

The Pegging Book

Also by Cooper S. Beckett

Osgood as Gone:
The Spectral Inspector, Book 1 (2019)

Osgood Riddance:
The Spectral Inspector, Book 2 (2019)

Approaching the Singularity:
Tales of Swinging & Polyamory in Paradise (2017)

A Life Less Monogamous:
A Novel About Swinging (2016)

My Life on the Swingset:
Adventures in Swinging & Polyamory (2015)

The Pegging Book

A Complete Guide to Anal Sex
with a Strap-On Dildo

Cooper S. Beckett and Lyndzi Miller



The Pegging Book

A Complete Guide to Anal Sex with a Strap-On Dildo

Copyright ©2022 by Cooper S. Beckett and Lyndzi Miller

All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without written permission from the publisher except in the case of brief quotations in critical articles and reviews.

Thornapple Press

300–722 Cormorant Street

Victoria, BC V8W 1P8 Canada

press@thornapplepress.ca

Thornapple Press (formerly Thorntree Press) is a brand of Talk Science to Me Communications Inc. Our business offices are located in the traditional, ancestral and unceded territories of the lək̓ʷəŋən and W̱SÁNEĆ peoples.

Cover photo/illustration ©2022 by ksandrphoto

Cover design by Brianna Harden

Interior design by Jeff Werner

Interior illustrations by Cooper S. Beckett

Substantive editing by Andrea Zanin

Copy-editing by Hazel Boydell

Proofreading by Heather van der Hoop

Indexing by Maria Hypponen

Library and Archives Canada Cataloguing in Publication

Title: The pegging book : a complete guide to anal sex with a strap-on dildo / Cooper S. Beckett and Lyndzi Miller.

Names: Beckett, Cooper S., author. | Miller, Lyndzi, author.

Description: Includes index.

Identifiers:

Canadiana (print) 20220274428 | Canadiana (ebook) 20220274460 |

ISBN 9781778242090 (softcover) | ISBN 9781990869020 (PDF) |

ISBN 9781990869006 (EPUB) | ISBN 9781990869013 (Kindle)

Subjects: LCSH: Strap-on sex. | LCSH: Anal sex.

Classification: LCC HQ31.5.D55 B43 2022 | DDC 306.77—dc23

Digital version 1.0.

Butt Stuff Experiences & Interests

You and your partner/playmate should each fill this out separately and compare notes afterward.

Receiving			Giving			
Done It	Into It	No Thanks	Done It	Into It	No Thanks	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fingering around the outside
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Toying around the outside
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Licking around the outside
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Finger insertion
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tongue insertion
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Butt plug use
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Long-term butt plug use (60 min+)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Anal beads use
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dildo use/thrusting
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pegging
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Anal fisting

CORRUPTED MISSIONARY



Description: The peggee is lying on their back, legs open to either side, and the pegger is lying on top of them between their legs. Partners are face to face.

Advantages: If you want the closeness of a lot of skin-on-skin contact, the connection of eye contact, and a generally more loving and romantic position, this might be the right fit for you.

Potential challenges: Bigger chests and bellies make this position harder and sometimes uncomfortable, so the size of the bodies at play may be something to consider.

Best tools for the job: A long, narrow, and firm toy would work best for this position, or use a wedge to boost the butt up in the air a few inches for ease of entry (we go over wedges and their helpfulness in the Best Tools for the Job chapter).

HOT DIGGITY DOG



Description: The peggee is on their hands and knees, with the pegger kneeling behind them for rear entry.

Advantages: This is a good beginning-to-peg position because pegging can be a very vulnerable situation for the person being penetrated. Sometimes they can feel shy. They might not want eye contact with their partner and might rather focus on some inanimate object like a pillow or the wall to clear their head.

Potential challenges: Resting half of your weight on your hands is hard on the wrists and can be physically exhausting (as anyone who has tried to plank will know). Often in the “doggy-style” position, the

peggee's arms will give out or tire and they will have to rest on their elbows or chest. This actually helps raise the butt up at a different angle and could be a good thing, but be mindful of arm strength and stamina.

Best tools for the job: A great tool for this position is a "doggy strap," which is a padded strap to put under the hips of the person being penetrated. It gives the pegger something to hold onto that isn't flesh (some people are delicate and bruise if you hold their love handles or thighs too tightly). As stated before, this position can be a little strenuous, so a wedge placed under the peggee's hips could be very helpful.

HAPPY BABY



COWBOY



Description: The peggee is on top, riding their partner while facing them.

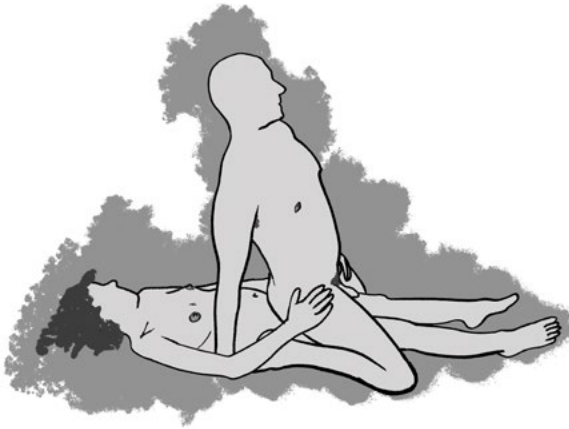
Advantages: The person being pegged is in control in this position. They get to ease their body down onto the dildo, control the depth and speed, as well as control how they ride the cock. They can lean over their partner for closer contact or kissing, and they can still feel like the fucker while simultaneously being fucked (because positionally they're looking down).

Potential challenges: This position can be hard on the legs and knees. Additionally, if the pegger and

peggee's body sizes differ by a significant amount, it can push the bounds of flexibility.

Best tools for the job: A dildo with an upward curve works well in this position, especially if the peggee plans to lean over their partner for smooches. A toy that is very basic, straight up and down, would also work well, so they can ease onto the toy without trying to work the angle.

REVERSE COWBOY



Description: The peggee is on top, riding their partner with their back turned to them.

Advantages: Similar to the regular “cowboy” position, the peggee gets to control everything. This position just offers another angle, less eye contact,

and a way to lean over and rest on their hands or hold onto their partner's legs if they get tired.

Potential challenges: This position can be hard on the legs and knees, and can also feel a bit like doing the splits sideways.

Best tools for the job: An upward curve isn't ideal for this position unless the toy is worn upside down. A softer, bendable toy is best, as this position can really bend the toy downward.

LOTUS



Description: The pegger is seated, and their partner is sitting in their lap, facing them.

LAP DANCE



Description: The pegger is seated, and their partner is sitting in their lap with their back to them.

Advantages: The peggee can really grind on the crotch of the pegger and go to town fucking themselves *and* their partner. Similar to the Lotus, this is a great position for folks with disabilities, who use a wheelchair, or who are injured and need to be seated during sex.

Potential challenges: It is also quite the squat workout, so the peggee should prepare themselves for wobbly legs after.

Best tools for the job: An upward curve isn't ideal for this position unless the toy is worn upside down. A softer, bendable toy or straight up and down toy is best for this position.

STANDING SHOWER



Description: Both partners are standing in the shower. The peggee is braced against the wall, legs spread open, with the pegger standing behind them, fucking from behind.

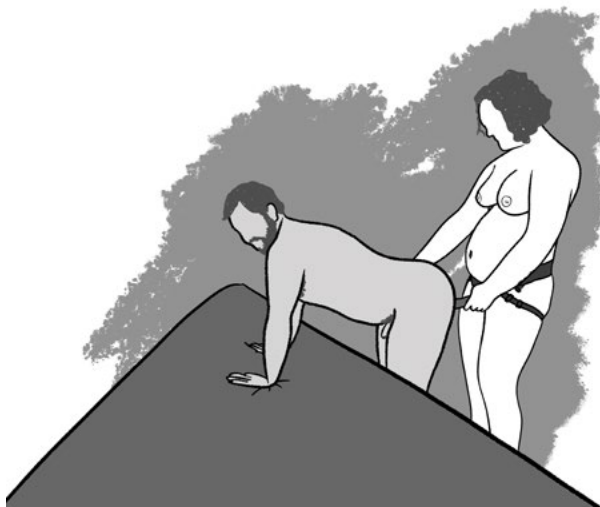
Advantages: This position leads itself to super easy cleanup for folks who may be squeamish around the idea of anal sex including any kind of poop. We get into that in our section on hygiene, but it's really not as big of an issue as one might assume. However, if it is a concern, shower sex is squeaky clean.

Potential challenges: This position can be tricky for folks with a big height discrepancy. Also, folks who

try this out may need extra lube because it can get washed away from the shower (water is *not* lube—in fact it seems to make things less slippery) and using too much lube can pose a danger if the shower floor gets slippery. Use caution and be careful with this one.

Best tools for the job: A harnessless dildo might be a great addition to this position if the pegger doesn't want to get their harness wet (leather would be a big concern here). Despite the name, harnessless dildos don't stay in perfectly without a harness, as we've mentioned, but the pegger can help hold it in place, and this adds a level of penetration play for them as well.

OVER THE MOON



MASSAGE TABLE



Description: The bottom is lying down flat on their stomach with the top sitting on their butt, as if to give a massage, entering from behind. Bonus points for rubbing the bottom's back, shoulders, and butt.

Advantages: This can be a very caring, generous, and thoughtful position. Most folks love a massage, and folks who have some level of trepidation when it comes to being penetrated might have a lot of nervous energy to expel. A great way to get relaxed and in the mood for play.

Potential challenges: As the pegger will be on their knees for this position, it can be rough on the knees, and legs have a tendency to fall asleep if tucked under one's body for too long.

Best tools for the job: Get a good massage oil that can double as an anal lubricant. Oil isn't great for vaginal health, so we don't suggest it for PIV sex, but it does work well for anal.

SPOON FORKING



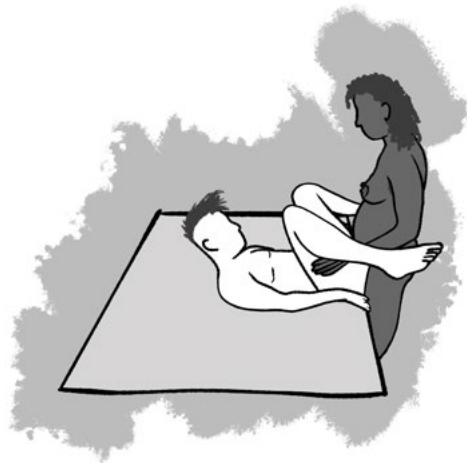
Description: Pegging in the spoon position. The fucker is lying behind the fuckee, penetrating them while cuddling.

Advantages: As a comfy, lazy position, this one can be nice and cuddly for both players. Great for chilly winters when you just want to snuggle up under a warm blanket but still want to get your fuck on.

Potential challenges: This position could be a little difficult because the pegger can't see where their toy is going and has to feel their way around under the covers.

Best tools for the job: A nice cotton underwear harness is going to be the most comfortable option for wearing to sleep. The wearer could even just take the toy out and keep it on if they're too tired to change.

DOUBLE TROUBLE



Description: The bottom is lying on their back, ass off the edge of the bed, knees up to their chest, with the top standing between their legs. This position

Build Your Safer Sex Kit

You may not need everything on this list, but it sure doesn't hurt! Some of the later things are just bonus care items. To house your supplies, shaving and makeup bags are great, as are travel bathroom kits.

To Buy To Pack

- | | | |
|--------------------------|--------------------------|---------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Condoms (multiple sizes) |
| <input type="checkbox"/> | <input type="checkbox"/> | Lube (silicone and water-based) |
| <input type="checkbox"/> | <input type="checkbox"/> | Oral barriers (or plastic wrap) |
| <input type="checkbox"/> | <input type="checkbox"/> | Gloves (multiple sizes) |
| <input type="checkbox"/> | <input type="checkbox"/> | Wet wipes |
| <input type="checkbox"/> | <input type="checkbox"/> | Packet of pain-relief meds |
| <input type="checkbox"/> | <input type="checkbox"/> | Breath strips |
| <input type="checkbox"/> | <input type="checkbox"/> | Mouthwash |

Also from Thornapple Press

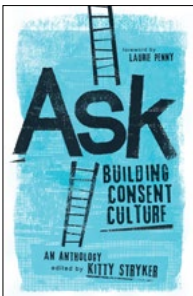


Love's Not Color Blind: Race and Representation in Polyamorous and Other Alternative Communities

Kevin A. Patterson, with a foreword by Ruby Bouie Johnson

“Kevin does amazing work both centering the voices of people of color and educating white folks on privilege. His words will positively influence polyamorous communities for years to come.”

— Rebecca Hiles, The Frisky Fairy



Ask: Building Consent Culture

Edited by Kitty Stryker, with a foreword by Laurie Penny

“There are certain conversations that deepen how you think; positively impact how you act; expand your view and understanding of the world, and forever alter how you approach it. This book is full of them. Make room for it—then spread the word.”

— Alix Fox, journalist, sex educator and ambassador for the Brook sexual wellbeing charity

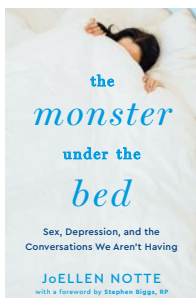


**Claiming the B in LGBT:
Illuminating the Bisexual Narrative**

Edited by Kate Harrad, with a
foreword by H. Sharif Williams

“With bisexuality becoming ever more visible in mainstream culture, this book is essential reading for bi people and would-be allies, within the LGBT community and beyond.”

—Louise Carolin, deputy editor,
DIVA magazine



**The Monster Under the Bed:
Sex, Depression, and the
Conversations We Aren't Having**

JoEllen Notte, with a foreword
by Stephen Biggs, RP

“JoEllen dared to speak about a topic no one else would and has changed the way we think about sex and depression. Her work is, quite simply, invaluable.”

—Tristan Taormino, sex educator,
host of Sex Out Loud Radio, and
author of *Opening Up*