

PLAYS WELL WITH OTHERS

with Reid Mihalko of ReidAboutSex.com

TECHNIQUES & TIPS FOR NAVIGATING GROUP SEXPLORATION AND SENSUAL FUN...

Group frolicking and self-expressed, open relationships are about BLACKBELT level communication skills, self-awareness, high Emotional I.Q.s, and “leaving the campsite better than you found it.”

- **BLACKBELT Communication Skills:** Do you (and those you play with) have the chutzpah to “Say what’s not being said,” to call a time out when things feel wonky, and to call the whole thing off when it doesn’t feel right?
- **What’s your Emotional I.Q.?** How well can you function when in high emotional states? Are you aware that your emotional state is a “state” and not who “you are?” When you are in an argument and feel like you want to “end it,” do you know that this is just you feeling that you want to end the relationship or conflict, or do you believe that you should end it?
- **Self-awareness:** How well do you know yourself and what works for you in a relationship and in sex – Even when you’re “in love?”
- **Do your date your species?** Are you constantly trying to get the people you sleep with to like what you like in sex and relationships? Do you even know what your “species is? Would you end a relationship with someone you loved if you realized they weren’t your species?
- **What’s your turn around time?** When you screw up or have an insight about yourself, even if it’s scary, how long does it take for you to speak up about it/to share it with your partners and lovers?
- **Have you (and your partners) figured out what your emotional and physical needs are to feel safe in 1-on-1 Sex as well as Group Sex?** Do yourselves a favor and begin to map these things out before you try diving in to the deep end of the group sex pool. It’ll be well worth it!

THE AWKWARD Whether it’s time to ask someone(s) if you’d all like to make out in the hottub or it’s time for “the sex” to begin, when things get awkward, realize that things are often awkward for everyone else, too, and we’re effectively trapped in a 7th Grade Hell of awkwardness. We’re all looking for someone to break the ice. So, when things get awkward...

1. Take a breath and say to yourself, “The Awkward is upon us.”
2. Announce to those around you, “I have an idea.”
3. They will usually reply something to the effect of “What?” When they do...
4. Suggest something you’d like to receive or do which includes the rest of the group somehow.
5. If they agree to your suggestion*...
6. Grab everyone’s hands and initiate your suggestion (Or else things will get awkward again. If so, repeat Steps 1-6).
7. *If people hesitate around your initial suggestion, make a 2nd suggestion. If they hesitate saying Yes to that, ask them, “Do you have a suggestion for something you’d like to receive?” If they make a suggestion and the group is a Yes to it, grab everyone’s hands and initiate said suggestion.

Dating, Boinking, and Finding Your Species:

- Most of your group sexploration woes (and relationship drama) will be lessened if you upgrade the people you sleep with and “date your species,” meaning that you pick people who like/are curious about similar things sexually and relationship-wise. Pick people who are already thinking about or have had successful group sexual/sensual experiences. How do you know who they are? You ask them. ☺
- “Don’t go shoe shopping at the grocery store,” meaning, you’ll get better results finding open-minded, sex savvy people at events and gatherings and on websites where such people congregate – FetLife.com, OpeningUp.net’s resource page, LoveMore.com, MomentumCon.com, DarkOdyessy.com, KinkySalon.com, workshops, sex positive events and conferences

Reid’s “Say What’s Not Being Said” Difficult Conversations Formula/Script: Find it on ReidAboutSex.com HERE: ReidAboutSex.com/difficult-conversation-formula

Reid’s Polyamory and Non-Monogamy Products & Resources: ReidAboutSex.com/polyamory

SAFER SEX There's no such thing as completely safe sex and adding more people to the mix during the same encounter adds to the complexity. However, when we can take precautions to make things more physically and emotionally safe for ourselves and for those we frolic with, group sex can become less scary, more safe, and waaaaaay more fun and fulfilling.

Reid's Safer Sex Elevator Speech: *In 3-minutes or less, share...*

1. When you were last tested and your status
2. Your relationship status, relationship agreements, how you identify/pronoun preference, etc.
3. Your Safer Sex needs/protocols
4. Any risky sexual encounters you might have had since you were last tested
5. Something that you like sexually/sensually or might be up for exploring with said person
6. Something you dislike sexually/sensually or are not up for exploring with said person
7. End with: "And how about you?"

Group Sex Safer Sex Savvy and Etiquette: *Some basic group sex protocols so you can let other sex geeks know you know how to keep them safe while having sexy fun!*

- **Default Lowest Common Denominator:** No matter what the majority/minority opinion is for the group, always default to the lowest common denominator for safer sex protocols and engage in play from there - It's easier and more respectful than trying to enroll the someone(s) to be comfortable with a level of risk that they're not. The safer and more respected people feel, the more you come off as a kick-ass sex geek and thoughtful human being. And thoughtful, respectful people tend to get laid more and laid better. Trust me on this one. ☺
- **Get tested at least once a year.** If you're like Reid, get tested 2-4 times a year.
- **Always use condoms** for penetrative sex during group sex. Especially anal sex! (Good rule for 1-on-1 sex, too!) Don't leave your bodily fluids inside peoples' asses and vaginas.
- **Use gloves** for touching genitals (yours included) and change gloves when you touch different genitals! At the very least, wash your hands thoroughly with hot, soapy water for each new person.
- **Left Hand For Lucy:** When playing with two people at the same time, try assigning one hand exclusively to one person and your other to the 2nd so that you don't "double dip." Now *that* is being polite. ☺
- **Rinse your mouth with Listerine and wash your face** between oral sex with different partners. Do not brush your teeth as it leads to micro-abrasions, which increase risk of STI transmission.
- **Don't ejaculate in people's mouths or on their face without their permission.** (*Safer sex geek factoids:* It's technically safer to swallow cum than to hold it in your mouth to then spit it out. Shooting cum on someone's belly or chest or back is even more safe. Bonus points for a moist, warm washcloth or babywipe for clean up!)
- **Put condoms on your sex toys** if you're sharing them and change condoms and wash your toys between partners. And don't use other people's toys without their permission.
- **Latex Up!** Using and/or requesting dental dams and condoms for oral sex along with using gloves doesn't make you're a prude or germaphobe. In fact, it's a great way to let other safer sex geeks know that you're "hip" to safer sex.
- **Leave the campsite better than you found it.** Don't be *that* person who leaves a used condom or a huge wet spot for someone to sit on/in! ☺ If you're particularly "juicy," use a towel underneath you or a Chuck; and wipe up after yourself.

Get Tested for Free and/or Anonymously: Go to ReidAboutSex.com's Safer Sex Elevator Speech blog post and scroll to the bottom to find free and anonymous clinics by Zip Code - ReidAboutSex.com/safersexelevatorspeech

Physical Safety and Emotional Safety: Physical Health Safety Factors are different from Emotional Safety Factors. Treat them separately. Emotional connecting is different from physical connecting, and one person's "safe" is not another person's "safe."

Physical and Emotional Safety Brainstorming Questions: To get your brain percolating, try answering/completing the following question and statements. Don't worry if you can't answer them yet or at all, these are just a place to start...

- What would you need to feel emotionally safe to sleep with someone who'd never been tested? Physically safe?
- People sleeping over at my home after group sex exploration feels _____ to me.
- Being physically included in group dynamics that included a loved one feels _____.
- Fucking someone would feel safest and more relaxing for me if _____. Fucking a group of people would feel safest and more relaxing for me if _____.
- Would you fuck someone you wouldn't let go down on you? Would you let someone go down on you that you wouldn't fuck?
- If a lover fell in love with someone we slept with, I would feel _____, and having/knowing _____ would make me feel more empowered/loved/honored/cherished.
- In regards to sex with other people, I feel loved, honored and cherished by my lover when _____.
- Would you fuck someone who wouldn't let you go down on them? Would you go down on someone who wouldn't let you fuck them?
- Getting a text/email/voicemail the day after a group sex exploration from my lover would feel _____. From the other people I explored with would feel _____.
- My lover(s) fucking someone else would feel more safe and more relaxing to me if _____.
- The STI I would feel most ashamed of catching/having would be _____.
- To me, the difference between what is "equal" and what is "fair" is _____.
- Catching herpes (or other STI) from someone would feel less upsetting if that person were/had/did _____.
- If my lover(s) caught an STI from someone, _____ would make me feel more safe.

Great Group Grope and Group Sex Rules of Thumb:

- Be the person to initiate the safer sex conversation – If you're waiting for someone else to do it, that's your signal to initiate the convo. *Trying asking them, "Would you like to hear my Safer Sex Elevator Speech?"*
- If someone can't have an "adult" conversation about sexual health, you're probably better off not sleeping with them, no matter how tempted you may be. ☺
- Don't play with people who aren't willing to be transparent about their sexual history – Transparency is usually an indication, but not a guarantee, that people will take better responsible action in a crisis. You're allowed to have your privacy, but when it comes to sharing genitals, "all cards on the table" is the best way to stack the deck in favor of your sexual health!

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