

Music:	<a href="#">00:00:06</a>	(opening theme music)
Kat Stark:	<a href="#">00:00:09</a>	Welcome to On The Wet Coast, a podcast about sexuality and ethical non-monogamy of every variety.
Flick Morrison:	<a href="#">00:00:15</a>	We talk polyamory and swinging, monogamish and open relationships, from dirty, dirty sex to heartbreak.
Kat Stark:	<a href="#">00:00:22</a>	We share our personal experiences and philosophy, observations and theories, what works for us and where we fucked it right up.
Flick Morrison:	<a href="#">00:00:29</a>	Join us On The Wet Coast.
Kat Stark:	<a href="#">00:00:34</a>	It's no secret, but on the wet coast we love our sex toys. Using those toys for strap on sex is one of our favourite ways to engage with partners or watch our partners engage with others. Even though some ways it is as simple as popping a dildo into a harness and getting to work, strap on sex tends to be a bit more nuanced than we expect when starting out. Finding the right equipment, the right harness and dildo combinations can be more challenging than we expect, especially since what is right for one partner or act isn't always so right for another and positioning yourself as the thruster, as well as finding the right position for your receiver can be incredibly awkward, especially at first. I'm Kat stark and on this episode of On The Wet Coast, Flick Morrison and I are discussing strapping it on. We've got lots of tips and suggestions to help you get up and thrusting and feeling like the sexual rock stars that you are.
Flick Morrison:	<a href="#">00:01:17</a>	So one of the things that's always um, ah, that often comes up around strap on sex is what does the giver get out of it. And often if you know, if there's like a, a scene or a photograph where like someone is like stroking or giving head to a strap on, it's like wow, there's no nerves in that. So what are they, you know, what are they actually getting out of it? Yeah. Which is, you know, which is funny because having given blow jobs to strap ons many times they, the, the person on the receiving end gets a lot out of it. So the person wearing a strap on it, there's, it's, it's not just them servicing, they, they really get something out of it.
Kat Stark:	<a href="#">00:02:13</a>	Yeah. I can say it as someone who has received strap on blow jobs, but it is super hot for me and I know quite a number of other people who have have felt that exact same way. Um, and I have had orgasms from that. Um, just because it is so ridiculously hot. But yeah, I've heard a lot of people talk about

you don't that no one would want to do that or you know that like, you know, why would you give head to a strap on there is no sensory nerves and stuff like that. It is, it is super hot if you're into it. And I think, I think it really depends on whether you're doing it because you're into it or where you're doing it because you feel obligated to do it for someone..

- Flick Morrison: [00:02:56](#) That's a lot of stuff with sex. So much, so much of sex. It's so psychological in that sense that you know, even though you don't have nerves, you would still project sexual pleasure into the prosthetic that you're wearing.
- Kat Stark: [00:03:09](#) Yeah. And even sort of the, like the discordance of the fact that they are giving head to something like made of silicone and possibly covered in a condom and, and all this kind of stuff. Like it's hot, it's the transgression is, is really hot of it as well. And someone being a bit submissive to you in a way that I don't know. Yeah, it's, I, I like it, but yeah, I also like get a lot out of fucking someone with a strap on, whether it's, whether it's necessarily like my own physical pleasure and we will talk about that a little later on. There are some options to, you know, if you are looking for like specific physical, you know, sensation while you are the giver. But you know, psychologically it's hot. Um, like physically, I, you know, pounding your pelvis against someone else's pelvis is really pleasant. And, and again, I've, I've had orgasms from fucking people because it's like, it's amazing.
- Flick Morrison: [00:04:11](#) Yeah. You're, you're not the only, you're not the only person who's had an orgasm from, from a strapping on that, that I've, that I've had sex with. So, yeah, it's, it's definitely a thing. And, um, I might be wrong, but I think maybe the first time that you had an orgasm, spontaneous orgasm wearing a strap on was when you were the, the caboose in a lucky Pierre where I was fucking iris and you were fucking me with a strap on and you had a spontaneous orgasm and I think it might've been the first one you had with a strap on.
- Kat Stark: [00:04:51](#) That could be.
- Flick Morrison: [00:04:52](#) Did you just go somewhere else all of a sudden?
- Kat Stark: [00:04:55](#) What? I might need a minute.
- Flick Morrison: [00:04:59](#) Kat is floating away.
- Kat Stark: [00:05:03](#) Yeah. I liked that. Okay. Yes. Um, so yeah, and you know, and even if you're not like a person that, that, that gets that sort of

intensity from it, like giving someone pleasure is pleasurable. Yes. Like it's why give someone oral sex, why, you know, give someone a hand job or you know, finger them or whatever. Like it's give different, yeah. Giving pleasure is pleasure. Um, and if you're into that, it's, yeah, Super Hot.

Flick Morrison: [00:05:29](#)

Yeah. It's, you know, the, the obvious reasons are, you know, because, um, you want to penetrate someone and you don't have a bio penis and you, um, you wanted a different experience than penetrating with fingers, whether it's, you know, deeper. And, and like you said, that, that thrusting experience and you know, and similarly it for, you know, when, when someone, when your partner wants, wants to get, get penetrated, you know, it's, it's, uh, it's a way of, you know, fulfilling, you know, both the physical sensation or, and, or the, uh, you know, the sort of the psychological elements we've been talking about.

Kat Stark: [00:06:10](#)

Yeah. And they can also be great for people who want to, you know, they might have a bio penis but want a different experience. There are, uh, harnesses out there that allow for DP. So you can have, um, the bio penis coming out of part of the hardest and, and have a dildo attached as well, so that a single person can do, um, a DP. And, um, there are some times where someone with a bio penis, you know, isn't able to achieve an erection for fucking someone or they, you know, that's just not what works for them. And yeah, it allows them, like there are some harnesses that allow someone to like tuck their penis into a pouch and use a dildo. Um, so that they can fuck someone, you know, maybe with a different size or maybe if their erections aren't consistent or you know, dysphoria kind of things are, might be at play. It just, it gives people some other options.

Flick Morrison: [00:07:06](#)

Now, some of the, some of the, um, obvious reasons would be power exchange, but it's not necessarily. So what's interesting is that we, you know, we tend to associate power exchange with a strap on sex. Um, but, um, you know, because you know, penetrating isn't inherently dominate dominant and being penetrated is not inherently submissive. So those power dynamics aren't uninhabited part of strap on sex, even though for many people that might be a lot of, a lot of the appeal.

Kat Stark: [00:07:42](#)

Yeah. And the other thing I think about sort of with the power is, I remember the first time that I, that I put on a harness and a cock, just like I felt really powerful. Yeah. And not necessarily in a dominant way, but like I found I walked differently the way I, you know, I sort of walked hips forward and, you know, just in

this, it just really, it felt like just really strong and very powerful and, and was really cool. Um, yeah, people often seem to get really giddy the first time I put on a car, especially if they had that, you know, like catching yourself in the mirror or something and you're standing there stroking it just man, like, yeah.

Flick Morrison: [00:08:23](#) Yeah. It's, it's interesting. And you know, in, in a similar way, um, a strap on sex can be a way to, uh, to do some gender fuckery. Yes. Um, but, you know, but again, you know, because, um, you know, a fucking with a cock is not inherently masculine and being fucked is not inherently feminine. That is not necessarily part of it. I, you know, for me, uh, you know, I, I, I love getting fucked with the strap on, but, um, you know what I'm not interested in, you know, in, uh, in sort of you sissy play or, um, and I'm, I'm a, I'm very rarely submissive, you know, so even when the, you know, for me, um, strap-on play is often, um, you know, I tend to do it from a, you know, from position of dominance, um, or at least equality and, you know, but, um, but even so, there's still that element of like giving, giving control over to somebody else.

Kat Stark: [00:09:22](#) Yeah. And it's vulnerable. Being penetrated is vulnerable. Um, so yeah, it's, it's definitely a part of it, but yeah, like you can, it being new to like wielding a strap on can have some insecurity. It's completely different sensation than, than other stuff you might've done.

Flick Morrison: [00:09:42](#) Yeah. You've had many people like talk to you about like, you know, wanting lessons in it because, you know, they were, they were, you know, so, uh, so nervous about, you know, about being bad at it and, you know, and, and being, being awkward. Um, you know, as if, you know, being awkward, it's like, you know, unsexy or something. Um, and, and in fact, I remember, uh, you know, a friend of ours was invited to, to a lady bang at desire and she didn't want to go because she didn't have, she had almost no experience in wearing a strap on. And she felt very self conscious about that. And this is someone who is so fucking super confident all the time, very like, you know, uh, confident and you know, super hot and sexy all the time. And so for her to have like so much insecurity about this that she didn't want to go.

Kat Stark: [00:10:39](#) Yeah. It's, it's interesting. Um, and, and I have loved when I've been able to, you know, give lessons to people,.

Flick Morrison: [00:10:46](#) lessons generally involves them fucking you with a strap on.

Kat Stark: [00:10:50](#) you know, it's, it's a tough life.

Flick Morrison: [00:10:55](#) You've also recorded videos of your, your little squats for people.

Kat Stark: [00:10:59](#) That's true. Yeah. And we can talk more about that again a little later, but yeah, it, it can be, you know, some insecurity. And, and as I say with a lot of things, and we'll say it a few more times in this episode, like it's going to be awkward, especially when you're figuring out how to do it. Anytime you do something new, you're not going to know how to do it. Uh, so yeah, like, you know, embrace that, that you're, you're probably not going to be very good at it in the beginning, but that's okay. Like, you know, play with a partner that is okay with that and, and work together and, and just don't take it so seriously because yeah, it's, it can be a lot of fun, but it's, it's not going to come naturally in the beginning.

Flick Morrison: [00:11:44](#) So Marsha Baczynski, uh, she, uh, in, you know, in, in some of courses, she, she talks about how sex should often about trying rather than doing right. Because when you try, you succeed regardless of the outcome. You know, when you, when you're going to do something, it's like, well, we don't quite get there. Or if it's awkward or we're not, you know, amazing and intuitive at it, then you know, then it feels like a failure. It's like, you know, hey, let's try this. Then you know, it can be fun. You can, you can laugh about it and it can, you can, you can be awkward without it actually fail it.

Kat Stark: [00:11:54](#) Yeah. And word that's come up a lot of the times sort of regarding sex and even like in my therapy session the other day, sort of regarding like, you know, figuring out shit in your life is 'curiosity'. So being curious about it and going into it with that feeling of curiosity, like how it's gonna feel if I do this. Like how about this position? Like, so having that like that, just like curiosity and, and, and wonder about it rather than the like goal oriented thing that so many of us, myself included, can get hooked into when it comes to sexual things.

Flick Morrison: [00:12:43](#) That's really interesting. And, and it's a, it's a good way to kind of transform the unknown, right? Because fear and curiosity are both approaches to the unknown. And so if you focus on the curiosity, it can sort of switch off the fear. Yeah, I like that. Yeah, it's pretty, it's pretty cool. I feel like, I feel like I need, there's a catch phrase in there somewhere, but I haven't come up with a pithy one yet.

Kat Stark: [00:13:23](#) Okay. Well you'll work on it.

Flick Morrison: [00:13:24](#) I'll workshop it.

Kat Stark: [00:13:27](#) So yeah, there's, there's a lot of different variables when it comes to strap on sex and it'll probably take some experimentation, um, and you know, finessing things, trying stuff, um, you know, having things work or not work and adjusting as you go to figure out what's gonna be best for you. Uh, as far as strap on sex goes. Um, but one of the key components is the harness

Flick Morrison: [00:13:45](#) That's the strap in the strapping on.

Kat Stark: [00:13:54](#) Yes. Um, and there are so many different kinds of harnesses. Um, and we'll, we'll sort of go through them here. Um, you might see like the sort of the typical, you know, one when most of us think of a strap on harness is the leather one with a lot of straps, um, straps and buckles. And, and the, this sort of, yeah, the visual that we get for it. And those are amazing strap ons, but they're, uh, you know, they're not always the, the harness of choice. Um, and one of the things with like any harness is whether it has a pass through or it doesn't. Okay. So what we mean by that is some harnesses have like an o-ring that goes like front to back and it means that if you are using, um, uh, like a double ended sort of strapless strap-on, you can actually have it inside you pass through the harness o ring and go out to the receiver.

Flick Morrison: [00:14:52](#) Okay.

New Speaker: [00:14:53](#) Um, whereas other harnesses have, um, a solid backing behind the o ring, So that means the base of the Dildo was going to rest against that solid piece rather than perhaps against your pubic bone or, um, or whatever. Um, and so those ones are not possible to use with something like the, you know, the feel doe or like those kind of pass through quote unquote strapless strap ons.

Flick Morrison: [00:15:20](#) My, you know, my, my impression is that if your, if you're not passing through, um, then than having a solid back would, would make it more stable.

Kat Stark: [00:15:32](#) Yeah. And some things, you know, have, you know, a bit of fabric or whatever that parts are, you know, so there's, there's a few different options, but that's sort of one of the first questions to ask is like, are you going to want to use it in this way? Um, and if so you might want to get one that doesn't have the solid back on it.

Flick Morrison: [00:15:46](#) Got It. Um, and uh, some have a little, a little pocket to put a bullet vib in. Yes. You know, another thing. But that's more of a feature than a style.

Kat Stark: [00:16:00](#) Yeah. Um, and the other thing that comes up, uh, initially is with the ones with the particularly strappy harnesses is whether it's a, like a single strap that's a bit more like a g string kind of coming up the back or whether it's a dual strap that sort of goes around each thigh and hip and those are going to fit differently. And you know, yeah. Different people are gonna are gonna find, um, you know, comfort or discomfort with, with each style. But, um, a lot of the time the ones with the dual sort of leg straps are going to be a bit more stable. Um, but the other sort of more g-string kind of thing is often just going to be less expensive because there's less material.

Flick Morrison: [00:16:35](#) Um, you know, and, and whether or not, um, you know, which, which style is more comfortable for you is, is really just going to be an individual thing.

Kat Stark: [00:16:35](#) Yeah. Yeah. And you know, if you are able to try them on, um, you know, at your local, you know, brick and mortar feminist owned uh sex toy store, then that's great, but that's not always an option. Or if, you know, slutty friends that you can try, there's on that

Flick Morrison: [00:16:36](#) You know that's one of the great things about, you know, non-monogamy and sluttiness in general is that, you know, often you can, you can, you can see their toys, you can try on their, their harnesses and get a sense of what's what you like best. So yeah, be a slut. Do what you want.

New Speaker: [00:17:25](#) Yeah. and you can also like if there, if you are following people online who you know, have a similar body to yours and they use that kind of, um, using harnesses and that sort of thing, you might, you know, want to sort of look at what they have or, or ask them for recommendations or what fits them if.

Flick Morrison: [00:17:47](#) or photos.

Kat Stark: [00:17:48](#) or pho... (laughing) Hashtag always pervin. Um, so the, the, the, the really strappy styles often, uh, come in in leather or like a, a vinyl, vegan leather kind of option. Right. And, uh, yeah, they're they're usually super sexy.

Flick Morrison: [00:18:06](#) Oh, they're they're, they're really hot and there's this, yeah. You know, and, and some of them can be very elaborately styled.

Um, Iris got you. The one that has like the sort of spiderweb pattern on it in black leather with red, red, um, uh, accents and stuff. Um, yeah, they, they are, um, they're definitely one of the sexier style.

Kat Stark: [00:18:32](#) And, uh, one of the companies like Aslan leather makes these incredible ones with sort of corset lacing up the back. And like there's, there's a lot of options from a very basic, you know, just a few leather straps, a flat piece in the front with, with a hole cut in like that kind of, or like something really, really elaborate. So, um, you know, you have a lot of options there.

Flick Morrison: [00:18:56](#) Well, they often tend to be, um, very adjustable cause they've got so many sort of different little, you know, straps and, and buckles and stuff. Um, I dunno what it's called when you've got the two D rings that you'd run a strap through. But that's, but that's, that's the way a lot of them adju..., adjust the various straps.

Kat Stark: [00:19:15](#) Yeah. And the, and you know, that adjustability, it can be fantastic, but it also means that they often take time, um, you know, both to get into and to adjust because you sort of put it on and you're like, oh, this isn't the right place. And then you start moving and it's like, oh yeah, no, actually I gotta change this. And then you shift a bit more and oh no, that's not working now. And so they, they can take a lot of finessing. And I find personally they're a bit too fussy for me. Um, even though I love the way they look and, and love watching other people wearing them and that sort of thing. Um, I don't tend to use them very often because I'm just such a practical like, ah, let's just get 'er done kind of person. Um, so that is the big drawback with them for me. Um, and the other thing is the maintenance, especially if you've got proper leather, um, you do need to maintain it. Um, because they're, you know, they're, it's very porous. There are fluids. Um, and you do have to do, um, quite a bit of maintenance to, to keep them looking as beautiful as, you know, as they start out.

Flick Morrison: [00:20:24](#) Well, even, even without the lubes and body fluids, you know, leather also dries out over time.

Kat Stark: [00:20:36](#) Yes. Yeah. So it needs to be, he needs to be maintained. Uh, and some of these kinds of harnesses have adjustable o rings, so you can have like, that's the, the ring that holds the base of the Dildo in place. Um, some of them have some snaps and buckles so that you can put a different size o ring and depending on the size of the penis you want to fuck someone with. Um, and some don't, some of them just have a, have a hole cut in them. Um,



so it's going to be less, uh, adjustable. But often they sort of have a basic, like this will probably fit most of the dildos you're gonna use. Um, unless you, you're someone who is a fucking Size Royalty. So yeah, there's, there's sort of a few options there. And some of them have silicone or rings that are a little stretchier and others have the option of like metal o-rings that are just much more solid and structured.

- Flick Morrison: [00:21:28](#) Yeah. Some have a plastic o-rings.
- Kat Stark: [00:21:30](#) Oh yeah?
- Flick Morrison: [00:21:31](#) That's, that's pretty, that's actually pretty common. Um, and the, some, the, sometimes the o ring, uh, if it's silicone can be, uh, kind of too flexible and if it's, if it's too flexible and the flange on the Dildo is not wide enough. Yeah. It, it'll pop out.
- Kat Stark: [00:21:52](#) Yes. Yeah. So that's when you, yeah, you often need to go down a size in the o ring to get it to fit.
- Flick Morrison: [00:21:58](#) Go O ring shopping.
- Kat Stark: [00:21:59](#) Yeah. Um, so as we mentioned, you know, Aslan leather makes beautiful stuff both in, um, you know, real leather cow leather I guess, and in Vegan options as well if you don't want, uh, the, the other leather, um, Tantalus makes the one that that flick spoke about with the spiderweb. Um, and I know that there are tons of other companies around, but we love, we love Aslan and they're a Canadian company, so Yay. Um, but you know, if you, if you do some research, you'll, you'll find some options.
- Flick Morrison: [00:22:29](#) Now a common alternative, um, is, is like a nylon straps. Yes. And, uh, and a lot of like starter harnesses will be, you know, um, some kind of, uh, nylon often with, you know, like Velcro, um, velcro, uh, uh, straps and stuff, buckles and stuff. And you know, if you're not really sure what to get, it can be a good start because they're, they're less likely to break the bank.
- Kat Stark: [00:23:04](#) Yeah. Cause that is the other drawback about them. The leather ones we were just talking about is they're often expensive. And if you don't know that this is something that you really like doing and are going to do a lot, you know, investing in a beautiful piece, you know, you might have wasted a decent chunk of money, um, to get it. So yeah, a lot of people start out with the, with the nylon strap ones there, they're inexpensive, you know, you can like fold it up, jam it in a bag. They don't take up a lot of space. They're probably not going to set off TSA. Um,

yeah. So they have a lot of things going for them, but they're just also not always as stable.

Flick Morrison: [00:23:23](#)

or as durable.

Kat Stark: [00:23:46](#)

or as durable. Um, and so like experiences I've had with, with people using them is, is, yeah, it's often the Dildo just doesn't quite stay in place the same way as it does, you know, when it's really anchored down in something else. Um, but you know, that doesn't always matter all that. Um, and there is, um, a seller who makes these beautiful inclusion harnesses that are, that are rainbow and, um, and proceeds from these code to support sex education in Ontario, uh, where the person lives and, and they're really awesome and we'll put a link to that. Um, but they're, so they're a fairly inexpensive option in the, in the strappy, um, like nylon straps, but they're like awesome. Rainbow.

Flick Morrison: [00:24:26](#)

Yeah. And for, you know, for non-Canadian, uh, the reason why this is relevant is because the conservative government of Ontario has rolled back, um, sex education of 30 years. So there's a, there's a lot of need for alternative vectors of sex education for Ontarian youth.

Kat Stark: [00:24:59](#)

So another option or you know, a little bit like that, but, but stepping up our fabric ones, like the spare parts that they make, the Joque harness, which is the French j o Q u e version of Jock. And there they have a fabric pouch. They've got a, uh, settled o ring that that is really, that is quite stable and they've got really nice thick straps that go around the hips, um, with like solid velcro so that you can really adjust it quite well and, and it's much easier to, to adjust than than some of the others that you're fussing with D-Rings and, and, or loops and buckles and, and stuff like that. So it can be a great one, um, for people looking for something that's, that's kind of a step up from the vinyl but not all the way to full leather.

Flick Morrison: [00:25:29](#)

Yeah. These, these are actually popular and some people who have them really love their, their Joque strap ons and they, you know, they got kind of a beautiful sort of satin looking finish and they come in different colors. Um, and yeah, they're, they're pretty, they're pretty sexy design.

Kat Stark: [00:26:09](#)

Yeah. And I think the, the usual colours you get them in are like black and purple. Um, I have one in white because that was what was available. Um, and I always feel kind of like I'm part of the rebellion in star wars,.

Flick Morrison: [00:26:24](#) It's your Princess Leia strap on?

Kat Stark: [00:26:26](#) No, like more like, like I'm in a fighter, I'm like, I'm an x wing fighter. Um, and, uh, the, the spare parts logo just looks a little bit like the, the, uh, the rebel alliance logo and I don't know, there's, there's just a place I go when I wear it. So, um, and as we said, do you know what spare parts is also the company that makes the, the harnesses that allow for the double penetration or tucking away, uh, a bio penis. And so like, it's a company that does some really cool stuff.

Flick Morrison: [00:26:59](#) Uh, what's, what's become really popular in recent years is the underwear style where, you know, it's just a, you know, a, a, a fitted pair of briefs or panties that, um, that has the, you know, the, the O ring built right in. Yeah.

Kat Stark: [00:27:18](#) And this is my favourite style. Um, I, yeah, I, I really love, um, the ones that, that I have that I, you know, I can just pull on and off so quickly and easily and I know that they fit me and yeah, I'm not having to fuss with, with straps. Um, you know, I can then just chuck them in the washing machine afterward. Um, they don't take a lot of maintenance. Uh, you know, drawbacks with that is, again, there's, there's not an adjustable o-ring, so, um, it has the one size that's gonna that I've found accommodates most dildos that I've used, but I have had some that don't fit in that o ring. Um, and they make a couple of different like Rodeoh who is the brand that I have several pairs from. They make a couple of different, O ring sizes so that you can choose one with the larger over o ring if you're likely to be using larger dildos.

Flick Morrison: [00:28:14](#) Right. They've, uh, they've got so many, there's so many different styles of this now where, um, you know, some of them are, you know, are very sporty, you know, kind of, uh, you know, um, and, and others, uh, you know, very lacy, uh, and they've got a backless ones in various styles, both in the sporty style and in the lacy style, so that, you know, if you do want to be a lucky Pierre, um, you've got to easier access. Uh, I think they also have some that are, that are very much like sort of jockstrap style.

Kat Stark: [00:28:51](#) Yeah. Yeah. And that's j o c k as opposed to the French versions.

Flick Morrison: [00:28:55](#) Not joque style.

Kat Stark: [00:28:58](#) Um, yeah. So they, they depending on, on how you identify or how you feel or if you bounce around that spectrum. Um, you

know, I have a few pairs because it's like I never know whether I'm going to be feeling like more lacy or more like kind of butch and Sporty, um, and so You have like quite a few options there. Um, and a number of companies have gotten better about making these in plus sizes because that was one of the big criticisms and, and legitimately so is you couldn't always get these in various sizes and Blush, you who make the Temptasia, which is a newer one, are really good about their sizing. I think Rodeoh has come a long way with adding some different sizing to theirs. Um, so yeah, that can be one of the big drawbacks of these. You're not always going to be able to find your size.

Flick Morrison:

[00:29:46](#)

Yeah, I think that, um, I think that originally Rodeoh was quite positioned as something that was, you know, that would, that was sort of missing in the, in the harness market, which was something that was a little more butch. There was a little more sporty and so most of their designs were, were around that. And I think their styles also reflected, you know, um, the sort of like athletic ideal around that. Yes. And um, but you know, just as they've expanded into, uh, you know, more, more styles and expressions, they've also expanded their, their sizes to be more inclusive as well.

Kat Stark:

[00:30:30](#)

And fair parts who we've talked about several times already. Um, they make a couple different ones. They make a Tomboi. Um, that's a fairly sporty looking one. They make a Sasha one that has, uh, ribbons that you can pull so it can ruche on the side. They also have, um, adjustable like suspender, um, like garter belt kind of straps, right. So that you can, like, you can take those on or off and so you could wear them with stockings for like a really sexy Combo. If, if that's the look you're going for. Um, and yeah, I was lucky enough to get to spend some time with somebody who had that Sasha one and it was beautiful and you know, she was a lovely curvy person. Um, so you know, their sizing is, is pretty good with the, with the variety. But yeah, those are beautiful but they aren't cheap that those ones are the tomboi and the Sasha are definitely investment pieces. Um, whereas like the Blush is is quite reasonable. And, and many of the Rodeohs, they are a little more on the uh, affordable end of things

Kat Stark - ad:

[00:31:46](#)

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husband. As Sean and Beth begin celebrating new milestones and plan their first trip together as a couple, Natalie is thrown for a loop and longs for a time that being open felt sexy and fun. Natalie starts seeking that fun for herself and after many naughty adventures and a few false starts, finds her own unexpected love. Join Natalie, Sean and Beth in a funny, sexy, surprising story as they navigate the challenges of deciding that when it comes to the amount of love in their lives, they choose more. Get Kat Stark's new novel, waking up polyamorous in Ebook or paperback at your favourite online retailer.

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- Flick Morrison: [00:33:42](#) Now. Um, some, some dildos are labeled as uh strapless, um, which a lot of people have used it really quibbled with the term because you, um, they, you know, they, they fit inside so, um, they work as a Dildo. Um, but the, the idea is that you wouldn't need a strap if they just, you just hold onto it with your kegels. Yeah. And in practice this, this doesn't seem to be particularly true. They won't stay in place. Um, and so that's why you talk about pass through where you will often use an internal and pass it through the strap on, keep it in place.
- Kat Stark: [00:34:23](#) Yeah. The idea of these strapless strap ons. I have not had success with them. Like you can hold it in like, while, you're thinking about it, um,.
- New Speaker: [00:34:33](#) But you can't really let go. Like you can't. Yeah.
- Kat Stark: [00:34:41](#) Like when you're having sex, you're often, you know, focusing on many different things. And if all that, like all you can do is just keep those kegals clenched as tight as possible to hold this thing inside you. Yeah. You're either, not sort of focusing on any thing else or the second you stop thinking about it, it just falls out.
- Flick Morrison: [00:34:56](#) Well, you know, even just thinking about what it's like to have your fingers inside somebody, it changes constantly. Yeah. You know, as the sort of arousal levels shift and you know, and

they're, you know, different sensations cause different responses. It's hard to imagine something staying in place at all if, you know, if, um, just because of, of how dramatically stuff moves around in there. Yeah.

Kat Stark: [00:35:32](#) And, and they've got come up with a number of different variations on it. I think the original one of years was the feeldoe and it had a pretty straight up and down kind of Insertion piece. Um, newer ones have a lot more of a forward curve in them, which gives them sort of more g-spot stim and also helps and sort of hook inside you. Um, in a way that, that really works for some people. Um, and there is one, um, I believe it's called injoyus as opposed to enjoy that makes them metal. So, um, yes. Yeah. Um, and they have a, a large, um, sort of hard plastic insertable piece and then optional pop on and Dildo things. So you've got a few different, you know, changes depending on what you want to be using. Um, and they work with a number of the other brands of, of toys that have that sort of, you know, interchangeable. You can pop it on or off thing and, and we know someone who loves that and she has no problem keeping that inside her.

Flick Morrison: [00:36:31](#) I've heard that it works really well. And if, if you looked at it, it would make sense because it's, it's got a, um, a very big sort of, you know, uh, bulb on. It almost looks like kind of an alien brain or something. Um, the way it's, you know, and it's because it's, it's contoured to really fill the space in there. And so it stays in place really, really well from, from what I've heard from the people who do like it.

Kat Stark: [00:36:55](#) Yeah. Yeah. And that's an awesome option, you know, if that's what you're looking for. And you know, for some people like that can feel more like, you know, you have a, a bio penis. Yeah. Because it's, you know, it's this piece and it's just coming out of you as opposed to having this extra, you know, harness equipment kind of in, in place. Again, the drawback of these is that they're expensive. And if it's not gonna work for you, it's,

Flick Morrison: [00:37:15](#) it's an expensive experiment.

Kat Stark: [00:37:24](#) Yeah. And I can't convince them to send me one. Um, so I can try it. And yeah, it's, it's, it's not one of the, one of the cheaper options. So, um, you have to know you're investing in something if you, if you want to try, the injoy us.

Flick Morrison: [00:37:41](#) Now, one of the, uh, complaints that you've had about strap on sex, um, in the past is that it has really slammed the hell out of

your pubic bone where you've been bruised and sore. Very similar to that time you rode a mechanical bull.

- Kat Stark: [00:38:01](#) I'd forgotten about the mechanical bull just bashing, the shit poor pubic bone. That was awful. I ended up like, yeah,.
- Flick Morrison: [00:38:08](#) You threw yourself off the bull eventually. It's like, yeah,.
- Kat Stark: [00:38:12](#) I haven't done with this cause I basically was using all my strength to push myself away from the pommel. Like that that was the entirety of my experience on that was trying to keep my pubic bone away from that pommel. But anyway, we're, we're digressing a bit. Um, but yeah, if like I have a prominent pubic bone and I've known, like I've talked to a couple other people who have this issue and, um, I was talking to someone recently and we, we bonded over. It was quite delightful. Um, and, and not everyone has this issue. Um, but I tend to use, uh, something to protect my pubic bone. (Right.) Because, you know, especially with the flat base of a Dildo, it's banging against you as you bang against somebody else.
- Kat Stark: [00:38:57](#) And the benefit of the, you know, strapless strap ons, even if you're using it like with a harness is it's inside you and it's not doing that. (Right.) Um, so that is one of the things I've really liked about those. Um, but yeah, to get a lot more variety, you, you often have, uh, a base of a Dildo and some of them have a thicker silicone, um, base to it. That gives a bit more padding. (Right) Um, a little bit of shock absorption, but there are a few different things that you can use to help give extra padding. And I just usually shove one of these in behind the base of the dildo just to protect my pubic bone. Um, so Aslan leather, uh, that we were talking about earlier makes one called the driver pad and it's basically foam covered in fabric. Um, that is just a little bit of a barrier to, uh, to give you some extra shock absorption and padding, easy to chuck in the machine.
- Flick Morrison: [00:39:53](#) Um, just like a teeny tiny knee pad.
- Kat Stark: [00:39:57](#) Yes. Um, there's also a piece of silicone that's a toy called the sili saddle. Uh, that is like, can be used in, in many different ways, but I use it as, as jamming it in behind to protect my pubic bone.
- Flick Morrison: [00:40:13](#) Yeah you use, use it as, as padding. Uh, I think that it was originally designed for stimulation, right. Where you would actually, uh, it's, it's sort of, you know, contoured a bit to sort of, you know, uh, fit, fit down the vulva. Yeah. And you would loop it up so that you would actually get some, some extra

stimulation while you were, while you're fucking somebody else. Um, but you know, you, you, you use it as, as padding and protection.

- Kat Stark: [00:40:45](#) Yeah. And some people use it as, um, a barrier if they find a one's too intense. Oh. To diffuse. The one diffuses the wand a little bit against, uh, against their vulva. Um, so it's, it's multifunctional. Um, we love them uh multifunctional toys. Um, and Rodeoh also makes a neoprene pad that you can put it in behind. Um, again, works, works quite well. Um, and it has, um, a smaller, uh, sort of o-ring hole cut in it. Like it's just a hole cut in the neoprene, but it means that if you've got a, a Dildo with a smaller base, it uh, it can work for that as well.
- Flick Morrison: [00:41:19](#) oh, it can be used an adapter to a smaller to to a larger o ring, so clever.
- Kat Stark: [00:41:26](#) Yeah. So there's a few different options if you happen to, to have the, the issue and, and some people like they feel it a little bit. Um, it's like, oh yeah, that's kind of uncomfortable. But other people, myself included, you know, every time you go to zip up jeans for like three or four days, you're like, Owwww,.
- New Speaker: [00:41:46](#) so, um, here's a question. Does the, does the stability of the harness make a difference for how much you get pounded? Like it seems like the more it's in place, the less it would, it would, uh, beat up your, your pelvis.
- Kat Stark: [00:41:48](#) No, it's just a different, entirely about like mechanical forces against a solid piece of bone. Um, so yeah, it's just pelvic shape is just one of those things. And as we talked about in the beginning, there are some things that you can use with harnesses that help give a bit more like specific physical pleasure to the giver. Azlan leather makes this cough that you can put around the straps of the harness that pass through between your legs so that you can actually put a Dildo in it and, and have that inside you while you use a different dildo on somebody else. Um, so that can be a really nice way if you, if you're looking for and so every time you're thrusting and moving, you're getting that stimulation of the internal piece, um, which can be quite lovely. .
- Flick Morrison: [00:42:43](#) Now there's, there's also, um, harnesses that don't go around your hips. Yes, there's thigh harnesses, which, um, we've, we've used before. Um, so that, you know, uh, one person can actually, um, have penetrative sex with two people at once. Uh, and then there are, there are also boot and face harnesses, which are typically used in like BDSM. Um, as you know, sort of



a, uh, particularly, um, uh, submissive or humiliating way. Someone fucking, your foot is, you know, um, obviously has, you know, a certain amount of energy to it as well as, you know, uh, having a cock on somebody's face that you're riding.

New Speaker: [00:43:36](#) Yeah. Yeah. And I saw like a really hot scene with a really Bush daddy and they're a little girl partner at not an actual little girl. Um, an adult person role playing little girl, um, at a, at a kink event and whole, it's really hard. Yeah. That boot harness, that was it. I didn't, it was like what? It was a thing. Absolutely. One of those old, this is how you get kinks!

Flick Morrison: [00:43:47](#) Now um, one of the, uh, one of the popular strap on activities is, um, you know, is anal sex, which is, which is great cause everyone has it. But, um, and, uh, people, people often talk about pegging, which is, you know, uh, coined by, um, Dan Savage's Savage Love readers many years ago at when he was looking for a, for women fucking men with a strap on. And you know, at, at the time it was, it was something that was, it was actually fairly taboo. And, um, you know, and, and I think that, you know, even in, you know, we didn't call it then, but what would, what we would consider sort of sex positive spaces even then I think there a lot of aversion to it because of the, you know, the role reversal of it, you know, um, men being, you know, much more wary of, you know, of, of butts stuff in general or at least, you know, publicly. So,

Kat Stark: [00:44:32](#) and it was a, it was a term when we first opened up that I found like so exciting because I remember hearing about it in those early days when, when they sort of talked about the Bend over Boyfriend and, and that kind of thing. And so I was just like, I was really drawn to it and really exciting when, when I did finally, you know, get to peg and, and that sort of thing. And I've, I've kind of steered myself away from it more recently of using that term because it's, it's strap on sex, like it strap on anal sex and the genders of the giver and receiver are kind of irrelevant.

Flick Morrison: [00:45:45](#) It's, it's of, it's kind of an odd thing that, you know, even in very inclusive and sex positive spaces, it's kind of the one term that is very, very specifically related to the gender of the, of the participants, you know, which, which makes it very peculiar. And, um, and, but we are starting to see a shift away from that where people are using it more broadly for, uh, anal sex with a strap on, um, you know, which, which I thinks may make sense because, uh, you know, with the, the, uh, the gender of the participants, um, is kind of irrelevant. We're talking about, you

know, sort of the physical mechanics and the, you know, the necessary accoutrements.

Kat Stark: [00:46:30](#) Yeah. And I, I think, you know, the way that we've traditionally thought of it, like it's, it's a straight sex.

Flick Morrison: [00:46:38](#) Yes. That's, that's the traditional way. But, you know, it's, it's also has been weird for me to think, you know, oh, well, I'm, I'm, uh, I'm being fucked by a nonbinary partner. Is this still pegging? Because it's traditionally like, you know, a woman pegging a man. And so, yeah. Yeah. So I think that, I think that, you know, uh, a loosening up to be, to me, uh, you know, broader and, you know, and also I think that a lot of the, you know, a lot of the taboo and shame around anal sex, um, ha, you know, it's really vanished over the last 20 years, right? Like, it is, uh, you know, it still has a lot of that, that, uh, that charge, but it's, um, it's really quite mainstream and even, even pegging is in mainstream where it's, you know, it's, it's mentioned in, in television and, um, you know, and, and a lot of it when people talk about, uh, sexual fantasies, this is something that a lot of people are very comfortable talking about, both, you know, giving or receiving. So a lot of the, all the shame and stigma around, you know, um, anal sex in general, but particular men as, as, uh, you know, anal sex bottoms is, you know, a lot of that stigma's just kind of, uh, evaporated.

Kat Stark: [00:48:00](#) Yeah. And even in the, really sort of what I expect to be heteronormative swinging communities, um, it's a pretty common activity. Yeah. And um, and yeah, and a common fantasy and something people talk about openly as opposed to this, you know, like secret thing that they like to do.

Flick Morrison: [00:48:18](#) And yet you very rarely see pegging in, um, in group sex situation. It's not, it's not that common. And, um, but you know, I also probably, um, ass fucking is not that common in group sex situations.

Kat Stark: [00:48:35](#) Yeah. I was about, I was about to say, I don't think I've, you know, in, in the group sex I've had anal hasn't been as much of a thing. Um, and so it, yeah, it depends who you're having group sex with.

Flick Morrison: [00:48:51](#) Your mileage may vary. So dildos are the next, right. And you got your strap and then you got your on your thing you strap on is the Dildo. You strap it on this strap. I'm losing the plot.

Kat Stark: [00:49:04](#) Yeah. So, yeah, there, there are endless variations of, of Dildos, um, that you can use for strap-on sex. And it, and it depends whether you're, you know, getting one that you're thinking of for a specific partner who likes specific things. Or if you're looking for something that will be sort of a, a good all rounder that you can use for, you know, for Vaginas, for butts, for, you know, people who, who like a lot of stim for those who you know are more sizey, like, you know, so it can,

Flick Morrison: [00:49:35](#) well you want that, you want that the goldilocks cock so that you don't need to invest in a huge library of, of dildos like we have.

Kat Stark: [00:49:43](#) Yes. Um, one of the key things I found, um, is the, uh, longer dildo is better regardless of whether you're using it for anal or vaginal sex. When you don't have a biological cock, it, you don't have the proprioception. You don't have the, the little, uh, nerve endings in your body that tell you what is happening. Right. And so when you, you know, someone with a biological cock like can feel themselves like pulling out or you know, that sort of thing. Um, but it's, it's trickier, especially in the beginning, but you know, even overall when you don't have that actual physical response in your body to, to what's happening. So I find that longer is better because you're less likely to come out as often. Right. Um, and it's not like that never happens when you're having sex with a biocock. Um, but it does mean less of the like, you know, am I actually even in there, um, kind of thing happening?

Flick Morrison: [00:50:41](#) Well, and, and also, um, floppy or it can be harder to control because, you know, like what will often happen with a very flexible dildo is it'll go in a, you know, an inch and a half, two inches, and then just bend. Yeah. And so there's not actually any internal motion. It's all just, you know, um, just springing on the outside, but at the same time, a dildo that is way too rigid is also difficult to control because it will only want to go in the one direction. And so it will be less accommodating in following the person's, uh, internal anatomy and, um, and, you know, and, and, uh, it will often be a lot more uncomfortable, especially if, you know, if the person is, you know, um, is a little smaller w, you know, hasn't fully tented, et cetera.

Kat Stark: [00:51:32](#) Yeah. And as we talked about, the o rings, like not all of the dildos are going to work in all of the harnesses. So, you know, matching up your Dildo to your harness or if you've got adjustable o rings, you might have to get, you know, different sizes and that sort of thing to get, um, to get that to work. And yeah, it can be, there's a a few we can, um, put some, some

suggestions up on the show notes as to some sort of good, you know, all around options that that can work for a lot of different situations and, um, yeah, because not all are going to work for everything.

Flick Morrison:

[00:52:09](#)

Yeah. And, and I think you, I think it's also important to be honest with, uh, with your partner about, you know, how well that dildo is working for you. Um, you know, we're, we're kind of conditioned not to be, you know, critical of somebody's cock because it's their cock, but if they can put on a different cock, it's probably gonna be something that's a lot less sensitive to them. Right. And they're going to take less personally. It's like, it's like, oh, this is too rigid. Or you know, the, the texture is, gives it too much drag or this, this bulb hits my cervix in the wrong way. Like they're, they're just, there's so many variables that could make it, you know, and it, it doesn't mean it's, it's a bad dildo. It just means that it's not great for you and you don't. By the same token, if you've had an experience where the strap on that wasn't great, um, and concluded that you don't like strap on sex, it might just be that the, the Dildo was not working for you and that in the day that a different device would, uh, you know, would take care of those problems.

Kat Stark:

[00:53:12](#)

Yeah. And it can also be like really handy if you've changed position and you just like turn it around cause you're, cause you're pointed a different way. Yeah. It's just like, oh yeah, no, you're on your stomach. All right. Let me just like crank this around. So you're still getting the right g-spot, which not something you can do with bio cock, you know, and so sometimes people will, you know, um, even as the receiver, they'll have a preferred Dildo, right? So that rather than choosing one of yours, they'll, that'd be like, could be, is this one on you? Yeah. Um, and, and some trans men might have a dildo that is their cock. So, you know, there is, there are circumstances where you may come across someone that, that, you know, really is their cock and it's not interchangeable. And, um, you know, for them emotionally. Um, so, you know, that is sometimes the situation you could come up against. Um, so being, you know, just really kind and, and understanding in those situations,

Flick Morrison:

[00:54:03](#)

just, just as understanding as you'd be with, with someone's bio penis where it's like, it's like, you know, this, this might not be my preferred, you know, on size fit, shape, but, you know, uh, this is the one that's attached to you. And so we're gonna, we're gonna make it work.

Kat Stark: [00:54:28](#) Yep. And for anal sex. Um, you know, you're often gonna want, especially in the beginning, um, a slightly smaller like, you know, less girthy and kind of Dildo than you might want for vaginal sex. Uh, and again, like the length piece, like often people think, oh, you know, we're going to want something like small and short for anal. And that's just not the case. You know, it's comfortable and it's, yeah, as you've experienced, like it tends to pope you unpleasantly.

Flick Morrison: [00:54:56](#) Um, you know, and, and, and even even, I would say that when it comes to a, to an a, an anal Dildo, don't go for the tiniest thing because, uh, because even even girth wise, if it's too small, there's going to be more drag. It's going to be more pokey, you know, being, you know, being a little more dilated is actually going to improve the experience because it's going to, it's just going to slide better.

Kat Stark: [00:55:24](#) Yeah. Um, and this is also a place where like the, the flexibility of the cock can come into play because you think, oh, you know, you want it to be really adjustable, but, but so resistance. Yes. Or, you know, many butts, the butts I've encountered, I'm sure there are butts that are less resistant, but, um, the ones that I've encountered are, are quite resistant and it can be hard to get in, um, if the Dildo is too flexible.

Flick Morrison: [00:55:51](#) So why don't we talk about positioning?

Kat Stark: [00:55:54](#) Yeah. Uh, that was the thing, especially when I was starting out, that was, that was tricky because, you know, you haven't, if you haven't been the giver before you, you just don't know how to get the mechanism happening and figuring out where to place yourself and where to place your partner and how to get things meeting up can be really tricky.

Flick Morrison: [00:56:24](#) Well, and this is, this is an area that, um, that can, can solve a lot of people's fears and insecurities about it. Right? Um, if, if someone's like, oh, you know, I don't know, finally be able to, to be on my knees. I don't know if I'm going to be able to thrust, am I gonna, you know, what am I going to do? Um, just, um, having, having the, the person wearing the cock, um, you know, lie down on their back. And, and you know, and just, and riding them, it takes, it'll take a lot of the pressure off them and I, you know, and so they can, they can experience it. Um, you know, and, but in those situations, uh, you know, some pillows and, you know, in some, some specific, um, uh, adjustments will make a big difference as well. But, you know, putting, putting a pillow under their hips to help, um, help with penetration, you know, and like, um, when, when you have a bio penis, the fact

that you, you can tell if you're in and how far you're in means that you can do it in a lot of awkward positions, that it would be a lot less practical with a strap on cock. Right. And so with a strap on cock, you know, making sure that your, um, you know, that sort of everything is kind of, you know, lined up in and as prominent as possible. It's gonna make a big difference to the practicality and in ways that are, that are often otherwise don't seem as important.

- Kat Stark: [00:57:39](#) Yeah. And something that I've really come across is like size differences, differences. You know, I have, I've had sex with people who are six foot two. Um, I've had sex with people who were five foot two. Um, you know, it's really gonna change your positioning and, and how and how you're going to frame yourselves. Uh, you know, one of the times that I learned the lesson, the worst about the pounding of my pubic bone was having sex with someone who was about four inches taller than me and she was on her knees. Um, and you know, it was super hot, but like she wasn't sort of able to comfortably sustain having her legs far enough on her knees to have her pelvis and my pelvis match up perfectly. And so you're sort of quickly discovered that that wasn't a position that the two of us could do because of the way that, like we just, it just couldn't quite reach really. Um, and so, you know, depending on, you know, your, your height and, and your partners height, you're sometimes going to have to really change things up as far as you know, which positions are possible or how many different pillows or wedges or whatever you might need to make it happen.
- Flick Morrison: [00:58:54](#) Yeah. And you know, and, and this, uh, this might be a time to embrace the awkwardness, right. And, you know, and, and the kind of figuring it out phase, you know, it might not feel quite as sexy as you are fantasizing about, but once you get it right, then you can, you can find that sexy groove and then, you know, with those, um, those gears are going to start turning
- Kat Stark: [00:59:15](#) yeah. And laughing about it and, and having fun like sexist meant to be fun.
- Flick Morrison: [00:59:20](#) What do you mean?
- Kat Stark: [00:59:22](#) Um, and it's like, it's silly and it's ridiculous. The things that you're doing together, like come on. It's absurd, but it's amazing. And so embracing that, that absurdity and that awkwardness and, and the wait, I've got a scooch my knees over here and you know, can you shift your leg a bit more like that? Like just having that be part of the fun. Like it makes it this thing

that you're like sort of creating together and it's, yeah, it, I can change something that is, that is awkward and like, Oh, I don't know how to do this into like, hey, let's figure this out together. And leverage is the thing. Like it's like trying to get leverage in different positions is, is something I had not thought about.

- Kat Stark: [01:00:04](#) Um, and you know, whether you're like in your, you're on your knees, you're in missionary, you've got somebody bent over. Something. Like all these different ways like to get the leverage for the thrust, you know, is, is a piece of the puzzle. And I've also noticed that on, on a number of the like waterproof blankets that we use, they slide and so your knees are sliding away. And I find like I have to keep scooting back up the bed and then like, you know, you start to, the more you thrust, the more you're sort of pushing away and then you scoot back up in the bed.
- Flick Morrison: [01:00:05](#) Cause like each bounce kind of like, you know, widens the gap between you.
- Kat Stark: [01:00:56](#) Yeah. Yeah. And just the, like the fabric just start sliding and your knees go and, yeah. So just, you know, you've just figured out these things and, and go with it can be a lot of fun.
- Flick Morrison: [01:00:56](#) Yeah. And it's, it's, it's a different, it's a different set of muscles that you're using and for, for any other sets, it's, um, you know, the, uh, sort of the strain on the back and the abdominals and your, and your glutes is, um, pretty unique.
- Kat Stark: [01:01:14](#) and there are these tiny little muscles in your inner thigh and groin that if you have never been the thruster before, like even like, I sort of thought, well, like with thrust my hips, when, when receiving, (it's not the same) it's not the same. And there's these tiny little muscles that you have never used. Um, and you, you learn those muscles very quickly. Um, so yeah, like it, it, it can take a lot of stamina. It's a lot of cardio. Um, and um, but yeah, you sort of have to figure out, you know, how to, how to use those muscles effectively and you know, might need a bit of a training regimen to strengthen some of them.
- Flick Morrison: [01:01:58](#) Maybe you should draw a little diagram of your little you know your little thrusting squats.
- Kat Stark: [01:02:02](#) I can't draw, I can't even draw stick figures.
- Flick Morrison: [01:02:07](#) I think it'd be hilarious to see what you tried.

Kat Stark: [01:02:11](#) Well maybe I will try it and, and if, if it works out, I'll post it on the website.

Flick Morrison: [01:02:15](#) It's gonna be awkward. You remember?

New Speaker: [01:02:17](#) Yes, it will be. I promise you.

Kat Stark: [01:02:22](#) Thank you for joining us. My brand new novel Waking Up Polyamorous is now available on paperback and Ebook. Get it today from your favourite online book retailer. My sexy memoir, Yelling In Pasties: the wet coast. confessions of an anxious slut is available on audiobook, ebook and paperback, buy it at amazon.com or visit onthewetcoast.com for links to other marketplaces. Help others find our podcast by rating and reviewing us on apple podcasts or your preferred podcast platforms. Just a few sentences make a huge difference in our visibility. You could help us have more adventures to tell you about by contributing to our Patreon [patreon.com/onthewetcoast](https://www.patreon.com/onthewetcoast) and huge thanks to our patreon supporters who make this show possible and follow us on Twitter at [@wetcoastkat](#) [@seriousflick](#) [@onthewetcoast](#).

New Speaker: [01:03:03](#) And email comments or questions to [contact@onthewetcoast.com](mailto:contact@onthewetcoast.com). Go to [onthewetcoast.com](https://onthewetcoast.com) for Kat's. blog, toy reviews and more. And check out the other great sex positive podcasts on the swingset network at [swingset dot f m](https://swingset.fm)

Emily - Multiam: [01:03:22](#) hi, this is Emily cohost of the multiamory podcast. We offer new ideas and advice for multiple forms of love, everything from conscious monogamy to ethical polyamory and radical relationship anarchy. And you're listening to the swing set network podcast. Find us and much more at [swingset dot f m](https://swingset.fm).