



INHALT

Vorwort

Track 002

Was muss ich für guten Sex mitbringen?

Die Beziehung zu dir selbst
Grenzen setzen und respektieren
Better safe than sorry – Safer Sex

Track 003

Track 004

Track 013

Track 024

Guter Sex mit dir und anderen

Do it yourself – alles über Selbstbefriedigung
Wie guter Sex mit anderen aussehen kann

Track 030

Track 031

Track 049

Wenn Sex mal nicht so ist, wie er sein sollte

Der Mythos des perfekten Sex
Wenn du Selbstzweifel und Scham nach dem Sex verspürst
Wenn Sex schmerzhaft ist
Wenn dein Körper eine Pause einlegt
Wenn der Orgasmus einfach ausbleibt
Wenn du einfach keine Lust mehr hast
Und was, wenn (fehlender) Sex die Beziehung belastet
Wenn ihr aneinander vorbeiredet

Track 086

Track 087

Track 092

Track 097

Track 102

Track 105

Track 109

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Track 117

Abschlussgedanken

Track 122

SCHMEISSE EINE PLAYLIST AN

Ich weiß, Musik beim Sex mit anderen ist nicht für jedermann, aber glaub mir, nichts bringt dich mehr in die Stimmung für eine Solosession als die richtige Musik. Manchmal hilft Musik nämlich auch, das alltägliche Gedankenchaos auszublenden. Stell dir eine Playlist mit deinen liebsten Songs zusammen – egal ob sinnlich und langsam oder eher sexy und rhythmisch – und versuche, die Musik die Kontrolle übernehmen zu lassen. Bewege dich im Rhythmus der Musik, während du deinen Körper erkundest. Du weißt nicht, wo du anfangen sollst? Keine Sorge, ich habe dir eine **Playlist auf Spotify** erstellt, die dich definitiv in die richtige Stimmung bringen kann.



WO DU HILFE FINDEST – ANLAUFSTELLEN UND RESSOURCEN

Du musst nicht alles allein wissen, und du musst nichts aushalten, was sich nicht gut anfühlt. Wenn du merkst, dass du Unterstützung brauchst – sei es wegen körperlicher Themen, emotionaler Unsicherheit oder sexueller Gewalt –, findest du hier Stellen, bei denen du gut aufgehoben bist.

Für STI-Tests und sexuelle Gesundheit

Aids-Hilfen deutschlandweit

Für kostenlose oder anonyme Beratungen und Tests zu HIV und anderen STIs

www.aidshilfe.de

Liebesleben.de (BZgA)

Infos über Safer Sex, Tests, Infektionen – sehr einsteigerfreundlich erklärt

www.liebesleben.de

Walk-In-Praxen/Testzentren/Gesundheitsämter in Großstädten

Kostenlose oder kostengünstige Tests gibt es häufig in lokalen Gesundheitsämtern oder Check-up-Centern der Städte für Aufklärung und Sexualität allgemein

Pro Familia

Bundesweit vertretene Beratungsstellen zu Sexualität, Partnerschaft, Verhütung, Schwangerschaft, Identität und vielem mehr

www.profamilia.de

Sensuali

Onlineplattform für Events, Coachings und Community zu Sex, Intimität und persönlicher Weiterentwicklung

www.sensuali.com

CHEEX

Feministische und körperfreundliche Aufklärung mit Kursen, Videos und Artikeln zu Kommunikation, Körperwissen, Lust und Konsens

www.getcheex.com

Herzklopfen – Sexualpädagogische Initiative der BZgA

Ressourcen zu Jugendsexualität, Consent und Beziehungsbildung

www.loveline.de

(Fortsetzung auf nächster Seite)

Bei sexualisierter Gewalt und Grenzverletzungen

Wildwasser e. V.

Unterstützung für Frauen, Mädchen und nicht-binäre Personen, die sexualisierte Gewalt erlebt haben

www.wildwasser.de

Hilfetelefon »Gewalt gegen Frauen« (kostenfrei und anonym)

Telefon: 116 016

www.hilfetelefon.de

N.I.N.A. (Nationale Infoline, Netzwerk und Anlaufstelle)

Für Betroffene von sexuellem Missbrauch und Fachpersonen

www.nina-info.de

Für queere Menschen und spezifische Identitätsfragen

Lambda e. V.

Jugendnetzwerk für LGBTQIA+-Personen mit Gruppenangeboten und Beratung

www.lambda-online.de

TransInterQueer e. V. (Berlin)

Für trans, inter und nicht-binäre Menschen – mit psychosozialer Beratung und Gruppenangeboten

www.transinterqueer.org

Queer Refugees Deutschland

Unterstützung für queere Menschen mit Fluchtgeschichte

www.queer-refugees.de

Lesben- und Schwulenverband (LSVD)

Beratung und rechtliche Unterstützung für queere Menschen bundesweit

www.lsvd.de

Für Körpertherapie und psychosomatische Begleitung

Beckenboden-Zentren und physio.de Suchfunktion

Finde spezialisierte Therapeut:innen für Beckenboden, Vaginismus, Schmerzen nach Geburt oder Operation

www.physio.de

www.beckenboden.com

Somatic Experiencing Practitioners

Körperorientierte Traumatherapie – zum Beispiel nach sexuellen Übergriffen oder chronischen Schmerzen

www.somatic-experiencing.de

WEITERFÜHRENDE LITERATUR

(A-)Sexualität

- *Asexuality: A Brief Introduction* von Asexuality Archive
- *Kein Bock Club* von Maria Popov
- *Keep It Coming* von Dania Schifftan
- *Kommt gut* von Jüne Pla
- *Kopf aus – Lust an* von Julia Henchen
- *Unfuck your Intimacy* von Faith Harper

Kink und Fetische

- *When someone you love is kinky* von Dossie Easton
- *The ultimate guide to kink: BDSM, Role Play and the Erotic Edge* von Tristan Taormino

Fantasien

- *Want* von Gillian Anderson

Masturbation

- *Getting Off: A Woman's Guide to Masturbation* von Jamye Waxman
- *Komm, wie du willst* von Emily Nagoski
- *Sex For One: The Joy of Selfloving* von Betty Dodson
- *Sie hat Bock* von Katja Lewina

Selbstakzeptanz

- *Self-Compassion: The Proven Power of Being Kind to Yourself* von Kristin Neff

Trauma

- *Unfuck your Brain* von Faith Harper
- *Waking The Tiger* von Peter Levine

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