

sex talk.

answers to your questions about sex and relationships

wildfact

Most students simply go home, hang out with friends, sleep in, or relax over Spring Break.

Q Is it abnormal or harmful to masturbate more than 6 times a day? Some days I start to get sore. Would lubrication help to relieve the problem and improve performance?

A. Masturbation is a safe, easy, and natural way to fulfill sexual needs and desires. Six times a day is more than most people masturbate. That said, it's a healthy behavior as long as it doesn't interfere with your academics, work responsibilities, relationships, physical health, or emotional well-being. If your pattern of masturbation negatively affects other areas of your life, or you suspect it's a way to avoid addressing conflicts, anger, loneliness, etc., then it may be time to re-evaluate.

Using lubricants like KY or Astroglide will help prevent soreness. As for

performance improvement, try changing your *frequency* of masturbation (doing it less may heighten sensitivity). Changing up *how* you masturbate might lead to improved satisfaction.

Pay attention to what prompts your desire to masturbate. If it's your go-to stress-reliever, consider adding other activities such as exercise or mindfulness (breathing, meditation, etc.). If you feel frequent masturbation is unhealthy for you, consider talking to a counselor. Counseling and Psych Services is on the 3rd floor at UA Campus Health. Call (520) 621-3334.

Q I've heard that when a girl has sex for the first time, her "cherry" breaks. I've also heard that it can break because of certain sports, even though she has not had sex. Do you know what may cause a woman's "cherry" to break?

A. A woman's hymen ("cherry") can be stretched or torn for many reasons – strenuous activities such as horseback riding, gymnastics and dancing are just

a few of them. Inserting tampons, masturbation, and gynecological exams may also affect the hymen. **A broken hymen does not mean a woman is not a virgin.** The hymen can be stretched or broken for many different reasons other than sexual intercourse.



**CAMPUS
HEALTH**

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

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