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# *ANAL SEX GUIDE*

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## **1. Anal sex introduction**

Anal sex is a sex act in which a man inserts his penis into his partner's anus. Couples of both heterosexual and homosexual orientations can practice this act and enjoy various positions and forms of anal sex, which can also be referred to as "anal intercourse". Most positions in anal sex are adapted from vaginal penetrative positions, only this time the male partner is pushing against the rectum or anus.

Discussions about anal sex can also cover a broader range of sex acts in which a sex toy, a partner's fingers, or some other object is inserted into the anus. While many considered this to be more taboo than other traditional sex acts, people enjoy anal sex because it can stimulate the prostate in men or the clitoris in women – even touching or stimulating the anus with a finger or a sex toy can be pleasurable to an individual. Also, while any ideas about anal sex can be a source of societal shame and discomfort, both men and women alike enjoy anal sex for the very reason that it's taboo. The act thus becomes more adventuresome and naughtier, providing new, exciting sensations to the sex practices of couples.

The one thing about anal sex that puts off those who haven't practiced it – as well as those who profess that they'll never practice it – is the pain. Indeed, anal sex can be painful, especially since the mucous membrane of the rectum provides very little natural lubrication. This can then cause damage to the sphincter muscles and other soft tissues, which subsequently can cause anal prolapsed or incontinence. Straight and gay couples who enjoy anal sex are also exposing themselves to higher risks of acquiring contagious sexual diseases. These risks become even higher when couples do it without a condom, a practice often referred to as "barebacking".



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## **2. Anal sex safety**

Having anal sex is considered by many – including medical professionals and health experts – as an unsafe sex practice. This is due to the fact that anal sex presents higher health risks and exposes those who engage in it to the possible transmission of several sexual diseases, including HIV and Hepatitis, among many others. Moreover, inserting the penis into the rectum of one’s partner without the use of anal sex lube can also damage the partner’s sphincter muscles, not to mention tear other soft tissues in the area.

These safety issues that surround the practice have led to a number of tips that one can find in many an [anal sex guide](#). Usually first and foremost of these tips is the general advice to those who are having anal sex: they must ensure that the anal area and other relevant body parts are clean, and that the person into whose anus the penis will be inserted should have emptied his or her bowel before the session. Meanwhile, as any anal sex guide will also indicate, the partner who’s inserting his penis, fingers, or sex toys into the anus must also keep these parts or objects clean, clipped, and disinfected.

Condoms and anal sex lube are also essential requirements when having safe anal sex. This minimizes the risk of the transmission of sexual disease, and it also lessens the risk of tearing or pain. That’s because anal sex lube makes the initial penetration smoother and less painful; there are even special kinds of lube (containing benzocaine) that desensitize the anus, relieve pain, and make it more pleasant for the couple having anal sex.

An anal sex guide will also promote safety by emphasizing that whatever touches or penetrates the anus shouldn’t touch or penetrate anything else. After anal play, condoms should be changed, sex toys and fingers should be washed, and relevant body parts should be cleaned thoroughly.



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### **3. Common anal sex questions**

Because it is less traditional than other sex acts, anal sex is surrounded with many questions commonly asked by individuals and couples interested in practicing it.

**Q: How safe is it?**

A: No sex is 100% safe. The risks that one is exposed to during anal sex are just about the same as during any other form of sex. These risks are also present regardless of sexual orientation: STDs like AIDS and herpes as well as infectious diseases like Hepatitis can possibly be transmitted whether one is into straight or [gay anal sex](#). One way of making the act safer and less risky is by using condoms as well as plenty of lubricants during anal sex.

**Q: Why would people like having anal sex?**

A: Anal play in sex adds a new dimension of sensation and pleasure because the anus or rectum has numerous nerve endings which, when stimulated, can heighten the erotic pleasure. People can also feel sexually stimulated whenever anal sex toys are used in lovemaking.

**Q: Does anal intercourse determine or compromise one's sexual orientation?**

A: No, it doesn't. Men and women alike perform straight or gay anal sex without feeling that their sexual orientation has been compromised.

**Q: How can one make the initial anal penetration less painful?**

A: Anal sex hurts more than several other sex acts, primarily because the rectum or anus doesn't have natural lubricating qualities. For penetration to feel less painful, a partner must use plenty of lube, either by applying it to the condom, directly on the penis, or on the [anal sex toy](#). Another way of making anal sex less uncomfortable is by taking it gently and slowly at first, until the other partner is comfortable enough to take the thrust of the penis.

**Q: Can one get pregnant from anal sex?**

A: There is no risk of pregnancy from anal sex, unless there's been direct contact between the penis and vagina before, after, or [during anal sex](#). Nevertheless, one must take all safety measures to ensure that other health risks are minimized.



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## **4. How to have painless anal sex**

[Anal sex videos](#) often show participants in great, wonderful lovemaking – complete with the thrills and sexual excitement but minus the pains and difficulties. One may wonder if this is an accurate depiction, since adult anal sex has been known to be extremely painful and even unbearably uncomfortable.

In any event, there are tried and tested ways to have painless anal sex. These do not necessarily lead to the miraculous pain-free pleasure often shown in anal sex videos, but couples heterosexual and homosexual can nevertheless lessen the discomfort of adult anal sex.

First and foremost, one must understand that anal play is best and safest when one works toward having clean anal sex. This means washing the relevant body parts – as well as sex toys – and emptying the bowel before the session.

Preparation also includes stocking up on a sufficient amount of lubricant. The rectum has no natural lubricating qualities, which is why lube works great in helping penile penetration into the anus feel less painful and forced. Clean anal sex also means changing condoms and reapplying lube after a couple's false starts; that way, the clean penis or sex toy is covered in enough lubricant to allow a much more pleasurable entrance.

While anal sex videos often show a couple engaged in the sex act in full force and full rhythm, one does not need to rush during initial penetration. It is in fact recommended that [adult anal sex](#) participants first take it slow – to avoid causing tears in the soft tissues of the anus as well as to help the couple find a position and angle that are suited for comfort and less pain.

Foreplay prior to penis insertion can also do wonders in lessening the pain of adult anal sex. This may or may not include sex toys, some of which are designed to slowly tease the anus open and allow its muscles to relax. Of course, as is recommended in all uses of sex toys, one must clean, wash, and disinfect everything that goes into the anus in order to enjoy clean anal sex.



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## 5. Anal sex statistics

The general changes in the sex behavior of men and women over the past few decades have also reflected on anal sex statistics. They also reflect on the anal sex health situation of the people today. It seems that a generational change has occurred and continues to occur, with greater interest in broader, more different, and less traditional forms and expressions of sex – such as anal play and the use of sex toys.

Here are statistics that point toward the trend:

25% – or one of every four Americans – have had either female or [male anal sex](#) at least once in their lives. 10% of this number is a group composed of people who have practiced it at least once within the last year.

One study that had polled 3,200 men showed that fifty percent of men have had anal sex.

Among women 25-29 years old, 12% had engaged in anal play in the last year and 2.4% during their last sexual event.

In a 2002 poll, 11% of men and women aged 15 to 19 years old had practiced anal intercourse with someone of the opposite sex. 3%, meanwhile, had engaged in male anal sex.

17% of sexually experienced males and 18% of sexually experienced females have practiced heterosexual anal sex at least once.

A recent probability study in California showed that 8% of men and 6% of women engage in female or male anal sex at least once a month – with a majority of them doing it as frequently as five times a month.

A key [anal sex health](#) statistic indicates that 60% of the above study's respondents did it without using condoms.

More studies point to a rise in anal sex among teens. Lack of sex education, virginity pledges, and ignorance of best practices in anal sex health contribute to risky sex behavior.



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## **6. Anal Sex Tips and Techniques**

The best anal sex is often achieved by two people who are equally involved and equally relaxed enough to enjoy the act. It doesn't matter if the sex is practiced at a fast or slow pace, or if one uses [anal sex toys](#) or not. If a repeat performance is on the cards, then chances are that a couple is doing something right as they engage in the sex act that's commonly perceived as non-traditional.

First of all, for safety measures, what touches the anus must not touch anything else, unless it has been thoroughly washed, cleaned, and disinfected. A penis or a sex toy that has been inserted into the anus and taken out must not be put immediately into the vagina or the mouth, as this may lead to serious infections and sexual disease. Remember: [great anal sex](#) is safe and disease-free.

To enhance the pleasure and enjoy the best anal sex, one can pick from the different kinds of lube, including KY Jelly, AstroGlider, and high-tech silicone-based lubes, among many others. Using plenty of lubricant allows couples to enjoy painless, smooth, great anal sex, without the need to worry about soft tissues in the anus getting torn or damaged.

Anal sex toys are also great for adventurous couples, as these things open up the anus and allow its muscles to relax. A wide variety of adult toys for anal play are available on the Internet, ranging from butt plugs and sex balls to dildos and vibrators. These anal sex toys help couples enjoy great anal sex, not only because they provide an extra thrill, but also because they help both partners first achieve a level of comfort and relaxation prior to penile penetration.

The [best anal sex](#) can also be achieved by experimenting with different positions. The Internet is full of resources for various anal intercourse positions as well as useful ideas for role playing and fantasies. While no two humans are the same, everyone has freedom to experiment, enjoy, and ensure maximum pleasure in anal play.



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## **7. Anal Sex Hygiene**

Having anal sex requires both parties to ensure that they maintain proper hygiene. Because penile penetration into the anus is considered to be among riskier sex acts, health and cleanliness should be considered by couples as top priority.

Regardless of whether one engages in heterosexual or homosexual anal play, it must be noted that the anus or the rectum doesn't have the natural lubricating qualities of a vagina. This is the reason why anal sex can expose individuals to higher risks of sexually transmitted diseases, infections, and other complications.

To ensure safe, disease-free, and clean anal sex, the person into whose anus the penis is going to be penetrated must first empty his or her bowel. This must be done at least two hours before the session. A thorough shower – with a jet of water directed into the anus – will help clean out any remaining waste. One may also well consider a full anal enema, which is a surge of water into the anus that looses residual matter and cleans the area by flushing. It's an uncommon practice, but it's safer than having anal sex without first taking proper cleaning procedures.

The person inserting his penis into the anus must also wear a condom and use plenty of lubricant. This is one of the best practices in clean anal sex, as condoms and lubes are essential in minimizing the risk of infections and sexual diseases. A man who plans to use his fingers and sex toys and insert these into the partner's anus must also make sure that the fingernails are clipped and clean, and the toys washed and disinfected.

The question of hygiene becomes very important when couples having anal sex neglect these safety measures. All it takes is a low or poor hygiene by either one of the parties – and the health of one or both parties are likely to be compromised.



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## **8. Gay anal sex**

Male anal sex is the foremost way for a homosexual man to “consummate” his love or sexual desire for his partner. While the anal sex act is often described as the penetration of the penis into the rectum, male anal sex can also mean exploring the anus using one’s tongue, fingers, or even sex toys.

Anal sex beginners should understand that anal sex involves inserting the penis through the anus into the rectum. The anus is the hole through which faeces passes out, and the rectum is the connection between the anus and the colon. These are normally held tightly shut at the bottom by the sphincter. Because these male body parts do not have the natural lubricating qualities of a vagina, homosexual men often use sufficient amounts of lube to perform male anal sex.

Once the anal area is lubricated well enough, the man whose penis is to be inserted into his partner’s anus (often called the “top”) can first relax the muscles of the anus or rectum so that his receiving partner (called the “bottom”) doesn’t experience too much pain or discomfort during male anal sex. Relaxation is done either by fingering or by rimming, which is to explore and erotically stimulate the anus using one’s tongue.

Anal sex beginners attempt to acclimate themselves to the feel of anal sex by starting slow, at a pace that both men are comfortable with. While for experienced gay men this insertion process may take only a few seconds, anal sex beginners can take as long as several minutes – even hours – to achieve a level of comfort in the insertion and penetration of the penis into the anus.

One way of achieving this level of comfort is by using anal sex toys to relax the sphincter muscles in the anal area. Foreplay prior to penetration is also recommended.



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## **9. Anal Sex Lubrication**

The importance of anal sex lube cannot be denied, be it in heterosexual or homosexual use. That's because the sex lubricant, no matter what kind (be it from water-based products, oil-based products, or organic lubrication), can increase the pleasure that one gets from the anal play and intercourse.

One important note that one may find in any [guide for anal sex](#) is that many kinds of anal sex lube contain benzocaine, a material which acts as an anaesthetic and desensitizes the anal area. This helps minimize the pain as the penis is inserted into the anus. At the same time, however, benzocaine in anal sex lube can also lead to a lack of sensation in the anus. This becomes particularly dangerous if one partner gets too rough and damages the soft tissues and sphincter muscles of his receiving partner, without any of them recognizing the damage being caused and health risks to which they are being exposed.

In general, however, lube is an essential component in every guide for anal sex. The rectum may be lined with nerve endings that can produce feelings of pleasure when stimulated, but – unlike the vagina – it doesn't have any natural lubricating properties. [Anal sex lube](#) thus helps couples get ready for the penetration in anal sex by reducing friction with the penis and other relevant body parts.

A guide for anal sex can point out the hundreds of different lubricants available today. These include water-based, oil-based, organic, silicon-based, anal-specific, and male-masturbation-specific types. Water-based lube is generally considered to be the safest all-purpose lubrication, particularly because it is non-irritating and can be washed and cleansed easily. Oil-based anal sex lube, meanwhile, typically has better slippery properties. It also doesn't dry off as quickly as water-based lubrication. The drawback is that personal oil-based lubricants can potentially cause irritation, burning sensations, and itching.



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