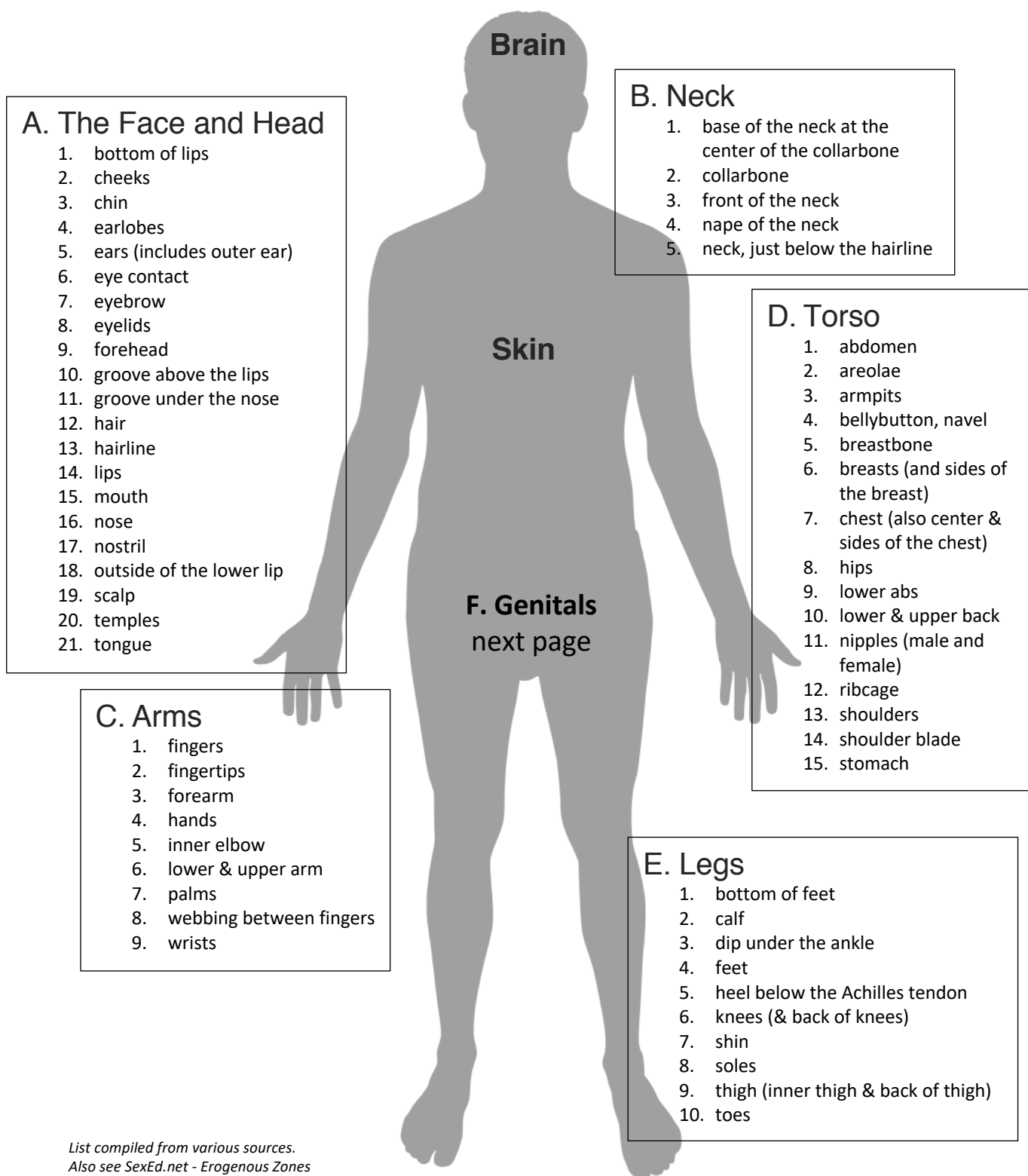


List of Erogenous Zones

An **erogenous zone** is “a sensitive area on the body that causes sexual arousal when it is touched,” according to merriam-webster.com. There is no common agreement on what is considered an active erogenous zone for each human being, but with some curiosity and exploration, many figure it out. Some might be obvious, like the genital organs, and others more obscure, like the male prostate, dip under the ankle or even the outer ear. The lists below should provide you with more information on finding the right buttons to spark sexual arousal in yourself or your partner.



List of Erogenous Zones

F. Genitalia & Genitals

Male

1. anal margin
2. anus, butt
3. frenulum: *“where [the] foreskin meets the underside of [the] penis. It looks like a small V just below the head. Usually part of it remains after circumcision.”* (definition only: plannedparenthood.org)
4. penis, penis head, foreskin, shaft *“extends from the tip to where it connects to [the] lower belly. It looks like a tube ... urethra is inside the shaft.”* (definition only: plannedparenthood.org)
5. perianal: *“located around the anus, the opening of the rectum to the outside of the body”* (definition only: medicine.net)
6. perineum: *“area between the anus and genitals”* (definition only: healthline.com)
7. prostate, P-Spot: *“about three-quarters of a finger-length inside [the] anus”* (mashable.com)
8. scrotum: *“sac of skin that hangs below” the penis* (definition only: plannedparenthood.org)
9. seam of the testicles: *the area between the testicles* (definition only: bustle.com)

Female

1. A-spot: *“the Anterior Fornix Erogenous zone, is an area of pleasurable sensitivity located at the very back end of the clitoris (the internal part). It hovers just above the cervix, at the way, way back of the vagina”* (definition only: refinery29.com)
2. anus, butt
3. clitoris
4. labia: *“folds of skin around ... vaginal opening. The labia majora (outer lips) are usually fleshy and covered with pubic hair. The labia minora (inner lips) are inside ... outer lips. They begin at [the] clitoris and end under the opening to ... vagina.”* (definition only: plannedparenthood.org)
5. perianal: *“located around the anus, the opening of the rectum to the outside of the body”* (definition only: medicine.net)
6. perineum: *“area between the anus and genitals”* (definition only: healthline.com)
7. pubic mound
8. U-spot: *“opening to the urethra ... located just above the vaginal opening, above the lips.”* (definition only: askmen.com)
9. urethral sponge: *“The G-spot lies on the anterior wall of the vagina, about 5-8cm [approx. 2"-3"] above the opening to the vagina. It is easiest to locate if a woman lies on her back and has someone else insert one or two fingers into the vagina with the palm up. Using a ‘come here’ motion, the tissue surrounding the urethra, called the urethral sponge, will begin to swell.”* (definition only: theconversation.com)
10. vagina
11. vaginal margin: *“just outside [the] vaginal opening at the beginning of your perineum— aka, the region between [the] vagina and anus.”* (definition only: health.com)
12. vulva: *“part of [the] genitals on the outside of [the] body - ... labia, clitoris, vaginal opening, and the opening to the urethra (the hole ... pee out of). While vaginas are just one part of the vulva, many people say ‘vagina’ when they really mean the vulva.”* (definition only: plannedparenthood.org)