



ask

COCO

MOORE

ethos' resident sex expert will guide you through the ins, outs, and ins of sex at ISU

Q. My boyfriend wants to try anal sex, but I am unsure. What should I expect if I decide to do it? Is it pleasurable for a woman? Is it OK for my body?

- Callie, sophomore

A. Students are always looking for new ways to make sex more exciting. They experiment with different partners, try incorporating different foods, slick up with different lubes, and get busy in different places (leading to the "Sex in the Tiers" rumor constantly circulating campus). People inevitably grow curious about the anal possibility. While some consider the back door an exit only, others find the door swings both ways—and they enjoy it. That makes sense, according to human sexuality instructor Robert Hensley. "Anal sex can be very pleasurable for a woman, and for a man as well, because the anus is rich in nerve endings, making it sensitive to stimulation."

Nerve endings. Stimulation. This is all sounding very good. But before you go bending over and biting the pillow, remember that taking it up the rear for the first time can be an uncomfortable experience. That shouldn't necessarily scare you away, though. Just keep Hensley's words in mind: "Anal sex is OK for your body as long as both the man's penis and your anus are well lubricated. DO NOT try anal sex without lubrication." OK, I'm going to go out on a limb here and say you might want to use some lube. Just a thought.

As with everything in the sex department, communication (and thrusting) is key. Talk to your partner and let him know your feelings on the topic of anal sex. If you decide this is for you, bend over and go for it. Just don't forget the K-Y.

Q. Is it OK for a girl to just have a one nighter? Guys get away with it all the time. So what is wrong with a woman having sex just for the sex and being done with it?

- Abbey, senior

A. In a word: Nothing. But I'm not in the business of giving one-word answers, so let us continue.

No one's going to dispute that there's a double standard. Guys are studs, girls are whores. At least in the eyes of society at large.

But, lucky for us, college is not society at large and different rules apply. Especially the one that defines what you're allowed to do with a goat. Students, both male and female, have one-night stands. It happens. And it's OK. There's nothing wrong with you engaging in one night of steamy, hot, mind-blowing sex as long as you and your chosen pleasure-ee understand the night is just that one evening with no strings attached.

Just be sure the memory of that night is the only thing you take home with you. The major downside of one-night stands is that you only know that person for one night. Human sexuality instructor Bob Hensley says, "I wouldn't recommend this kind of behavior with someone you just met during the course of the evening. How much do you know about their sexual history?" If you're like most college students, probably not much.

There's nothing wrong with making a 15-minute (hopefully) commitment to a guy. Just don't commit to his crabs.

Q: I find myself enjoying my vibrator more than sex with my boyfriend. What should I do?

- Stacie, junior

A: Sure, vibrators may have certain advantages over your boyfriend: You can change settings and speeds with the flick of a switch, you can buy them in a variety of colors and sizes, and they won't leave the toilet seat up. But I'm guessing your boyfriend isn't as excited about this news as your vibrator.

So what can you do to correct the situation? If he's really not that good, you can ask him if he can vibrate for you—or possibly grow a clit tickler. Unfortunately, guys don't run on batteries, and they lack the ability to spontaneously sprout appendages.

That's when vibrators come in handy. Vibrators can be a helpful toy to have and they sure make taking care of business solo a much more pleasurable event. But they are just objects. They are modeled like the real thing, which your boyfriend has, and there's nothing like the real thing, baby.

If you are truly depending on your dildo to stuff your sexual turkey, it's time to have a chat with your boyfriend. Chances are he may

have been noticing your withdrawal and is curious about what he can do to please you.

Start with some flirtatious foreplay. That can make the event all the better and remind you that you can derive pleasure from all different places on your body. Don't be afraid to point him in the right direction or experiment with new and different aspects of sex.

So, march your horny butt back into the bedroom and don't come out until you've both had at least one true orgasm, if not many.

Q: How do you know for sure that a girl has had a real orgasm?

- Bruce, sophomore

A: The mystery surrounding women's ability to have—or not have—orgasms is our true source of power. So, Bruce, can you imagine what the other ladies would do to me if I told you? That's right: probably nothing. Maybe they'd kick me out of the Super Secret Girls Club. And just after I'd mastered the secret handshake. I better not risk it.

Lucky for you, human sexuality instructor Robert Hensley has no such worries. Of course, he's not in the club, but here's what he's gathered from textbooks and/or other sexuality professors: "A woman, before she is about to orgasm, will sometimes develop a sex flush (pinkish splotches all over the body or a large, pink band over the body), and the clitoris will retract under its hood. If a woman displays these signs and then orgasms, you can be fairly confident that she has had a real orgasm." And when Hensley says you can be "fairly confident," he means you'll probably still have no idea. Unless your girlfriend is a giant, glowing pink splotch. Then you can be "pretty confident."

Now I may have just pissed off every woman who fakes it, but c'mon ladies, do we really enjoy fake orgasms anyway? Yes, I know it gets him to his side of the bed a lot quicker after he's been rubbing it the wrong way for 45 minutes and all you want to do is hit the hay. Like I've said before, either show him where it's at and enjoy a mutually satisfying experience, or be prepared to figure out a way to make yourself blotch.

Q: I am VERY easily aroused. The simplest things give me an erec-

tion, often while I'm in public. What can I do to make this stop?

- Steve, freshman

A: You need to avoid sexual stimuli: X-rated movies. Grinding with girls at Sips. Staring at that attractive young lady sitting in front of you. Looking at my legs on the previous page. Walking through the grass barefoot. Standing up. Sitting down. Breathing.

Most of this is probably in your head. Take yourself to a cold, dark place in your mind. Then, try thinking non-sexy thoughts: Margaret Thatcher naked on a chilly day. Baseball. Aunt Mildie. All three of them combined ... OK, I apologize for putting that image in your mind. I was on a roll, and I just got carried away. You may leave your cold, dark place now.

If the image route doesn't work for you, all I can say is no sweatpants, satin pants, wind pants, or any other loose-fitting material you could pitch a tent with. You want to keep it stiff—the pants material, that is.



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