



## WHAT IS OTHERCOURSE?

Othercourse is creative sex play that is not limited to, or focused on, intercourse. It can include any sexual activities you and your partner enjoy and can lead to anything you both agree to. It can be the first course, the last course, the main course, or the only course.

### WHO IS OTHERCOURSE FOR?

Othercourse is good for anyone who wants to:

- Spice things up and try something new
- Revisit favorite activities from an earlier time
- Extend, increase, or prolong sexual pleasure & arousal
- Develop or discover alternatives to your sexual routine
- Surprise your partner or yourself
- Increase frisky feelings in your relationship
- Recall how much fun sex was when you were only doing “heavy petting”

Othercourse is also a good choice if any of the following describe you or your partner:

- You have trouble maintaining an penile erection
- You experience pain with penetration, or do not enjoy penetration
- You have trouble reaching orgasm during intercourse
- You have performance anxiety
- You want to avoid pregnancy
- You want to postpone intercourse, and still enjoy intimate play together

A playful attitude and adventurous spirit are the best assets you have when it comes to sex second

only to a genuine affection for your partner. The right attitude can make any activity or technique full of pleasure and fun.

Sex can easily become serious business if you see it as a race to the finish line or a performance that must play out in a particular way each time. We all experience busy or stressful times, illnesses, hormonal shifts, and other circumstances that force changes in intimacy or physical response. Flexibility and a sense of humor can help you weather these changes.

Keep your attention on creating pleasure and deepening your intimate connection with each other. Broadening your idea of what good sex consists of—and exploring ways to create as much pleasure as possible for you and your partner—will take the focus off of what you can’t, or choose not to do. As an added benefit, expanding your sexual repertoire adds plenty of fun to your sex play.

### GETTING STARTED AND BUILDING ANTICIPATION

Agree that neither of you will aim for orgasm; your only goals will be giving/receiving pleasure and having fun together. You can decide some activities are off-limits, or set no limits, but don’t set orgasm as the end point. One or both of you may have an orgasm but it’s not required. This can relieve performance pressure while allowing you to explore activities you might have otherwise missed. If you enjoy this you can try it whenever you want to build your connection and anticipation.

### EXTENDED AROUSAL

Make out during a movie with no pressure to go any further or skip the movie and revisit heavy petting on the couch. Keep your clothes

on much longer than you want to, or keep them on all evening. See how much fun you can have undressing slowly when the time comes or touching each other through your clothing.

Take a long shower or bath together and spend time washing each other’s bodies, maybe using a silky, pleasantly scented bath gel. Concentrate on the sensations—smell, warmth, water, the feeling of your partner’s hand gliding over your skin. Breathe deeply and linger in those sensations as long as you can. A sensual after-bath massage continues the contact and conditions the skin.

### ADD SOME MORE ADVANCED COMMUNICATION SKILLS

Try this exercise together: ask your partner for permission before every action or touch. Only touch when and where they allow.

After asking,

- “May I touch your...?”

Follow it up with:

- “Did you like that?”
- “Would you like me to do that some more?”
- If so, try “May I kiss your...?”

Alternatively, offer a hand or foot massage, only touching in the exact manner your partner requests.

In the same or at a different session try switching so that both of you get an opportunity to learn about each other and yourselves.

Practice talking about intimate play more often explicitly asking for what you want as well as asking your partner what they would enjoy. If this feels awkward at first then start slow. If you usually use moans or sounds to communicate during sex play try speaking a few words instead (“Right there” or “A little slower,” for example).

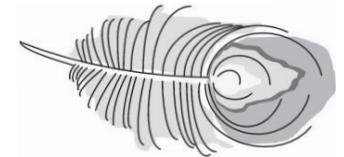
## Stretch Your Creativity

*Was grocery shopping always this fun?*



Start a date by meeting in the produce department of your local grocery store. If you are tempted by fruit, what body part would taste nice with raspberries on it? Peaches? Whipped cream? Champagne? Honey? Chocolate Sauce?

**Discover other erogenous zones...** Find a movie or book on erotic massage, and try out the techniques. Visit our website for a wide selection of resources on vulva massage, penis massage, and whole body erotic massage. You can also explore different kinds of touch using feathers, silk scarves,



strands of pearls, or fur, and get creative with some of the kitchen utensils/gadgets. See if you can discover some erogenous zones you didn’t know about before by observing your partner’s responses carefully and experimenting with different areas and different strokes and touches. Explore everywhere, not just the genitals.

**Flirt From a Distance...** Try phone sex, cybersex, email sex, instant messaging, or explicit notes tucked into pockets or lunch bags. You can tease, tempt, and arouse your partner all day long from a distance. Anticipation can make your next date extra-spicy.

## ENJOY SELF-PLEASURE, ALONE OR TOGETHER

Mutual masturbation and self-pleasuring in its many forms is both sexy and safe. It can be extremely arousing to watch a partner pleasure themselves to orgasm. Settle yourselves into comfy positions and decide if you want to take turns, go solo, or stimulate yourselves simultaneously. You can impose rules like “You can’t touch me,” or let your partner play a supporting role in your pleasure.

## THE ART OF KISSING

Many people enjoy giving and receiving pleasure of all kinds with their mouths. If you love kissing devote some time to it rather than seeing it as just an appetizer. You can take kissing to another level by exploring your partner’s entire body with your mouth. If stimulating your partner’s genitals with your mouth is new to you consider renting an instructional movie or book on oral sex to debunk myths and offer sexy tips. Or just dive in and enjoy discovering what you and your partner both enjoy. If you are experienced in giving and receiving oral pleasure experiment with using flavors or ice, and explore different positions, adding additional stimulation with your hands or a vibrator.

## SEXUAL PLAY WITHOUT PENILE ERECTIONS

Keep going even if his penis isn’t hard. Find out how much fun a man can have *without* an erection or without engaging in penetration of his partner. Remember that men *can* have *orgasms* without ever having erections. Buy a nice flavored lubricant (or compare several) and use a small dollop of *silicone* lubricant in *your* mouth to keep your mouth wet. Try using different parts of your body to provide stimulation. Some ideas: hands, mouth, breasts, or between thighs.

As an alternative try incorporating a pleasure sleeve into your play. These soft, stretchy sleeves can be held on the penis, or the receiving partner can even hold it between the legs, which creates the feeling of penetration and friction without actual body penetration. Get more ideas from our brochures on *Masturbation for Men*, and *Men’s Toys*.

## FOCUS YOUR ATTENTION

Take turns focusing attention on one another. One day have a date that’s all about *pleasing* your partner. The next day *switch* places. Sometimes knowing you won’t be reciprocating right away can allow you to *relax* at a deeper level and sink into the sensations you’re experiencing.

If you have trouble finding time for sex in your busy lives make a date and put it on the calendar. Turn off the phone and send the kids (if you have them) to a baby-sitter. If you’ll be distracted by your to-do list during a date at home rent a motel room. Pack a romantic picnic or order delivery. Even an hour or two is plenty of time to have fun and anticipating the upcoming date can help get you both through the week. If you’re overwhelmed with stress try sitting on your partner’s lap while you catch up on the day’s events and see if the mood shifts. Or allow yourselves to begin gently touching and pleasuring each other and follow those sensations. If you become more aroused, you can pursue more intense touch or simply enjoy the contact and intimacy.

## ABOVE ALL, HAVE FUN

There are so many ways to enjoy intimacy without ever engaging in intercourse or penetrative sex play. Start with the ones we’ve listed here and then expand your list to whatever you wish to add to your repertoire. You have nothing to lose and a

lot of pleasure and *closeness* to gain.

## FURTHER RESOURCES

WWW.SEXUALITYRESOURCES.COM

On our website, you can browse our online store, download brochures at no charge, and read articles about sex and sexual health.

## BOOKS

- *Daily Sex* by Jane Seddon

Includes descriptions of 365 different positions, many for activities other than intercourse.

- *Lesbian Sex Secrets for Men* by Jamie Goddard & Kurt Brungardt

A good choice for those who enjoy pleasuring women and who want more ideas on how to do so.

- *Red Hot Touch* by Jaiya and Jon Hanauer

Full of great ideas for those who want to explore using their hands as tools of pleasure.

- *Ultimate Guides to Cunnilingus & Fellatio* by Violet Blue

These are helpful references for anyone who wants to explore oral pleasure.

- *Kissing a Field Guide* by Violet Blue

A primer on ways to use your lips for sensual pleasure. Most know how to kiss, but few are truly skilled.

## MOVIES

- 101 Masturbation Secrets for Lovers
- Best of Penis Massage
- Best of Vulva Massage
- The Joy of Erotic Massage

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# Othercourse

~enjoy sexual  
pleasure beyond  
penetrative sex

~revisit favorite  
activities from an  
earlier time

~surprise yourself  
(or your partner)



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