

It's the most versatile option! it's safe to use for pretty much any sexual activity- vaginal sex, anal sex, oral sex, to use with silicone sex toys, pretty much whatever. It's easy on skin, and washes out easily (because it's water soluble!). That means it won't stain your sheets, which is great.



Silicone lube lasts longer than water-based lube, and some say it's better if you have very sensitive skin. Also, if you're having sex that involves water (think shower sex) it's not going to fall apart while you're trying to use it, unlike water-based lube. You also don't have to reapply it as often. Silicone lube does not mix with silicone sex toys. Like degrades like, so silicone lube isn't good for the longevity and safety of your toys. This kind of lube can create pockets in your toys for bacteria to grow in.



Oil-based lube lasts a looooong time. Once you apply it, you probably won't need to again. There are some clear downsides, however, to oil-based lube. For one, it's not safe with condoms; it can increase the likelihood of condoms breaking, which is a great way to put a stint in a fun time. Also, if you're using it for vaginal sex, it's associated with things like yeast infections and irritation.



Flavored lube can be super fun and it comes in a whole bunch of different flavors! Generally, you don't want to use it for vaginal sex as it usually contains ingredients that can be irritating and even contribute to yeast infections. External use = great. Internal vaginal use = no go. Check the lube's ingredients before using them with condoms or sex toys. Flavored lube is a great way to make oral sex with condoms and dental dams more fun. You want to put them on the outside of the condom or dental dam.



Butt Plugs are made for rectal insertion. They're tear drop shaped with a flat end that stays external so that they're easy to remove. For some folks, they're just there to enhance pleasure while engaging in other kinds of sex. Sometimes they're used to prep the user for anal sex, and they are also sometimes used while masturbating. There are also vibrating butt plugs, and butt plugs shaped to reach the prostate.



Anal beads are a series of round objects (usually circles but sometimes ovals or something similar) attached by some sort of "string." They come with some sort of stopper at the end, like with butt plugs, usually a loop so that they're easy to insert and remove. For most people, the beads are not the main event, but instead a supporting player in other kinds of sex. Some recommend inserting them during foreplay, and removing them slowly as you get closer to orgasm.



They're made to fit at the base of a penis to lightly restrict blood flow. They "delay ejaculation and increase sensitivity" (Durex). There are also vibrating cock rings which of course are fun for the wearer, and, during anal or vaginal partner sex, can increase stimulation for ones partner. How to use them: First, lube up your penis, you probably want to use water-based lube, and lube up the inside of the ring so that it slides on easier. You want to be flaccid or only semi-erect. It's gonna be tricky to get it on if you're already hard. You put it over the head, then slide it down the shaft. If it's painful, or the person wearing it is experiencing any numbness or the skin is changing color, take it off right away. You can use cock rings with condoms, put the ring on first, then put on the condom. Make sure the ring isn't rubbing against the condom, as this could cause it to rip. No more than 20-30 minutes, plenty of lube, keep alcohol out of the equation, and you should be good!

9trap-Ons

Strap-ons are basically dildos attached to a harness. Some are removable from the harness, some are not. The point is to be able to use the dildo as if it were attached to your body, like a penis! They're designed for partner-sex, and are most commonly worn by people without penises so that they can "top" in penetrative sex. Sometimes, people with penises will use them too. As with dildos, they're used for any penetrative sex. Not all strap-ons are made to stimulate the wearer, but some vibrate, or are designed to be able to penetrate the wearer as well.