

## Erection Rings

Worn around the shaft of a penis, erection rings (ER) hold blood in the penis/clitoris during an erection. ER's make the penis more swollen, sensitive, and a bit firmer. Many different options are available. Some ER's:

- Are worn at the base of the penis alone.
- Are worn around both the shaft of the penis and the testicles.
- Open up quickly so that ejaculation fluid isn't stopped by the ring (recommended), while others don't. (We never recommend steel ER's for this reason.)
- Have the option of vibration to increase arousal and engorgement
- Are excellent at holding condoms in place, and the extra stimulation helps improve sensation

**Nitrile or Latex O-Rings** are sleek, simple and don't get in the way. However, they are not as easy to remove before ejaculation.

**Stretchy Elastomer ER's** are an inexpensive, basic option for those who want to experiment with the sensation of an ER.

Adjustable Leather, Synthetic, or Silicone ER's are long-lasting and highly adjustable allowing you to choose how tightly they constrict. These can be worn around the base of the penis or around the penis and

testicles. Some fasten with velcro or snaps, others with straps that slide through a bead.

**Vibrating ER's** add blood flow and heighten arousal. Vibrating ER's can be worn with the vibrator on top of the penis to stimulate a partner during penetration, or they can be worn with the vibrator on the underside of the penis



against the testicles for more self-stimulation. For an inexpensive vibrating ring, try a **Single Use Vibrating Ring**. These affordable toys have a little one-time use vibrator without replaceable batteries, which will run 20-40 minutes before quitting.

## Prostate Arousal Toys

Many people wonder how the prostate gland relates to sexual arousal. The mature prostate is a gland that secretes enzymes into semen, so sexual arousal acts **on** the prostate gland more than the prostate acts on arousal.

The key to prostate stimulation is understanding the **location** of the prostate. Special arousal nerves course down from the brain into the pelvis and wrap around the prostate. These nerves of the **pelvic plexus** are different from the nerves that coordinate ejaculation. Instead, the pelvic plexus relays arousal information to and from the clitoral caverns. Gently touching, tapping, or massaging the prostate activates these nerves. Thus, even though you are aiming at the prostate gland, you are also massaging the pelvic plexus nerves which boosts the signals of arousal traveling along them.

Being comfortable with anal penetration is an important first step since the location of the mature prostate is most easily approached through the anus. Anal penetration requires a sexual lubricant because the anus does not produce its own lubrication.

## How to Choose a Prostate Toy

The most important features to consider when choosing prostate arousal toys are:

- Forward Curve w/ length to reach pelvic plexus
- Flared base to prevent migration inward
- Wear-ability during activities
- Vibration to enhance arousal

Notice that toys specifically designed for prostate play have a flared base like other anal toys, but are often **curved forward** and **longer** (4-5") to reach deeper into the anal canal. If you want to stimulate the arousal nerves, the reach needs to be deeper.

Some designs allow the toy to be worn **between** the butt cheeks without the pressure from the cheeks pulling the toy back out. This allows you to wear the toy during other sexual activities such as self-pleasuring or penile penetration of someone else. **Vibration** can also boost arousal by increasing sensation along those sensitive nerve pathways.



Oscar or Omar

## Other options

**Experimentation** is your best path to finding which toys pleasure you sexually. Some people like to focus on one type of stimulation, while others like to play with more than one at the same time.

The **more erogenous zones** you stimulate, the more intense sexual arousal and orgasm could be, but some find that too much stimulation is irritating. If you're looking for ways to explore more interesting sensations and/or orgasms, you might try combining some of the toys just described. For example, try wearing an anal plug during penetration; wearing an erection ring while using a self-pleasuring sleeve; stimulating your prostate with a toy while stimulating your penis with your hand or a self-pleasuring sleeve, etc.

**Explore** other toys not described here. For example, many people enjoy nipple play with clamps or suction; others enjoy using a vibrator on their penis and testicles. For more ideas, see our *Self-pleasuring for People w/Penises* and *Self-pleasuring for Trans-masculine People* brochures.

© 2005, 2006, 2009, 2013, 2019, 2021, A Woman's Touch. Contact A Woman's Touch for permission to reproduce this information.

# Penis & Prostate Toys

~learn about toys designed for penis pleasure

~learn about toys designed to stimulate nerves near the prostate

~learn how to choose and use toys to boost arousal



*A Woman's Touch*  
Sexuality Resource Center

toll free 888-621-8880  
[www.sexualityresources.com](http://www.sexualityresources.com)



*I am interested in getting a sex toy specifically designed for a penis or prostate, but I don't know where to begin. What are my choices?*

You have many options to choose from. Let's look first at places where stimulation might be interesting to you.

## Penis Toys

Inside the penis, a structure called the clitoris (clitoral caverns) fills with blood during sexual arousal. Nerves that sense arousal respond both to pressure of the shaft along the outside of the penis, as well as touch & pressure sensation at the underside of the penis near the tip (frenulum). The frenulum is very sensitive because many nerve endings connect at the tip of the clitoris inside the penis. Massage at the tip near the frenulum and/or pressure from squeezing along the shaft are particularly arousing. The glans (penis head) has few sensory nerve endings so is less sensitive to touch. Some people also enjoy massage and pressure of the scrotum, and the space behind the scrotum called the perineum.

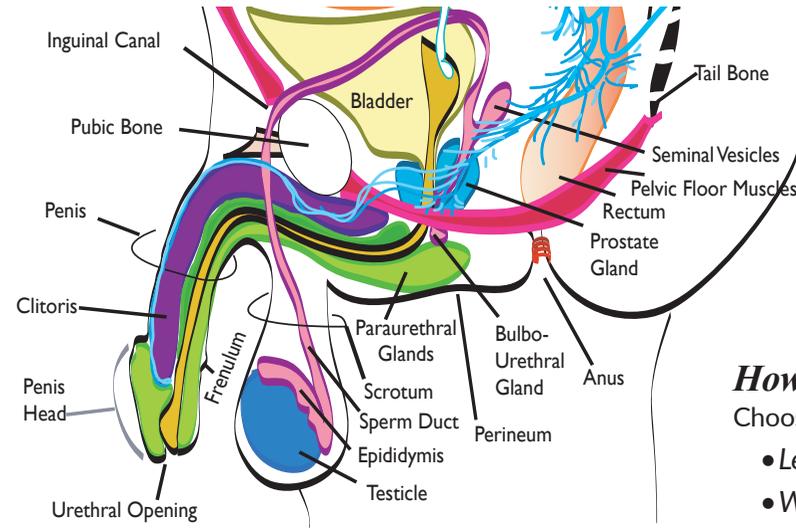
Keeping this anatomy in mind, there are two types of sex toys made specifically for the penis and scrotum. (We'll talk about prostate toys last.) Penis toys fit into two broad categories:

- *Self-pleasuring sleeves*
- *Erection rings*

Vacuum Pumps are used for issues related to erectile dysfunction: please see our AWT Erectile Function and AWT Penile Rehabilitation Brochures.

## Sleeves for Self-pleasuring

*Self-pleasuring sleeves* are tubes made from soft, squishy material that fit around the penis during self-pleasuring. They warm to body temperature easily and with the addition of a quality water-based lubricant, can quite accurately imitate the suction, friction, texture, and warmth of



sexual penetration or oral sex. By using a lubricated sleeve, you control pressure, texture, and friction of penetration that you enjoy most.

## Why use a Pleasure Sleeve

1. *Because it's fun to change friction and pressure*
2. *Some sleeves collect semen, making clean up a breeze*
3. *Sometimes partners aren't available or are not interested in penetration. Putting a sleeve between their legs or hands can give the penetration sensation that you want while allowing a partner to be a part of your arousal without being penetrated.*
4. *Great for travel, you can take your Air Port to the Airport and sleep better whether you're coming or going.*

## First, Choose a Lubricant

Because the material of sleeves is soft and pliable, sleeves will eventually wear out due to friction. Lubricant on the penis and the sleeve feels good and decreases the friction that damages the sleeve material over time.

For any of the sleeves we sell, we highly recommend **FleshLube**. **FleshLube** was designed to not soak in to the materials that make up the soft sleeves. Any other water-based lubricant will work, but will soak in quickly and cause more friction. **Do not** use oils or silicone on any sleeve because they break down the material that makes the sleeve soft.



## How to Choose a Pleasure Sleeve

Choose a sleeve based on:

- *Length of tube*
- *Width of tube*
- *Stiffness of sleeve, or whether it has an outer case*
- *Whether a tip air port is part of the design*
- *Whether the opening has representational features*

**Length.** Some people prefer to stimulate only the head of the penis, while others enjoy pressure and sensation all along the shaft. While you can cut down the sleeve in length, some styles are perfect for penis-head stimulation just as they are.

**Width.** If shaft stimulation is desired, the tightness of the material is something to consider. For some, if the material is too loose and flexible, the sensation might not be enough to be satisfying. However, if the sleeve is too tight to move easily it won't feel good.

**Stiffness.** Some find that holding a soft sleeve for a prolonged period of time can be tiring to the hand grip. If so, buy one with a hard outer casing that will grip the soft inner sleeve for you. You could also try wedging it in to something firm such as between pillows.

**Air Port.** Some sleeves are designed with an air port at the very tip. When pushing into the sleeve, the air can release out the tip, making it easier to thrust. When pulling out of the sleeve, you can cover the port with a finger which creates a

pleasurable suction which feels a lot like the suction of a mouth. The **Fleshlight** series allows you to change the suction by controlling the hard outer sleeve so you can experiment with both sensations.

**Representational.** What you see can be very arousing, so some sleeves add a bit of body-part representation as though you were penetrating a vulva or anus. Other models are plain.

Sleeves such as the **Blue Lagoon** or the **Tenga Spiral** (right) are simple sleeves that create a stimulating combination of suction and



texture inside the sleeve. Smaller sleeves such as the



**Tenga Egg**

**Tenga Eggs** (left) are super stretchy cups that fit over smaller penises or just the head for more focused stimulation.

The **Fleshlight Sleeves** are silicone/elastomer sleeves tucked in a hard plastic case. If you keep the sleeve inside the plastic case, you'll have a more snug fit. If you hold it in your hand without the case, the sleeve will stretch more. The combination of squishy warmth, suction and a firm fit has led many people with penises to report that play with a Fleshlight feels like realistic vaginal or anal penetration.



**When you're finished,** wash with soap and water, dry with a clean cloth, then dust with cornstarch to maintain a non-sticky surface. Also, when you put it away, make sure it isn't resting next to another toy since the two types of materials might not be compatible and result in a ruined, sticky sleeve.