



## Bye Bye V-Card—Losing Your Virginity

There is more information in this chapter than you probably need if it's your first time. The trouble in leaving out parts is while they may not apply to you, they might be important for someone else.

Keep in mind that couples can become VERY pregnant from their first time, even if they are doing it when a woman is having her period. For a brief legal reminder: If you are under 18, you may be breaking some of your state's laws if you have sex. And regardless of your age, please read Chapter 18: *Consent*. Now, for the fun part.

### The Importance of Having a Good First Time

When people have a lousy first time, it tends to negatively color the sex they will be having for the next few years. It's as if the bar gets set so low they don't expect sex to be any better. So taking charge of your first time and trying to make it a good experience is in your best interest for now and for the years to come.

### The Realities of a Girl's First Time vs A Boy's First Time

Here are some things that would be good to discuss with your partner before the two of you have intercourse:

By the time most boys lose their virginity, they've had a few years of masturbating under their belt. Most will know what an orgasm feels like. Girls, on the other hand, aren't encouraged to explore their bodies. Few girls will have masturbated before their first time, so not many will know what an orgasm is. Nor will their bodies have experienced anything inside of it. A tampon, maybe, but the chances are good partner's penis will feel different than a tampon; and hopefully it won't have a string attached.

What this means is that unless a girl has a favorite dildo, her vagina will undergo more changes during her first time than her partner's penis will. This doesn't need to be a negative, it's just different.

Another thing is that for most guys, the only love-making education they've had is from watching porn. Porn actors will be the first to

tell you that porn was never meant to be used for sex education or as a model for having sex, whether it's your first time or not. Porn never shows couples talking about what they want to do. It never shows them discussing what feels good and what doesn't. Most of the guys in porn take boner drugs and the women do things for the camera that they don't necessarily do at home. Everything is magic in porn and everyone pretends to have great sex all of the time.

Couples in real life spend way more time kissing and caressing before they have intercourse than porn actors do. Real-life couples can enjoy each other's bodies from head to toe instead of focusing on each other's genitals. And the last thing a first-time couple should ever attempt is a hard pounding fuck like they do in porn. Easy does it is the way to go. You've got plenty of years ahead to have sex like a porn star, assuming you would want to. For now it's about being tender and loving.

### **Preparing Ahead for a Most-Excellent Journey**

"It was very hard to do, but I waited until I was 18 to have intercourse. It was with a guy who cared deeply about me, which made my first experience very fun and comfortable." *female age 36*

Most people's first time is unplanned and more awkward than it needs to be. Hopefully, you will make it a time you can remember with fondness—the beginning of a most excellent journey.

### **In Addition to This Chapter**

If you'd like more information about intercourse, check out Chapter 26: *Intercourse—Horizontal Jogging*. But for your first time, you'll want to keep it simple because there are different priorities. Reading this Guide's chapters on romance, kissing, handjobs, finger fucking, and oral sex will put you years ahead of the game.

### **Who To Do It With Your First Time**

Not many of us are still with the person who we lost our virginity to. While we might have been in love with them at the time, our perspectives and romantic interests will often change.

"I would have waited until I was in college. I would have saved myself years of painful, uncomfortable, inexperienced and hurried sex. And while it just felt good to be close to the guy, I realize that I haven't thought of him in years. Girls, you ain't missing nothing!" *female age 32*

Think about the difference between a crush and a friend. A friend usually has to earn your trust and respect, while a crush automatically gets it because of the way he or she looks or acts. The chances are good you will still have your friends in a year's time, but you will probably have blown through your current crush and you might even gag at the mere thought of the person.

This isn't to say you should ruin a good friendship by having sex with a friend instead of with a romantic interest. But worse things have happened. At least try to make sure your first lovemaking partner is someone who has the qualities of a friend, and he or she is not someone who pressured you to have intercourse.

### **Doing It Sober**

Please, don't do it your first time drunk or stoned. While this is often how it happens, every survey on first-time intercourse is chock full of sad stories from virgins who did it drunk. Couples who do it sober will often have a better and more satisfying time.

### **Advice for Girls**

This part of the chapter is written mostly for women. (Hopefully, guys will read it as well.) One of the keys to having good sex is knowing your body well enough to be able to say "That feels good" or "Let's try something else" in a way that a lover can understand. This is a skill that can take years to perfect. Women who have had sex countless times keep discovering new things about their bodies. So consider yourself at the start of an exciting journey that will last for much of your life.

Girls who masturbate might have a bit of an advantage their first time, but if you haven't masturbated before, not to worry. Do try to feel inside your vagina before you have intercourse for your first time. Wash your hands and get some water-based sex lube or use your own spit. Saliva is water-based and can work well if you don't have sex lube.

When you've got at least a half-hour to yourself (good luck!), or when you are tucked under the covers in bed, start exploring up and down your body with your fingertips. Spend some extra time on your neck and chest and on the area from your navel to your knees. If it makes it more fun, pretend it's a partner's fingers instead of your own. Once your fingers have explored up and down your body for at least ten or fifteen minutes, you might start to focus on the area between your legs. Let your fingertips glide up and down and around your genitals.

While one hand is exploring between your legs, there's nothing that says your other hand has to be tied to your side. At the very least, see what it's like resting it on one of your breasts. When you think it's time to venture inside, get a finger good and wet. Slowly inch it inside your vagina. The emphasis should be on "slowly." You want to feel what your finger is feeling, as well as what your vagina is feeling.

At this point, some girls will want to put their finger in farther; others might be feeling a little overwhelmed, especially if they've been raised in a household that was not safe or supportive of their sexual growth. If you are in the "go for it!" group, let your finger keep going. Remember to be asking yourself what your vagina is feeling. If you are so inclined, you might try adding a second finger. Given how penises are wider than a single finger, two fingers is a nice goal.

If you are in the group who is starting to feel like enough is enough, then this is a good place to stop. Just letting yourself go this far is a really important step. If you can, try to go a bit farther next time, but don't be discouraged if you hit a personal wall. Maybe it would be easier to ask a partner to explore you with his fingers, but only if he knows the difference between exploring with his fingers and his penis!

Don't assume your partner is going to have a clue where the opening of your vagina is. Whether he's your first partner or tenth, be ready to help guide his penis in, unless you don't mind if it accidentally ends up in your belly button or rear end. So if and when you feel ready, you might practice guiding a tampon or small tube-like vibrator or dildo into your vagina when you are lying on your back. Also practice doing this when you are squatting, as if you were in a girl-on-top position.

If all of this seems overwhelming, maybe it's not the right time in your life to be having intercourse. There are other ways you and a partner can enjoy yourselves sexually without a penis going in your vagina.

### **The Importance of Feeling Sexually Aroused**

A lot of guys would be happy if a partner grabbed their penis and started playing with it. But women don't always do as well with surprise dives for their crotch. Women's genitals do way better if they are highly aroused before a partner touches them.

When a woman is aroused, her genitals expand as much as a penis does. This includes blood flowing into the area around the vagina so it straightens out and puffs up more. This will help make it ready for an

incoming penis and it will help intercourse feel better.

Being aroused changes how contact with your clitoris will feel. Touching or kissing a clitoris might be painful if a woman isn't aroused, but it can feel exquisite after she becomes highly aroused. It can take twenty minutes or more of kissing and caressing before a partner should reach between a woman's legs. That's way more time than they show in porn, and it's usually way more time than it takes a guy to get hard.

### **Hymens Don't Pop**

Most women who have taken our sex survey did not experience bleeding during their first intercourse. Nor did their hymens (or cherry) pop. It's a myth that hymens are supposed to pop or tear their first time. To understand more about this, please read Chapter 13: *The Hymen*.

During their first intercourse, some women don't feel a thing hymen-wise, others feel a stretching or a sting, and some feel a level of pain that you might when you get your ears pierced, or worse. But if you do the exercises with your fingers ahead of time, the chances are good you won't feel pain. If you do, tell your partner to stop.

If you are getting a gynecological exam before your first intercourse, ask your gynecologist if your hymen has become stretchy enough for intercourse. If not, your gynecologist can give you some estrogen cream that you can rub on it which will help it become more elastic.

*Now, for advice for members of both sexes!*

### **Pillows and Lube**

Two accessories that might really help with your first time are lube and pillows. You have no idea how much a carefully placed pillow under a woman's rear end can help with the angle of penetration and with her ability to spread her legs. This can allow her to better relax her legs and her vaginal muscles. As for lube, put a few drops on the penis and a few drops in the opening of the vagina and you are good to go. If you don't have lube, spit can help. Just make sure things aren't dry when you try to have intercourse.

### **Putting It In Your First Time**

The finest GPS in the world won't help a guy with this one, and it doesn't matter how much porn he's watched. Guiding a penis into a vagina can be a challenge whether it's your first time or fiftieth. In Chapter 26 on intercourse, some really experienced men admit to still

needing their girlfriend or wife to guide it in.

Asking for a hand (or fingers) isn't a sign of being dumb or a dork. It means a man is smart enough to know when to seek help. Otherwise, he can cause his partner unnecessary pain and himself unnecessary embarrassment. On the other hand, not all women are able to be helpful in guiding a penis into a vaginal opening. Perhaps some playful fingering ahead of time will help both of you figure this one out.

### **Go Slow, Do Not Ram a Penis In, and Don't Start Thrusting**

After you've made out for a long time and are ready for intercourse, start with the head of the penis gently pushing against the bottom of the woman's labia or lips. (It can be very helpful if she separates her labia and guides his penis to her vaginal opening.) If she's okay with the head of his penis pushing against the opening of her vagina, he should ease it in a bit more.

Once the penis is all the way inside of her vagina, just keep it there—don't start thrusting. This is the first time the woman has ever had a penis in her vagina. She should spend as much time as she needs adjusting to it being inside before there's any thrusting. This can be the most important moment of your first intercourse. It will be the only "first stroke" that either of you will have in your entire lives. Stop and savor it. Once you start thrusting, go slow unless she says otherwise.

Also, a nice sensation can result if the guy pushes his pelvic bone against her clitoris when his penis is all the way in. He might try doing a slow up and down or circular motion with his hips. Hopefully she can guide him with her words or hands on the sides of his butt.

### **The Best Position for Your First Time**

Your first time is no time to get fancy. Go with the old-fashion missionary position where she is on her back and you are on top. There's plenty of time later for her to be on top. Missionary is better for the first couple of times. For many couples, it's their go-to position.

### **Where to Do It**

"Our favorite place was on the floor in the room over my parent's garage when they were out somewhere. When the garage-door motor clicked on and started vibrating the floor we had just enough time to finish, clean up, button up, and act

natural before my parents walked in." *male age 26*

For your first time, a quiet, familiar and comfortable setting is best. But finding a private unhassled location can be a challenge any time you have sex. Ideally, find a time and place when roommates, friends or parents won't be barging in. And please don't do it your first time in a spare room at a party. You might not care now, but maybe you will in a few years. Thinking back over that could be a big regret.

Once you have lots of experience under your belt, exotic locations are fine places to have sex. But for now, safe and familiar is best. If you try it in a bathtub or hot tub, chances are good the water will wash away your natural lubricant. If you do it on a beach, the sand will find its way inside the woman's vagina.

### **Make Time for Afterward**

The time you spend together after your first intercourse can be as important as the time during and before. So don't try to do the deed minutes before your team bus is leaving for the state finals or when your parents have made a quick trip to the store. Spend time together afterward and be aware of each other's emotions. Maybe you'll want to hold each other, or maybe you'll want to run downstairs and raid the refrigerator. Hopefully you won't feel the need to text your friends before the condom is barely off.

You can't predict how you will feel afterward. Perhaps you will be relieved, maybe happy, disappointed or sad. Perhaps you'll feel extra close to your partner, or maybe you'll feel alone and isolated. That probably depends more on the quality of your relationship than anything else. Allow for a full range of possibilities and the time to experience them in the hours and days that follow.

### **No Time for Sex Toys**

If you are so inclined, there's plenty of time in the future to bring out your private stock of dildos, cuffs, and strap-ons. But when it's your first time, it's best to stick to the lovemaking basics.

The one exception might be a vibrator, assuming the woman already uses one and enjoys it. It could be helpful for her to get herself off right before you try intercourse. This can help her relax and it might help her first intercourse feel really nice. Perhaps her partner can hold her as she's using the vibrator, but not even experienced couples are

able to pull that off particularly well, let alone first-time couples.

### **If He Comes Really Fast**

Some of us guys can come pretty quickly the first couple of times. Some of us don't even get a penis inside before blowing a wad. Anxiety can do that, and there's nothing wrong with being anxious.

Coming quickly might not be such a bad thing at the start. When a woman hasn't had a penis in her vagina before, there will be some rearranging and familiarizing that needs to go on inside of her pelvis. So less thrusting might be better than more. It might even be that nature intended for first-time males to launch early—to spare first-time women from getting more of a workout than their vaginas are ready for.

### **Advice for Guys**

Look over the following advice that our female readers have for women who are doing it for the first time:

"Make him go slowly and be sure that you are aroused sufficiently before you let him enter you because it will probably be a little uncomfortable the first time. If he rushes, it will hurt and you won't enjoy it at all." *female age 35*

"Make sure you really want it and it's not about being pressured. Masturbate together first. Be comfortable together. My first time was painful and humiliating; there's got to be a better way." *female age 38*

"Have him read the *Guide To Getting It On* first!" *female age 30*

Men who are virgins can be at a disadvantage their first time if they don't have the courage to admit they haven't done it before. Instead of being honest, guys have a tendency to fake like they know what they're doing. Hopefully, readers of this book won't be so silly.

Your first time can be special and sweet, but not if you need to pretend that you know what you are doing when you don't. Here are a few tips for males who are about to make their maiden voyage, or voyage in their maiden:

**During Intercourse:** If you are on top, she'll want to feel some of your weight on her, but not the full nine yards. So use your arms, elbows and knees to support yourself and thrust with your hips. Not to worry, you'll eventually get the hang of it. Even your dad did!

**Your Lips:** You will be hard-pressed to find a single woman who wouldn't enjoy it if her lover planted some tender, gentle kisses on her neck or lips before his penis gets to know her vagina as well as during.

**Porn:** What makes sex work in a relationship and what makes it work in porn are two very different things. In porn, the camera abhors a tender and loving touch. It comes across as being boring. In real life, tenderness rules. The two of you have plenty of time to explore having rougher sex if that's what both of you want. But not your first couple of times.

**Oral Anyone?** In some situations, it makes perfect sense to go down on your partner before intercourse. In other situations, this would be too overwhelming for her. The two of you need to decide together.

**Erections #1:** Not to worry if your erection is flaky. Chances are it's never been under this kind of stress. Keep kissing, laughing or feeling each other up. If you do what's described in the other chapters of this book, she'll be having so much fun she might forget all about your penis.

**Erections #2:** Guys sometimes rush because are worried they will lose their hard-on. If it goes flat, it goes flat. It's far more important that you take your time and offer lots of kissing, touching, and more kissing. The goal of sex is to share pleasure, fun and intimacy. You don't need an erection or intercourse to do that.

**If You Can't Come:** It's not unusual to come quickly your first time. However, some guys aren't able to come at all. If it seems like you can't come, ask her to tell you when she feels like she's had enough thrusting. Either way, if you come too soon or not at all, don't stress it. This is about the two of you enjoying each other, not about coming.

### **Practicing with Condoms—Preparing For Your First Time**

Unless you've really got it together and have been to Planned Parenthood, condoms will probably be your default method of birth control. If you are a guy, try to get a stash of condoms and water-based lube ahead of time. Condoms come in different sizes and shapes. It's a really good idea to get a sampler pack of different condoms to find which brands fit your penis best.

Practice putting on a condom and jerking off with it on for at least a couple of days before your first time. Here are some goals:

Learn how to manipulate the condom by feel alone, as you'll often

be putting it on in the dark. One of the biggest time-killers in putting on a condom is determining which way the material rolls out. Pull the tip of the condom from the center of the ring in a way that allows the ring of material to easily roll down your penis. (There are about a hundred videos on YouTubes of men putting on condoms. For some reason, guys who are really well hung love doing YouTube videos that show the world how to put on a condom.)

After you've got the condom on, run warm water over your hand so it will feel warmer, like your partner's body will be. Then lube your hand up and start thrusting your penis into your hand. See what it's like to thrust with your hips into your lubed hand. This will give you a better sense of the condom's road-handling abilities.

Keep thrusting until you've blown a wad. Then pay close attention to what happens to your penis. If you are like most men, it will start to shrink. This is why you need to crimp the bottom of the condom around the base of your penis as soon as you come. Otherwise, the condom will slip off. If you keep thrusting you will push the condom inside your partner's vagina.

Semen will soon start running out the end of a condom after you take it off. This is why men who know what they are doing will tie off the end of a condom soon after they take it off. Just make a knot in the lower half of the condom.

If you are a woman, get extra condoms and try putting one on something penis-shaped. Learn how to open the package in the dark and how to roll it on, leaving a bit at the end with no air in it if that's what the instructions tell you to do. Also, try to get the morning-after emergency birth control pill in advance. That way, if a condom breaks or comes off before it's supposed to or you forget to bring condoms, you'll have a better chance of preventing an unwanted pregnancy.

If you find yourself having intercourse without birth control or condoms, the guy needs to pull out before he comes. This is called withdrawal. It's where a man pulls his penis out of a woman's vagina before he ejaculates and strokes himself until he comes. This will hopefully keep his sperm outside of his partner's vagina. While withdrawal is not the best method of birth control, it's way better than doing nothing.

### **Why It's Okay for Guys to Be Nervous Besides the Obvious**

If you're a first-time guy, your orgasms during intercourse might

not feel as intense as when you are jerking off. After all, how many times has your penis been in your hand versus the number of times it's been in a vagina? When you masturbate, your fingers are focused on the part of your penis that helps get you off. Vaginas don't have fingers. Also, when you are masturbating, the sole point of contact is your hand gripping your penis. It's way different with partner-sex, because your whole body is feeling her whole body.

You've probably never had an orgasm while supporting your body's weight on your arms or elbows. You will become very used to this, but your body will need a few times to figure it out. And if you want to porn like most guys do, this is the first time you'll be staring into a partner's eyes when you are getting off instead of up a porn actress's crotch. So it takes time and experience to put lovemaking together in a way that beats beating off.

Even if it doesn't end up being your best orgasm, more than 80% of males still come their first time, where it's less than 15% for girls. This is why it's important to become the best lover you can possibly be. You want your partners to enjoy sex and to value having sex with you.

#### **If The Sex Wasn't Mind-Blowing...**

"Relax and don't expect it to be like the romance novels." *female age 32*

"Be choosy. Take your time. Touch and explore everything." *female age 36*

Who knows what makes for mind-blowing sex, but don't be disappointed if it doesn't happen your first time. If you are thinking that finally having sex will change your life or transform your relationship, it probably won't unless the two of you get pregnant or end up with a sexually transmitted infection. If having sex ends up being special or helps the two of you become closer, it will be because of the things you bring to it as a couple, and what you do with it going forward.

#### **If You've Waited until Marriage**

The average reader of *The Guide* is not necessarily the kind who waits until the first night of marriage for sex, so it's not like we have a huge data-base of advice to pass on. But if you think about how stressful a wedding and reception can be, the night of your wedding might not be the best time to make it your first time. Maybe if you cuddle

together and get some sleep, and make the next day all about your first time. Then again, all that adrenaline might be just the ticket! Talk it over ahead of time.

### 16 vs 26

Plenty of people don't lose their virginity until they are in their twenties. The nice thing about waiting is that you tend to be more sensible about it and you will often have a better experience. Many of the late-bloomers we have heard from say it's a much better experience. The following is from a reader who didn't lose her virginity until she was well into her twenties:

"I was surprised at how tricky losing my virginity proved to be. The first couple of times my boyfriend and I tried, my vaginal muscles were very tight and penetration was painful. So we slowed down and tried other ways of loosening the muscles (fingers, a vibrator, etc.), I visited the ob-gyn to make sure nothing was wrong (there wasn't), and we waited for a night when I was nice and relaxed. The first couple of times we successfully had intercourse were amazing—I felt a bit of pain with initial penetration, but once my body got accustomed to him the physical sensation was wonderful, and we had a lot of fun trying different positions and experimenting with what felt good!"

No matter how old you are, hopefully you can plan ahead and make your first time a good time.

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