

1. HELLO, MY NAME IS PENIS

The penis comprises the foreskin, which covers the tip-except on circumcised penises - and retracts when the penis is erect; the urethra, the hole for urine and semen; the glans penis; the frenulum; the corona, the base of the glans penis; the shaft; and the scrotum.



2. A STAR IS BORN

Oral sex is fun, but to enjoy it you have to be sure that you want to do it. And not only should the person on the receiving end enjoy it, but you should too. So, if you do decide to become an oral sex sensation, the first thing to remember is that, like vaginas, no two penises are the same. As such, there is no magic trick that works for everyone and each person is a new world to be discovered.

Focus on what you're both feeling and find a balance between what you like and what drives the other person crazy. You will need to communicate with your sexual partner; if you are sure that they like what you're doing, you will enjoy the experience a whole lot more.





4. LET'S GET THE PARTY STARTED!

Just because it's called "oral" sex, that doesn't mean you can only use your lips. Start with your hand and then get your tongue to join in on the fun. Remember that the glans penis contains 4,000 nerve endings, so run along it with your tongue. Surprise them by taking it in your mouth (continue teasing with your tongue) and stroke the shaft of the penis with your hand repeatedly (up and down).

Have fun with it and get creative. Trace your tongue along the entire member and don't forget the testicles. Remember, the secret lies in synchronisation: when your mouth goes down, your hand goes with it, and when your mouth comes up, your hand comes up too.

5. SEXPERT LEVEL:

3. Stimulate the frenulum with your thumb.

1. Saliva, saliva and more saliva. Moisten the area to allow for a smoother motion. You can also use a flavoured lubricant (water-based if you're using a condom) to heighten the fun.

2. Run your tongue along the corona and frenulum.

4 • Increase your speed, alternate your rhythm as you like and keep to the rhythm of the background music. Every penis is different — find a balance between your tastes and theirs.

5 • Let your lips do the work and caress their body with your hands. Let's not forget that there are other erogenous zones besides the genitals.

• Testicles: remember to include these guys too. You can caress them while your tongue is busy elsewhere, lick them as you explore the entire area or suck them to ensure they don't miss out on the action. The possibilities are endless — discover yours. But be careful! Remember that they are very delicate, so make sure you ask before you let your imagination run wild.

Teeth, on the other hand, are not welcome.
Cover yours with your lips as your mouth comes into contact with the penis.

6. EYE CONTACT.

Don't be shy! Look them in the eye at some point during the act and sparks will fly. It's all part of the excitement of oral sex - your lucky recipient will be able to see how much fun you are having and you will see how great you are making them feel. Another thing that can add to the excitement is hair pulling, although you decide whether or not you find it pleasurable or sexy. You may not like it or, alternatively, you may find it arousing. Arousal is very subjective and varies with each individual.



7. YOUR HEALTH AND WELLBEING ARE NUMBER 1.

Take care of yourself and your body by using precautions. Remember that sexually transmitted diseases (STDs) are transmitted through contact with the mucosa and bodily fluids (saliva, semen, blood, etc.). As such, it is possible to contract one through oral sex. Condoms are the most reliable method of prevention, so don't forget to use one.



