

sex talk.

answers to your questions about sex and relationships

wildfact

SexTalk recently asked 15 male UA students about partners faking orgasms. Every one of them said they would prefer getting honest feedback from their partner.

My girlfriend rarely has an orgasm. What is the best way for a guy to fix the problem?

Practice, practice, practice! We often hear from women (and their partners) who aren't having "the big O." Men often think that deep thrusting will drive their partner wild. Sometimes it does, but it's important to realize that many women do not achieve orgasm through penile-vaginal penetration alone.

Your encounters are probably causing anxiety for both of you. Show her that you care without putting pressure on her. Ask her what feels good. Where are her erogenous zones? Ask if she has ever masturbated to orgasm. If so, have her show you, then do it! Ask her things like, "Do you like it this way? What feels good to you now? What can I do for you?" Listen carefully.

Physiologically, men are quicker to become aroused than women. Think of it this way: men are like microwaves and women are like crock pots – they both get cookin' but at different speeds. This is why

foreplay is very important. You may get hard just looking at her. She probably needs more time, and touching, to get aroused.

Take time to talk and romance her. Slowly excite her with a gentle massage or sensuous caresses and kisses. Stimulate her by licking and stroking the sexually sensitive areas of her body that you asked her about – maybe the breasts, neck, nipples, or back. Some women orgasm from getting just the right amount of manual stimulation of the inner surfaces of the labia minora, the head and shaft of the clitoris, and/or the first inch and a half of the vagina. The most common way women achieve orgasm is through clitoral stimulation.

Not all women (especially college-aged) have orgasms every time they have sex. And even fewer couples have simultaneous orgasms from intercourse alone. Relax. Take turns. Play. Enjoy!



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



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