

sextalk.

answers to your questions about sex and relationships

factoid

In a national college study, 27% of students reported never masturbating, 22% reported masturbating 2-3 times per week, and 10% reported masturbating once a day or more. (Details Magazine 1997, n=1752)

Q. Is it abnormal or harmful to masturbate more than 6 times a day? I find that some days I start to get sore. Would lubrication help to relieve some of these problems and improve performance?

A. Masturbation is a safe and natural way to fulfill sexual needs and desires. It's also a healthy behavior *as long as* it does not interfere with one's school, work, socializing, physical health, or emotional well-being. If your pattern of masturbation is having a negative impact upon other areas of your life, or you suspect it's serving as an escape from other issues (e.g., stress, anger, loneliness, resentment, etc.), then it's time to reevaluate the behavior. Using a lubricant such as Astroglide will help ease and prevent any soreness; but since you also seek to improve performance, this indicates you are not able to derive full satisfaction from masturbation. Try changing your frequency of masturbation (doing it less may heighten your sensitivity), or changing how you masturbate and see if these changes lead to improved satisfaction. Pay attention to what triggers your need to masturbate. If it is stress-induced, consider other outlets such as exercise or socializing with friends. If you feel your pattern of masturbation is unhealthy for you, seek advice at the Counseling and Psychological Services office, located at Campus Health. Call 621-3334.

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

A. A woman's hymen ("cherry") can be stretched or torn due to a number of 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. An intact hymen does not prove a woman's virginity. The hymen can be stretched or broken for many different reasons other than sexual intercourse.

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

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