



the  
pleasure  
project.

putting the sexy into safer sex

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# sexy tips for female condoms

## the rub

Ask (or tell) your partner to insert it and rub the inner ring on your clitoris or labia using fingers or penis.

## the bump

Many people find the inner ring super stimulating when a hard cock or dildo bumps up against it. If you like it, tell your partner to get bumpin'!

## not just for the ladies

In Zimbabwe, a new word in Shona – *ketecyenza* – was invented to describe the gorgeous tickle that men feel when the inner ring of the female condom rubs on their penis. And in Ghana, men liked it so much they bought the female condom solely for the purpose of masturbating by rubbing the inner ring on their penis (courtesy: *the Society of Women against AIDS, Ghana*).

## show and tell

Insert it while your partner watches. Tell him or her they can look but not touch.

## nothing like the first time

Women in India reported their first orgasms as they inserted the lubricated female condom inside themselves (courtesy: *Hindustan Latex Limited*).

## feel the heat

The polyurethane that the female condom is made of is much thinner than latex so you can feel the heat transfer from your partner to you.

## make it slippery

As for lube, any oils or water-based lube will work. Oil-based lubricants do not break down the female condom the way they do male condoms, so you avoid breakage.

## sexy sounds

The female condom often makes a squishy or crinkly noise during intercourse. Experienced users say the noise goes away once it warms up ... or maybe they just don't hear it anymore over the moans of pleasure. Some women tell their partners, 'It only makes that sound when you're doin' it right...'

The female condom is a strong, soft, transparent polyurethane or nitrile sheath inserted in the vagina before sexual intercourse. It offers a variety of pleasurable options compared to the male condom, and protects against both pregnancy and infections (including HIV) by forming a barrier between the penis and the vagina, cervix and external genitalia. The female condom is stronger than latex, odourless, causes no allergic reactions, and unlike latex, may be used with both oil-based and water-based lubes. It can be inserted prior to intercourse, is not dependent on the male erection, and does not require immediate withdrawal after ejaculation. With correct and consistent use, the female condom is as effective as other barrier methods and has no known side effects or risks.

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