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“Though the odds are not zero,” says Handsfield, “the truth is that for many STIs, most guys would ‘get away with it’, so to speak. The reason men should care is really a sense of altruism for their female partners.”

Lost

My depression began after I lost my job, and then, in quick order, the woman I’d hoped to marry.

She found my replacement in less than a week.

Not that it mattered at this point: between my mood and medication, alcohol and insomnia, I’d lost all interest in sex. It felt like a blessing.

I was working on a jug at a local bar when I spied the agent of my salvation. She had the bluest eyes I’d ever seen and they were set wide apart in a way that can make women look both beautiful and heartbreakingly kind. She wore a grey business suit tailored to her athletic figure. When she caught me ogling, she came over.

“Hi,” she said, extending her hand. “My name is Kyra.”

I introduced myself, shaking her hand limply. “So,” I said, now sure that I knew the score, “what’s the name of your organisation?”

Only once before had such a beautiful stranger approached me. That girl turned out to be a missionary for a religious cult.

Kyra, thank God, was no missionary. She worked in marketing and was in town for a conference; she was flying back home the next day. I got her a glass and ordered another jug. We ended up talking for the next two hours.

At last, Kyra said she had to head back to her hotel. “Could you walk me over?” she asked.

When we arrived, she hesitated on the threshold.

“Do you want to sleep here tonight? But just sleep?”

“Yes,” I said, relieved by the second condition.

She brushed her teeth, then donned a nightgown.

I thought about keeping my clothes on, but peeled down to my briefs and climbed into bed beside her. We talked some more, and then she kissed me. My first reaction was panic. Her body was beautiful, alive with health – such a contrast to my emaciated bag of bones.

“I’m sorry,” I said. “It’s just that I . . .”

She shushed me gently.

“It’s okay,” she said. “Just hold me.”

And so I did. And in her soft, curved contours, an undeniable peace settled on me. My racing thoughts slowed down, letting months of underlying exhaustion reveal itself in a drowsiness that bordered on pleasure.

After a while, another hint of pleasure emerged, too: the faintest tingling in a long dead zone. Like a match struck in a blizzard, it wasn’t much. But it was there.

For the first time in months, I slept until morning.

It all starts and ends, of course, with the biggest sex organ you have: your brain. Any compelling sexual stimulus, from the sight of a gorgeous nymph in a tight summer dress, to the feel of her toes playing footsie

HOW DO YOU MEASURE UP?

They come in all shapes and sizes, and all with the same intention in mind – to have great sex. But which penises are the most effective, and does size really matter?

To stimulate the vagina, a penis needs to touch the sides, so girth is important. Some penises are thick enough to fill most women, some are too thick for comfort, and a large proportion need deft handling to reach the good spots.

But never fear. If your girth is less than ideal, it’s more about how you wield your weapon than its size. So here are some tips for guys of all sizes

Modest

Prove your skills as a lover before she sees your member – she’ll already be impressed and size won’t be a big issue. She’ll also be aroused, and a well-aroused vagina is a responsive vagina, so her muscles are more likely to clamp around your penis, increasing sensation. Your advantage is that you can move around a lot. So add rotating motions to your thrusts so that you’re stimulating all around her vagina and clitoral area at the same time.

Average

No surprises here. Your partner is not going to get distracted by the size of your member and neither are you. There’s no need for you to feel either worried or too smug about what’s on offer. You can try any position, any way you like it. So get creative!

Well-proportioned

There’s no denying it, you’ve definitely got the advantage here. But avoid complacency. While the sight of your impressive member might make a girl swoon in anticipation, if that’s all you’ve got on offer the sex might get dull after a while. Yes, it fills up a girl nicely while still having the finesse to move around and get to the good bits inside, but it’s not all about the penis. Make sure you develop your all-round skills as a lover.

Blessed/Cursed

You’d get hired on a porn set in an instant, but the reality is that your massive member is more likely to make a girl faint than swoon! Unfortunately, a very large penis doesn’t always feel great: it can hurt on entry and can make the girl feel stuffed, without the subtlety of sensation she gets from smaller penises. So the advice is quite similar to that of your modestly hung brothers – prove your skills as a lover before she gets to your member. Let her guide the initial depth and speed. You’re going to have to be chivalrous and gentle, and she’ll love that.

– Jacqueline Hellyer