

Is it possible to be too wet during sex?

You may feel too wet if you're experiencing an unusual vaginal discharge for a medical reason (in which case, you should see your GP), or if you've used too much lubricant. Some may feel their natural lubrication is a lot, but that doesn't mean it's too much. On the flip side, some people think if they don't have enough natural lubrication there's something wrong with them, or that they're not turned on enough. But everyone has different levels of natural lubrication, so avoid comparing. **NG**

If one of us has a cold sore, is oral sex still OK?

Unfortunately, it's possible to get genital herpes from oral sex. So that's a no. Genital herpes is generally caused by a virus called HSV-2 and oral herpes (a.k.a. cold sores) is caused by HSV-1, which can also cause genital herpes. It's best to find other things to do in bed until the cold sores have cleared up. **AK**

Is flirting on social media cheating?

If you have to hide something from your partner, then isn't that cheating? Some may call these smaller, non-physical acts 'micro

cheating', but infidelity doesn't just mean sex or physically touching. There are multiple ways someone can show deceit towards their partner, depending on what's considered OK in your relationship. For some couples, it's considered harmless and just a bit of fun. You need to work out what cheating means not only for yourself, but for you as a couple. **NG**

I feel my vagina has lost elasticity since having kids. My partner says he still enjoys sex, but can that be true?

A lot of women report feeling vaginal laxity after childbirth, but this is something that does tend to improve with time, particularly with pelvic-floor exercises. But even if there's some degree of vaginal laxity, it would be very unusual for it to affect your partner's enjoyment, so this is one thing you can believe him about... **AK**

Is it OK to put food... up there?

Nope, next! If I had a dollar for every time I removed a vegetable from an orifice... It's not



How do I get what I want in bed?

Eleanor McKenzie, editor-in-chief at erotica title Lady Victoria Howard, explains how to have that awkward conversation

Being unable to express what you want in bed is a strange, yet common, phenomenon. Most women are quite open about what they want when choosing a holiday or what movie to watch, but when it comes to asking for what they want in bed, they're suddenly tongue-tied.

To get past your embarrassment, try using the "I like it when you..." approach. It's a magical phrase that has the effect of suggesting you enjoy something he's already done — even if he hasn't — and is an indirect way of asking for what you want rather than making what may feel like a demand. Positive feedback makes both of you feel good — and that'll lead to better things.

just about things getting stuck, there's the possibility of introducing infection and upsetting the balance of microbes in there. Just don't do it. Not even yoghurt for a yeast infection — that's a myth. **AK**

Is anal sex dangerous?

It can be if you're not properly prepared. The problem is that many people see porn as a set of instructions on how various sexual acts are performed, but if someone is too rough with anal sex, or doesn't engage in foreplay and use lubrication, it can cause tearing. There's also a risk if items are inserted into the anal passage — if something doesn't have a handle or flared based, for example, the object may get lost inside and have to be surgically removed. **NG**