

sextalk.

answers to your questions about sex and relationships

factoid 29% of women always have orgasms with their partner.
(Michael et al, *Sex in America: A Definitive Survey*, 1994)

Q. Is it possible to orgasm without screaming? I had sex the other night and my friends asked if I got off, but I'm not sure if I did. I was moaning though, and it felt really, really good! Does that count?

A. Not every one experiences orgasms with moans and shrieks as expressed by actress Meg Ryan in the famous diner scene in the movie "When Harry Met Sally." Sounds and expressions during sex cover a wide range: quiet or loud, long or short, subdued or wild. Orgasms can vary in intensity from person to person, and day to day, depending on many factors. The question you seem to be asking is... did I orgasm or not? And we're guessing that you're female, since many women do not orgasm during intercourse.

Arousal and foreplay can feel really, really good. The big "O" usually feels fabulous and comes with measurable physical reactions: a great release of tension, rapid heart beat, flushing of the skin, light sweat, rhythmical contractions along the penis or vagina, and pleasant sensations throughout the entire body. Some people, at times, have very mild sensations, while others have unmistakable, ecstatic responses. What really counts is your satisfaction with the total intimate experience. Did you and your partner connect in a way that was enjoyable and meaningful to you? For many people, sex is not a destination, but a journey. For others, destination is everything. Enjoy your journey while you get closer and closer to your destination.

Q. A week ago my girlfriend and I had sex. She is not on the pill or any type of birth control, but we are always sure to use a condom. Well, this time during sex the condom broke. I did not ejaculate into the condom before it broke, and also immediately pulled out. Can she be pregnant?

A. In the situation you describe chances of pregnancy are slim to none, although a broken condom is certainly unnerving. If it happens again, your girlfriend may want to consider emergency contraception. The "morning after pill" is 75-89% effective in preventing pregnancy when taken within 5 days of unprotected intercourse. It is available by prescription at Campus Health. Call 621-9202 for an appointment. For urgent care after hours, call 570-7898.

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

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