

ANAL SEX

the hole story

Anal intercourse is also known as sodomy, buggery, bugging, bumming, butt-fucking, butthanging, arse-fucking, cornballing, corn-holing, backscuttling, Greek culture, bending some ham, goosing, browning it, bottling, moon shot, stern job, one up the bum.

Manual anal sex is also known as fisting, fist fucking, handballing.

Oral-anal sex is technically called anilingus. It is also known as arse-licking, rimming, rimming, cleaning up the kitchen, blowing some arse, smearing somebody's tuna, taking a trip to the moon, rim shot, ring job, tongue sandwich.

The anus is also known as arse, ass, arsehole, backdoor, brownie, bum, shitter, crapper, ditch, back passage, manhole, mustard pot, nooky, Kybher, duff, old dirt road.

ANAL STIMULATION

The anus (outer part), rectum (lower bowel) and buttocks are erogenous zones. The anus is highly sensitive to touch. Anal stimulation can be the primary focus of sexual activity or it can accompany other forms of sexual stimulation. For instance, many couples include manual stimulation of the anus, lightly rubbing the rim or inserting a finger into the anus, during coitus or during oral-genital sex.

HOW COMMON IS ANAL INTERCOURSE FOR WOMEN?

Because of the strong taboos against it, most people underestimate the frequency of anal intercourse. In the 1975 "Redbook" study in the USA by Levin and Levin, 43% of wives had tried anal intercourse although this was their least liked sexual activity. In 1991 "The Kinsey Institute New Report On Sex" confirmed that approximately 30-40% of women have experienced anal intercourse. Some experts suggest that anal intercourse is something which most couples if

honest, would be curious to try at least once. In some situations it is used as a method of birth control.

IS IT LEGAL?

Sodomy was a criminal offence until the Rape Reform legislation of 1985 which brought in the more general offence of sexual violation.

ATTITUDES

Many people have strongly negative attitudes towards anal intercourse which they regard as being unclean, unnatural, perverted, disgusting, dangerous, unhealthy, unhygienic, morally wrong or simply not appealing. On the other hand anal sex can be highly arousing and pleasurable and lead to male or female orgasm.

IS IT HARMFUL?

The anal sphincter (the ring of muscles around the anus) tightens when stimulated and attempts at penile insertion may be distressing even if done slowly and gently. If the penis or any other object such as a dildo is forced into the anus, injury is possible. To minimise trauma, it is important to use plenty of lubricant and some recommend dilating the anus with fingers, before attempting insertion. The penis should be guided in and insertion should never be forced.

If the muscles controlling the anal sphincter are damaged through forceful activity this can cause laxity with subsequent poor control of bowel emptying (soiling).

WHAT IS A GOOD TECHNIQUE?

Alex Comfort, writing in "The Joy of Sex" gives advice on how to make anal intercourse more comfortable. Usually the first try is painful and while this may go with practice, it certainly won't if there are haemorrhoids (piles). The technique is quite different

from ordinary penetration. With the woman kneeling, head well down, the glans (tip of the penis) is well lubricated. There should be no forceful thrusting. The glans is placed on the spot and the man presses gently and steadily, while the woman bears down to let the penis in. At first the anus will close up tight. Then after a few moments it will begin to open. Relaxation is important. Entry must be slow, never more than glans deep, and the man is advised to take the friction on the pull rather than the push. At the same time there should be stimulation of the breasts and clitoris.

WHAT ABOUT HOMOSEXUAL ACTIVITY?

Although anal sex is sometimes thought of as a homosexual activity, numerically speaking it is more often engaged in by heterosexual couples than by homosexuals.

It is not the commonest activity between men who have sex with men. The frequency of anal intercourse is considerably less than fellatio. Sometimes a distinction is made between "active" and "passive" partners depending on their preference as "inserter" or "insertee" but in fact most men who participate in anal sex can enjoy both roles.

Manual anal intercourse is not common and is practised mostly by men who have sex with men, however it is not unknown in heterosexuals, bisexuals and lesbians. This practice involves the insertion of the hand in the rectum, usually after cleansing with an enema. Sometimes it is combined with the use of illicit drugs. It requires considerable trust, slowness and gentleness. There are substantial risks associated with this activity as the anus and rectum can easily be damaged. The risk of contracting or transmitting an infection through broken skin is reduced if a glove is worn on the inserting hand.

SAFER SEX

Never have any form of anal sex if there are visible signs of discharge, sores or warts. For oral-anal sex protect the mouth with a dam, plastic film or thin rubber membrane.

Anal intercourse without a condom

carries a high risk of transmitting infections because there may be invisible tears in the mucosal lining which open up the small blood vessels and allow the entry of semen which contain the HIV virus or the virus of Hepatitis B. For greater safety the penis can be withdrawn before ejaculation. This will prevent accidental spillage of semen into the rectum.

Because of the tighter fit extra strong condoms are recommended, thinner condoms may tear more easily. Some men wear two condoms for extra safety, but this is not advisable. This practice actually increases the risk of condom breakage, or the condom coming off during withdrawal. Extra lubrication is actually more effective in reducing the risk of condom breakage. Only use water based lubricants with condoms, as oils and vaseline will perish the rubber.

Anything that has been inserted into the anus or rectum should not subsequently be put into the vagina unless it has been thoroughly washed. Even normal inhabitants of the lower bowel are unwelcomed, but more importantly there is a high risk of catching a sexually transmitted disease. Bacteria (such as gonorrhoea and syphilis), yeasts (such as candida), and viruses (such as HIV, Hepatitis B, herpes and genital warts) if present in or around the anus or rectum can be transmitted to the female causing vaginal infections, or genital sores or warts.

Attend for an STD check up if;

* You have symptoms following anal sex such as discharge, itching, pain, rash, sores or warts.

* A condom wasn't used, or it burst, slipped or leaked.

* You wish to have a three monthly check for HIV/AIDS.

SUMMARY

DON'T

* Feel guilty if you enjoy anal sex

* Have anal sex if you don't enjoy it

* Have vaginal sex after anal sex without washing

* Allow damage to the anal muscles through force

DO

- * Talk with your partner about safer sex
- * Take time, be gentle
- * Use plenty of lubricant
- * Use an Australian Standards Approved condom (such as Ansell Checkmate)
- * Attend for STD/HIV checks as needed

what to do?
ADVICE COLUMN with
Miss Informed



Dear Jacky,

I have recently had problems with my boyfriend, as he shoots up speed, then he shoots up slow, so he can get to sleep of a night-time. He says he only does it so he can work, but he shoots up even when he's not working. It's ruining our love/sex life. What should I do?

Eva Stallion.

Eva, lovey,

Before we take a look at your boyfriend, let's look at you, doll. WHAT ARE YOU DOING WITH THIS GUY? Does he EVER work, or is it always up to you? I don't need an answer to that. What do you get from him, that you couldn't find somewhere else? I hate to be hard, (I lie, I love to be hard and when I am, boy I'm good) but, sorry, this guy is using a lot more than pharmaceuticals, Eva: he's using you, too. I hate to say it, but the only true advice I can give is get rid of him. I say that in the nicest possible way; you, however, don't need to be so gentle with him (I have found that saying "Fuck off out of my life" usually has the desired effect). He's obviously got a lot to sort out, and he'll only sort it out when HE is ready. Don't waste your time with him. Those guys are a dime a dozen, living off your hard-earned cash. What you do with your money is your own business, and if you want to give it to some creep like him, don't let me stop you. But in case you haven't got the message yet: LOSE HIM QUICK! It will do wonders for your love/sex life.

And as you wander through life - not to mention the singles columns in magazines less reputable than this one - when you meet someone that stirs your pink bits, just ask yourself the eternal hooker question: "Who's up who, and who's paying?"

Of course if you don't believe me now, and you end up standing by your man, just look back in a few months time and re-read my advice. Right on, huh?

Min, can you believe this Eva woman - she calls this loser her "boyfriend".

[This is the final word of advice from Miss Informed. Soon she'll be tucked away in Keith's box, headed for Sydney] BYE!