

sex talk.

answers to your questions about sex and relationships

wildfact

The longest recorded orgasm was 43 seconds, though on average they last about 15-20 seconds.

Q How many times do you have to practice with your partner to orgasm at the same time?

A. This can be tricky, especially since movies and TV always make it look so easy! Simultaneous orgasm, or reaching orgasm at the same time as your partner during intercourse, is not dependent on any exact number of times you and your partner have sex. The truth is it doesn't happen all that often! That being said, simultaneous orgasm is not totally impossible, either. If you want to increase the chance of a mutual climax with your partner, here are a few factors to consider:

1. Communicate - Always make sure consent is given before engaging in any sexual activity. Feeling safe and respected in a sexual encounter is important to increasing one's pleasure. This typically occurs in intimate relationships where both people feel comfortable communicating what they want during sex. Open and honest communication with your partner about your arousal level will allow the encounter to flow naturally and increase your odds of reaching

orgasm, simultaneous or otherwise.

2. Find Your (and your partner's) Happy Place - Having an orgasm is different for each person. Some rarely orgasm during intercourse, while others do every time. A simultaneous orgasm requires you both to be at the same arousal level to climax, so find out what it takes to get you both there. Does that mean slowing down or trying a new move? Maybe it means speeding things up or including other types of touching. Being in tune with how you and your partner respond to sexual stimulation will give you a better shot at a mutual orgasm. Not having an orgasm at the same time as your partner shouldn't make the experience any less enjoyable!

3. Enjoy the Experience - Sexual encounters are much more than reaching orgasm at the same time. Pressure to do so can actually ruin the mood. The less pressure each partner feels the more enjoyable it will be for both. So, next time you two are ready to get down, relax and enjoy being in the moment!



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

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