

sextalk.

answers to your questions about sex and relationships

factoid

In a survey of 1792 UA students, 30% of females and 29% of males reported that they had never had sexual intercourse. (Health & Wellness survey 2003)

Q. I am a virgin. I would like to experiment with vibrators. I know that it will hurt, but for how long will it hurt? If I use a vibrator does that mean that I am losing my virginity? Is it safe to experiment with sex toys when I am a virgin?

A. Being a virgin or choosing to abstain from sex with another person doesn't mean you can't enjoy sexual pleasure alone. It is both normal and healthy to explore and expand one's own sexuality – and vibrators are a perfectly safe option for doing so, even for virgins.

Your fear that penetration (in this case, with a vibrator) will hurt is a common concern among female virgins. However, not all women experience this pain or discomfort. Factors such as the shape or intactness of the woman's hymen, how lubricated her vagina is during penetration, and the angle and speed of penetration can all impact whether or not a woman experiences first-time penetration as painful.

To minimize the chances of pain or discomfort, purchase a bottle of lubricant (such as KY Jelly or Astroglide) and apply it liberally to the vibrator before inserting. Also, go slow at first and try different positions to find the one(s) that produces the most pleasure. Even if there is some pain during your first experiment with the vibrator, it should not last long – anywhere from a few seconds to a day, at most.

As to whether you'll still be a virgin after using a vibrator, that is a very personal question that only you can answer for yourself. Technically, a virgin is someone who has not engaged in sexual intercourse. Commonly, this would be interpreted as sexual intercourse *with a partner*. However, some religions or cultures may define intercourse as any type of sexual penetration at all. The answer to this question really depends upon how you personally define your virginity.

Have a question? Send it to sextalk@email.arizona.edu

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