

Sexy September

Your guide to heating things up as temperatures go down this season!

@FraserValleySexTherapist

- Tried new enhancement product (vibe, lube, etc)
- Engaged in solo play in a new location
- Gave self an erotic massage
- Got busted by kids (or someone else!)
- Played with pressure (spanking, tickling, etc)
- Watched (or listened!) to erotic material
- Said "no" when something didn't feel right
- Recommended a sexy product/podcast/position or social media account to a friend
- Shared a fantasy with your partner
- Had intimacy without penetration
- Directly asked for what you wanted
- Started laughing at "the worst time"
- Role play
- Temperature play
- Played/teased in public
- Used restraints
- Had a quickie
- **Consensually** played within non-monogamous relationships (threesomes, group sex, parallel play, polyamory, etc)
- Had sex in nature (being mindful of true consent for those involved and who might accidentally catch you!)
- Farted (or queefed) during sex
- Used breath work as foreplay
- Tried (and flopped!) at a new position
- Practiced safe-sex
- Sub/Dom dynamics
- Added anal and/or nipple play into masturbation
- Practiced edging
- Kept the mood rising throughout the day... only to fall asleep before play began
- Gifted pleasure to someone else
- Sexted/dirty talk with my partner/lover
- Experimented with butt stuff
- Tried a different position when masturbating
- Face-sitting (Giving)
- Face-sitting (Receiving)



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