



"This modern guide will steer you
to orgasmic thrills you never
knew you had coming."

—Dr. Sadie Allison

the
ultimate
guide to
prostate
pleasure

Charlie Glickman, PhD & Aislinn Emirzian
Foreword by Carol Queen, PhD

The Ultimate Guide to Prostate Pleasure

Erotic Exploration for Men
and Their Partners

**CHARLIE GLICKMAN, PhD
and AISLINN EMIRZIAN**

**Foreword by
CAROL QUEEN, PhD**

**Afterword by
DEBBY HERBENICK, PhD, MPH**

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Praise for
The Ultimate Guide to Prostate Pleasure

“This modern guide will steer you past any hang-ups and gently around anatomy’s curves to bring you prostate pleasure and orgasmic thrills you never knew you had coming to you. If you’ve got questions, Charlie and Aislinn have got the answers.”

—Dr. Sadie Allison, author of
*Tickle My Tush: Mild-To-Wild Analplay Adventures for
Everybody*

“A great addition to a largely underground history that is finally coming into the light. Everyone deserves the sex information that will make their desires consensually possible, safe, and full of pleasure.”

—Dr. Carol Queen, staff sexologist at
Good Vibrations and author of *Real Live Nude Girl*

“This superb guide combines the friendliness of a good buddy with the savvy knowledge of a top-notch sex educator, explaining the ins and outs, hows and whys, of prostate pleasure, including answering those questions you thought you couldn’t ask anybody. Whatever you want to know about the pleasures and the how-tos of prostate stimulation, it’s in this book.”

—Joan Price, author of
Naked at Our Age: Talking Out Loud About Senior Sex

“Dr. Charlie Glickman and Aislinn Emirzian have written the end-all guide to prostate pleasure. This book will appeal to so many different groups of people—solo, partnered, vanilla, hetero, queer, bi, gay, young, old—everyone who wants to know more about this oft-ignored source of pleasure in one’s sexual repertoire. The focus of this book is on informing beginners through the master level, with everything from dispelling myths to basic communication skills to the how-tos of giving or receiving prostate pleasure. Well done!”

—Lanae St. John,
sexologist and sex educator at TheMamaSutra.net

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FOREWORD

Even though we live in a time when anal sex movies are available at just a mouse click, anal pleasure—especially for men—remains a topic about which most people have never received good information. Sex education as a whole, in fact, doesn't serve to promote or explore pleasure; people have to figure that part out on their own, and many don't have time, ready access to information, or even the understanding that sex could feel better to them than it does right now. Still others cannot, for personal reasons, prioritize pleasure—after all, we are still getting mainstream messages that sex is primarily for reproduction, though that is hardly the only sexual message we hear. It has become a very lively discussion, if you know where to look for alternative perspectives.

Still, male anal pleasure and prostate play lie far outside the charmed circle of what many people understand sex to be, and anyone seeking to explore it needs to find a source of knowledge. This information mostly used to be in the hands of men who had sex with men: open discussion of anal sex and prostate play was far easier to find in the gay community, despite the irony that (as one study noted) more married heterosexual women, percentage-wise, engaged in anal intercourse than gay men. Jack Morin, in his book *Anal Pleasure and Health*, brought this information to anyone who needed it—but still, when my partner Dr. Robert Morgan Lawrence and I began traveling and teaching anal play workshops at the dawn of the 1990s, most people did not even know there was an informational infrastructure to be had. It has been a huge privilege for Robert and me to talk and teach about anal pleasure, for no knowledge is as welcome as knowledge that once seemed unobtainable.

With Robert, who had been teaching anal eroticism skills since the 1970s, I appeared in *Bend Over Boyfriend*—essentially a video distillation of his knowledge—which helped innumerable curious couples explore back-door delights. This became one of the best selling movies Good Vibrations ever carried. If it was not clear before that there existed plenty of pent-up desire for male anal play (and information about anal pleasure in general), this response, and feedback from many, many men and their partners, has definitely shown otherwise.

The fact is, all kinds of men love prostate stimulation and pleasure; even when they do not share this predilection with their partners, they may engage in solo anal play. Other men

have decided to explore it in the hope that prostate massage will help keep them healthy. And increasingly, people with prostates are sharing erotic explorations with their partners. This book supports all of them—as well as the curious who haven't yet put their ass on the line for erotic enjoyment—with permission, knowledge, safety information, and suggested play styles. It's a great addition to a largely underground history that is finally coming into the light. Everyone deserves the sex information that will make their desires consensually possible, safe, and full of pleasure.

Carol Queen, PhD
San Francisco

INTRODUCTION

The prostate has been getting a lot of attention lately. Coyote Days, toy buyer for Good Vibrations, says, “In the years that I’ve been buyer, there’s definitely been more emphasis, focus, and attention directed toward prostate stimulation.” According to Christine Fawley of PleasureMechanics.com, “Prostate massage is the hottest trend in male sexuality, as straight men all around the world are waking up to the potential pleasures of anal play and prostate stimulation.” What’s all the buzz about?

Curiosity about the health benefits of prostate massage has inspired lots of men to try it out and to discover some pleasant side effects—intense pleasure and orgasm. Many others have been intrigued to hear that it is possible to have an orgasm

through prostate massage that feels completely different from what they are used to from penile stimulation, and that this can happen without touching their cock at all. Not to mention multiple orgasms and full-body orgasms that some men experience through prostate play!

In recent years, people have been calling the prostate the “male G-spot,” a term that is suggestive of how powerful this hidden pleasure zone can be. And while the prostate has been common knowledge for a long time among gay men and other sexual subcultures, the increased mainstream popularity of pegging (strap-on sex for male–female couples, with the male as the receiver) has led many hetero couples to discover the intense sensations that this area can offer.

As the reputation of the prostate has grown, so has the curiosity of men and their partners. More and more ears are perking up to the whispers and shouts about prostate massage as a source of intense erotic sensation. In our work as sexuality educators, we’ve fielded more questions from men and their partners about prostate stimulation than we can keep track of.

With the increasing buzz about the prostate, more sex guides ranging from Tantra books to sex toy guides mention the prostate as an erogenous zone. However, most only mention it in passing, and don’t elaborate much further than to say “Insert fingers and curl them toward the front of the body.” Given the significant popular demand for information and the very limited number of comprehensive guides to prostate stimulation, we decided to write a detailed guide to finding and enjoying the prostate by yourself or with a partner.

Since you're reading this, odds are that you're curious about prostate play. Maybe you've been thinking of trying it out. Maybe you've given it a shot and want some new tips. Or perhaps your partner is interested and you're willing to learn more. However you got here, we're glad you did. Unlike some other sexual practices, trying prostate play often presents hurdles. Concerns about anal play, safety, cleanliness, sexual orientation, masculinity, and gender roles can hold men and their partners back. Or simply never having heard much about the prostate as a pleasure zone can keep lots of people from exploring it. We're always excited to help people discover new ways to experience pleasure, so we give you all the information you need to know to relax and enjoy yourself.

All Genders and Orientations Are Doing This

All kinds of people get into prostate play. We have personally spoken with men of all different orientations—straight, gay, bi, queer, pansexual, etc.—who get into prostate play by themselves, with a partner, or both. It is a very diverse group of people that enjoys prostate play!

Despite the rather tenacious idea that anal penetration isn't something heterosexual men do (as receivers), we've talked with enough hetero men and female partners to know that's simply not true. But because male-receptive anal penetration is still very taboo outside gay male circles and sex-positive subcultures, the enjoyment of prostate play (and male-receptive anal play generally) by hetero men is not discussed as openly, and there is less awareness of these practices in the larger culture.

Even as more and more straight men and their partners are trying this out, many straight men and their partners still would be surprised by the suggestion that he could enjoy having his prostate massaged during anal penetration, and that she could enjoy doing it. Quite a few people only know of the prostate in connection with cancer, and lots of guys are uncomfortable with the idea of anal penetration anyway. One of our main goals with this book was to reach as many straight men as possible and give them all the info they need to enjoy prostate play.

We also tried to make the book relevant to men who sleep with men. Many men who are part of a strong gay/bi/queer/pansexual community are already fairly knowledgeable about the prostate; this information is typically passed around between partners and in the community at large, since anal penetration is frequently normalized in these circles. Still, we hope that our readers who are gay/bi/queer/pansexual men might learn something new.

In addition to the pleasures of receiving prostate stimulation, people of all genders who are partners to men can enjoy being on the giving end of prostate play with fingers, toys, or a cock or strap-on dildo. Throughout the book, we dance back and forth between addressing those who are looking for their own prostate and those who would like to learn to pleasure someone else's. Also, we gave special attention to women who want to pleasure a man's prostate, as we think this information is in high demand among many women who play with men.

Lastly, though this book is addressed to men and their

partners, it's important to note that transgender women have a prostate too. (Actually, everyone has a prostate—see chapter 3, *What Is the Prostate?*) Plenty of transgender women enjoy having their prostate stimulated. Others find that they don't enjoy it for a variety of reasons. For those who do find it pleasurable, the techniques are mostly the same as those for cisgender men (men whose experience of gender is aligned with the gender they were assigned at birth). There are also some important differences; we describe these in the sidebar “Prostate Pleasure for Transgender Women” in chapter 2, *The Sexy Prostate*.

What You'll Find Inside

We begin by addressing common concerns with a chapter on FAQs, where we briefly list and respond to the most common questions and concerns we have encountered in talking with men about prostate play. Next, we explain the role of the prostate in male reproductive anatomy and discuss the erog- enous nature of the prostate.

After that, we get into the how-to section of the book: anal play and hygiene, the basics of pleasurable anal penetration, how to find the prostate, and what to do once you have. In addition to an in-depth description of solo and partnered massage technique, we cover toys and anal intercourse/strap-on sex. In the final portion of the book, we focus on some of the larger issues that can affect prostate play: how ideas of masculinity can hold men back; prostate health; and some of the ways in which prostate massage is believed to benefit health.

Even if you think you know everything you need to know

about a particular topic, we invite you to take a look at the relevant chapter. We thought we knew a lot before we started writing this book—we were surprised to discover how much more there was to know. You might be too!

And just as with anything about sex, nothing we describe here works for everyone. We invite you to try out as many different approaches as you want, but don't get discouraged if some of them aren't your thing. We have plenty of other suggestions.

A Note about Language

One of the hardest tasks in writing about sex is deciding what terms to use for body parts. Some people prefer terms like *penis* and *anus*, while others find them too medical or clinical. On the other hand, words like *cock* or *asshole*, more comfortable for some, are too slangy or offensive to others. There's no way to talk about sex that's guaranteed to suit everyone all the time.

We decided to use different terms in different places. For example, when we're talking about medical issues related to the prostate, we shift into more medical language. In other places, we keep it more informal. But there's nothing better about one term or another. It's just a matter of preference.

Here is one term we'll define right away: *P-spot*. The prostate, as we explain in chapter 3, *What Is the Prostate?*, is an erogenous zone very similar to the erogenous zone in women known as the "G-spot." Some sexuality educators and prostate play enthusiasts have started calling the prostate "the P-spot," both to highlight that similarity and because they

think it's a sexier word than *prostate*. We use both terms in different places, and you're welcome to use whichever you're more comfortable with. In fact, we encourage you to come up with new names for this erogenous zone, if any should strike your fancy!

Who We Are and How This Book Came Together

Charlie has been a sexuality educator for over 20 years in a variety of settings; in 2005 he received his PhD in Adult Sexuality Education from the Union Institute and University. He has created workshops on many different sexual practices and communities. He teaches courses on sexuality for local universities, presents at conferences and other events, and writes a lot about sexual topics. He'd been teaching workshops and talking with people about prostate play for a while before writing this book. He has worked at Good Vibrations since 1996, starting out in the stores and eventually becoming the Education Program Manager.

We met when Aislinn was hired at Good Vibrations as a Sex Educator–Sales Associate. Aislinn began sex ed as a college student, where she was part of a peer sex ed group that taught workshops to fellow students. After graduation, she got involved with sex-positive adult toy stores, beginning with Oh My Sensuality Shop in Massachusetts, and later moving to San Francisco to work for Good Vibrations. During her years as a sex educator, she has taught workshops on subjects including the G-spot, queer pornography, sex parties for women, and, of course, the prostate.

Between us, we've talked with hundreds of men and their

partners about prostate play. In addition to these informal conversations, we conducted two online surveys to find out more. The first focused on technique. Seventy-five people responded—givers and receivers, of all sexual orientations and levels of experience—saying what they like and don't like, how they include prostate play in their sexual relationships, and sharing lots of useful tips. The second survey focused on sensation, and it was just for the receivers. This gave us great insight into how men experience this pleasure, what it actually feels like for them. The generosity of all these respondents in sharing the details of their sex lives with us was tremendously useful and we're deeply grateful to everyone who participated. This book wouldn't have been complete without you!

A Big Thanks

Writing this book has been an amazing experience, and we couldn't have done it without lots of help. Our partners, Michael and Elizabeth, listened to us geek out about the prostate for months. Thanks for your support. Also, a special thanks to our friends Margaret Brown and Stephanie Edd for their assistance in locating scholarly articles.

We're also deeply grateful for all the experts, medical professionals, and colleagues who answered our questions, checked our information, kept us up to date on recent research, and offered feedback. A big thank-you to Alan Shindel, Carol Queen, Robert Lawrence, Myrtle Wilhite, Beverly Whipple, Jonathan Branfman, Susan Stiritz, Jan Robinson, Stephanie Prendergast, Leah Alchin, The Source School of Tantra, and Charles Muir.

BEFORE WE START: FREQUENTLY ASKED QUESTIONS

So you've decided to give prostate play a try. Or maybe you've done it before and you want to learn some new tricks. We think that's great! More men and their partners are discovering how much pleasure this often-overlooked part of the body can bring them.

Before we get into the how-to side of things, there are some matters we want to address first. Many men have questions and concerns about prostate play, and these questions can hold them back. Here we address some of the most common concerns and FAQs of prostate enthusiasts. Maybe you've had some of these concerns in the past, or they're coming up for you now. We hope this chapter will help you feel more comfortable with exploring your prostate. And if you're a

partner of a guy who wants to explore prostate play, you might find something useful here too.

“So my prostate gland is...up my ass?”

No, the prostate gland is not located in the rectum—it just happens to live next door! The prostate is a part of your reproductive anatomy. It’s an “accessory sex gland” that contributes a portion of the fluid that makes up your semen. It surrounds the urethra, just behind and slightly above the bulb of the penis, a few inches inside the perineum (the area between your balls and your anus).

Like other parts of your sex equipment, the prostate can feel amazing when stimulated. However, because it is located inside the pelvis, it is less readily available for stimulation than your cock and balls.

Since the prostate happens to sit directly in front of the rectum, you can stimulate it by inserting a finger into the anus and stroking toward the front of the body. The rectal wall is thick enough to withstand gentle pressure, but thin enough that the pressure is easily transferred to the prostate on the other side.

The anal route is the most direct way to stimulate the prostate, so it’s the preferred technique of many P-spot enthusiasts. But the prostate is not a part of your anal anatomy, and the ass is not the only available path. You can also massage the prostate indirectly by pressing upward through the perineum. Men have also reported feeling pleasurable prostate sensations during arousal, orgasm, and ejaculation, while flexing pelvic muscles, while fantasizing, and during a bowel movement.

“Isn’t it messy?”

Uneasiness about making a mess was the number one concern mentioned by prostate enthusiasts we’ve heard from, regardless of sexual orientation. During anal penetration, it’s certainly possible to come into contact with stuff that you might prefer not to. But most of the time, it’s not so messy as you might imagine. And fortunately, it’s pretty easy to minimize the mess factor.

Stool isn’t stored in the

rectum. It’s stored deeper in the digestive tract, and only passes

=====
*“Just get over it! It feels
 awesome.”*
 =====

through the rectum on its way

out. So between bowel movements, there usually isn’t very much left behind. Sometimes stool remains in the rectum, especially if your diet is lacking in fiber, if you have loose stool, or if you use medications that affect your digestion. But most of the time there is little or no visible shit on toys or fingers after penetration, and little or no offensive odor in the air during play.

Still, if you are concerned, there are many ways to keep your play relatively clean and hygienic, such as wearing gloves, laying a towel on the bed, and rinsing out beforehand with an enema. (See chapter 4, Hygiene, for more information.)

Even with all these tips, there’s always a chance that you’ll come into contact with some feces. It’s not the end of the world. As the bumper sticker says, “shit happens.” Simply wipe it up and move on.

“Doesn’t it hurt?”

Lots of people have had painful experiences with anal penetration. However, this usually happens because they were doing too much too soon: forcing entry, taking an object that was too big, or not using enough lube. Likewise, prostate massage can be painful if you press too hard or poke roughly in your eagerness to produce sensation. But most people can learn to receive anal penetration and prostate massage without pain.

If you are new at this, you might experience some discomfort and prostate tenderness during your first few forays. With a little practice, that usually goes away. But you can avoid pain entirely by following one simple rule: If it hurts, don’t do it! This may mean taking your time and going more slowly and gently than you might prefer, but it’s worth it to avoid the pain. (See chapter 5, Penetration 101, for tips on painless entry.)

“If a man gets penetrated, doesn’t that mean he’s gay/effeminate/being dominated?”

A lot of men are curious to find their prostate and see how it feels, but they hesitate because they are afraid that being penetrated would be in conflict with their masculinity. The story goes like this: “Only homos and sissies get fucked. Penetration is an act of domination. A real man doesn’t get fucked—he does the fucking.”

In short, we don’t buy that. We have personally spoken to men from all over the masculinity spectrum and men of many different sexual orientations who love prostate play. You may not hear about it because (with the exception of some sexual

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