bloomi

Anal Sex Myths, *debunked*

MYTH: IT'S PAINFUL

FACT: If you use a generous amount of lube, go slow, and relax your muscles, anal sex can be really enjoyable for everyone involved.

MYTH: IT WILL BE MESSY AND EMBARASSING

FACT: Most people have anxiety about the 'mess', or possible fecal matter, the first few times they try anal sex. If it makes you feel more comfortable, washing your anal canal (a few inches) with warm water and an anal douche is a safe way to cleanse beforehand.

MYTH: IT WILL MAKE MY BUTTHOLE STRETCH

FACT: Your anal sphincter, the muscle at the end of your anus, can slightly stretch with anal sex. However, kegels, the exercises we do to strengthen our pelvic floor, can also tone your sphincter.

MYTH: I CAN USE MY REGULAR VIBRATOR ANALLY

FACT: In order to avoid fecal bacteria entering the vagina, don't use an anal toy vaginally (the reverse order is OK, however). Any time you use an anal toy, it's best to use one that is designed thoughtfully, with medical-grade silicone, and has a flared base to make retrieval safe.

MYTH: IT DOESN'T COUNT AS SEX

FACT: There are all different kinds of sex - vaginal, oral, mutual, solo, and anal. All are forms of sex and can feel really good as long there is communication, safety, and consent.

MYTH: YOU CAN'T GET STIs FROM ANAL SEX

FACT: Any time you are exchanging bodily fluids and/or rubbing intimate skin against each other, you can transmit STIs. With anal sex, bacteria or viruses can enter your bloodstream through micro-tears within your anal tissue. Condoms will help prevent STI transmission.

MYTH: IT'S OFF LIMITS TO STRAIGHT CIS-MEN

FACT: Engaging in anal penetration doesn't alter your sexual orientation. There are many straight cis-men who enjoy giving and/ or receiving anal sex. Some may also prefer anal play like rimming or touch around thier anus but not necessarily penetration–that is great too.

REGARDLESS OF WHAT YOU'VE HEARD, HAVING SEX OF ANY KIND IS OK, AS LONG AS IT'S CONSENSUAL, PLEASURABLE AND SAFE.