

BANG

MASTURBATION NATION



A Sex-Ed Zine for all
Genders and Genitalia

frigging • beating the bush • jilling off
rubbing one out • beating your meat
diddling the skittle • ménage à moi
jerking the gherkin • flicking the bean
paddling the pink canoe • spending
scratching the itch • petting the pussy
polishing the pearl • tickling the pickle
spanking the monkey • stroking off
wanking • jackin' the beanstalk

CAPICHE?

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BANGERS

We the Bangers want everyone to feel free to love in any way they need to (including not at all).

So this zine is priced at the minimum required to cover printing costs. If that's too much for you, don't worry about it. We gotchu. Seriously, ask the person up front.

WRITERS

Dearest Readers

Nina Chausow

Headspace

Leah Holmes

Perks of Playing

Vic Liu, Alex Tait, Clare Edgerton

Tingly Bits

Clare Edgerton

Master Debate Class

Leah Holmes, Sam Dusing, Alex Tait

Being Your Own Body

Rebecca Bedell, Lafayette Matthews

Make a Mess

Patrick Wiedeman

The Toy Chest

Nina Chausow

Destroyer of Civilizations

Vic Liu

The Sads

Vic Liu

EDITORS

Nina Chausow (Editor In Chief)

Alex Tait

Tagger Yancey

Jennifer Shyue

Rebecca Bedell

Patrick Wiedeman

ART DIRECTOR

Chris Mallinson

CHIEF DESIGNER

Vic Liu

vforviciu@gmail.com

DEAREST READERS,

Take a moment to close your eyes, and thank your vagina or your clitoris. Or your penis, or your testicles. Definitely your anus. They are all working naturally, simply, and exactly as they should. Nothing is wrong with them, whatever they look like, feel like, or allow you to experience.

You may be smiling to yourself, thinking about the orgasm you had this morning. You may be cringing, because it's difficult to pronounce any of those words even in your head.

For people on every part of this and any spectrum, this zine is for you.

Masturbation is a time and space that you give yourself to be present with and inside your body. You deserve and are allowed to feel the highest level of physical pleasure, whatever that means to you at this moment. Inside of that space, there is no room for judgments or expectations, imposed from the outside, or hiding deep in the corners of your body.

It is not a competition or a destination. It is a practice, that will only improve as you give yourself permission to take the time that you need, create a space that makes you truly comfortable, and explore the tools that can help grow your experience.

Orgasms are great, but they are no better than giving yourself the permission to craft an experience that listens to the needs, responses and questions from your body as you examine what pleasure and sensation feel like in any particular moment.

Our Terminology

For trans folks, genitals can be a huge source of dysphoria. Much of this zine was written by cis people, often defaulting to scientific terms like penis and clitoris. We've strived together for inclusive language, but please know that whatever your body looks like, however you feel or talk about it, you can own it and enjoy it. You deserve every bit of radical self-love.

Now open your eyes
and keep reading.

HEADSPACE

GETTING IN THE RIGHT MENTAL ZONE

Surrender to the Spank Bank

Before getting physical, many people struggle to get past the mental roadblock.

One of our authors suggests collecting the mental imagery that turns you on into a 'personal porno.' It helps put you in the mood and declutter your mind.

Everyone is turned on by things that they don't understand, that can be surprising or sometimes even seemingly embarrassing. No one should judge their own tendencies. We assure you we all fantasize about some weird stuff. Starting with the hang up that many people have about masturbation itself, working to cultivate a positive and open headspace for sex and pleasure is incredibly important.

That being said, you obviously need to be safe and keep others safe in this pursuit, so if you have thoughts or fantasies regarding people who do not consent or cannot give consent (for example, due to age or incapacitation) we encourage you to reach out to the resources on page 31.

Be the O, Don't Seek the O

It can be frustrating when you feel like you can't achieve orgasm. First timers and people having trouble finding their route to orgasm, be patient!

The less time spent working towards a "goal," the better. While ending a masturbation with an orgasm seems like a convenient closing point, the rush to the finish removes all of the valuable and enjoyable time in which to explore and learn about what pleasure feels, looks and smells like in each body.

Masturbation should be more of a space of exploration than a journey to the end. While sometimes you need to just rub one out, masturbation can and should be a judgment-free zone for everyone to learn what turns them on. Some people will learn exactly what works for them, for example some people use lube every time they masturbate, while others, for example people with circumcised penises, may enjoy the friction caused by a different type of stimulation. For some people, masturbation comes very easily both physically and mentally, and for others, adding sensations such as porn or toys into the mix can be really helpful for sinking into the right space.

Consume as much research as you can, and look for scientifically backed and factual resources that come from unbiased sources. Have fun, be informed, be strong, and pursue pleasure!

THE PERKS OF PLAYING

WHAT MASTURBATION CAN DO FOR YOU

Besides the obvious effect of making you less of a horny toad, masturbation:

1 **Strengthens tone**
in pelvic and anal areas,
including the pelvic floor.

2 **Can help improve sexual stamina**
if you try to go for longer
without orgasm.

5 **Helps you sleep**
Orgasm releases serotonin
and endorphins, a veritable
biochemical lullaby

6 **Improves circulation**
to your pelvic area.
When you get aroused,
blood flows quickly to
your nether regions.

3 **Relieves muscle tension and menstrual cramps** by relaxing the pelvic muscles.

4 **Reduces stress, tension from headaches, and neck pain.**

7 **Improves self esteem and body image.** Masturbation helps you discover all of the wonderful things your genitals can do.

8 **Makes your sexual relations so much better.**
Let's put it this way
if you learn how your body works, you can tell your partner exactly what they are doing right and what they haven't figured out yet.

**ALL WITHOUT THE RISK OF
STDs OR PREGNANCY!**

LABIA

The labia can be a great place to start when going solo. Exploring your labia with your fingers: rubbing, pulling, even twisting. Using your hands to explore, or even getting a vibe involved with playing with your labia, can be a great warm up to your clit, or just a pleasurable adventure for its own sake.

CLITORIS

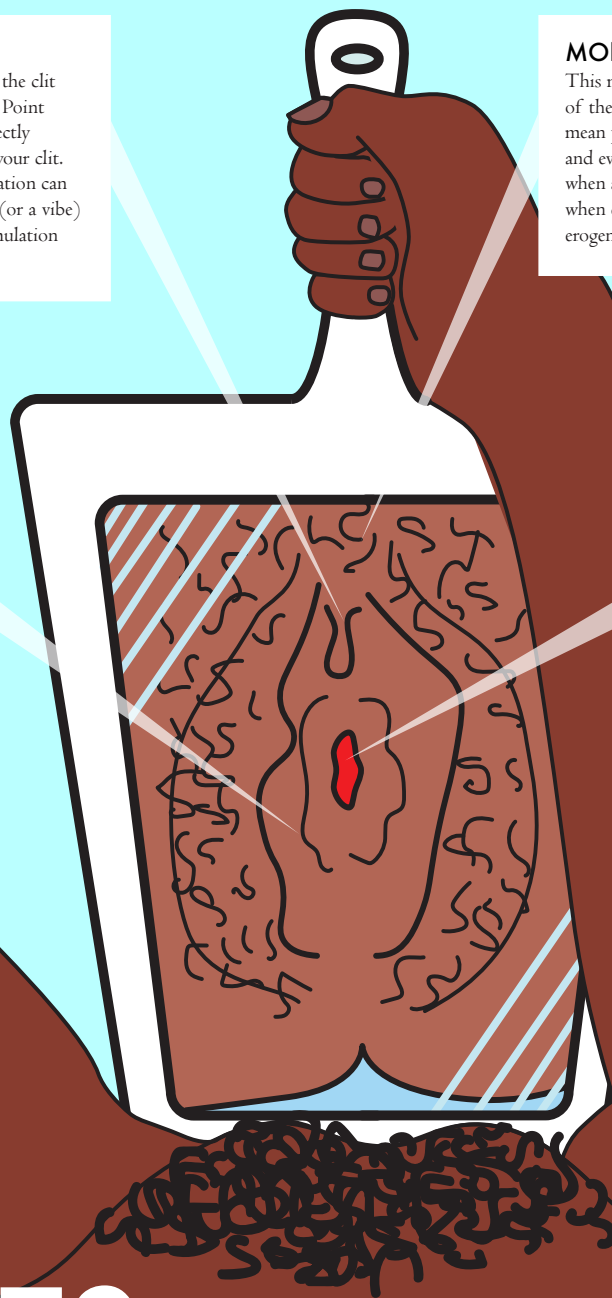
Sometimes it's best to approach the clit from the side, or back, or front. Point is, you don't always need to directly stimulate your clit to stimulate your clit. In fact, sometimes direct stimulation can be a bit much. Use your fingers (or a vibe) and build up to the level of stimulation that gets you going.

MONS

This might not be the most sensitive of the bits in this area, but that doesn't mean you should ignore it. Vibration and even just pressure can be super nice when applied to the mons, particularly when combined with stimulating other erogenous zones.

VAGINA

First off, don't get too preoccupied with the G-Spot (or more accurately, area), instead just do what feels good. For some people that might be the G-area, a cluster of nerves located on the front wall of your vagina. For others, general penetration might be preferable. Exploring the inside of your vagina with your fingers, a vibrator, or a dildo is great whether you are seeking arousal or just information about your body.



A GEOGRAPHICAL MENU

T/INGLY BITS...

T/INGLY BITS...

GLANS (HEAD)

Most of the nerve endings in a penis are found in the head, aka glans. Lube can be your best friend here, and pre-cum can serve as lubrication for this section of the penis. You can utilize your thumb when stimulating this part of your penis, with strokes down the head, circles around the tip of the glans, and any combination of the two. Coming off and on to the head you will also stimulate the corona. Regardless if you do or don't have a foreskin, this part of your penis is super sensitive and worth some exploration with various pressures, speeds, and lubrication levels.

SHAFT

Friction is your friend here. Not too much, of course. But a vigorous stroke that emphasizes the pressure between your hand and your shaft can be a great place to start. Experimenting with pacing and styles of strokes. And remember you have two hands. Long twisting strokes, combined with a hand held tightly around the base of your shaft, or cupping of your testicles. The combinations are endless!

UNCIRCUMSIZED?

You're probably more sensitive, you lucky dog.



PERINEUM

This magical area between the penis and anus is incredibly sensitive to pressure and massage. Rubbing this area provides external stimulation of the prostate, and a great way to start exploring your prostate if you aren't ready for internal exploration.

FRENUM

This is the largest concentration of nerves on your penis. Try something as simple as light tickles while stimulating other parts of your penis, or alternating between more vigorous approaches. Firm pressure, stroking, tickling ... explore ranges of stimulation and how you can use the sensitivity of this particular part to switch things up.

TESTICLES

The scrotum has lots of nerves. If you own testicles you will know how sensitive this area can be. So don't ignore them when it comes to getting funky with yourself. Cupping, gentle pulling, and general fondling can be a great place to start to get to know how to bring your balls into your self-love routine.

INGUINAL CANALS

Penetration of these canals is called muffing, common among trans women but potentially explosive for any penis owner. And yes, it's safe! Start slow and careful; finger around the base of the penis for the openings, push the skin inward/upward. Massaging the concentrated nerve endings inside the canals can give a spark to your play time, though pleasure varies widely.

NIP IT

Nipples can be hotbeds of nerve endings. It really depends on how you're wired. Play around with everything from tickling, flicking, twisting, and even slapping. It depends on how sensitive your nipples are; some nipple owners even like incorporating pain or more sharp sensations for ultimate stimulation. You can really get creative here.



IN THE BUD

Everyone's got an anus! However, there are many nerve endings to be found both around the outside and just inside the anus. Start off slow and with smaller toys, and relaaaaax your muscles down there. Explore various pressures, and if you're ready to go in, make sure to lube up. If you're lucky enough to have a **prostate**, it is a super-center of nerve endings that can be stimulated both through massage of the perineum and through internal stimulation with either a finger or a toy.

A few safety rules: anything that goes in should have a flared base (there are plenty of rectum x-rays on the internet that agree). Also, beware of numbing creams. You should be listening to what your body tells you, including pain. And again, lube lube lube!

MASTER DEBATE CLASS

LAUNCHING YOU OFF

One of the most exciting and terrifying things about masturbating is that there is no formula, no secret that can be passed surreptitiously from one person to the next that magically unlocks their orgasm potential.

Anything learned about masturbation from the outside really only serves as a jumping off point for understanding the unique desires and quirks of each body. That being said, hearing about other people's experiences, challenges and successes can be empowering and enlightening.

Cliteracy

Start lying in a comfortable position. Lying on the back or side allows easy access to the clitoris, while lying on the belly offers the opportunity to introduce an external object such as a pillow for further stimulation. Spread the labia, and use two fingers to start to circle the clitoris. The head of the clitoris can be very sensitive, so rubbing circles around it and moved the clitoral hood up and down can provide less intense stimulation, or even rubbing the clitoris through fabric. Start slowly, and get progressively faster and add more pressure if that feels good.

Penile Pleasure

Make yourself erect by moving the head of your penis around in circles or rubbing it against your leg. Grip the shaft of your penis so that your index finger falls on your frenulum (see page 9) and thumb falls opposite. Tighten your thumb and index finger while moving them around each other in a circular motion. When you are erect, move your hand up and down your shaft. Lubrication is completely optional – if it's dry, the friction between your thumb and head, palm and shaft will feel good. If you are using lube or lotion, the feeling will be more diffuse and good in a different way. Water is abrasive. If you are in the shower, use soap to keep your hands lubricated. It is highly recommended to plan out where you are going to ejaculate before you start, rather than in the moment. This could be a tissue, toilet paper (flushable), the shower, or even a condom.

BEING YOUR OWN BODY

MASTURBATING WHILE TRANS

Transmasculine

If you start testosterone, one of the first changes you will notice is clitoral enlargement (between 1 and 5cm) with increased sensitivity and sex drive. You may enjoy masturbating the same way you always have, or you may find that pulling gives you more sensation. It's your clit/junk/peen/dick, so play around with it and find what feels good! Don't be afraid to use your extra hole, but make sure to get well-lubricated because testosterone can cause vaginal dryness. You can also try "pack and play" devices or masturbation sleeves, like the Buck-Off.

There are a few possible bottom surgeries for transmasculine folks, including metoidioplasty (meta) and phalloplasty (phallo), which can also include testicular implants. Meta releases your junk from the clitoral hood to create a small penis, while phalloplasty constructs a penis using a donor graft from your arm or leg. Your post-op sensation may vary on the technique and recovery time as the nerves regenerate, but masturbation can become more pleasurable and affirming. Embrace your body at your own pace and rock what you've got!

Transfeminine

For transfeminine folks, your genitals might experience any range of changes, depending on whether/when you start estrogen and/or testosterone blockers. Some trans women, not all, have trouble staying hard after hormones; if this happens to you, fear not! With estrogen, your nipples may become more sensitive, and you might even find yourself able to have multiple orgasms. You might love the penetrative feeling of muffing (see page 9), though if you tuck your testicles in the inguinal canals, they can get desensitized. You can always explore your prostate. If your penis/girlcock/clit/bio-strapon does stay soft, it'll still feel great to massage the head.

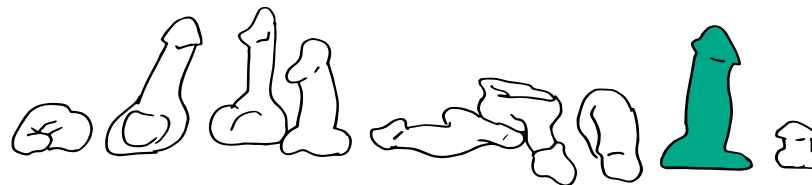
For post-op trans women, sexual results vary widely. Your new vagina will likely be raw and sensitive at first, as you're regularly dilating, and your clitoris may be anywhere from so sensitive it's almost painful, to very insensitive. You probably will not self-lubricate, so have lube handy, but you might still ejaculate liquid. Be careful, take it slow, and see what feels good. Have at it, you sexy girl.

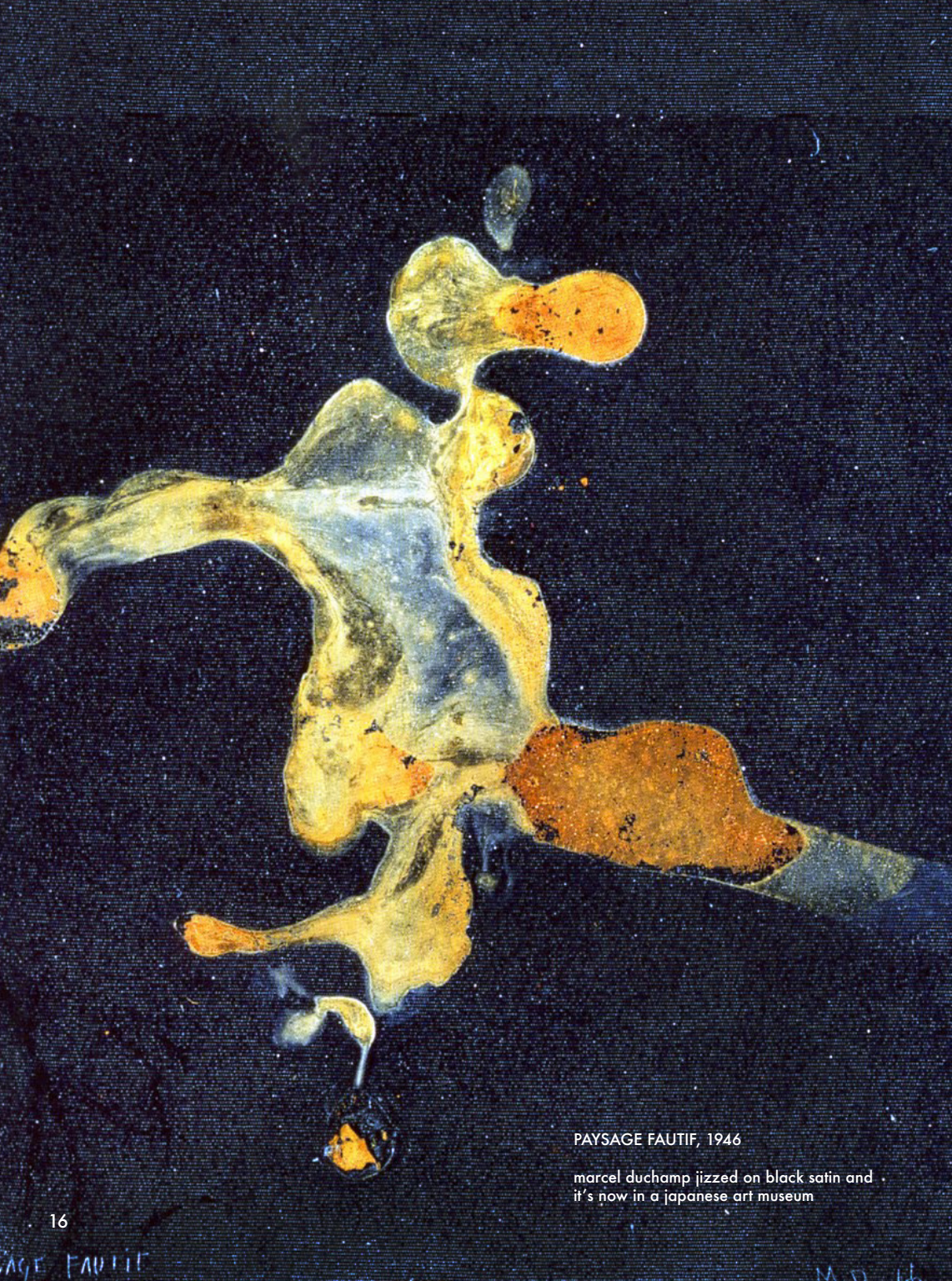


Lafayette Matthews



Mira Bellwether
Fucking Trans Women
2010





PAYSAGE FAUTIF, 1946

marcel duchamp jizzed on black satin and
it's now in a japanese art museum

Come First, Clean Later

There very well may be something to clean up when all is said and done.

Everyone differs when it comes to how to react, but one should definitely approach it without shame and something soft.

Masturbating in a bath or shower might set the mood and help take the clean-up off your mind and let you focus on the moment.

THE TOY CHEST



Rules of Play

Always clean your toys well after each use with soap and water. Toy wipes are fantastic for the discreet or the lazy. Or even use condoms or latex gloves over your toys.

If you're lubing up (always a great choice), make sure to use water-based lubes for any silicone or rubber based toys. When in doubt, use water-based.

Pro-tip: park your charger near your bed. You're going to need it.

SEX TOYS EXPLAINED

Sex toys, just like every technological tool that we have incorporated into our daily lives, can make getting off easier, simpler and quicker. Toys can be a powerful way to push your own boundaries, and reach a speed or space where no finger has gone before.

For purchasing your first (or 50th sex toy), it is never a bad idea to go to a shop like Babeland or Good Vibrations. While shops may appear highly intimidating, being able to see and hold the toys prior to purchase can be very helpful in determining what is most appealing to you. Sex shop employees are invaluable resources. People who work at sex shops are, in the majority of cases, highly knowledgeable about their work, passionate about sex positivity, and dedicated to making sure that their customers have a great experience inside and outside of the store. They are not there to judge you or laugh at you, and will be able to help you most effectively if you communicate clearly what you're looking for, or the fact that you have no idea what you're looking for.

If you are ever in a sex shop where you feel as though you are being judged for your sexual orientation or preferences, leave immediately. While you may feel anxious or embarrassed about buying a sex toy, no one else should make you feel that way. When in doubt, sex toys (like the toys on the right) can be purchased everywhere from online sex shops, such as Babeland, Jimmyjane, Good Vibrations, and Amazon.



CLIT FLICKERS

stimulate externally on or around the clitoris. Size and shape can be anything from an small toy that travels well (like a simple bullet, or the Fin by Dame Products) to much larger and more powerful toys (think Hitachi wand). Toys can have multiple speeds, patterns, or rhythms of vibration. Generally used for external stimulation for the clitoris, they are easily combined with penetrators, sleeves, or butt plugs. Factors to consider include intensity of vibrations, different patterns or rhythms, sound that the toy makes. Vibrators tend to be silicone-based.

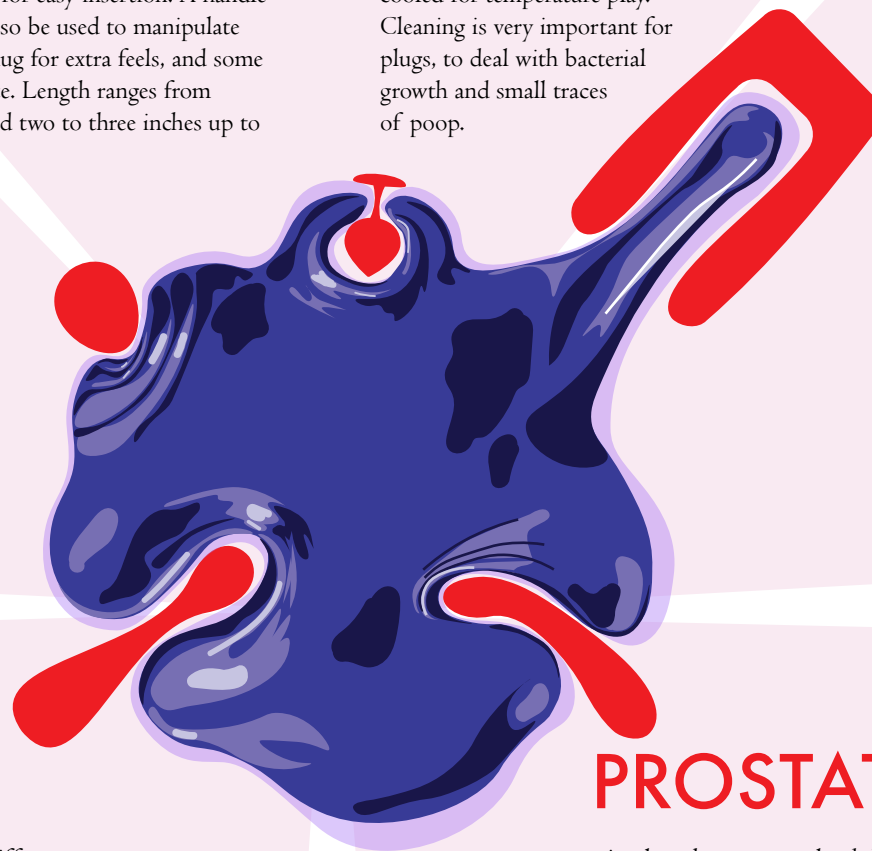
BUTT PLUGGERS

can be inserted and left in, hands free, during masturbation to increase pressure and pleasure. Their characteristic flared base keeps the plug from traveling up the rectum, and the tapered ends make for easy insertion. A handle can also be used to manipulate the plug for extra feels, and some vibrate. Length ranges from around two to three inches up to

six inches. With regards to the material, consider the length and type of use. Plugs that are worn for longer should be made of the more flexible silicone, while glass and body-safe metals can be heated or cooled for temperature play. Cleaning is very important for plugs, to deal with bacterial growth and small traces of poop.

THE STROKERS

envelope the penis or an elongated clitoris as they are moved up and down the shaft. The inside material is often textured with raised patterns for stimulation. Factors to consider when selecting a sleeve include the type of entrance, length and width, and material. The inside material ranges from jelly (very affordable, but may have a texture and smell) to silicon, and rubber. Some vibrate. While a close-ended toy can provide more suction and a tighter feel around the penis, cleaning these toys can be more difficult than open-ended toys. Strokers can be wonderful for FTM masturbation--just find one that fits, like the Blue Valentine or the Buck-off.



INNER POKERS

stimulate the vagina or anus internally. Dildos, like penises, come in many different shapes and sizes. Unlike penises, they come in even more exciting colors and shapes. And some vibrate. Here, it's all about finding what suits you. For those of you with a clitoris considering a multi-tasker: many find that having two separate toys, one for penetration and one for clitoral stimulation, tends to fit their bodies more readily than finding the perfect 2-in-1 shampoo and conditioner.

PROSTATE PRODDERS

stimulate the prostate gland through the anus. Because the prostate is located approximately 3-4 inches past the beginning of the anal canal, it's a hard place to reach with fingers alone. The right toy can do wonders, although it may take some trial and error to find the perfect length, size, and shape. Hands-on massagers can be used to more powerfully stimulate the prostate through motion and positioning. Hands-free will stay put, leaving your hands free to focus on other things. And lubricate thyself!

The History of a Stigma

DESTROYER OF CIVILIZATION

ALEX, my partner, thought he invented masturbation at age 13. And there you have it, the reason that masturbation has been part of the human story since the very beginning.

Across culture and time, independently or with help, humans have found their way to their genitalia. In the Ancient Egyptian Heliopolis creation myth, dating back to somewhere between 2780-2250 BCE, Atum, the first god, created all other gods through masturbation. Seven bronze dildos dated from 200 BC were found in a Han dynasty tomb in China. Throughout the 15th and 16th century, aristocrats in both China and Europe possessed ornate dildos, some of lacquered wood and some in precious metals. The Ancient Greek physician Hippocrates in 500 BC and the Ancient Roman physician Galen in 200 AD believed masturbation essential to remove unused “seed” in order to avoid blockages in the human bodily

system. Galen, the dominant medical authority of the Romans, proposed masturbation as a remedy to women going insane.

He argued that sexual release was as necessary as urination or bowel movements.

Given this long history, where did the stigma against masturbation come from? Why do we feel ashamed or guilty about touching ourselves when our ancestors have done so for all of human history? It turns out that the story of the self-stimulation stigma is also a story of the birth of society, and all of its insecurity and anxiety.

The birth of the stigma against masturbation paralleled a growing fear in the finiteness of humans. If semen was finite, each act of masturbation was an individual's contribution to starve society. Masturbation cast semen on useless bedsheets instead of within waiting wombs. As far as society was concerned, more masturbation



c. 29,000 BC, oldest stone phallus likely used as a dildo.
Prehistory Museum, Blaubeuren



meant less babies (to be fair they also believed in the idea of the homunculi, where sperm consisted of literal mini-humans. Some went as far to argue that masturbation was murder). Therefore every time an individual wanked off they were threatening the survival of society.

Religions showcased the earliest prohibition of masturbation as a social defense mechanism. In 500 BC, the Christian Church prohibited masturbation because it wasted sperm that could be used for procreation. Judaism also held similar reasonings for prohibiting male masturbation. It demonstrated admirable logical coherence, though, by allowing female masturbation because it didn't waste semen. However, it wasn't until the late 1700's that the stigma infiltrated public culture.

The widespread stigma against masturbation we see in America today had surprisingly secular origins in the Enlightenment. The secular stigma against

masturbation appeared during the Enlightenment's rapid urbanization in the late 1700s. For the first time, Europe lived in packed cities, and it was afraid for its own survival. Urban society was born and it fervently encouraged the ideal of the rational man as a guide for behavior, as one would in such close quarters.

Masturbation simply did not fit the new image of an ideal man (or neighbor) in complete control of his desires and urges.¹

Masturbation became associated with physical debilitation, illness, and insanity. Tissot's *Onanism* in 1760 proclaimed that losing one ounce of semen was equivalent to losing 40 ounces of blood. It described a whole host of symptoms of this depraved practice, including hysterical fits, violent cramps in the neck and back. In 1812, Benjamin Rush linked masturbation to insanity, seminal weakness, impotence, pulmonary consumption, dimness

Ancient Egyptian papyrus of Atum, the first god, masturbating the other gods into existence.¹

¹ Mels van Driel. *With the Hand: a Cultural History of Masturbation*. Reaktion, 2012.

² Julie Peakman, "From Onanism to Spending." *The Pleasure's All Mine: a History of Perverse Sex*, Reaktion Books, 2016, pp. 45-73.



J. L. Milton's treatment, the Electric Alarm, 1887.

of sight, vertigo, epilepsy, loss of memory, and death.³ In 1828, Reville-parise called it “the destroyer of civilization,” as masturbators were charged with enfeebling the young men and future fathers, and the manpower of king and country.

It was as if you could destroy a nation by handing out enough free smut.

Parallel to these new “scientific” discoveries, the Victorian cities invented the concept of good manners. Its citizens, the newly created bourgeoisie, prided themselves in their unique morality. They were not idle like the elites nor animalistic like the masses. They were restrained, and defined themselves by “the control of impulses.”³ Modesty was born and people began bathing clothed for the first time. And if nudity was to be forbidden, then Jacking one's bean(stalk) was also disapproved of. The new society was restrained. It was proud to say it did not enjoy sex, but bore the

burden patriotically. And it went to great lengths to protect its children the dangers of touching oneself (see left).

Perhaps because of the birth of psychoanalysis, or perhaps due to the bourgeoisie's newfound stability, the 1880's finally witnessed the beginning decline of the masturbation slander. The tide was turning. It began with the backstepping of many of the strong opponents of masturbation and its debilitating effects, who retracted arguments that masturbation was dangerous but settled for an “it's still gross.” During this time, it became common for unmarried women to be treated for hysteria with genital massages by their doctor, a quasi-return to Ancient Greece. In 1880, the first vibrators were created for doctors to treat women for hysteria, and would later become commercially available in the early 1900s.

Masturbation was beginning to reclaim its role as a component of health.

³ Robert Muchembled and Jean Birrell. *Orgasm and the West: a History of Pleasure from the Sixteenth Century to the Present*. Polity, 2008.

1913 advert for the Sanofix Vibrator



way of life. And that meant taking sex into their own hands openly.

And finally, here we are today. For the most part America is much more supportive of a healthy solitary sex life than it has ever been. We can order the delivery of our next favorite diddler with a click of a button. It's easier to watch free porn than to watch a free movie. But it's also a whole mess of opinions, with people still shaming each other and themselves for participating in an ancient human tradition. But then again, it's always been a mess of opinions. Because back when half of England was locking up vulvas in chastity belts and tying bells and whistles and needles to penises to avoid unconscious erections, there were also those dirty deviants that were depraved enough to pick the locks. This one's for them.

The rise of sexual liberation continued, powered by the shocking revelation that most people already masturbated. Katherine Davis's 1929 survey of 2200 women revealed that over 65% of unmarried women and 40% of women masturbated, while 2/3 of these women felt it embarrassing.

Alfred Kinsey's 1950s survey showed that 92% of men and 62% of women masturbated.

In the 1960's the vibrator became increasingly popular within households. Masters and Johnson advocated masturbation to help marital relationships and general health, especially for women during menstruation.

It is possible that the new commercial availability of female contraception, such as the pill in the 1960's and the legalization of abortion in the 1970's, contributed to the masturbation liberation. Women could be sexual beings without sacrificing their



PJ Linden
Sprinkles Banana Split, 2010

THE SADs

POST COITAL TRISTESSE

You know that feeling when you finish a really good book or movie (or a certain bangin' zine hopefully) and you get sad?

Same thing might happen after masturbation, post-coital tristesse (PCT). People are not too sure why it happens, but many are affected by it. Some describe it as a slight feeling of despair after orgasm. Here you are, fingers or toy covered in your own fluids, unclothed, after the fervor of a climax. It's like those problematic movies that end on that insanelly happy note when against all odds the star-crossed lovers are united... and the credits roll and you're back in your parents' basement alone on a Saturday night and have half a mind to weep all over the afghan. You go from ALL THE HAPPY FEELS to hello mundanity. What a mood killer.

PCT is a well-documented phenomenon all the way back to Ancient Rome, and people have known about it since people have been masturbating and having sex, which if you

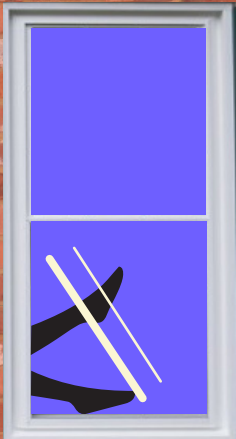
read the history article, you know is a very, very long time. And there isn't very much research or knowledge on why it happens. The most commonly accepted theory is pretty similar to the movie analogy: what goes up must come down.

In an ideal world, every time one of us came on our own a ceiling of gold balloons and confetti would fall and Oprah would explode out of the ground and point to you majestically and say "GOOD FOR YOU! Taking charge of your pleasure, exploring your body. Good on you!" It would only be fair to counter all of society's intrusive toxicity inherited from convoluted nonsense.

But Oprah's busy, so the job falls to you. If you're feeling some PCT after orgasm, give yourself a good long hug (I suggest with a body pillow), you wonderful special duck. This PCT thing will pass very quickly, while all the benefits of your lovin' will last.

Find out more in Vice's article, by Daniel Woolfson, *Why Do Some of Us Feel Sad After an Orgasm?*

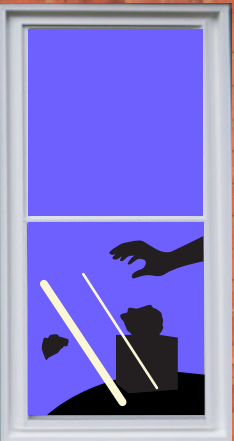
TASTY TIDBITS



"I thought I took my virginity the first time I fingered myself."

"The first time I ever jerked off until orgasm was in my family's shower a few hours before we went Christmas caroling with our church."

"One day, I was cumming and rubbed my feet on the carpet et voila I found a new source of pleasure."



"I got turned on during a poop break while writing a paper and came in a library bathroom."

STILL THIRSTY?

S'MORE RESOURCES



SCARLETEEN
A website since 1998 offering sex ed, sex advice, relationship advice, and how-to's.



GO ASK ALICE!
An anonymous health Q&A website run by Columbia's health practitioners.



UPPERCASECHASE1
An amazing transmasculine Youtuber who delivers trans sex-ed and product reviews with charisma.



SEXPLANATIONS
Dr. Lindsey Doe, a clinical sexologist, makes hilarious, educational sex-ed videos.

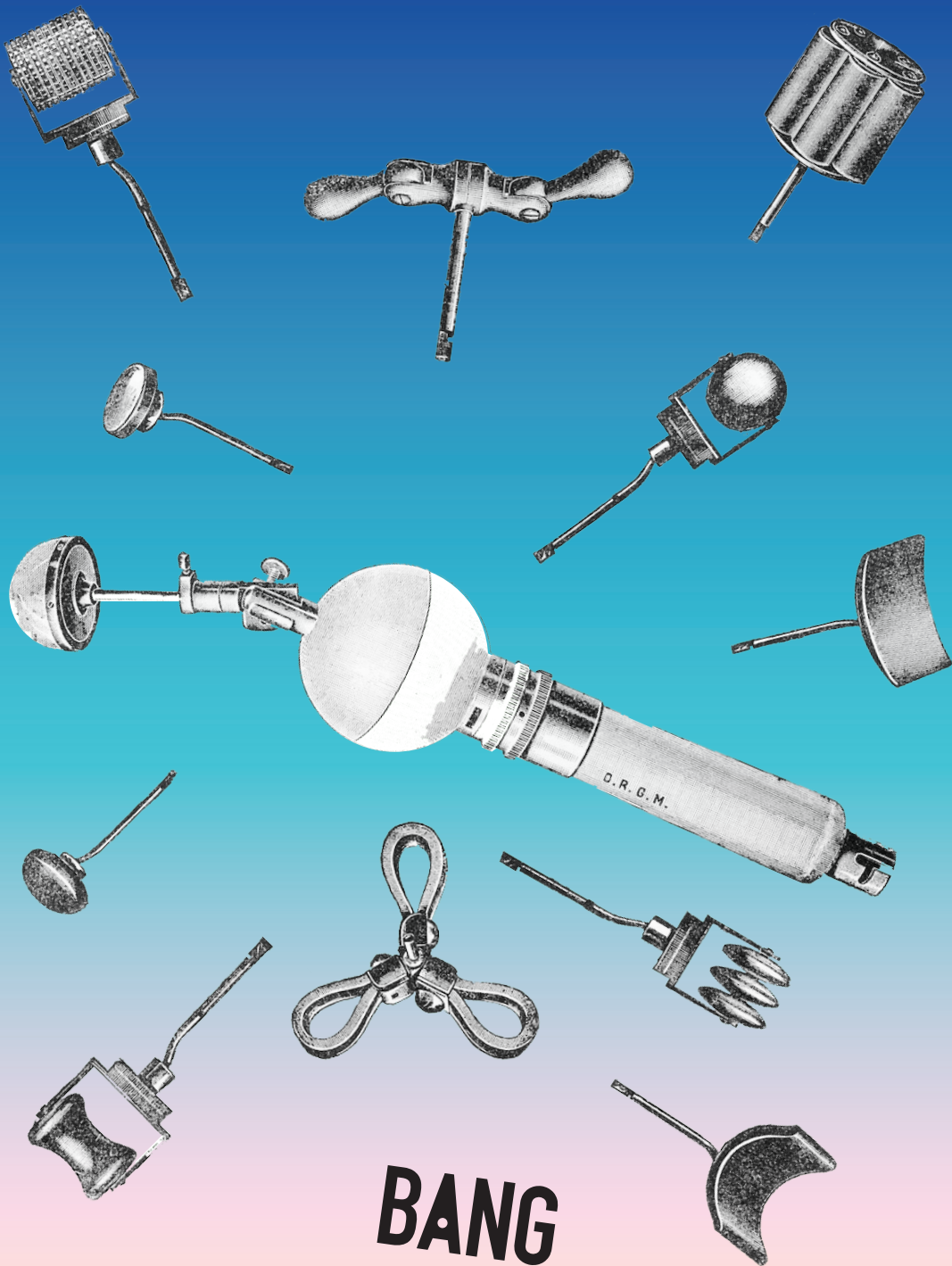
#KINSEYCONFIDENTIAL

KINSEY CONFIDENTIAL
A research-based sexuality information service designed by The Kinsey Institute geared towards college-age students.

ABOUT THE CREATOR



Vic Liu designs things that should exist.
She believes that people would be happier and safer if they weren't embarrassed about their genitals.
vic-liu.com.



BANG