

sex talk.

answers to your questions about sex and relationships

wildfact

53% of UA students who are single or dating have never had vaginal intercourse. (2010 Health & Wellness Survey, N=2,931)

Q If a woman is in a long-term committed sexual relationship, but has never experienced an orgasm, what can she do/what are her options?

A. A woman who is not experiencing orgasms through sex is certainly not alone. According to research from the Kinsey Institute, about 50% of all women under 20 had not experienced an orgasm. By age 35, however, that number went down to about 10%. The difference in these numbers probably has to do with a woman's comfort level with her body, an increased willingness to speak to her partner about her likes and dislikes, and her partner's experience in helping her achieve orgasm.

Men and women tend to enjoy different aspects of sex. Case in point: men can get down at a moment's notice, while women typically take time to get aroused, which is why almost all roads to a female orgasm begin with foreplay.

Don't forget that compared to the clitoris, the pleasure spot located above a woman's urethra, the vagina has relatively few nerve endings. That means that the penetration that feels good to a man, may not float a woman's boat. Having her control the position, pressure and pace during sex are good ideas, especially with positions where she is on top or laying side to side. Try using your hands – or your partner's – to stimulate the clitoris before or during sex. Masturbation, massage, fantasy talk, and oral stimulation may also help.

Last but not least, keep in mind that a lack of orgasm is no one's "fault." Communicate and have fun during sex. If you remove the pressure to perform and enjoy your partner in the moment, you may be pleasantly surprised by the results.

Q Are lambskin condoms effective?

A. Yes, they are effective for pregnancy prevention, but not for sexually transmitted disease protection, since pores in the material (made from sheep intestines) are not fine enough to prevent the passage of infectious agents. Lambskin condoms may offer benefits

over latex and polyurethane varieties as a form of birth control, including heightened sensation during sex. They are also an alternative for individuals who have latex allergies.



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

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