

Sexual Toys and Aids

Disclaimer:

This handout is about adult toys. The language and illustrations may be explicit in nature.

The world of sex toys can be overwhelming. “What should I start with?” “Where do I look?” “What will work for me/us?” – There are no right or wrong answers. Simply being curious is the key. This handout is meant to be an introduction into the ever changing market for sex toys and aids. Once you begin experimenting, you may find that sex toys can truly enhance a sexual experience, whether alone or with a partner. If you are partnered, we do recommend shopping together, so that you can both have input in deciding what to try.

Vibrators

Some vibrators can be used internally, some are for external use (e.g., wand vibrators), and some can do both (e.g., rabbit vibrators).



Wand vibrators tend to deliver stronger vibrations and can be used all over the body. Some vibrators will be marketed towards women and some towards men. However, it is more important to consider how you will be using the vibrator.



Butt Toys

Butt toys (e.g., anal beads, butt plugs) come in a variety of materials and shapes. For safety, we recommend using a butt toy that has a flared base or ring so that the toy does not get lost inside.

Some people prepare for butt play by performing an anal douche. This is optional. For more information about anal douching, please visit checkhimout.ca/more-than-sex/navigating-a-queer-world/#Douching



Masturbation Sleeve



You might also know these as “Fleshlights” or “Tengas”. Whatever the name, masturbation sleeves can be used for solo sessions or as an element of partnered intimacy. There can be a variety of internal textures to choose from, so take your time to browse. Be sure to use lubricant with your sleeve and clean well after use.

Penile Tension Bands

Penile tension bands (also known as cock rings or tension rings) are worn at the base of the penis. They help to keep blood in the penis to sustain the erection for longer. Some tension bands vibrate as well.

Do not wear the ring or band for longer than 30 minutes. Take it off, wait 1 hour, and then you are safe to use it again. This is to allow the penile blood to circulate.



Extenders



Extenders or hollow strap-ons are designed to help increase the length and girth of a penis. The erect penis is housed inside the extender and the device is anchored by a harness or loop that encircles the scrotum.

To use: Place some water based lubricant inside the toy. Squeeze the tip to remove excess air from inside – This will help create a vacuum so the toy can grasp the penis.

Harnesses

Harnesses can be worn by anyone, regardless of gender identity. For harnesses with two openings, the top one typically houses your dildo of choice and the bottom opening is for your own genitals. This is a good option for couples seeking penetrative sexual play, but are unable to achieve an erection firm enough for penetration. The receiving partner can use their hand to stimulate the penis at the same time, mimicking the sensation of penetrative sex.



Sex Furniture/Positioning Cushions



Sex furniture and positioning cushions can help turn your space into an adventurous and safe sexual zone. Trying out wedges, ramps, swings, benches etc. can help you explore new positions (potentially more comfortable ones). Be sure to read the product care guide on how to wash the item.

Online Shops

artofloving.ca • lelo.com
lovehoney.ca • dame.com
bangon.it • hotoctopuss.com
eddiebygiddy.com •
theitcollection.com/shop

Physical Shops

The Art of Loving Sex Shop
– 369 W Broadway, Vancouver | 604-742-9988
15% discount for VGH patients

Honey Gifts – 3448 Cambie St, Vancouver | 604-708-8065
10% discount for VGH patients

Womyns' Ware – 896 Commercial Dr, Vancouver | 604-254-2543

Ultra-Love Products – 1151 Davie St, Vancouver | 604-687-2337

Disclaimer: This list of toys and shops is not exhaustive. We recommend doing your own research on products of interest and safe use of products, reading reviews, and speaking with the shop attendants. The list of shops and websites are suggestions only and inclusion or exclusion from this list does not imply any endorsement, approval, or recommendation of, or comment on the quality of business by VCH. Any concerns you have related about a product or service should be discussed and resolved with that particular business. VCH assumes not responsibility of any listed businesses.

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Making better
decisions together
with patients
and families

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