SEXY ACTS THAT DON’T GET ENOUGH PLAY

Queering Sex Ed. is a program of Planned Parenthood Toronto, generously funded by the Community One Foundation
There are some kinds of sex that we hear a lot about. Other kinds of sex, particularly kinds of sex that queer or trans* people might be interested in, don’t get a lot of coverage. This recipe book is designed to give you more information about some of the sex acts that we don’t think get enough play. We’ve included a couple of blank recipe cards if there are other things you think should be added, or even if you come up with something new that’s sexy for you! Remember, just like in cooking, it takes time and practice to become a pro. It’s okay to experiment with ingredients, change things up, and make a recipe your own.

**ANAL SEX**

*Using toys or parts of a body in and around a person’s bum.*

**Serves:** 2 or more

**Ingredients:**
Condoms or gloves
Bum
Lube
Fingers/Sex Toy/Penis
A shit ton of consent

**Substitutions:** Fingering or other penetration

**Notes:** Go slow, it might take awhile to get comfortable

**Prep/Cook Time:** As long as it takes. May take longer than expected. Some days are not good for anal sex days.

**Steps:**
1. Get consent from all parties
2. Make sure that the person being penetrated is relaxed
3. Use a lot of lube!
4. Start slow, inserting one finger first and gradually building up to more fingers or penis or sex toy
5. Remember to ask for continued consent
BONDAGE

Restraining a person’s body to restrict their movements for physical and psychological pleasure.

Serves: 2 or more

Ingredients:
Rope/ribbon/scarves/tape/belts/chains...
A safe word and clear boundaries
A shit ton of consent

Substitutions: Roleplay

Notes: One example of how safe words can be used is “red, yellow, green”, with “red” meaning stop, “yellow” meaning slow down, and “green” meaning keep going

Prep/Cook Time: As long as it takes.
Could be shorter than expected.

Steps:
1. Get Consent
2. Start simple, with soft materials and knots that can be easily undone
3. Make sure that the ties don’t cut off blood to any part of the body

Your Notes
RIMMING

Stimulating the anus of another person using the tongue and mouth.

Serves: 2 or more

Ingredients:
- Tongue
- Bum
- Dental Dam
- A shit ton of consent

Substitutions: Oral sex

Notes: Many people feel this recipe works best when all necessary “pots and pans” have been cleaned thoroughly beforehand. If concerned about cleanliness, you might consider a shower before rimming.

Prep/Cook Time: As long as it takes

Steps:
1. Get consent
2. Dive on down
3. Use your tongue or mouth to stimulate bumhole area
4. Throw in a finger if the receiver is into it
5. Remember to ask for continued consent

Your Notes
SEX ACTS THAT DON’T GET ENOUGH PLAY

DOMINATION
Playing with power between people in a sexual context, taking a dominant role.
Serves: 2 or more
Ingredients:
Someone who enjoys being dominated
Someone who enjoys domination
Control
A shit ton of consent
Optional: Toys
Substitutions: Submission, roleplaying
Notes: Could be incorporated with bondage
Prep/Cook Time: As long as it takes
Steps:
1. Get consent
2. Vary by preference. Can involve role-play, bondage or words.

SADOMASOCHISM
Playing with giving and/or receiving pain and humiliation for pleasure.
Serves: 2 or more
Ingredients:
Sadist (gives pain)
Masochist (receives pain)
And/or a switch (somebody who likes to give/receive pain)
Pain
Humiliation
A shit ton of consent
Optional: toys like whips and chains
Substitutions: Other forms of kink, roleplay, bondage
Notes: Can use props!
Prep/Cook Time: As long as it takes. Sometimes longer is better!
Steps:
1. Get consent
2. Talk about what you’d like before getting started
SEX ACTS THAT DON’T GET ENOUGH PLAY

SEXTING

Using a phone to text sexy conversations or images.

Serves: Any number

Ingredients:
Phone
Sexy vocabulary
Winky faces, emoticons in general
Privacy, if wanted
A shit ton of consent

Substitutions/Suggestions:

Person 1: “hey babe”
Person 2: “hey I can't wait to see you tonight!”
Person 1: “can’t wait to see what part of me ;)?”
Person 2: “I cant wait to see your sexyness and kiss your neck”
Person 1: “mmm that sounds nice, I really like it when you kiss my neck and then...”

“I bet you look super sexy in that outfit”
“I’d really like to...”

Notes: Can be super fun foreplay

Prep/Cook Time: Can be short or can be spaced out throughout the day or many days

Steps:
1. Get consent from all parties
2. Make sure you have the right number(s)!
3. Start sexting
4. Be creative
FINGERING

Using fingers in a person’s bum or vagina.

Serves: 1 or more

Ingredients:
Fingers
Gloves
Lube
bum / vagina / front hole
A shit ton of consent

Substitutions:
Masturbation, outercourse, oral sex, sex toys, penis

Notes: Take a look around your house— you might find something useful. You might also enjoy this with a buddy

Steps:
1. Get consent
2. Get comfortable
3. Communicate about what feels good and what doesn’t
4. Warm up the area, do some rubbing and massaging
5. Insert finger or fingers and move in and out. Communicate about what feels good. (Sometimes slow is good and other times fast is better.)
6. Experiment with speed and pressure
7. Get ongoing consent

Prep/Cook Time: As long as it takes

Your Notes
MUFFING

Using fingers or other objects to stimulate a trans woman or MAAB (male-assigned-at-birth) person internally through the inguinal canals.

Serves: 1 or more

Ingredients:
Lube
Fingers
Inguinal canals
A shit ton of consent

Substitutions:
Anal sex, fingering, masturbation

Notes: Inguinal canals are located in any body. They’re diagonally oriented tubes running in the groin area round the middle of the pelvis (You can’t see them). Often used when “tucking” among trans women

Prep/Cook Time: As long as it takes. Take your time.

Steps:
1. Get consent
2. Find the inguinal canals. They’re located behind the scrotum and are angled diagonally outwards
3. Use lube
4. Start slowly, maybe with a pinky finger: the canals can be tight

www.transrubber.wordpress.com/2011/03/14/owning-trans-sexualities-1-what-is-muffing/
OUTERCOURSE

*Touching/fondling/rubbing another person’s body to give or receive pleasure. (Also known as grinding or heavy petting).*

**Serves:** 2 or more

**Ingredients:**
- Imagination
- Bodies
- A shit ton of consent

**Substitutions:**
- Masturbation, sexting, mutual masturbation, dirty talk

**Notes:** Known as sexual activity without oral or penetrative sex

**Prep/Cook Time:** As long as it takes

**Steps:**
1. Get consent
2. Get comfortable
3. Communicate about what feels good and what doesn’t
4. Get ongoing consent

MASTURBATION

*Using objects/tools/parts of your body for your own sexual pleasure.*

**Serves:** 1 or more

**Ingredients:**
- Hands/fingers/sex
toys/pillow/showerhead...
- Lube
- A shit ton of consent

**Optional:** Porn or erotica

**Substitutions:** Mutual masturbation

**Notes:** Take a look around your house - you might find something useful. You might also enjoy this with a buddy.

**Prep/Cook Time:** As long as it takes.

**Steps:**
1. Get comfortable with your body
2. Start touching yourself and pay attention to what feels good
3. Repeat as needed
FISTING

Putting a fist or whole hand into a person’s vagina or bum.

Serves: 2 or more
Ingredients:
Lots and lots of lube
Gloves
Time and patience
Clear communication
Another serving of lube
bum or vagina or front hole
Relaxation
A shit ton of consent
Substitutions: Fingering, sex toys
Notes: It’s important to start off slow and work your way up. Otherwise, you can hurt...