

sextalk.

answers to your questions about sex and relationships

factoid

81% of UA students prefer not to have sex on the first date.

(2006 Health and Wellness Survey, n= 3102)

Q. I'm a 21-year old female. I know it's not uncommon for some males to want to orgasm every day, whether through masturbation or sex. However, girls are often thought of "wanting" it less often, but I pretty much want to have an orgasm at least once a day. Is this okay? I mean I kinda feel like I am addicted to orgasms. Is this common for a girl my age?

A. There is absolutely no reason why someone can't enjoy an orgasm – man or woman – at least once a day. While it's true that women are often uniformly portrayed as wanting sex less often as you describe, both sexes run the gamut in their desires, as well as the frequency of their needs.

Although you mention orgasm through both sex and masturbation, masturbation statistics may better reflect your concerns, since climaxing can be achieved independent of a partner. A ten-year national survey found that 10 percent of women reported masturbating "frequently" (several times a week or daily), compared to a quarter of men. Men also reported masturbating more in the monthly-to-daily timeframe; with 55 percent in that category, compared to 38 percent for women (*The Janus Report on Sexual Behavior*, Samuel S. Janus and Cynthia L. Janus; John Wiley & Sons, Inc., 1993).

Since this particular study began over twenty years ago, it's likely that these numbers have increased. Masturbation has become somewhat less taboo in recent years, as is evident in its increasing appearance in movies and popular culture. The last fifty years have shown us that societal views on sex can change rapidly. With change comes the opportunity to discuss sensitive issues openly, which in turn allows people to more comfortably disclose their private lives in the surveys that inform us.

Even with progress, there will always be external sources that contribute to feelings of guilt about sex, especially among women. Focus on the facts: wanting to achieve orgasm to relieve stress, relax or just feel good is normal – so let your body be your guide.

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

SexTalk is written by Lee Ann Hamilton, M.A., CHES, David Salafsky, MPH & Laurie Krupski, PhD, health educators at The University of Arizona Campus Health Service.

