Sextalk.

answers to your questions about sex and relationships

Q. I am 21 years old, and have had sex a few times. I recently bought a vibrator to stimulate my clitoris, and I get off pretty fast. But when I have sex, although it feels good, I don't reach orgasm. My friends say, "you know if you have had one," but I don't think I have, and would really like to experience an orgasm through sex. Do I have something wrong with me? Are there ways that I should be positioned that can help?

A. This is a very common concern, particularly among younger women. Like you, many women enjoy the intimacy that sex brings, but feel they lack the intensity of an orgasm. In fact, estimates show that 40-60% of women in your age group do not typically reach orgasm during sex. The primary reason for this is often a relative lack of sexual experience in both themselves and their partners. With time and experience, however, women find that they become more aware of and comfortable with their bodies, and are better able to reach the big "O".

By figuring out what feels good to you through masturbation, you are taking an important first step. After all, it's hard to communicate what you enjoy to your partner if you haven't found out for yourself. It's also no coincidence that you seem to "get off" through clitoral stimulation, but not through sex itself. Unlike the vaginal wall which only has a few nerve endings, the clitoris is a highly sensitive bundle of nerve endings whose only purpose is pleasure.

Fortunately, there are many ways to involve the clitoris in lovemaking, thereby increasing your chances of climaxing during sex. Options include oral sex, manual stimulation with a vibrator or finger, or using positions which better stimulate the clitoris (e.g. variations of the woman-on-top position). Take the time to show your partner the where's and the how's of what you like, and remember – giving and receiving oral *communication* is the foundation of good sex.