

Intro — first and most important things

If you and your boyfriend are looking for comfortable ways to have sex, the priorities are the same for every couple: clear consent, honest communication about boundaries and expectations, lots of lubrication for anal sex, protection against infections if you want it, and going slowly until you both feel comfortable. Below are gentle, practical position suggestions and step-by-step tips to make sex more comfortable and enjoyable.

Before you try positions

- **Talk first.** Agree what you want to try, what's off limits, and pick a safe signal or a word for stopping or slowing down.
- **Foreplay and relaxation.** Kissing, touching, oral, massage and extended foreplay help relax muscles and increase comfort.
- **Lube is essential for anal sex.** Use a generous amount — water-based or silicone lube. (Do not use oil-based lube with latex condoms.)
- **Protection and health.** Condoms for anal sex reduce STI/HIV risk. Consider PrEP if HIV prevention is a priority. Get tested regularly and talk about vaccination (hep A/B, HPV).
- **Hygiene and comfort.** A shower, emptying your bowels beforehand, trimming nails, and having towels/pillows handy helps everyone relax.

Non-penetrative and low-pressure options (good starts)

- Mutual masturbation — you both stimulate yourselves or each other. Great for learning speed and pressure you like.
- Oral sex — lying back with one partner reclining can be comfortable; use condoms for extra protection if desired.
- Chest-to-chest, cuddly positions (spooning without penetration) — builds intimacy and trust before trying penetration.

Gentle positions that help with comfort and control

These positions let the receiving partner control depth and speed or reduce strain and allow relaxation.

- **Spooning (both on their sides)**
 - Receiver lies on their side with knees slightly bent; giver is behind. Close body contact helps relaxation. Depth and angle are easy to control from behind and are typically gentler.
- **Receiver on top (straddle)**
 - Receiver straddles the giver (facing them or facing away). Receiver controls depth, rhythm and can stop or adjust easily — excellent for beginners learning what feels good.
- **Face-to-face seated (sitting/edge of bed)**
 - Giver sits on a chair or the edge of the bed; receiver sits on top facing them or facing away. Good for eye contact and control; easy to pause and adjust.
- **Side-by-side (facing each other)**
 - Both lie on their sides facing each other. Allows gentle, controlled movement and keeps things intimate.
- **Edge of the bed (receiver on back with legs supported)**
 - Receiver lies on the bed near the edge with legs over giver's shoulders or hips (or supported on pillows). The giver stands or kneels — depth and angle can be adjusted easily.
- **Modified doggy (gentle)**
 - Receiver kneels on all fours but keeps their torso lower and supported by elbows or a pillow; giver kneels behind. Receiver can lower their torso onto the bed to relax and control depth.

Step-by-step for trying anal penetration (gentle approach)

1. Start with a long period of foreplay so your body is relaxed and aroused.
2. Apply plenty of lube to the entrance and to the giver's penis, fingers or toy. Reapply often.
3. Begin with external stimulation and light pressure. Use a well-lubricated finger to gently massage and then slowly insert one finger — add a second only when that feels comfortable.
4. Go slowly and breathe. The receiver should breathe out when the partner goes in and focus on relaxing the pelvic floor muscles.
5. When you try penetration, start with shallow, slow movement. Stop if there's sharp pain. Gentle stretching over multiple sessions is normal and often necessary.
6. Use condoms for anal sex and change if switching to oral. Use compatible lube with your condom type (avoid oil-based with latex).

Pain vs. discomfort — when to stop

- Some pressure or mild discomfort can happen at first. Sharp or burning pain is a sign to stop and reassess.
- If pain persists, try more foreplay, more lube, a different position, and slower progress. If problems continue, consider seeing a healthcare provider experienced with sexual health.

Aftercare and emotional check-in

- After any sexual activity, check in emotionally: ask how your partner felt, whether anything hurt, and what they liked.
- Aftercare might include cuddling, water, a shower, or just time to talk. This builds trust and comfort for next time.

Quick practical checklist

- Agree on boundaries and a safe word.
- Have plenty of lube and condoms ready.
- Start with foreplay and non-penetrative options if you're nervous.
- Choose a position where the receiver controls depth (spooning, receiver on top, side-by-side).
- Go slow, breathe, use fingers/toys first if helpful, and stop for sharp pain.
- Follow up with aftercare and talk about what worked.

If you want, tell me whether you and your boyfriend are planning to try anal sex or prefer to start with oral/mutual touch — I can give more personalized position suggestions or a step-by-step plan based on that.