

# sex talk.

answers to your questions about sex and relationships

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**Q** I am 21 years old and have had sex a few times. I recently bought a vibrator to stimulate my clitoris, and I get off pretty fast. But when I have sex, although it feels good, I don't reach orgasm. I would really like to experience an orgasm through sex. What can I do?

**A.** This is a very common concern. Like you, many women enjoy the intimacy that sex brings, but feel they lack the intensity of an orgasm. In fact, estimates show that 40-60% of women in your age group do not typically reach orgasm during sex. The primary reason for this is often a relative lack of sexual experience in both themselves and their partners. With time and experience, however, women find that they become more aware of, and comfortable with, their bodies, and are better able to reach the big "O."

By figuring out what feels good to you through masturbation, you are taking an important first step. After all, it's hard to communicate

what you enjoy to your partner if you haven't found out for yourself. It's also no coincidence that you seem to "get off" through clitoral stimulation, but not through intercourse. The clitoris is a highly sensitive bundle of nerve endings whose sole purpose is pleasure. In fact, 70% of women need their clitoris stimulated in order to have an orgasm.

Fortunately, there are many ways to involve the clitoris in lovemaking, thereby increasing your chances of climaxing during sex. Some options include oral sex, manual stimulation with a vibrator or finger, or using positions which better stimulate the clitoris. Take the time to show your partner the where's and the how's of what you like, and remember – *communication* is the foundation of great sex.



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Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

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