



[www.teenwire.com](http://www.teenwire.com)

You must go [www.teenwire.com](http://www.teenwire.com) to see all question--and answers from your Planned Parenthood friends.

**teenwire is Planned Parenthood's web site design to provide age-appropriate sex information to the world's teens (and pre-teens).**

**(Question of the Day March 13, 2004)**

Dear Experts,

I have had sex before but when i do it seems hard to get the penis in. do you think it's becasue im doing it wrong?

ashgcash

Dear ashgcash

Sometimes insertion of the penis (or another object) can be difficult if a woman is not aroused enough. As a woman becomes sexually aroused, more blood flows into her genitals. (This is also true for men.) For a woman, this increased blood flow allows her vaginal canal to lengthen and widen. It also stimulates the production of vaginal lubrication. All these changes allow insertive sex to be more comfortable.

In some cases, the vagina doesn't produce enough lubrication to make sex comfortable. A woman can use a water-based lubricant — like K-Y® jelly or Astroglide® — to increase lubrication during sex. Water-based lubricants must be used with latex condoms. Never use an oil-based lubricant with a condom, because oil damages latex, which makes the condom more likely to break. Many condoms are already lubricated. Using more lube with condoms can make penetration more comfortable, and also makes condoms safer!

Insertion can be difficult if a woman has a vaginal infection. There is also a fairly common condition among young women called vaginismus that makes penetration difficult or impossible.

Vaginismus causes the vagina to tighten and close when penetration is attempted. The causes are usually psychological. Being raised in an oppressive or authoritarian home, having negative feelings about sex, worrying that a partner won't be dependable, or having been sexually abused may contribute to the problem.

If a woman thinks she has a vaginal infection or vaginismus, she should have a gynecological visit with her health care provider.

Hope this information helps!

Take care,

Teenwire® Editors

**Question of the Day, March 10, 2004**

Dear Experts,

Can you get a disease if you're a girl and another girl goes down on you or you go down on her?

SexyBaby51

Dear SexyBaby51,

Yes, it's possible. Although the risks of infection are generally quite a bit lower with unprotected oral sex than they are with unprotected vaginal or anal intercourse, unprotected oral sex does put both partners at risk for a number of sexually transmitted infections, whether they are giving or receiving genital stimulation. For oral sex on a woman, the risk of infection can be reduced by using a Glyde® dam or plastic wrap to cover the vulva. For oral sex on a man, using a condom reduces the risk.

Hope this information helps!

Take care,

Teenwire® Editors

Dear Experts,

I look at porno sites but I got all A for my subjects People say looking at those sites affect your school work, but since i think i'm not affected, should i stop it? If i should, how?

Question88

Dear Question88,

Pornography (also known as porn or porno) is sexually arousing imagery. Some people prefer to call it erotica because the word pornography is sometimes used to describe material that may be considered offensive and obscene.

In any case, many people enjoy using pornography or erotica as a part of their sex play — alone or with a partner.

There's no correlation between using pornography and getting bad grades in school. However, when any repeated behavior affects a person's ability to meet his or her responsibilities, it's called compulsive and that person may need help to cut down on that particular behavior — whether it's washing your hands over and over, checking to make sure you've locked the door hundreds of times, or checking to see if the burners are still on.

There is no indication that using pornography causes problems as long as it does not interfere with other aspects of a person's life.

Hope this information helps!

Take care,

Teenwire® Editors

**What is teenwire.com?**

**(Explanation from web site.)**

teenwire.com is the leading Web site for teens needing information about sexual health. We are committed to giving you the facts about sex so that you can use this information to make your own responsible choices. We provide honest and nonjudgmental information about sexuality with the hope that you will use this knowledge to reduce your risk of unintended pregnancy and sexually transmitted infections.

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