

You want more sex. That's what you told us through our huge You Sexy Things survey earlier this year. We also learnt you'd try lesbian sex

(well, 17 per cent of you!). If that doesn't surprise you, then maybe this will: to get your man ready for round two, cuddle him. For real. We also surveyed 6000 men to find out what turns them on ... and off. Read on:

Your sex life

How long does your foreplay usually last?

Minutes..... **79%**
Hours..... **15%**
Foreplay? We skip straight to sex..... **6%**

"Foreplay allows the vagina to be lubricated and relaxed for the entry of a penis. Without it, you could hurt yourself," says Sydney-based sex therapist, Tanya Koens.

When you're planning on having sex with someone, what's more important to you?

Emotional connection..... **64%**
Physical connection..... **36%**

YOUR SIDE OF THE STORY

The bare essentials

What's your relationship status?

In a long-term relationship..... **35%**
Single..... **26%**
Married..... **23%**
Dating..... **14%**
Divorced..... **2%**

How important is your sex life?

Very..... **40%**
Extremely..... **24%**
Moderately..... **27%**
Slightly..... **5%**
Not at all..... **4%**

Do you remember?

48%

of readers would change an aspect of their first time if they could, and 27% of you say you had sex for the first time out of curiosity. ▶

76% OF COSMO READERS WANT MORE

We surveyed OVER 2500 READERS and 6000 MEN about *what turns them on...*



6%

of Cosmo readers have revealed they are saving losing their virginity for marriage.

Jem's shampoo smelled good enough to eat.

PHOTOGRAPHY BY ROBERT WHITMAN; GETTY IMAGES

SEX!

32% of readers would have sex with someone within days of meeting them.

30% of readers reckon they could have sex four or more times in a single day!

"Carn. Stick it in!"

45%

of readers want to have sex more often than their partners do.

76% of readers wish for more sex.

23% have been caught masturbating ... but 11% say they don't masturbate at all!

31% think their friends are having better sex than them.

52% of you say penis size matters.

"Penis size doesn't matter. Most of the vagina's nerve endings are within one inch of the entrance. If size is an issue, there's always a position to make it better. Experiment!" says Koens.

Super-sized sex...

On having sex with the same gender...

I tried it, and liked it... **9%**
 I tried it, but it's not for me... **4%**
 I haven't tried it, and I'm not about to... **65%**
 I haven't tried it, but I'd give it a go... **17%**
 (5% of respondents were gay or bisexual.)

On the subject of group sex and threesomes...

I tried it, and liked it... **12%**
 I tried it, but it's not for me... **6%**
 I haven't tried it, and I'm not about to... **53%**
 I haven't tried it, but I'd give it a go... **28%**
 I do it all the time!... **1%**

"Negotiate group sex before anything happens. Feelings can be hurt, so you need clear boundaries," warns Koens.

The "cupped moob" just did things to Dick.



19%

of readers have made a sex tape.

37% have used drugs and/or alcohol to enhance sex. **"If you do use drugs or alcohol to enhance sex – and I'm not suggesting you should – remember your limits,"** says Koens.

How many times do you usually orgasm each time you have sex?

Once... **38%**
 Twice... **23%**
 Three times... **8%**
 Four or more times... **8%**
 Most times I don't orgasm... **14%**
 I have never had an orgasm... **9%**

"If you've never had an orgasm, make sure your partner gives you enough stimulation," says Koens.

Health check

What form of contraceptive do you use?

31%
 Condoms... **34%**
 The Pill... **13%**
 I don't use contraception... **6%**
 Withdrawal... **2%**
 An IUD... **8%**
 Other... **8%**
 (6% stated they did not have sex.)

34%

of readers have had unprotected sex. **"It's so important to have safe sex,"** says Koens.

For more contraceptive options go to: whatcontraceptiveareyou.com.

THEIR SIDE OF THE STORY

What he thinks...

57% of men say the hottest thing you can say when you see him naked is, "I want you inside of me."

35% of guys want you to give them a steamy pash to get them in the mood. Second to that? A crotch grab.

42% of men want you to ambush them for a hot quickie in bed, first thing in the morning (even if they're still half asleep).

34% say the sexiest sight you can treat them to is touching yourself. **"If you're shy, start small, with your neck, or breasts,"** says Sydney sex therapist Jacqueline Hellyer.

45% of guys say black, lacy and barely there is their fave lingerie. Only 2% mentioned red pleather outfits.

Just can't get enough

71% said the secret to the best sex they've ever had was that the girl couldn't get enough of them. **"Men can be sensitive about sex – it's important to their identities that they're good in bed,"** says Hellyer.

35% of guys say a Brazilian is a sure-fire way to be sexier. And 22% say they love you commando.



According to 42% of guys, staying totally silent in bed is the biggest turn-off. **"It's dull [and unhelpful],"** says Hellyer.

37% say their fave position is girl on top. **"Men love this position because they can see everything. They enjoy your taking control,"** says Hellyer.

50% want it to last 30+ minutes.

61% never want you to touch their backdoor! **"Guys are hung up about their arses! Shame, as it's actually a very stimulating area,"** says Hellyer.

30% of guys want to get it on more often (surprise, surprise!).

The best oral technique?

34%

of men say it's when you use your hand and mouth at the same time.

Dirty deeds

47% of guys want to be daring and get it on with you in broad daylight.

21% of guys said they're just really not into bondage at all.

38% of guys said they'd like to be tied up and blindfolded... **"If you'd like**

to try bondage, get your partner's permission, discuss limitations and have a safe word that has nothing to do with the act itself. And, finally, never do anything around the neck area," says Hellyer.

52% of guys don't enjoy phone sex. **"If you do like phone sex, just ask him if he'd be up for it. Guys appreciate honesty and directness,"** says Hellyer.

27% of guys would like you to wear a kinky costume in bed...

26% of guys want you to bring your vibrator into bed...

Want to get him ready for round two?

29%

of guys said all you need to do is cuddle!

How would you use porn to enhance your sex life?

We could watch it together and get turned on... **35%**
I wouldn't... **32.7%**

What over-the-top move would you like to try?

A threesome... **35%**
Getting it on in a public place... **31.7%**
Role-playing... **9.7%**
Talking dirty... **5.3%**

Compiled by Lauren Smelcher and Bethany Heitman COSMO

NEED MORE INFORMATION?

Check out our sex therapists' websites: jacquelinehellyer.com and sydneytherapist.com (for Tanya Koens' site).