

Sexual positions for your first time

The first sexual intercourse mixes nerves, expectations, emotion, fear and even anxiety. In the case of women, their greatest concern is pain they can feel; In the case of men, performance and erection are issues that generate uncertainty. If you want that moment to be spectacular, know what are the best **sexual positions for your first time**.

An investigation of the **University of Mississippi** indicates that the moments lived in the first sexual encounter are determining for the rest of the life.

Each body is different, therefore not all women experience pain during the first sexual encounter, everything will depend on the [sexual positions for your first time](#), the care that the couple has and how relaxed and stimulated the woman is.

David Barrios, sexologist, recommends that before starting any sexual position, it is important to eroticize each other and not go straight to penetration.

After the previous games (kisses and caresses) the expert suggests the following positions. Take note!

1. The missionary



The woman lies on her back on the bed and opens her legs to receive her partner. Courtesy: Getty Images

2. The merger

The woman must squat on the man's pelvis, so that she is the one who has the control and the rhythm of the movements.

3. The Amazon

The man sits on the edge of the bed or in a chair, while the woman stands over him. This position allows her greater freedom of movement and control over her body.

4. The spoon

The woman stands sideways on the bed, while the man stands behind her. It is a very intimate position that besides giving them pleasure helps to have more emotional intimacy.



Courtesy: Getty Images

Regardless of the sexual **positions for your first time**, the best thing to do is to have good communication between them, to talk about what they expect and want

during that special moment. It is also essential to be clear about which contraceptive method they will use to avoid unwanted pregnancies or Sexually Transmitted Diseases (STDs).

Planning the meeting well is key to remembering it as a special moment in your life. Enjoy with responsibility