

# sextalk.

answers to your questions about sex and relationships

## factoid

In one study of college students, 60% of heterosexual women and 71% of lesbian or bisexual females reported that they had faked an orgasm.

### Q. I heard if the woman is on top, she couldn't get pregnant. True or false?

A. False. Women have been getting pregnant in all sorts of positions since the beginning of history.

### Q. My girlfriend has trouble achieving an orgasm. What is the best way to fix the problem?

A. Practice, practice, practice! We often hear from women (and their partners) who aren't having "the big O." Men often think that deep penetration will drive their partner wild. Sometimes it does, but it's important to realize that many women do not achieve orgasm through penile-vaginal thrusting alone.

Your encounters are probably causing anxiety for both of you. Show her that you care without putting pressure on her. Ask her what feels good. Where are her erogenous zones? Ask if she has ever masturbated to orgasm. If so, ask her what feels good, have her show you, then do it! Ask her things like, "Do you like it this way? What feels good to you now? What can I do for you?" Listen carefully.

Physiologically, men are quicker to become aroused than women. Think of it this way: men are like microwaves and women are like crock pots – they both get cookin' but at different speeds. This is why foreplay is very important. You may get hard just looking at her. She probably needs more time to become aroused.

Take time to talk and romance her. Slowly excite her with a gentle massage or sensuous caresses and kisses. Stimulate her by licking and stroking the sexually sensitive areas of her body that you asked her about-- maybe the breasts, neck, nipples, or back. Some women orgasm just from the right amount of manual stimulation to the inner surfaces of the labia minora, the head and shaft of the clitoris, and the first inch and a half of the vagina.

Not all women (especially college-aged) have orgasms every time they make love. And even fewer couples have simultaneous orgasms from intercourse alone. Relax. Take turns. Play. Enjoy.

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

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