

sex talk.

answers to your questions about sex and relationships

wildfact

The average length of an erect penis is 5.5-6.5 inches, with an average width of 1.24-1.6 inches.

Q I'm well-endowed and my girlfriend has trouble accommodating my larger size. We're looking for suggestions to have more mutually enjoyable sex.

A. What a great question! There's a lot of talk about penis size, but not many questions address the potential challenges of being well-endowed. Here are a few things that you can do to make sex more enjoyable for both of you.

Foreplay. It's a fact: women need more time to get aroused. Foreplay will provide more natural lubrication and give the vagina the time it needs to expand. Explore other erogenous zones – nipples, neck, lips, inner thighs, ears, and lower back – by kissing, caressing, nibbling, licking, and massaging. Foreplay is fun, exciting, and a great way to get both your minds and bodies in “the mood.”

Lube. And lots of it. Lubricants help decrease friction and increase pleasure. There are many different kinds on the market so test some out and find the kind that you both like.

Slow and Steady. At the start (and throughout intercourse) remember to be gentle, go slow, and not force anything. Experiment with your

partner to find a pace that is comfortable and a depth that you both enjoy.

Mix it up. Try different positions and angles of entry that work for both of you. You may want to let her get on top so she can control the depth of penetration. The more her pelvis is tilted, the deeper you can penetrate; you might try it “doggie” style, entering from behind. Keep in mind that about 2 out of 3 women do not orgasm from vaginal intercourse alone. Stimulating the clitoris during intercourse, using your hands, her hands, and/or a toy, may be essential for her to achieve orgasm.

Communicate. Talking openly and honestly with your partner about sex, including your likes, dislikes, and experiences can make sex more enjoyable for both of you.

If you have questions about your sexual health call (520) 621-4967 to speak with a health educator at Campus Health. All calls are free and confidential.



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

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