



**QUIM&WICK**  
SEXUAL WELLNESS

# **A Beginner's Guide To Using A Dildo**

**IF YOU OWN A VULVA**



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# **SO YOU'RE STAYING INDOORS? THAT'S A GREAT TIME TO PLAY WITH A DILDO!**

**Dildos are  
made from  
silicone, wood,  
glass, ABS  
plastics, Pyrex  
Stainless steel.**

**What is the  
difference between  
a dildo and a  
vibrator?**

**A dildo doesn't  
have a motor in it  
so it doesn't  
vibrate.**

## **HOW DO YOU USE A DILDO?**

**You can use a dildo for massage, you can rub it around your vulva, you can suck it, you can push just the tip inside your vagina or insert all of it. The harder ones are great for massage and the softer ones are great for internal pleasure. There are no rules, as long as you are comfortable and enjoying it!**



# 01

## LEARNING



### BEFORE YOU USE YOUR DILDO

If you have never used a dildo before it can feel a bit of an overwhelming thought. Especially if you are faced with an extra large one. Remember you don't have to use it immediately in solo play or partnered play. It can be used to tease, and it can be used to enhance clitoris stimulation. Set the scene, get the lube out and any accompanying toys.



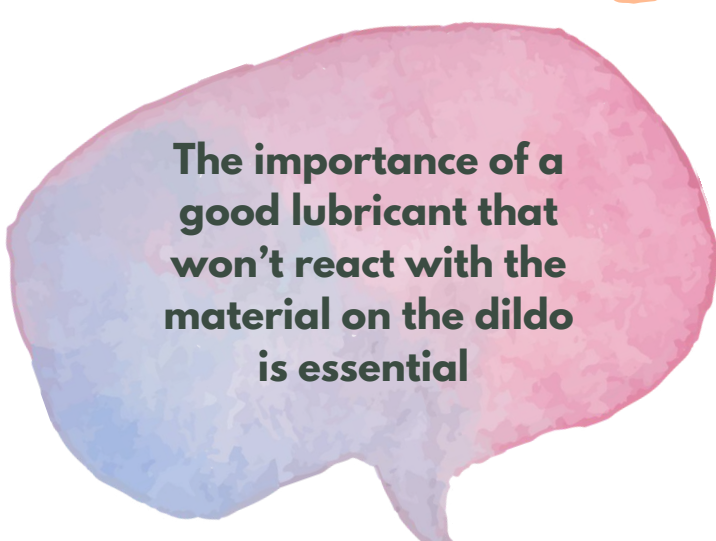
### RELAX INTO IT

If you enjoy pornography or an erotic book now is the time to reach for it. I write erotica which features James Spader as my leading man so I like to read that, start with some clitoral stimulation and then bring the dildo into play. If you are having partnered sex ask your partner to give you a body massage and to include the dildo as a tease.



### EXPLORE & REPEAT

If your end goal is to use a dildo in partnered sex or solo sex then you can take it slow. Play with the dildo and see what you like. sometimes it might feel nice to have it inside you fully, sometimes it may be better to just use the tip. There is no right or wrong way, just tune into how it feels and remember if you are using it in partnered sex to communicate what feels good.



The importance of a good lubricant that won't react with the material on the dildo is essential



# WHAT CAN I DO WITH IT?

## 02 USING

### EXPLORE THE VULVA

Start by applying some lubrication around the area, this will help the dildo glide over the surface of the skin and prevent dragging. Use it to massage and stimulate external genitalia working it at your own pace. You are in control of the pressure and speed as you work around the vulva and labia.

### PENETRATE THE VAGINA

Ready to insert? Make sure the dildo is covered in lubricant and work it into the vagina taking your time as you do. Once it's in, it's a case of moving it in and out seeing how your body responds to the speed. The angle can also be changed, building up a rhythm will help you keep track of how your body is responding to the actions. If the dildo is long, you may reach your cervix. If you feel pain, this is probably what is happening. If you feel pain, take it out and give yourself a rest. When you are ready to use it again bear in mind how deeply you are penetrating.

### TEASE THE BODY

Depending on the sort of dildo you have chosen, it can be used all over your body to tease. It can also be used anally, just make sure that if you do it has a splayed end to prevent it going all the way in. You'll also need to use more lubrication as the anal passage has no natural moisture to it.

Don't feel like you just have to stick it straight in, build up to doing that

# WHY DO I NEED A DILDO?

## 03

### UNDERSTAND

#### QUIET

- If you are trying to keep intimacy on the down low then a dildo is the silent answer.
- Easy cleaning
- Silicone feels incredible not just inside but on the skin as a massager.

#### A GOOD STARTING POINT

- If you are new to toys then a dildo is a fun place to start
- If you are wanted to try anal penetration and butt plugs aren't your thing then a dildo is a great place to start.

You're not expected to know exactly what to do the first time, but that's the fun. You can start to understand what you like as you discover yourself with it

# THE NEXT STEP

## 04

### PRACTICING

#### CONFIDENCE

Once you have some confidence in how to, go and practice your new found skill

Don't feel like you have to pull it out in front of a partner until you feel 100% confident in it. Knowing exactly what you like will help you guide your partner into using it in the way that's just right for you.

Once you feel ready for the next step you might want to explore a strap in, with a clitoral stimulator.

It's your body, you should know, love and understand it and what it needs and enjoys!

#### TIP

You can add different texture sleeves to the dildo! This can enhance the fun!



# 05

## QUESTIONS

### **What If I enjoy it more than my partner?**

You can Incorporate using a dildo into what you're doing with your partner, then you'll get the best of both worlds but if your partner isn't in to it save it for alone time!

### **HOW OFTEN CAN YOU USE IT?**

As much as you want to if you enjoy using it! Just remember to clean it.

### **HOW DO I KEEP MY DILDO CLEAN?**

Good question! We've got a very good blog on that. [Click here](#) and you can learn exactly what you need to do.

### **WHERE SHALL I STORE MY DILDO?**

It's good to keep your toys in a pouch or box where they won't gather dust and other substances on, some people opt for a more secured option, but this would depend on how accessible it is where you are keeping them.

## 4 BEST DILDOS FOR BEGINNERS

# 06

## PURCHASE

1

### DALIA POWER PECKER 7IN



I love this dildo because it adheres to my bathroom floor and my bedroom wall. Depending on what I am in the mood for, sometimes I like to squat on it, sometimes I like to get on all fours with an external vibrator on my clit and back on to it.

2

### FLESH JACKBOYS CHRISTOPHER MILAN DILDO



This toy is not sculpted but cast, from a lovely man called Christopher Milan. So If a realistic toy is your vibe then this dildo is for you. It glides inside like the real thing and is also really tactile to play with before insertion with some lube.



3

### LELO ELLA DEEP ROSE



If you haven't used a silicone dildo then you haven't lived! It's smooth and double ended! The thicker end is designed for deeper penetration. The flatter end is designed for focused G-spot massage, helping you reach a higher height.

### NEXUS JINX SILICONE DILDO

4

This 5 inch hypoallergenic dildo is incredible! If you have sensitive skin, the hypoallergenic nature of the product will help you. It feels gorgeous and it has a suction cup base, also the curve in the design will help you hit the P & the G spot.



A large, abstract splash of pink and red watercolor paint, with some lighter yellowish-pink areas, serves as a background for the central text.

**REMEMBER:  
SEXUAL  
PLEASURE IS A  
BASIC HUMAN  
RIGHT**

**ELIZABETH HART**  
**INTIMACY COACH**

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