

QUEERING

SEX

ED.

SEX ACTS THAT DON'T GET ENOUGH PLAY

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SEX ACTS THAT DON'T GET ENOUGH PLAY

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

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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 ex-
pected.

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

SEX ACTS THAT DON'T GET ENOUGH PLAY

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

Ongoing consent and communication is important

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 fore-play

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



SEX ACTS THAT DON'T GET ENOUGH PLAY

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

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. 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

Your Notes

SEX ACTS THAT DON'T GET ENOUGH PLAY

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

Want
more info?
Check out

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

SEX ACTS THAT DON'T GET ENOUGH PLAY

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

SEX ACTS THAT DON'T GET ENOUGH PLAY

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
in. Otherwise, you can hurt

Prep/Cook Time:

Steps:

CHECK OUT...

Heavy Petting's
Fisting 101

www.vimeo.com/30936025

