

latex rubber rings, you can also choose silicone rings. If you know that you will be using a large (about 3+ fingers wide) or small (about 1 finger wide) dildo, or if you will be using dildos of different sizes at different times, choose a harness that has interchangeable O-rings.

4. Who will wear it?

All of our harnesses adjust to fit a variety of body sizes, and some are available in “Xtra Lusty” sizes. Some styles fit bodies that have penises.

- Check the descriptions for the size range each harness can fit comfortably.
- If different people might use the harness consider all of the hip sizes involved.
- Although some may choose to share a harness, many people like to have their own harness to suit their own preferences and to avoid the possibility of transmitting infections.
- People with penises often prefer the two-strap models. There are some styles that specifically accommodate a penis while also wearing a dildo.

5. Would the person wearing the harness enjoy extra stimulation?

If so, you may want to consider:

- using a dildo with a vibrator in the base which transmits vibration through the dildo to the person being penetrated
- choosing a harness with extra pockets for vibrators
- using a harness cuff, which slides onto the straps of a jock-style harness and holds a dildo or vibrator in place, allowing the harness wearer to enjoy vaginal or anal penetration
- using a double dildo—see the discussion on page 1

6. Do you prefer leather or synthetic material?

Harnesses made of **synthetic** materials can be cleaned in the washing machine (it's best to put them inside a pillow case or lingerie bag so the ends don't get wrapped around the agitator). Synthetic harnesses usually stay as firm as they first feel and do not “break in” as easily.

Leather requires a little more care. To clean, wipe it down with a damp, soapy washcloth and do not rinse under water. However, leather will soften and form to your body with use.

How to Choose a Harness

What style of harness interests you?

- Thigh
- One strap (thong style)
- Two straps (jock-strap style)
- Adjustable for One OR Two straps.
- Boxer or Brief

Might you use a double dildo with this harness?

- Yes
- No
- Maybe

What size dildo(s) will you use?

- Quite small (about 1 finger wide)
- Quite large (more than 3 fingers wide)
- Somewhere in between 1 and 3 fingers wide
- Multiple sizes

Who will wear it?

- Larger-bodied person(s)
- Smaller-bodied person(s)
- Multiple people with different body sizes

Would the person wearing the harness enjoy additional stimulation while wearing it?

- Yes, vibration
- Yes, penetration
- Yes, both vibration and penetration
- No

What type of material do you prefer?

- Leather
- Synthetic leather
- Fabric
- Doesn't matter

Harnesses

~why do people use harnesses?

~how do people use harnesses?

~learn about what choices are available

~choose a harness that's right for you



A Woman's Touch
Sexuality Resource Center

toll free 888-621-8880

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Dear Sex Counselor,

What are harnesses and why would someone use one? How do I choose?

What is a harness?

A harness holds a dildo stationary without using a hand. They can be worn to hold a dildo on the pubic bone (hip harness), inside the vagina (called a double dildo), or on a chair, pillow or tree.

Why use a harness?

Together, a harness and dildo (aka “strap-on”) can be worn for the purposes of:

- simulating having a penis (packing)
- penetration someone else
- self penetration

Sex play with a harness and dildo offers a multitude of options for pleasure and safety. For example:

1. A person with a vagina might use a strap-on to:
 - penetrate their partner
 - penetrate themselves and their partner simultaneously
 - self penetrate
2. A person with a penis might use a strap-on:
 - if they don't have a current erection
 - to penetrate a partner who enjoys simultaneous vaginal and anal penetration
 - if their partner prefers to be penetrated by something of a different size than their penis
3. Some harnesses can hold a dildo in different places.
 - Someone can use a harness to secure a dildo to a pillow, chair, wheelchair, or other stable object for self-pleasuring.
 - Thigh harnesses can also be strapped to other parts of a partner's body for creative sex play.
4. People can use a harness and dildo to engage in sexual penetration with a partner and reduce the chance that they might infect their partner with a sexually transmitted infection (such as Herpes or HIV).

How to Choose a Harness

To pick the harness that's right for you, consider the following questions. You don't have to know all the answers, but the clearer you are about what you're hoping for, the easier your choice will be. Keep track of your answers—or someone else's—on the back flap of this brochure.

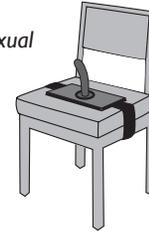
1. Where do you want to wear the harness?

There are two main types of harnesses.

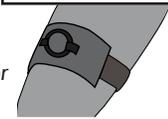
A hip harness (two, one, or no straps) fits around the legs and hips/waist and has a spot where a ring will hold a dildo. A hip harness works best when:

- the harness wearer wants to thrust
- wishing to explore penetration in a variety of sexual positions

A thigh harness is a single adjustable band or strap, and also has a spot where a ring will hold a dildo. Most thigh harnesses will also fit around a pillow, chair, or wheelchair seat for penetration during solo or partner play.



Thigh Harness



- A thigh harness allows you to penetrate someone who is riding your thigh.
- This works well when you want to penetrate someone vaginally (it's a little harder to use for anal penetration).
- Thigh harnesses work best when the person being penetrated wants to control most of the movement.

Both hip and thigh harnesses come in different designs by different manufacturers. Some of them allow for swapping the size of the dildo that can be used by changing the size of the ring-holder, while others are not adjustable.

2. If you want a hip style harness, do you prefer 2 straps, one around each leg (jock-strap style), 1 strap between your legs (thong style), or no straps (boxer/brief style)?



2-Strap 1-Strap Boxer or Brief

There are good choices available in each style so you can be comfortable as you play. Many harnesses are adjustable and allow you to modify your harness to be either one or two strap. Ask a pleasure specialist which models allow for this change.

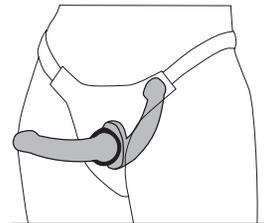
A two-strap style leaves the wearer's genitals available for other stimulation. People with penises tend to prefer two-strap models, plus a two-strap harness can provide more stability during vigorous thrusting.

One-strap style harnesses are minimal and stylish. Some people love the one-strap thong feeling and look. A single strap can provide more stimulation to the vulva and anal area. Keep in mind that someone who dislikes the feel of thong underwear may still like the feel of a thong harness.

Boxer & Brief style fabric harnesses are super comfortable to wear and well suited to spontaneous sex play and/or packing. When compared to the strap-style harnesses, Boxer & Brief style harnesses need to be worn fairly tightly, as the fabric will stretch when pulling away from a partner.

3. Will you be using a double dildo with this harness?

If you're looking at a hip-style harness, you should also consider whether the wearer might be interested in using it with a special type of dildo called a “double dildo”.



How a double dildo fits in a harness

Because double dildos are worn in the vagina, are held in place by a harness, and used to penetrate someone else, the fit on the hips really matters.

Look for harnesses that can be worn below the pubic bone to allow for wearer comfort. Although some people with strong pelvic floors don't use harnesses there are advantages to using a harness with a double dildo. Wearing a harness & double together:

- allows the wearer to focus on their thrusting technique and rhythm of thrusting instead of worrying that the dildo will slide or fall out
- makes using a double more physically comfortable because the pelvic floor muscles don't get so tired during sex play
- avoids the possibility of developing trigger point spasms in the pelvic floor muscles which can happen with prolonged clamping around the double dildo

3. What size dildo(s) will you use?

Most of the harnesses we carry are fitted with an O-ring that will fit most mid-size dildos. Some harnesses cannot be adjusted to change dildo size while others can be adapted to different sizes.

Some harnesses have snaps so that you can remove and change O-rings, and allows use with different sized dildos. Although many harnesses arrive with