

Being Your #1 Sex Partner



A solo sex workshop with
Eva Bloom, MSc. (she/they)

Unpack societal messages & myths about solo sex



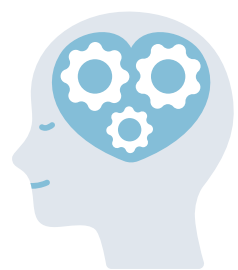
Solo sex (aka masturbation) IS SEX! Sexual expression and exploration can happen with yourself, and **the sexual relationship you cultivate with yourself is valuable**



Masturbation won't cause acne, "ruin sex" for you, or make you a bad person.



Read **sex blogs** & listen to **sex podcasts** to de-stigmatize solo sex (The Dildorks, Disability After Dark, Pro Hoe)



Tap into **mindfulness** and the **5 senses** to connect with pleasure in your body

Sex Toys & Erotic Materials

Invest in **body-safe sex toys** made of 100% silicone, glass, stainless steel or ABS plastic

Water-based lubes are great to use with toys and barrier methods (ie condoms)

Explore a **paid subscription site** or one-off purchases for erotic materials (Many Vids, Filthy Figments, Dipsea)



Self-care & solo sex

Solo sex can be tool for **survivors of sexual violence** to reclaim sexual pleasure

Explore options for **gender-affirming toys** like wands, strokers, or suction toys



Explore solo sex beyond penis & vagina

Explore non-genital erogenous zones (thighs, neck etc.), as well as the **internal & external clitoris** and prostate. Sexting can be a great digital option.

LEARN MORE: EVABLOOM.CA

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