

# Sexual techniques



**ASSIGN  
BUSTER**

Sexual Techniques - What sexual techniques are discussed in the chapter readings? The first technique discussed is masturbation. This technique involves self-stimulation for the purpose of sexual pleasure without engaging in sexual intercourse. Fantasies are a sexual technique that was also talked about in this text. Sexual fantasies may be used by one partner or both partners. The reason couples may use fantasies is to increase arousal. Foreplay involves acts of cuddling, kissing and oral-genital stimulation. Kissing may be sexual foreplay or may be a form of expressing personal affection. Touching ranges from simple touching, such as holding hands to caressing another person's erogenous areas. Touching can be just foreplay or just sexual intercourse. Oral-genital stimulation is called fellatio in male stimulation and cunnilingus in female stimulation. Typical and atypical sexual intercourse are also talked about in this text. The penetration of the penis into the vagina is typical intercourse. Intercourse can be accomplished in many different positions. - What are the roles and connections between kissing, touching, and foreplay? The roles and connections between kissing, touching and foreplay would be that when engaging in kissing and touching (two types of foreplay), it can lead to sexual intercourse. The kissing and touching can continue into the sexual intercourse. Kissing is considered "simple" when the mouth stays closed. When the mouth is open and there is use of tongue, this is what is called "deep kissing". Touching your partners' body or genitals is considered foreplay. Kissing, touching, and foreplay is all meant to lead to sexual arousal, and is intended to lead to sexual intercourse. - What are some of the different viewpoints and levels of acceptance regarding masturbation? Some of the different viewpoints and levels of acceptance regarding masturbation can be very controversial,

depending on the culture you live in. In some cultures, sex was and still is seen as being only acceptable if it was an act of procreation. This made masturbation a distorted and unacceptable form of sexual behavior. The level of distortion over the role of masturbation has been carried to extremes. In the 19th century, it was looked down upon and it has been discouraged throughout modern history. Female sexual arousal has been frowned upon during history. It was even considered an illness at one time with women who became aroused seeking medical treatment. This treatment often took the form of manual stimulation that was said to rid the patient of the illness of arousal. It was considered unhealthy and improper for the woman to masturbate herself. Some people believe that masturbating is sinful or harmful, while others believe it is not harmful and there is nothing to feel guilty about. Most people masturbate at one time or another in their lives. Males and females may have different ways to masturbate, but they both have the same goals; to reach an orgasm. Religious viewpoints can affect how people think of masturbation, and some cultures strictly forbid it.