

A SEXUAL HEALTH TEAM INITIATIVE

Wow, Same.

Real sexy stories from real sexy people.

**PROMPT 2:
INSECURITIES**

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Introduction

We asked and you delivered!

We have compiled responses from almost 50 McMaster students. Thank you for dropping by to read the incredible stories from our community, and thank you to all those who submitted!

Keep reading for some laughs, some feels, and all things relatable.

Fill out this [anonymous feedback form](#) after reading! By filling out before April 16, you will be entered to win one of the prizes advertised on our Instagram!

- The Sexual Health Team



Prompt 2

Tell us about a body insecurity of yours related to your sexuality and how it's affected your sexual experiences. How have you coped with it? Have you learned to accept it?

Body Acne

Body acne can make us feel insecure about the way our skin looks and can often be physically painful. If you're dealing with body acne, know that you're not alone and it's extremely common.

"I'm insecure about my body acne, so sometimes I avoid sexual contact if it's particularly bad at the time."

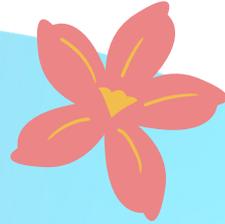
Masturbation

There's no right or wrong way to masturbate. Doing what makes you feel good and pleasing yourself is what masturbation is all about. Do what makes you happy and leaves you feeling satisfied.

"I had always thought I was the only person to only masturbate using my clitoris and not my vagina. I thought that was weird, until I saw comments about it on a TikTok and realized I wasn't alone!"

Variations in Vulvas

Through exposure to pornography or discussions in Western culture, people have come to believe that there is such a thing as a “perfect” vulva. This “perfect” vulva is usually hairless and has small inner lips. In real life, vulvas come in all shapes and sizes. If you have a vulva, know that it’s great the way it is.



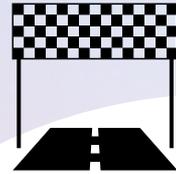
"One body insecurity is thinking my lips (and not the ones on my mouth) are too big. I think with the porn industry especially, there is a stereotype that small or nonexistent ones are preferable. By having more sexual experience with different people I have learned that it is not something to worry about. My partners have not seemed to care. Talking with others about their body insecurities made me realize that everyone’s body is unique and there is nothing wrong with that."

"I'm insecure about my asymmetrical and long inner labia. When hooking up with a friend of mine, I was so anxious about what he'd think that I didn't want him to go down on me. He told me I was probably overreacting and said he wanted to see my vulva. I agreed, so I sat there, pants off, with my knees to my chest and hands covering my completely red face. He leaned over and calmly took a look at my vulva and told me that I had “such a pretty pussy.” I never liked the word pussy, but I think those are some of the most healing words that have ever been spoken to me. I really needed to hear that. Now I try my hardest to love my pussy too."

Trouble Orgasming

Ability to orgasm varies widely among individuals. To some it may come easily, to others cumming may be difficult.

There are several reasons that some people may not be able to orgasm. It is up to you to decide whether you want orgasm to be an important part of your sex life. Those unable to orgasm should feel empowered to do what feels good to them regardless of their ability to climax.



"Not being able to orgasm with a partner. I've found that sex is much better for me if I don't focus on orgasming as the main goal. I can just enjoy the experience and follow what I like without worrying about what my body will or won't do."

"I take a long time to orgasm, and I struggle to do it with a partner. Because of that, I assume that going down on me is a chore and not desirable for a partner. My first boyfriend couldn't make me orgasm when going down on me and often complained about it. Of course, it "wasn't his fault" ... he was experienced *rolls eyes*. I have a difficult time enjoying the experience because I am preoccupied thinking about how long I'm taking to finish, which is why I've avoided having people go down on me altogether in the past. I haven't gotten past this insecurity yet. Recently, I've tried having my partner only go down on me for short periods of time, like under 5 minutes, so I can enjoy the experience since we both know I won't orgasm in that amount of time. Orgasm isn't always necessary for everyone to have a good time during sex."

Stretch Marks

Feeling insecure about our bodies and how they change over the course of our lives is an experience shared by many. Your stretch marks are evidence of the way your body has grown and changed over time, and that is beautiful.

Wear your marks with pride.

"I have stretch marks on my thighs! I used to feel ashamed of them, but since COVID started I started following a lot more body positive accounts and I've grown to be okay with them (still working on actually loving them but you know, baby steps). "

"STRETCH MARKS! I've learned to love them, but I won't lie, I used to hide them by all means possible (I tried concealer once). You may think they're not that cute, but honestly, they show you're not some barbie doll but that you're human."

"I have stretch marks on my breasts. I'm self-conscious about them. After getting undressed for the first time in front of my partner, we had a vulnerable talk about our bodies. I told him that having stretch marks bothered me. He reassured me there was no need to worry. Learning about his insecurities and having that honest discussion helped me realize that others can find me beautiful even though I'm insecure about certain things. It helped me love myself more. "

Nipples

Some are big and round, some are small and pointy, some are pink, some are brown. An often-taboo topic in sexual health, nipples are an important erogenous zone for many and often play a big role in getting aroused.

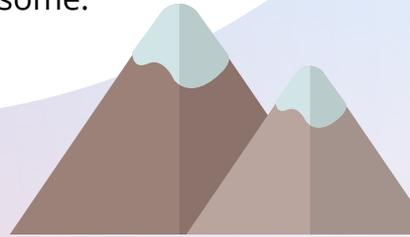
Own your nips.

"My areolas are super pale and pretty much my skin tone. I'm super insecure about it, but also all bodies are beautiful and who the heck cares!"



Boobs

Who doesn't love boobs? Although we may be exposed to a singular "perky" image of what boobs look like in mainstream media, the reality is that boobs are diverse. Even on the same body, boobs can be noticeably different sizes and shapes. Your body is unique to you, and whatever form your breasts come in is awesome.



"I am a cis-woman and quite flat-chested. It was something I was made aware of by other girls growing up, who would sometimes point it out. Sometimes it bugs me because I don't fill out certain shirts, and I wonder if people find me less attractive because of it. When intimate, I've wondered if my partners wished that I had larger boobs. But at the end of the day, I think I am quite happy. If that is something my partner actually thinks about me, then it's probably safe to say I can do better (and I deserve better). I have a wonderful partner who says that they love my body just the way it is, flat chest and all. Also, running is so much easier with small boobs. Who do you think is going to survive the zombie apocalypse when we are all being chased by zombies? ME! Furthermore, I've learned that our bodies are so cool. Like my body got up and supported me today. It lets me breathe, carries me up the stairs, lets me run, it does so much for me. My body treats me so well, so maybe I should start treating it the same, and that starts with loving my flat chest (and escaping all the zombies, but that is a future problem)."

How our Genitals Taste

All bodily fluids have a taste. Nobody should ever make you feel badly about the natural flavour of your genitals. Those fluids serve an important purpose in keeping your body safe and healthy. If you need to, ask a sexual partner to express their desire when going down on you to help you build confidence. Our insecurities about how we taste should not have to stop us from enjoying sex.

"The smell and taste of my vulva has always been a huge insecurity of mine. With all these embarrassing stories on the internet about vulvas smelly fishy, tasting bad, or having yeast infections, it makes it difficult to feel comfortable enough to allow a partner to go down on me. I have passed up on experiencing pleasure many times because I was scared of the stigma attached to these negative stereotypes about vulvas."

If you do notice your genitals have a pungent fishy odour, or you have pain/itching that is ongoing, it's a good idea to get checked out by a doctor.

- The Sexual Health Team



Not Being Ready for Sex

It can feel like everyone is having sex in university. Our friends talk about it, our parents warn us about it, our partners ask us for it. . . It's no wonder some people feel pressured to engage. There's no shame in not wanting to have sex; you don't even need a reason. Choosing to have sex is a personal matter and that choice is one you should make with your best interests at heart. This includes validating yourself when you don't feel ready for it or if you never want to have it.

"I've been dating my boyfriend for quite a long time and we haven't had sex. It's not that the desire isn't there, but I'm extremely tense and I haven't figured out a way to relax and get over this fear of potential pain! I think it's so important that we talk about the difficulties that penetrative sex poses for some of us, because it can be comforting to know that you aren't the only person experiencing those obstacles. After consulting with my doctor, I know now that it is very likely not a physical problem, but an important sign that I may not be ready emotionally. And that's okay! Sex is about feeling good for both parties in whatever way that looks like. It shouldn't be rushed, and if it feels unnatural, I think it's best to consider giving yourself time. Don't let media fool you into thinking sex is flawless and without setbacks. Sometimes being able to laugh is the best part! "

How we Look from Different Angles

Due to porn and films, many of us grow up believing that sex is always sexy. Surprise, it's not. Because of this, choosing to have sex with someone else can feel vulnerable. Exposing yourself to another person can be anxiety inducing for many. It may take time to get comfortable having your partner seeing you in various positions and angles while naked, and that's okay. Your body is incredible for allowing you to be alive and do the things you do.

"This isn't exactly a body insecurity but I'm always worried about what my face looks like from the perspective of the person performing oral sex. Do I have double chins?

Can they tell my nose is crooked? Just thinking about it makes me shudder. The lower angle is unflattering and not exactly the sexiest image to look up to when you're performing a sexual act."

"One insecurity I have is not knowing how my body may look to another person from certain angles. I am currently trying to cope with and accept that I may not know, but that it's okay."

Body Hair

To shave or not to shave, that is the question. Often a question that warrants self-reflection or a conversation with your partner(s). Stigma surrounding body hair, especially on women, can have a negative impact on our self-image and mental health. Be open about your desires for your body and advocate for yourself to your partner(s). You do not have to be with anyone who doesn't accept the way you choose to wear your body hair.

"I'm insecure about my body hair, especially my pubic hair. The culture I grew up with never made a big deal about it, and I initially didn't think too much about shaving either.

But seeing so many Caucasians discuss shaving before sex makes me nervous. I fear that my future partner would be turned off because of this. One day, I might eventually turn to shaving out of this fear, even though I don't understand why it exists. I also feel judged in the swimming pool when I don't shave my armpits. "



Continued: Body Hair

"I'm a very hairy girl. I have hair all over my body. Even the same day I shave, my skin feels rough. It also makes me get ingrown hairs which will then irritate the area and cause blemishes. I'm always very self-conscious about this especially after sex when we're just cuddling and talking, since I'm less distracted. I flinch when my partner caresses my skin because I worry that they're going to feel how rough it is. Sometimes I notice them look at my skin and I wonder if they're looking at the blemishes, so I try to hide them. I haven't fully accepted it and I can't say I feel comfortable, but I know that I have many other qualities that make me attractive. I'm trying to learn not to shy away from these insecurities because when I try to hide something, I inevitably hide my attractive qualities too. I used to try to cover myself with the blanket or cover up immediately after sex, but that meant that I'd also be hiding my body. And I like the shape of my body and I like to show off my toned muscles. I try to let my partner see all of me, the good and the bad, and understand that there is a lot more "good" than "bad." Something else that has helped me is thinking about how I feel about my partners' "imperfections." I put it in quotation marks because I don't really think any of these are imperfections. I've been with men who've had a belly, men with acne, men with small penises, men with big penises, bald men, etc. None of that mattered to me. I still found them attractive, I still had a great time, and I barely noticed those things. I'd like to think that men think the same way about my "imperfections.""

Self-harm Scars

Content warning: self-harm. Exploring our sexuality with our partner(s) is usually a reason to be excited. For those of us who have self-harm scars, it can bring about feelings of anxiety, insecurity, and doubt. Exposing your scars to someone during an intimate experience can add an extra layer of vulnerability and potentially add more stress. Your body is nothing to be ashamed of.

"I have very visible self-harm scars on my arms and thighs from when I went through a difficult time a couple of years ago. As you can imagine, this is a huge insecurity of mine and during sexual experiences I would always try and make sure the lights were off, which didn't always work out and resulted in some awkward experiences. I have coped with it by addressing it before engaging in sexual activity with people, so that it doesn't come as a surprise. I am still working on accepting it, but I am now with someone who loves and accepts me, scars and all, which is definitely helping!"

Bellies and Weight

Bodies jiggle; they roll when we sit. Unfortunately, being afraid that our partners will not like the fat on our bodies is extremely common. In reality, someone who chooses to have sex with you does so because they find you attractive in the body you have right now, not the body you may think you should have. Nobody should speak poorly about how your body looks, so neither should you. Many of us are working toward a compassionate body image.

"One of my body insecurities is my belly fat, but this is something I know is very normal to have. It has affected the way I see myself when I take any nude pictures to send or when I am intimate with someone. I have learned to embrace it because it is normal, and I know others feel the same way."



"My tummy is often an insecurity of mine, but my partner makes me feel so sexy regardless. He hypes me up so much that he has almost got me believing the things he says."



Continued: Bellies and Weight



"For a long time, I was self-conscious of the way my stomach folds when I sit down. Then one day I realized the same was true for my boyfriend at the time. That helped normalize it for me. "

"I'm a thicker person and my chubby tummy makes me insecure when I'm getting intimate with someone. But I love my boobs and realized my partners are lucky to have access to them which makes me a million times more confident!"



"Having rolls on your stomach is okay! Your partner should be accepting of it, sometimes it's not even something you can control. Being accepting of them and really help your confidence and improve all aspects of your life. Work it!"

"My weight has been an insecurity for as long as I can remember. I used to be very hesitant of any sexual encounters, but I've learned to accept my body and love it for what it is now! It's much better since I'm not always worrying about how I look. "



Dealing with Gender Dysphoria

Accepting certain parts of your body may be made impossible by gender dysphoria. However, if you desire to, you still deserve to have pleasurable sex that minimizes distress associated with your body. Take your time and learn what works best for you. You are worth the effort.



"Sex while Trans can be pretty difficult to navigate. Dysphoria can crop up at random times, and sometimes things that have seemingly nothing to do with gender feel gendered and can ruin a moment. Talking about that with my partner though helps, and usually we figure out some other sexy thing to do instead."

"As a trans man, I have struggled with many body insecurities related to my sexuality. The big ones are my pre-op chest and my general size. Before I had top surgery, my chest would cause me so much dysphoria that it could make me lose interest during sex. I coped with this by communicating what I was comfortable with to my partner and by binding with KT tape. This allowed me to be topless but still binding which made me a LOT more comfortable! I'm a pretty short and skinny guy so my size has been a point of insecurity for me for a while. I'm lucky enough that my partner is smaller than me, but I can still get uncomfortable. I'm trying to accept that there is only so much I can do about my size. I have also learned what sexual positions make me feel uncomfortable due to my size and I have found others to enjoy instead. "

Painful Sex

Sometimes sex isn't the incredible experience we might expect it to be. If you experience pain during or after sex, know that you're not alone, and that you're not broken. Some ways you can try to reduce pain are to go slow, use lube, and check-in with each other. If you experience recurring pain, don't hesitate to consult a doctor to discuss other options.



"I am someone with a uterus and sometimes I have terrible contractions and cramps when I'm about to orgasm. I am super insecure about stopping the sex to writhe in pain, but I know I shouldn't to feel bad about it. It feels like I'm letting them down and making them worry because sometimes the pain gets so bad that I can't breathe. I've only started having sex in the past year, so I have not yet learned how to cope with it or accept it, but it really makes me appreciate my partner for not making it a big deal and being there for me. I wish someone taught me that this could happen."

"My vagina is too tight and shallow. I've struggled to have penetrative sex with every person I've been with, and it sucks. Often, it's extremely painful to go in, and then if I can manage that, it hurts to thrust because they usually hit the top of my vagina. Fingering can even be painful and can make me feel nauseous sometimes. It makes me feel like I'm broken. I feel guilty that my partner would be able to have sex normally if they were with someone else. The narrative growing up was *sex might hurt the first time, but then it'll be great*. For me, sex has never stopped hurting. "

Continued: Painful Sex

"Even if I mentally get really turned on, my vagina literally just doesn't get the memo. She stays completely dry - like the Sahara Desert. I've never gotten wet from any sexual encounter. When me and my ex-boyfriend tried to have sex for the first time, it wouldn't go in and he suggested that I get on top and try to put it in myself. We were both virgins too at the time. When I tried to lower myself down, he was like "Ouch! You're crushing me!" So, we just stopped trying that day. I still cringe thinking about it. We tried a bunch of things like lube and even longer foreplay, but it still hurt. I think it's probably something wrong with my hormones. I haven't accepted it because I want to try having sex at least once in my life. It makes me apprehensive of dating anyone else or even hooking up with anyone random because they'll probably want sex and I will too but I just can't. To be honest, I feel like I'm missing out and like I'm broken."



Thank you for reading the
prompt 2 responses for
the "Wow, Same."
Initiative!

If you have a minute,
please fill out this
[anonymous post-survey!](#)

If you fill it out before
April 16, you will be
entered to win one of
three prizes advertised
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