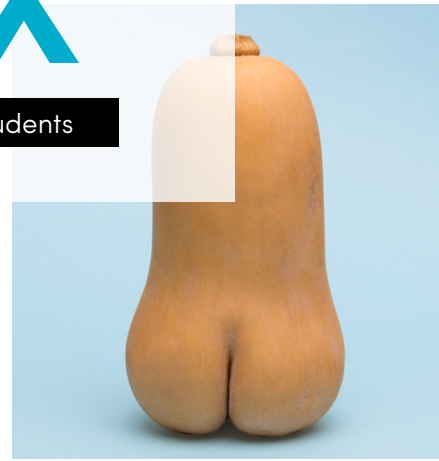




Lovehoney®  
the sexual happiness people™

# UNI:SEX

The ultimate guide to incredible sex for students



# TO SEND NUDES, OR NOT TO SEND NUDES?

That is the question



Though it seems like sending sexy messages and nude pictures has only existed since Snapchat appeared, the truth is people have been exchanging risqué images for hundreds, if not thousands of years. Even Queen Victoria once commissioned a ‘sexy’ (by 1843 standards) portrait for her husband, Albert.

## CONCEAL YOUR DEETS

The problem is, keeping your snaps safe isn’t as easy as it once was - just ask Jennifer Lawrence or Kirsten Dunst. So how can you send nudes and know that no one else will see them?

Firstly, try to keep any distinguishing features like tattoos, birthmarks, or - especially - your face out of shot, and don’t take it somewhere that is quite clearly your space. You can hide your face all you want, but if there’s a picture of you at your uncle’s wedding in the background, someone could still figure it out.

## APP IT OUT

Secondly, be careful about how you send it. Private photo apps like Hidedly provide encryption and password protection that give you greater control over the privacy of your pictures, unlike Snapchat or Whatsapp where people can sneak a screenshot or just download the pic.

Protecting your devices will also play a part, too. Encrypted phones, strong passwords, and fingerprint or facial recognition will stop people being able to snoop through your camera reel, either remotely or when you’ve passed out at the party.

And finally, be sure that your phone doesn’t automatically upload all your pictures to a backup server. Your phone may forget, but the Cloud remembers.

**Or just don’t take them.**

## THE OTHER C WORD: CONTRACEPTION

There are a couple of things that most people want to avoid when having sex purely for pleasure: contracting an infection, and creating a baby. So to avoid this, we use contraception.

Broadly speaking, there are two kinds of contraception: hormonal, and barrier.

For hormonal contraception such as the pill, the coil, or the implant, it’s important to discuss your options with your GP or at a GUM clinic.

Barrier contraception methods such as condoms, female condoms and dental dams are much more readily available, and won’t interfere with the chemical composition of your body.

For all-round peace of mind, condoms are perhaps the most popular choice because they’re around 98% effective, and the only form of contraception that protects against both pregnancy and sexually transmitted infections. Plus, they’re cheap, easily disposable, they offer new sensations, and they can help sex last longer.



# WHY IS NON-PENETRATIVE SEX IMPORTANT?

The low-down on outercourse



Non-penetrative sex (which, in this e-book, we're counting as no penises in the vagina or anus) is vital to a healthy sex life. Sex acts which don't involve penetration can be enjoyed by mixed-sex couples and same-sex couples, people who haven't yet had penetrative sex, those who find penetration painful, impossible, or stressful, and as a vital part of foreplay and masturbation.

For people with vaginas, particularly, non-penetrative sex allows their body time to undergo the preparations needed for comfortable intercourse, such as lubricating the vagina, and a process called 'tenting', where the cervix moves up and away from the end of the vagina to allow the penis inside more comfortably.

It also helps to bring couples closer together, and is just as enjoyable (if not more so) as penetrative sex.

## WHAT COUNTS AS SEX?

Though sexual activity can be fairly easily defined as any kind of act that causes a sexual response in one or more partners, the term 'sex' itself has become much more fluid over the last few years. While 'having sex' with someone used to mean exclusively heterosexual intercourse, shifting attitudes to gender and sexuality mean this is no longer as 'straight'-forward.

Really, 'sex' can be used to refer to any sort of consensual sexual activity, depending on your own parameters, sensibilities and sexual orientation.

So, for many people, a penis doesn't have to be anywhere near a vagina for it to count as sex.



The legal deets

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