



**NEED ADVICE?**  
ASK SABRINA AT  
FHM.COM.AU/  
CONTACT

"Hey guys, look! Look! Look! Look! Ach, whatever"

# ASK SABRINA

Whether your significant other is pregnant, web-based or yet to actually materialise, Sabrina is here to help.



"...Umbrella, ella, ella, ay, ay, ay..."

## + MASS DEBATE

### FIVE-FINGER FITNESS DRIVE

I read that regular masturbation is healthy as it makes you a better lover, less likely to suffer from prostate cancer and helps increase stamina. Is this true?

KAY VIA FHM.COM.AU

One study has shown that men who masturbate frequently have a lower probability of developing prostate cancer. It has also been shown to reduce blood pressure and is inversely associated with death by coronary heart disease, so it does have health benefits. It can also make you a better lover because it can help you learn how to control and delay ejaculation.

**NB.** Not the actual insides of an upper arm



## + IMAGE ISSUES

### LOST CAUSE?

Is it possible for a girl to like a guy who does all the wrong things, is a beginner in the bedroom and who's always lost in conversation? How much work is a girl willing to put in to change me before enough is enough?

MATT VIA FHM.COM.AU

You sound like you're fairly young, in which case you shouldn't be too hard on yourself. Life's a learning process and if you find a girl who cares about you, she should be able to accept your quirks. Just be yourself and treat her well and the rest should flow; you'll learn and grow together. You shouldn't have to change for a girl - the important thing is to have make each other's lives better than if you were apart. Keep your head up and believe you're a great catch and women will believe it too!



## WHAT'S THE BIG IDEA?

I know this might seem like a stupid question, but do those penis-enlarging devices I always get spam about ever work?

ANDREW, VIA FHM.COM.AU

Pills, ointments, patches, surgery... the number of devices purported to enhance penis size are seemingly endless. While most of the self-applied methods are known to be hoaxes, some patients have reported a limited amount of success with legitimate surgery. The injection of silicone to increase the girth of the penis is generally much more successful than operations that are designed to increase the length. Lengthening is also quite a risky procedure, as the chance of losing the ability to get an erection is high. Penis enlargement procedures are generally only recommended for men with abnormally small penises (meaning anything under four centimetres).



Mums that wear curtains: starving

## + FOGY FEAR

### PARENT TRAP

I've been going out with a girl for a month and things are going well, but she already wants me to meet her parents. I can see the relationship turning into a long-term thing but still, isn't this a bit soon?

DANE, VIA FHM.COM.AU

If you really like this girl and see a future with her, there's no sense in resisting it and causing friction for nothing. The fact is that you'll have to meet them at some point so you might as well get it over with - like tearing off a plaster in one go. Try to relax and be yourself; remember that you're an adult and you don't have to be scared of parents anymore. That said, avoid swearing or saying anything potentially offensive: without kissing arse, you do want to make a good impression.



## + IMPATIENT

### WEB WOONG

I just started an internet-dating friendship with a girl in a nearby suburb. Already I'm running out of patience and don't know what to do to move things forward...

NEIL, VIA FHM.COM.AU

First things first: are you friends, dating casually or in a relationship? You need to define what you're both after. Meanwhile, have you met her in person yet? If not, ask her out! Don't waste any time. If she's looking to meet men on the net, she's open to a relationship, so make a move before someone else does.

## + LADY LOVE

### KEEPING IT REAL

I'm wondering how to attract a woman that doesn't care about looks - I don't look like a male model because I'm real. I'm just not after a bimbo, so what to do?

MATT, VIA FHM.COM.AU

While some women are superficial, there are plenty of others who want a lot more than that. If you consistently pursue very good-looking women, the chances of them being shallow and rejecting you are much higher. Perhaps you need to lower your standards a tad and approach women who are attractive without being supermodel material. Find out right away whether you have common interests and build a connection from there.



"I love what you've done with the carpet"

## PREGNANT PAUSE...

My wife is pregnant with our second child and she's more resistant to having sex than she was the first time. From memory, the horniness will kick in again at the 15-week mark. Is this a scientific fact? Please say yes...

DALE, VIA FHM.COM.AU

Fluctuations in sex drive during pregnancy vary from woman to woman and from one pregnancy to the next, but it's typically lower during the first trimester (weeks 0 to 13) due to pregnancy symptoms such as morning sickness. During the second trimester, which starts at around 14 weeks, there tends to be a boost in sexual desire as those symptoms abate. You should try to get as much action as you can during this time though, because by the third trimester (weeks 27 to 40), her libido could take a nosedive as she gets bigger and her body prepares for the birth.



Clive's sweat problem was tricky to ignore

## + WET'N'WILD

### BATHROOM BONANZA

What's your opinion on having sex in the shower?

CHAD, VIA FHM.COM.AU

Now that's a bit personal, don't you think? I'm just pulling your leg, Chad; I suppose you're asking about the practical aspects. I think sex in the shower can be great fun and is a really good way to liven things up, but the water can definitely make intercourse difficult as it will remove her natural lubrication. Your best bet is a silicone-based lubricant that is

water-resistant, as opposed to the more popular water-based lubricants such as KY Jelly. Most people find silicone-based lubes too thick and messy for everyday use, but they're just what you need for a successful shower tryst. Astroglide X is a good choice and it's available at chemists and adult shops around Australia; you can keep a tube in a drawer or cabinet in your bathroom so that it's easily accessible when you need it.

## GETTING THE GIRL

SEAN, VIA FHM.COM.AU:

"There's this amazing girl I like, but she likes my mate. However, said mate doesn't like her at all, so how can I replace him as her interest, or at least show her I like her without looking stupid?"

Sean, it's not going to be easy to pull the switch, but here are some ways to shift her attention to your awesomeness.

## DON'T BE HER FRIEND

Try to change the topic when she brings up your mate - once you fall into the friend zone, there's no coming back.

## TELL YOUR MATE

Ask him if he would mind limiting his interactions with her so she's not constantly reminded of him.

## BE BOYFRIEND MATERIAL

Start making small gestures like opening doors for her, driving her home and complimenting her on how she looks.

## ASK HER OUT

Do it when she's started to forget about him and focus on you. Wait too long and someone else will cut your grass... FHM

