

sextalk.

answers to your questions about sex and relationships

factoid The average female orgasm lasts about 20 seconds. For men, 10-20 seconds. (Sex trivia book, 2002)

Q. I can never make it, and my boyfriend always does. I don't blame him, he tries really hard, but I never get to climax. What can I do different, so that I can make it?

A. The key to your situation may be that he's trying TOO hard. It's common for college-aged women to feel unsatisfied (no orgasm) after sexual intercourse that simply involves penetration of the penis into the vagina. Repeated thrusting may feel good to a man but can become very uncomfortable and unpleasurable to a woman. This doesn't mean anyone is to blame – it means you two may need to communicate better about what feels good to you. Some women just don't know what that is. The key may be to take matters into your own hands. Literally.

The vagina has very few nerve endings. The clitoris is the most sensitive body part on a woman. Because your "joy button" is located outside of your vagina (right below where the labia-inner lips join to form a soft fold of skin) vaginal penetration may not provide optimal sexual stimulation. During intercourse the clitoris rarely gets touched and reaching orgasm can be very difficult.

Becoming familiar with what sends you over the edge may involve pleasuring yourself and masturbating. You can learn with your hands, a flexible dildo, or vibrator. Then, try this: next time you are making love with your boyfriend inside you, touch, press and rub your clitoris with your fingers. Experiment. You may need to move your body (get on top or roll over on your side). If you control the pressure and stimulation, you may be pleasantly rewarded with the prized orgasm you so desire.

Don't be surprised if you make it before or after he does. Simultaneous orgasms are more the exception than the norm, usually found in romance novels and movies. Making it together is a rare event even for couples who are very experienced with each other's bodies and preferences.

Think about what is going right as a couple instead of stressing over what isn't. Are you valuing the special pleasures of being together? Are you enjoying each other's kisses, caresses, and tickles? Relax. Enjoy the journey instead of focusing on the destination. Enjoy the positives and wait for the fireworks to come.

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

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