

Summer Lovin' ~ Wet Sex Style

- Dr. Yvonne K. Fulbright

When it's hot outside, but being indoors with your honey simply won't do, nothing beats submerging yourself in water in getting things extra wet and wild. One of the most popular concerns people have about sex in any body of water, however, is whether or not using a condom works, if it's needed at all. So if getting tangled up in each other during summer involves taking to a swimming pool or the ocean, make sure you consider the following safer sex advice well in protecting yourself before diving in for some dog day lovin'.

While seemingly carefree, pool and ocean sex do make for riskier sex. Pregnancy can happen any time semen is spilled in the vagina or near the vulva, even in water - so a condom should be used. Yet, note that water can seep between the condom and penis, causing slippage, as well as wash away any spermicide you might be relying on.

Other factors to be aware of: Chemicals, salt, and bacteria in the water can be forced into the rectum or vagina during thrusting, possibly causing irritation, infection and temporary dryness. Oil-based products, as well as chlorine, cause latex condoms to deteriorate, reducing the amount of protection you're after.

In sum, as you and your lover attempt sexual positions and feats only known in the weightlessness of water, make sure his willy is well covered so that next summer's fun doesn't involve wading in the kiddie pool.

That said, sex in a pool or at sea can make for some new sensations and amazing action. Positions mastered in shallower waters, especially when you're at the beach, will depend on the amount of privacy you want and your ability to breathe, whether face up or lying down. As you work your way into deeper waters, if both of you can touch the ocean floor, you'll have more standing position options.

Taking sex play to deeper waters still will require a tad more athleticism. By wrapping your legs around his waist, he can enter you from a quasi-sitting position. Asking him to flex his lower abs can make for a better, steadier thrust. Ease your efforts with a floatable device, like an air mattress. With your upper body lying on the mattress, he can enter you from behind while holding onto you or the device. Lastly, given the many things that can be found floating or swimming in the water, make sure one of you has cleared the port before entry!

If all of this sounds like more than you're up for, or if you're worried about a condom's underwater effectiveness, keep the action on dry land. Sex on the beach, under a pool towel, or in the great outdoors near a waterfall have long been popular for feeling like you're submerged in water without actually getting soaked.

Regardless of what you choose to do, while most messaging around protecting yourself in summer revolves around whipping out your sunscreen, if he's whipping out his penis in the heat of passion, make sure he's sporting one of your latex lifesavers – the condom - in an effort to avoid pregnancy and sexually transmitted infections.

Yvonne K. Fulbright, Ph.D., M.S.Ed. - Originally from Iceland, sexologist, sex educator, and relationship expert Dr. Yvonne K. Fulbright is the author of several books, including *Touch Me There! A Hands-On Guide to Your Orgasmic Hot Spots* and *The Better Sex Guide to Extraordinary Lovemaking*. Regularly featured in media outlets worldwide, Dr. Yvonne is the “sexpert” columnist and sex expert for Foxnews.com, a regular contributor to disaboom.com, and a professor of human sexuality at Argosy University. She founded Sexuality Source, Inc., a communications and consulting organization specializing in the topics of sex, sexual health, sensuality, and relationships in 2004. For more information on Dr. Yvonne, her projects, and services, visit www.sexualitysource.com.