

Explore the possibility of multiple orgasms.

Vibration can help you experiment with multiple orgasms. Most clitorises become more sensitive after an orgasm, so stop and rest for a moment. You can either by stop the vibration altogether or move it to a different spot. When the sensitivity has gone down, start the arousal process again.

If your clitoris isn't ultra-sensitive right away, use your vibrator to keep your arousal level high and see what happens. You may be able to orgasm over and over again. If you can't, that's fine too—one orgasm can be plenty for many folks. The goal is to experiment and experience pleasure, not to achieve a particular number of orgasms. See our *Orgasms for People with Vulvas & Vaginas* brochure for more information.

Interested in Anal Vibration?

You may enjoy using a vibrator inside your anus or at the opening. There are lots of nerve endings in this area, making it very sensitive to stimulation.

Only insert a vibrator inside your anus if it has a flared base. The flared base keeps the toy from slipping into the anus and getting stuck inside the rectum, which can be a medical emergency. There are also vibrators designed specifically for anal stimulation (see our *Anal Pleasure* brochure for more information).

In terms of cleaning:

- *dedicate one for the anus alone*
- *thoroughly wash any vibrator that is used in the anus before using it in the vagina*
- *or cover your vibrator with an unlubricated condom, add your own lube, then change or remove the condom before moving the vibrator from the anus to the vagina.*

Naturally occurring bacteria in the anus can cause infections if they enter the vagina.

Relax and have a good time.

Have fun. This is about your pleasure. No one else can know what is pleasurable for you to experience since your nerve ending lead only to you. Take the time to learn your own mind and body responses.

FAQ: Will I become addicted and be unable to orgasm without my vibrator?!?

Glad you asked—the short answer is *no*. A vibrator may help you have an orgasm more quickly than manual stimulation but it will not desensitize you to stimulation that typically leads you to orgasm. Many people grow

accustomed to the speed at which they reach orgasm when using a vibrator and grow frustrated when other forms of stimulation (oral or manual) don't achieve the same quick results. This doesn't mean a person is addicted to a vibrator, just that they're used to its efficiency.

One caveat: it is possible to train yourself to be able to achieve orgasm only with a certain kind of stimulation. This is true whether you use a vibrator or not, so vary your technique every now and then to avoid getting into a rut. Your body benefits from being reminded how to get aroused in different ways. It's healthy (not to mention fun!) to add a bit of variety once in a while. Who knows? You may discover something new along the way.

Vibrator testimonials

"I was talking to a co-worker about your store and told her, 'I have the best vibrator ever!' She said, 'No, I have the best one ever!' Turns out we have the same one!"
AWT customer

"We're pretty sure vibrators rate as one of the most common uses of our Alkaline Batteries...."
Rayovac engineer and store customer

"A couple of months ago I had no idea what to get my 89-year-old mother for her birthday, so I came in here and got her a vibrator. My sister was shocked, but my mom's been having lots of fun! I told my sister, 'You're never too old'"
AWT customer

"Well, vibrators never really work exactly how you expect the first time you use them. It's sort of like sex somehow..."
AWT staff member

"Only \$19.95 and it's splashproof? Talk about a cheap date!"
AWT customer

"Hey, this is my first vibrator! This is a special moment in my life! Are we going out to celebrate or something?" --
AWT customer

"Oooo, Nice. Not gonna take that one to the movies."
AWT customer

"I've noticed the more I have sex, the more I want to have sex! So I'm getting a vibrator to add even more sexual pleasure to my life."
AWT customer

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Tips for First-time Vibrator Users

for people who have
vulvas
& vaginas

*Now that you have a vibrator,
what do you do with it?*



*A Woman's Touch
Sexuality Resource Center*

toll free 888-621-8880
www.sexualityresources.com



I just bought my first vibrator. It seems like it could be a lot of fun, but I have no idea what to do with it! How can I experiment to find what I like best? Am I going to get addicted to it and no longer enjoy other stimulation?

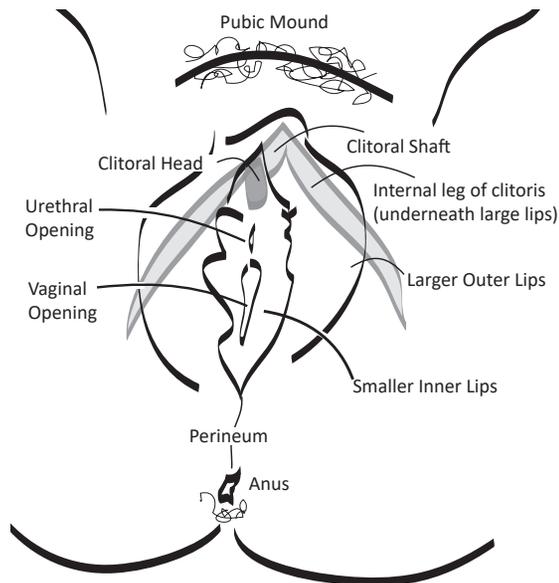
Congratulations on buying your first vibrator! Vibrators increase awareness of sensations in the genitals as well as directly enhance the mechanisms of sexual arousal itself.

Although you've taken the most important step (buying one), vibrators can be overwhelming at first. The key is to experiment with all types of vibratory sensations because you may not know what you do and don't like until you investigate.

It's fun homework and it helps expand your knowledge about what sensations you find pleasurable and/or arousing. Following are some suggestions to help you become better acquainted with your new toy.

Study this diagram of your vulva.

Notice that the head of the clitoris sticks out but the legs of the clitoris are positioned underneath the lips of the vulva. If you're comfortable, grab a mirror and look at your own vulva. Every vulva is different, so notice the similarities and differences from the drawing.



Find a comfortable position.

Chose any body position that is comfortable for you. Some suggestions are:

- *lying on back with legs open*
- *lying on back with feet on wall*
- *lying on belly*
- *lying on side*
- *sitting up*
- *standing with foot on chair or bed*
- *leaning against a shower wall (splash-able vibe)*

You may like to put a pillow or rolled up towel underneath your bottom or belly to change the angle of your body. Some positions may be easier for you than others and each one will make the sensations feel different. Also, try anything that isn't on this list if it appeals to you.

Try some lubricant.

Often lubricant adds pleasure by smoothing the surface glide of a vibrator. Some people find that they make enough lubricant on their own, and don't need additional lubricant. Either way is fine. We often suggest *hybrid lubricants* because they are extra long lasting and won't get sticky, but any water-based lubricant will work. Silicone lubricant will work too, unless your vibrator is made of silicone or elastomer.

Lubricant keeps things slippery and allows you to move the vibrator around easily on sensitive areas without worrying about friction or abrasion. This lets you focus on the sensations and experience of arousal.

With your lubricant, stroke and massage lubricant all over the vulva, lips, clitoral hood, clitoris, and vaginal opening. Take your time and notice the sensations from the massage.

Build up your arousal.

With your vibrator:

- *begin using it on its lowest setting and move around noticing what seems more exciting*
- *vary intensity by using the side rather than the more intense tip, particularly with one speed vibrators*
- *begin on the lips rather than directly on the clitoris (refer to drawing) since its helpful to vibrate the whole clitoris*
- *when you move to the clitoris, wander along the shaft rather than directly on the tip of the clitoris*
- *if you notice your clitoris becoming numb to sensation, move around more or aim at a different area*

Your goal is to *gradually* warm yourself to a higher aroused state. You can get closer to the head of clitoris as you get more aroused. Many people find that they never vibrate

directly on the tip of the clitoris but find a spot to one side or the other when they are aroused and ready to have an orgasm (or several).

Experiment with different intensities.

Play with different levels of vibration to see what you like. Some people like to start with mild vibrations and increase the intensity as they get closer to orgasm; some people like to change the intensity up and down many times. Everyone has different preferences. Building up intensity and then tapering off as arousal increases, is a great way to play with your arousal level and lengthen your self-pleasuring session. Remember, the longer you enjoy arousal the more intense your orgasm may be. Rushing to orgasm can be great for stress relief or to help you sleep, but extended, luxurious, teasing sessions are wonderful, too.

Experiment with different strokes & textures.

Try moving your vibrator in circles, figure eights, or up-and-down. You can hold it still in one place, slide it slowly over your skin or gently tap. There are endless possibilities. Try vibrating over fabric such as clothing or underwear, in addition to directly on your skin. If you have a vibrator made of hard plastic and want to try some softer sensations, consider a silicone or elastomer sleeve. Sleeves come in different shapes—some have rabbit ears, some have a nubby texture. They fit over your vibrator and change the way the surface feels.

Try vibration on different parts of your body.

In addition to your genitals, try using your vibrator on your nipples, on the insides of your thighs, and anywhere else that might feel good. Orgasms are often better and stronger when you involve more of your body along the way. Also, the more nerve endings you stimulate, the more possibilities for pleasure you create.

Try Vibrating Inside the Vagina.

Once you are aroused, you can try inserting your vibrator into the vagina—use lubricant unless you are lubricating a lot yourself. But remember: most people don't have orgasms from vaginal stimulation alone. Activities to try:

- *insert your vibrator vaginally and stimulate your clitoris with your hand or a second vibrator*
- *if you have a waterproof vibrator and have access to a bathtub, insert your vibrator vaginally, and use a water stream/jet on your clitoris*
- *try tilting your vibrator to different angles to see if you find any especially sensitive spots inside.*