

First time sex stories

Having sex for the first time, or losing your virginity, is an important life event for many people.

Deciding if you are ready to have sex for the first time is very personal. Whether it's your first time or not, you should only have sex if you feel enthusiastic about it. You can read more in our 'Am I ready for sex?' page.

Many people feel strongly that their first time should be saved for someone special, or until they've reached a certain age. Some people have sex for the first time when they are teenagers, while others choose to wait till they are older. For some people it's important to be married before they have sex.

No matter what you plan, some people's first time works out exactly how they want it to, and other people's may not. Talking to your partner about what you want and issues like safer sex beforehand will help make the experience more enjoyable for you both.

Here are some real first time sex stories - submitted by readers of our site.

If you have your own story to tell, you can share it with us here and we'll do our best to publish it. Just let us know if you'd like to remain anonymous.

Photos are used for illustrative purposes. They do not imply the health status or behaviour on the part of the people in the photo.

Next full review:

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Greta - he asked me for sex like he always did

Chinwe - that first-time is still some of the best sex I've ever had

Deyton - sex and your religion

'Never give in to sex for fear of losing your partner.'

'I made sure to tell him when something wasn't okay for me.'

"The first couple of tries were discouraging because his penis would not go in. I felt the ridiculousness of it."



Josh - talking about sex with your partner

"I kept telling her how much I cared about her and how much I loved her and she liked it. I could tell by her body."



Nemy - waiting for the right time to have sex

"I am 17 and still a virgin. I've been in situations where it could easily have happened."



Nir - using a condom for the first time

"For our first time, we used a condom. But I had to change it 3 times because she was dry and it was painful for her."



Rylie - losing your virginity

"I also felt that I was letting down my family. Being raised in a Catholic background, premarital sex is frowned upon."



Tom - first time sex nerves

"I ended up trying so hard to "encourage" it, that I ended up ejaculating before I'd even put the condom on."



Becca - I would never change my first time

"He asked me if I really wanted to do it, and that we could wait if I didn't feel ready. He was very sweet."



Siyabonga - caught up in the moment

“He asked if I was ready and I
said yes - I did not even look if
he had a condom on or not...”
