



Sex Toys Workshop

Important

This training was made for educational purposes & is not medical advice.



Welcome!

I'm so so so happy you are here. If we haven't met before, ***I'm Rachel*** (she/her)!

I'm a licensed therapist, certified sex educator, the co-host of *The Wright Conversations*, and I write and consult for lots of media outlets.

IG: @thewright_rachel

LET'S SET

The Container

- 1 This class is being recorded and you will receive these slides as a PDF file PLUS a list of most of the toys and pleasure aids we talk about tonight
- 2 Please keep yourself on mute unless specifically asked to unmute
- 3 There will be a Q&A at the end, along with an option for you to get a personalized sex toy recommendation!

OKAY,

But what's the goal of this
workshop?

Today's Goal

Learn about different types sex toys + pleasure aids, and how to figure out the best options for you.

TOPIC 1

Sex Toys & Pleasure Aids

TOPIC 2

How To Pick A Toy For Yourself

TOPIC 3

Live Q&A + Personalized Toy Recs



Sex Toys & Pleasure Aids

Internal, External, Hybrid & Others

Why might someone want
to try a sex toy?

Okay, where do I start?



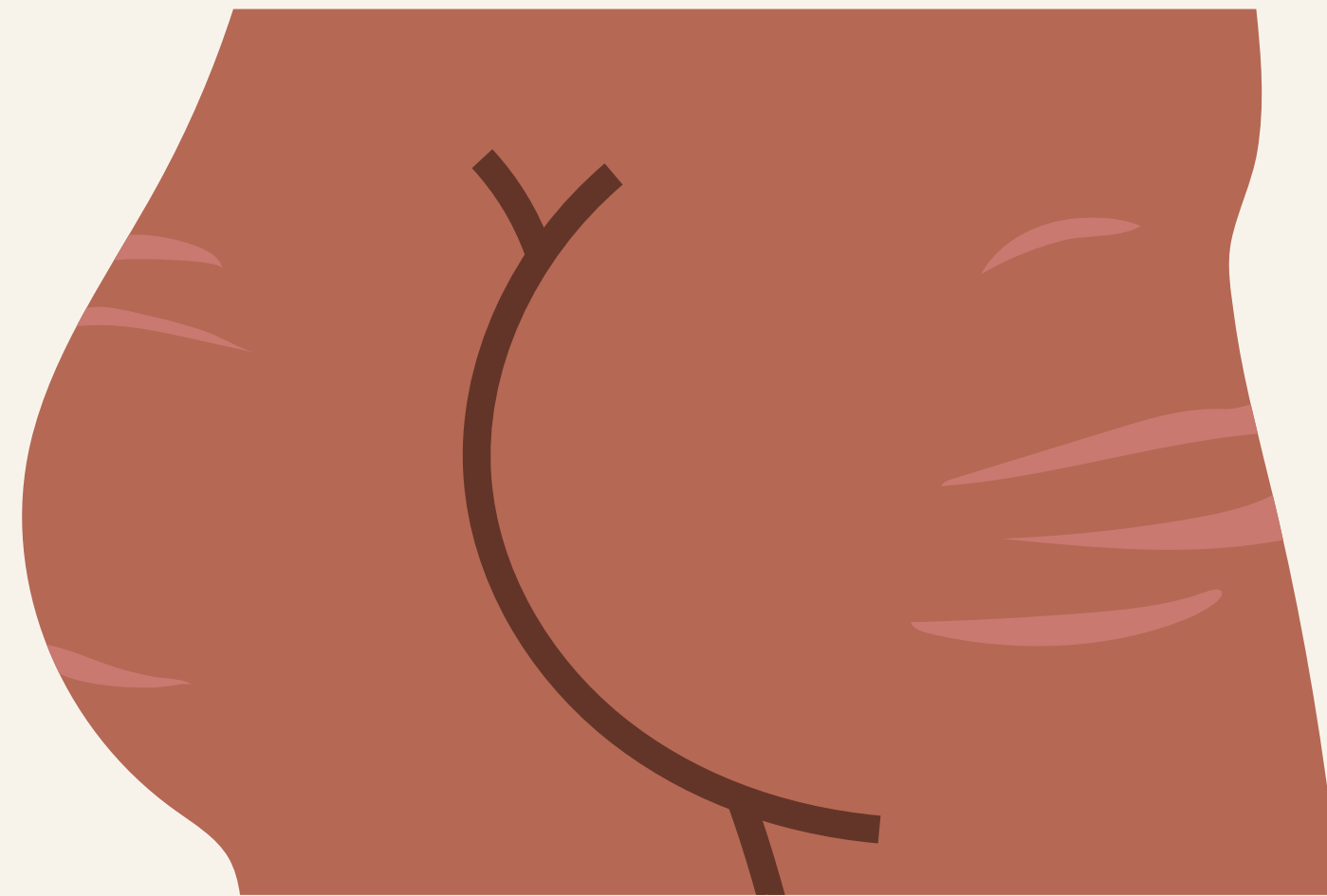
Types Of Lube

- Water-based
- Silicone-based
- Oil-based
- Water/Silicone Hybrid
- Aloe & other natural ingredient based



As a general rule... Water-based is best!

- Why? Well, unlike silicone-based lube it **can** be used with silicone toys.
- And unlike oil-based lubes it can be used with condoms.
- Plus, it doesn't stain the sheets!



... and

If you're exploring anal-sex without a toy, or using stainless steel or glass toys, then you can reach for silicone lube. Otherwise, keep it simple with water!

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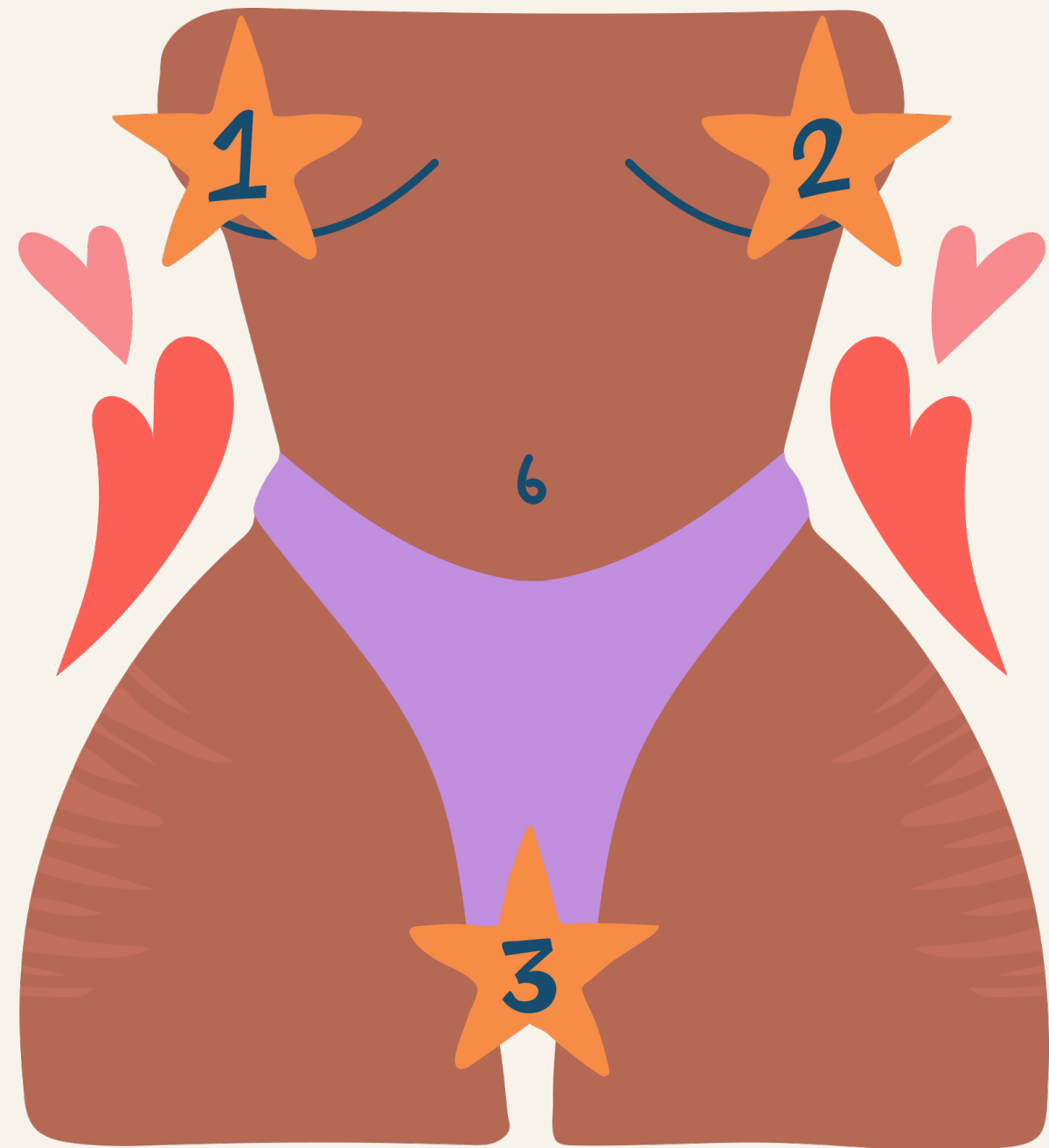
How To Pick A Toy For Yourself

You don't need to

Reinvent The Wheel

It's all about finding something that does what you
already like or want to try.

Questions to ask yourself:



- Where do I like to be touched?
- What types of pressures do I like them touched?
- At what intensities?
- Over clothes? Over underwear? Under underwear?
- Do I like pinpointed or more broad stimulation?

Sex Toys

- Wand Vibrators (external +/- or internal)
- Finger Vibrators
- Palm Vibrators
- Bullet Vibrators
- Clitoral Vibrators
- Rabbit Vibrators



“Can I go numb?”

“Will my clit get desensitized?”

“Can I get addicted to my vibrator?”

- Nope! That’s stigma (not science!) speaking.
- You cannot desensitize clit or its or bits from using a vibrator... no matter how high the vibrator pattern or intensity.
- Your body can, however, become accustomed to climaxing from a specific stimulation. (We’re creatures of habit)

Sex Toys

- Clitoral Suction Toys
- Pumps (nipple, penis, clit, vulva)
- C-Rings (Cock rings)
- Masturbation Sleeves (yes, clit owners can use them, too)



Sex Toys



- Butt Plugs
- Anal Beads
- Prostate Massagers
- Dildos
- Pulsators/Thrusters
- Internal Wands (glass + stainless steel)

Other Types

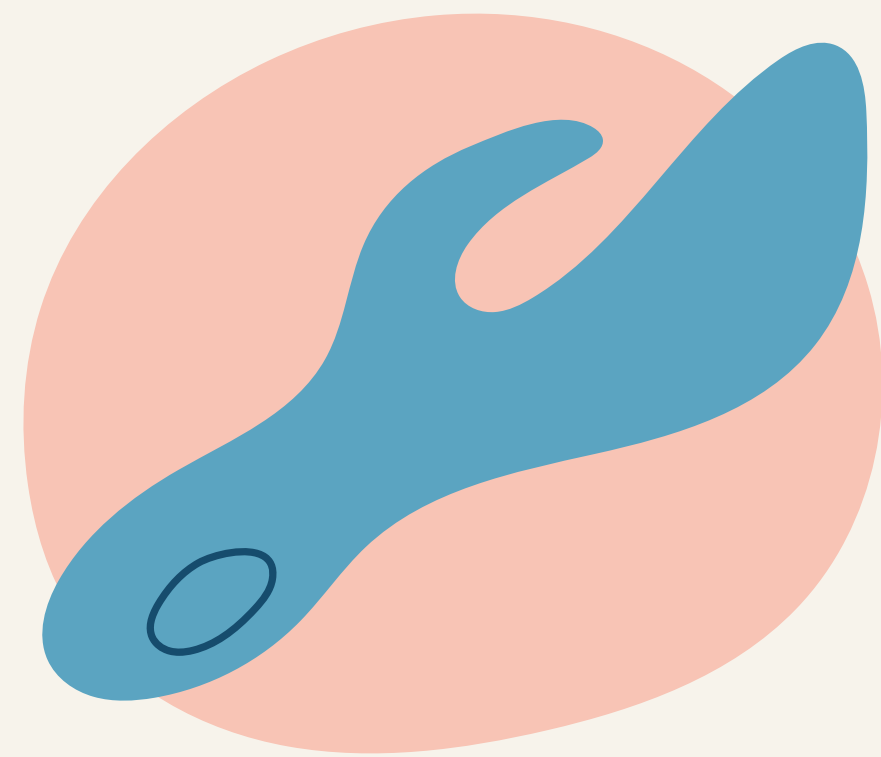
- BDSM 'Stuff'
- Sex Furniture
- Sex Aids
- Lingerie
- Harnesses



BUT WHAT ABOUT

Materials?

For your first (internal + external) vibrators, dildos,
C-rings, and anal + prostate toys:



**MEDICAL-GRADE
SILICONE**

BUT WHAT ABOUT

Materials?

Masturbation sleeves are typically made from softer materials like jelly, TPE, or other silicones. Make sure any pleasure-aid you purchase says **body-safe** or **medical-grade** on it.

Other Materials That Are Okay

- Borosilicate glass
- Stainless steel
- ABS plastic
- Pyrex



“But what about \$\$?”

If it sounds too good to be true, it likely is.

You can get a good sex toy for \$30 to \$50.

What do you get when you spend more money on a toy?

- App-enabled or long-distance
- Remote controlled
- More intensities
- More patterns
- Higher Quality (design, material, durability)
- May have a warranty
- It's own storage container or bag



Action Steps

MAKE IT REAL

- 1** **If you've never owned a sex toy before...** start with lube. If you're past that point, how do you already touch yourself? How can you make that even better do it in a new way? Buy that.
- 2** **If you've had the same vibe for years...** there's nothing wrong with that. If it's bringing you joy and pleasure, enjoy! Perhaps you can explore a new toy that can do something for you that you're not capable of physically doing yourself.
- 3** **If you have a robust sex toy collection & want to expand it...** check out the document we're sending you with all of the toys we've talked about today (and some we just love!).

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Live Q&A +
Personalized Toy Recs