

What is it?

The G-Spot is an area of erectile tissue that surrounds the urethra; it's also known as the urethral sponge. It's an elaborate network of nerve endings and ducts that swell when you are aroused. Many people who have vaginas find this area highly sensitive --sometimes even more sensitive than their other erogenous zones. But like all stimulation, the reaction depends on the person. This means that communication with your partner before, during, and after sex is important to make sure everyone is comfortable and enjoying themselves.

Where is it?

The G-Spot can be felt through the anterior vaginal wall (that's towards your belly). It is generally found an inch or two from the vaginal opening, but the exact location varies from person to person (some people find it closer to their pubic bone, others will feel things a bit higher up.) Since everyone experiences pleasure and sensation differently, it's ideal to be patient and enjoy the journey of exploring your (or your partner's) body. If you think of the vaginal opening as a clock, with the clitoris at 12 o'clock, the G-spot is usually found somewhere between 11 and 1 o'clock.

How can I find it?

The vaginal wall over the G-spot usually has a rougher texture than the rest of the vagina. When aroused, the urethral sponge fills with fluid, making it protrude from the rest of the vaginal wall. This enlarged surface can be as small as a dime or as large as a loonie.

To locate the G-spot, you will need to apply firm pressure, as the urethral sponge is found through the vaginal wall. It can also be easier to locate if you kneel or squat. It's also recommended to do some foreplay and get aroused before exploring. This will make the urethral sponge bigger, and your expedition will become more fun and natural, placing less pressure on you and your partner. Exploring bodies can be really fun, and finding the G-spot can be a great new way to have fun together or as a solo mission.

If you're looking to hit the G-spot with a partner, some positions are more effective than others; try different positions until you find what feels right. If you want a partner to hit your spot through penetration with a dildo, penis, or other outie, there are some configurations that work better than others. Doggy-style or getting on top seem to work best, but if you're flexible, you can also hook your legs over your lover's shoulders during missionary. The best tool for finding your G-spot is usually a curved toy or someone else's fingers, and as always, a sense of humour.

What can I expect?

For some people, G-spot orgasms can be explosive, and for others they can be a total dud. Try not to place too much emphasis on this technique, and think of your mission instead as a fun addition to your sexual repertoire. If you do have an orgasm, you might find that it is more intense than usual, and could possibly follow with multiple orgasms, or even ejaculation!

You might also feel like you have to pee when you are playing with the G-spot. This is your urethra and

attached bladder sending a message to your brain that it understands as the need to pee. If you want to be sure, just go to the bathroom before you start exploring. And don't forget the towel just in case things get extra wet!

Now what do I do with it?

Experiment! There are infinite possibilities of positions, toys, and people to play with. Speaking of toys, Venus Envy carries many that are specially designed for G-spot play, such as the Slim G-spotter vibe and the Curve silicone dildo. Almost anything that is firm and has a good curve will get the job done!

Kegels Crash Course

Kegels exercise your pubococcygeal (PC) muscles. This is the muscle that contracts and releases during orgasm, so the stronger it is, the easier it is to have more and bigger orgasms. You can find your PC muscles by stopping the flow when you pee, just to familiarize yourself with those muscles.

Give yourself a workout at home or on the bus by contracting quickly in sets of 10. Pros can practice longer contractions of 3 seconds each, with an equally long period of relaxation in between. Breathing helps; inhale as you begin a controlled contraction, and exhale as you release. Remember, you don't just want these muscles to be tight, you also want to be able to fully relax them.

You can add any kind of vibrator, dildo, or ben wa balls to your kegel routine for more fun and to give those muscles an extra workout!

Resources

Female Ejaculation and The G-Spot

Deborah Sundahl
Hunter House, 2014

Female Ejaculation

Somraj Pokras and Dr. Jeffrey Talltrees
Amorata Press, 2009

The G-Spot and Other Discoveries About Human Sexuality

Alice Kahn Ladas, Beverly Whipple, and John Perry
Henry Holt and Company, 2005

Girl Sex 101

Allison Moon
Lunatic Ink, 2014

The Smart Girl's Guide to the G-Spot

Violet Blue
Cleis Press, 2012

I Heart Female Orgasm

Dorian Solot and Marshall Miller
Da Capo Press, 2007

The Elusive Orgasm

Vivienne Cass
Da Capo Press, 2007

Moregasm

Claire Cavanah and Rachel Venning
Avery Books, 2010

*Check out one of our fun and informative
workshops to find out more about the G-Spot!*

venusenvy.ca/workshops



Venus Envy is an education oriented sex shop and bookstore with stores in Ottawa and Halifax.

Our goal is to provide everyone with a respectful (and fun!) place where they can find toys and tools to explore gender and sexuality.

We believe that one of the best tools to enjoying a healthy and satisfying sex life is knowledge. To that end, we offer our pamphlets series as a way for people to access information even if you're too shy to ask one of us at the shop! You are welcome to download and print any of these pamphlets to share with lovers, friends, clients, or anyone else!

Our goal is to make sex positive and accurate information available to everybody. Our pamphlets offer an introduction to many facets of sex and sexual health and are always evolving. We recognize that language can be limiting and that people have a variety of ways of describing their bits. We've chosen to use medical terms for clarity, but understand that these terms don't work for everyone. We welcome any comments and suggestions that you may have.

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The G-spot



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