

Resources

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happy spotting!

Venus Envy is an education oriented sex shop and bookstore. Our goal is to provide women and their partners a respectful (and fun!) place where they can find toys and tools to explore their gender and sexuality.

We believe that one of the best tools you can have to enjoy a healthy and erotic sex life is knowledge. To that end, we've developed this series of pamphlets. They are based on our workshops and on the information sheets displayed in our stores.

We want to make positive sex information available to everybody! Our pamphlet series covers many aspects of sex, sexuality, health and relationships. They are always evolving, with new topics being added all the time. We welcome any comments and suggestions that you may have.

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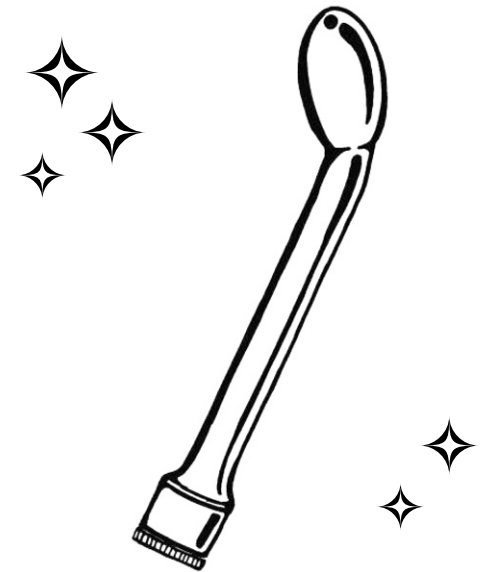
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The G-spot



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books, sex, health...

What is it?

The G-Spot is an area of erectile tissue surrounding the urethra; it's also known as the Urethral Sponge or the Female Prostate. It is a complex network of nerve endings and ducts that swells when you are aroused. Many women find this a highly sensitive area, sometimes more sensitive than their clitoris. But like your clit, response to stimulation can be varied.

Where is it?

The G-Spot can be felt through the anterior vaginal wall (that's towards your belly). It is generally found only an inch or two in from the vaginal opening, the exact location varies from woman to woman: some find it tucked behind their pubic bone, others closer to their cervix. If you think of the vaginal opening as a clock, with the clit at 12 o'clock, the G-spot is usually found somewhere between 11 and 1.

How can I find it?

The vaginal wall over the G-spot tends to have a rougher texture than the rest of your vagina. When you are aroused, the urethral sponge fills with fluid, making it stand out more from the rest of the vaginal wall; in some women, the enlarged part is the size of a dime, in other women, it can be the size of a loonie.

Remember that you're looking for a spot that is found through the vaginal wall, not on it. Because of this you may need to apply very firm pressure.

It can be hard to find your own spot with your fingers, mainly because of the angle involved. Its

definitely easier when you are kneeling or squatting. It's good to try this at least once to get a feel for what you or a partner might be looking for.

Before even getting close to the spot, try lots of kissing, massage, all over touching, or any other kind of play that turns you on. This does two things. First, it makes the urethral sponge bigger, and easier to find. Second, it puts looking for your G-spot in the context of fun. That means you don't have to think of finding it as a goal that must be met, but just another neat thing we can do with our bodies.

If you want a partner to hit your spot through penetration with a dildo or penis there are some configurations that work better than others: rear-entry and woman-on-top positions seem to be the best, but if you're flexible, during the missionary position you can also hook your legs over your lover's shoulders. Visualize the general area you want your partner to hit and adjust accordingly.

The best tool for finding your G-spot is often a curved toy or someone else's fingers and, as always, a sense of humor.

What can I expect?

Anything from irritation to fireworks. The truth is that the G-Spot is not a magic button- looking for it with high expectations may lead to a big let-down. On the other hand, many women find that g-spot stimulation can lead to more intense orgasms, multiple orgasms, or ejaculation. When you apply pressure to your urethral sponge you may feel like you have to pee, but don't worry, you won't - but if you want to be sure just go to the bathroom before you start exploring.

Remember, there is no right way to experience your G-spot, orgasm, or sex in general, for that matter.

Now what do I do with it?

Experiment! The possibilities are almost endless. There are many toys designed with the G-Spot specifically in mind. Some of our favourites are the Slim G-spotter vibe and the Twister silicone dildo, but almost anything that is fairly firm and has a good curve will work.

Kegels Crash Course

Kegels exercise your pubococcygeal (PC) muscles. This is the muscle that contracts and releases during orgasm, so the stronger it is, the easier it is to have more and better orgasms.

Isolate your PC muscles by stopping the flow when you pee. You can feel your PCs by inserting a finger or two into your vagina. The band of muscle around the outer third of your vagina is one of your PC muscles.

Practice quick contractions in sets of 10. Try this at home, on the bus, etc.

Practice longer contractions of 3 seconds each, with an equally long period of relaxation in between.

Try slow, controlled contraction as you breathe in, and slow, controlled relaxation as you exhale.

Vary your Kegel exercises with something to squeeze such as a finger or two, ben-wa balls, a dildo, or a volunteer penis.