

sex talk.

answers to your questions about sex and relationships

wildfact

36% of UA students have not had sexual intercourse in the past year. (2013 Health & Wellness Survey, n=3,055)

Q I'm a freshman, and have never had sex. I don't plan it anytime soon, however, me and my boyfriend have been together nine months. If we decided to have sex, (we're both virgins) what are some of the things we should know about having sex the first time? Where can I find more info about losing my virginity?

A. Planning ahead is a great idea and can lead to a positive and memorable, (if not perfect) "first time" for both of you. It may be many things at once: wonderful, funny, uncomfortable, playful, sensuous, awkward, thrilling, difficult, satisfying, and even embarrassing. Before the big event, check out reliable sexual health resources that are available online, including the UA Campus Health website.

First things first: if you're not ready for a pregnancy, be confident in choosing an effective method of contraception. To compare options, visit www.health.arizona.edu (search for "birth control"). Many methods are available at UA Campus Health by prescription (the pill, "the shot," diaphragms, Nuva Ring®, and IUDs), and in our pharmacy (condoms).

Next, remember that everyone works at different speeds. A man may develop a strong erection just thinking about or seeing his partner long before she is aroused and lubricated in her genital area. Adequate lubrication is key (whether naturally produced by a woman or from a water-

based lube like KY® jelly). Penetration is easier with lube and less likely to be painful (a concern many first timers have).

Choose a private, comfortable setting where you won't be interrupted. To maximize pleasure, allow time for both of you to explore each other's bodies and become fully aroused before penetration. In terms of positions, many women are more likely to achieve orgasm when positioned side by side, or on top.

Some women may easily achieve orgasm through stimulation of the clitoris, but less frequently during vaginal intercourse. Talk about what feels good to you and what doesn't. Don't be shy about expressing your feelings. Use "I" statements such as "I like it when you touch me gently here" (and show them how). Or "that feels good... keep going!" Experience will help you achieve the outcome you desire. If your partner cums in ecstasy but you don't have "fireworks" the first time, don't worry. Don't lie about it. Be honest. And if at first you don't succeed, try, try again.



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

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