,000 women and 1 in 1,000 men over age 12 experienced violent victimization perpetrated by a current or former spouse, boyfriend or girlfriend. —CDC, National Violence against women survey*
- ✓ *Every cigarette you smoke takes 11 minutes off your life. —Health Magazine: June 2000.*
- ✓ *There are 2 trillion bacteria on a person's feet. —Health Magazine: April 1999.*
- ✓ *The average woman has increased her annual sugar, corn syrup and other high calorie sweetener intake by 27 pounds since 1986. —Health Magazine: April 1999.*