

SEXUAL THOUGHTS AND BEHAVIOUR

Can I hurt my vagina from intense sex or masturbation?

KEY WORDS communication | respect | boundaries 

Although having sex and masturbating are generally safe and enjoyable, it is important to be aware that extreme behaviours can have negative effects. Many times, people can experience pain during sex, even if their sexual activities are gentle, well-communicated between partners and non-rough or aggressive. If this is your case, you can check out the topic “Is sex supposed to be painful?”

In this text, you’ll find out what can go wrong if you have aggressive and rough sex or masturbation that can cause you pain down there, and how to take care of your body while exploring your own sexuality.

First things first, your genitals are **an amazing and resilient part of your body**. The vagina in particular is designed to stretch and accommodate various activities, including sex and masturbation.

However, it's crucial to approach these experiences with respect and care to ensure you stay healthy and comfortable.

Understanding the risks of intense masturbation or aggressive sex

Extreme or intense penetration may lead to physical trauma. It may cause tears in the delicate tissues or vagina, resulting in pain and posing risks of infection and discomfort. It may also cause pelvic pain, which may stem from strained muscles and ligaments or urinary problems.

In worst-case scenarios, forceful activities can increase the risk of infections and STIs. The reason for this is broken skin or tissue, which can occur during sexual activity. Additionally, intense sexual activities can contribute to chronic conditions such as chronic pelvic pain syndrome or may even have psychological consequences like feelings of guilt, anxiety, or distress, affecting your mental well-being.

To place your well-being in first place, open communication with your partner is the most important thing. Share your opinions about boundaries, comfort levels, and any concerns you may have. Establishing mutual understanding is crucial for a healthy sexual relationship. This is also related to the concept of **consent**, which needs to be prioritised in all sexual activities to make sure all parties feel comfortable and safe.



Enjoy sexual activities in moderation. Pay attention to your **body's signals** and avoid pushing yourself to uncomfortable extremes.

To avoid discomfort or potential harm, here are some tips:

1. **Lubrication is your friend**: Using a water-based lubricant can make your sexual exploration more comfortable. It reduces friction and helps prevent irritation.
2. **Take it slow**: There's no rush! Gradually explore your body and figure out what feels good. Rushing into things might lead to discomfort or even small injuries.
3. **Clean hands and clean toys**: Make sure your and/or your partner's hands and any toys you use are clean. This helps prevent infections and ensures a safer experience.

Regular gynaecological check-ups are necessary to monitor your reproductive health accompanied with safe sexual practices. If you experience persistent pain or discomfort, consult with a healthcare professional, and follow doctors' recommendations to avoid health issues. **Understanding your body and its limits** contributes to a positive sexual experience.

While exploring one's sexuality is natural, it's crucial to prioritise your health and well-being. Moderation in all activities, communication, and seeking professional advice when needed are key elements in fostering a positive and fulfilling sexual experiences.

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