

1: D.I.Y Sex Toys: Self-Love Edition | Scarleteen

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What activity can help you de-stress, fall asleep, and, for most people, also feels quite nice? If you answered "masturbation," congratulations, you are correct! Now, for a bonus question, can you tell me: And what you win is an explanation of where this increasingly odd quiz is going. We commonly have users asking about ways to acquire sex toys for masturbation. For many young people, finding a vibrator or other sex toy can be difficult, as not everywhere has a sex toy store near them many cities have zoning laws that either forbid places that sell sex toys entirely or keep them on the outskirts of town. There are some other factors that might make you uncomfortable with buying or having something explicitly marketed as a sex toy. Get savvy about the ways to safely D. Do-it-yourself sex toys have many potential benefits. Y is often cheaper than buying a toy made specifically for sexy purposes. And, if you happen to live in a space where some might find or deliberately going snooping for your sex toys, it can help to use things that are innocuous, everyday items. But some people do still view masturbation as wrong or harmful, and sometimes those people may be the ones you have to live with. Those views are often based in ignorance over how bodies work, or are spread by religious institutions that believe masturbation is sinful and thus want to discourage people from doing it. First off, this is ridiculous because a person's value is not dictated by whether or not they have sex with a partner. But more importantly, it ignores the fact that masturbation is something that most people engage in regardless of their relationship status. In any of those instances, and many more besides, masturbation is an option that many people choose. So, once more with feeling: Zip, nada, nunca, nothing. Masturbation is harmless, can feel awesome, and is something that many, many, many people engage in. And there is nothing wrong with that. Now, time to get into the nitty-gritty of making your own sex toys. They can be incorporated into partnered sex as well. And, as with anything that has to do with sex, there is no one size fits all approach. Different bodies are going to enjoy different things. Hands have zero cost attached to them, and most people have at least one at their disposal. For many people, hands are one of the first things they use to masturbate, and with good reason. Hands are not intimidating, and they can be used no matter what type of genitals you have. When using your hands to masturbate, most people find using one or two fingers at a time to be the easiest starting place. You can also experiment to see if you enjoy simultaneous internal and external stimulation. Using your hands gives you a chance to experiment with different types of pressure and motion, which can help you figure out which sensations you enjoy and which you do not. Does a circular motion feel good? How about back and forth? Masturbation Sleeves When you buy them in a store, sleeves are cylindrical tubes lined with a silicone mold of some kind. The mold has a hole in the center that you insert the penis into. You then use your hand to move the sleeve up and down on the penis. You can improvise your own sleeve by finding a cylinder of some kind that fits comfortably on your penis toilet paper rolls are a common choice and then lining it with a material of your choice. Some people use spongy materials for the lining, some use latex gloves, etc. Some folks prefer to skip the more involved sleeves and use a sock or banana peel instead. The key is to make sure that there are no rough or sharp bits in the toy that could scratch your penis while you use it. And, as with most of their non-D. Vibrators in disguise Vibrators are surprisingly stealthy, covert creatures, and most of us have at least one object in our house that can double as a make-shift vibe. Now, there are some safety considerations when deciding which house-hold items to convert into vibrators. That means that it can be used for stimulating the outside parts of the genitals, but not for penetration. There are sex toys that are made to be waterproof, but household items? Finally, make sure to cover the object that you choose with a condom in order to keep bacteria at bay. Of course, should you decide to use an electric toothbrush as a vibrator, that toothbrush is now for that purpose only. Make sure you are using the non-bristled end of the toothbrush for your fun. You might find it simplest to remove the bristled attachment entirely. Then, cover the non-bristled end with a condom and use as desired. Electric Razor Using a razor is pretty much the same as using a toothbrush. Remove the sharp attachment, flip to the non-business end, cover with a condom, and voila! You

can usually find them near the personal care sections. They are generally made of plastic, made to plug in to an outlet, and are for external use only. The main myth is that masturbating with a shower head can damage your genitals, or using it too much will lead to a decrease in sensitivity over time. Nowadays, this myth has expanded to include all types of vibrators, not just shower heads. So, to be clear, masturbating with a shower head or any other vibrating object will not cause you to lose your genital sensitivity. You may feel some numbness if you apply the vibration to the same spot of your body for an extended period of time, but that sensation is ultimately a temporary one. Lastly, while water on the external parts of the genitals is A-okay, do not direct the force of the stream inside the vagina, as that can pose some risk of damage. As long as you keep those rules in mind, you can have as much wet and wild fun as you please.

Dildos One of the more cliché images of the D. Y sex toy involves a lonely person with a cucumber. But what objects are actually good candidates for an improvised dildo? Some dildos vibrate, some do not. Y-ing a dildo however, you may need alternative materials. First, however, let's talk about what types of objects and materials to avoid. As with vibrators, anything sharp or pointed like scissors is a definite no-go. A glass bottle is not safe for insertion in the way that a glass dildo is. The brush part of the hairbrush? Nope, nope, and nope. This will help keep unwanted bacteria from entering into your body. Using a toothbrush handle? Then make sure you buy a new brush to use on your teeth. Using a cucumber or other food item? Then that food item should no longer be considered edible. And, if you are planning on using your D. Y dildo for anal stimulation, it must have a flared base. If you insert something into the anus that does not have a flared base, you run the risk of having it get lost. R why there is a cucumber where cucumbers are not usually found. All of these tips and tricks just go to show that with a little ingenuity and an eye for safety, you too can become a master of the art of D.

Absolute Safety Rules for D. Y toys

- Cover any and all objects used with a condom
- No objects with sharp edges or pointy bits
- Do not use anything that could possibly shatter, splinter, or break off inside you
- Objects with electrical currents are for outside use only
- Do not use anything that belongs to or that you share with another person
- Do not use electric objects in the tub or shower

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