

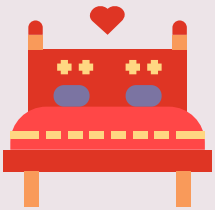
PLEASURE

Thinking and talking about pleasure is at best an awkward conversation
.... and at worst completely taboo!

We want to help combat these negative stigmas and stereotypes when
it comes to knowing, exploring and pleasuring yourself and your body -
and anyone else you consensually engage with ;)

In 2000, *The Penguin Atlas of Human Sexual Behaviour* recorded that sex occurs about 120 million times a day.
Imagine how much more often it happens now, in an increasingly sex-positive world!

safe sex practices are scientifically proven to :



decrease anxiety
and improve sleep



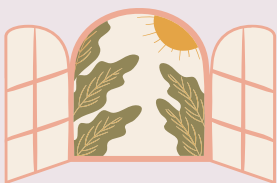
enhance memory
and brain power



provide the same health
benefits as exercise

STIMULATE YOUR EROGENOUS ZONES

like the clit, penis, vagina and anus



oh baby do you
like that?

check in consistently and
continuously - ask them if they like
what you are doing or if there is
something they want you to do
always check for consent

the
money shot



orgasms, while enjoyable, are not
the goal of sex. Having an
enjoyable pleasurable
experience is!



"yes Yes
YES!"

communication and
enthusiastic consent is sexy

handy hints

lube

some deep breaths -
you gotta feel relaxed

sex toys

try new positions and
lengthen foreplay

