

# sextalk.

answers to your questions about sex and relationships

**factoid** Free Skin Cancer Screening on Friday, November 9 from 11am-1pm at Campus Health Room D304. Call 621-4967 for details.

## Q. How common is premature ejaculation? How can I learn to last longer?

A. Early ejaculation is normal, and very common, among men of all ages, particularly younger men. Premature ejaculation occurs when a guy “cums” earlier than either partner desires. There is no required or perfect timetable for ejaculation – it depends on the partners and on the particular situation. Sometimes it’s advantageous to have sex quickly – for example, when a roommate is expected home soon, or time is limited for other reasons. When a man masturbates and has limited privacy, speed can also be a real benefit. However, what works well when you’re by yourself may not be ideal when you’re hot to hook up with a partner.

Here are some strategies to prolong arousal and delay ejaculation:

- Masturbate beforehand. If you’re going to be with your partner in the evening, masturbate an hour or so beforehand. This will help reduce the urgency of physical desire.
- The stop-start method enables a man to become more aware of his sensations as he is approaching orgasm. Take a break if you feel you’re getting too excited too quickly. If you feel you’re getting close to orgasm, stop, focus on your partner in another way, and give your body time to relax before resuming intimacy. The goal is to be able to control when you ejaculate.
- Try the squeeze technique. Applying pressure to the ridge between the head and shaft of your penis when you feel you are at the “point of no return” can help delay orgasm.
- Practice, practice, practice! Premature ejaculation often results from overstimulation, anxiety about sexual performance, and lack of experience (either in general, or with a particular partner). Repeated intimate experiences with your partner will help you become familiar with the sensations, and more comfortable with your physical intimacy together.

Keep in mind that orgasmic satisfaction is just one component of a fulfilling sexual experience – erotic satisfaction does not have to end just because one partner has felt the fireworks. There are many ways to feel intimate, make love, and give (and receive) sexual pleasure. And many spiningling activities don’t require an erect penis. Perhaps if you can imagine sex as more of a journey than a destination you will open yourself up to enjoying each trip a bit more.

Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

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