

# sextalk.

answers to your questions about sex and relationships

**factoid** The number of UA students who are single or casually dating=57%.  
Students exclusively dating one person=33%. Engaged or married=9%.

**Q.** I am writing about a problem my girlfriend and I have. I am 25 years old and a virgin. Whenever my girlfriend and I start making out, or when she wants to give me a blow job, I cum. Just seeing her naked, I start cumming. This is affecting our relationship since she wants to have sex, but it does not happen because I already came. What should I do?

**A.** Rapid ejaculation is normal, and quite common, among men. As a survival mechanism, a quick ejaculation meant a Stone Age couple could have their pleasure, but not spend so long at it that they made themselves vulnerable to predator attacks. Centuries later, a quick ejaculation is still a useful tool. Young men who have limited amounts of privacy find quick masturbation to be quite satisfying. However, what works well when you're by yourself, may not be ideal when you're in the company of a willing partner.

Here are some strategies to prolong arousal and delay ejaculation:

- *Masturbate beforehand.* If you're going to be with your girlfriend this evening, masturbate an hour or so before you see her. This will help reduce the urgency of physical desire.
- *The stop-start method* enables a man to become more aware of his sensations as he is approaching orgasm. Take a break if you feel you're getting too excited too quickly. If you feel you're getting close to orgasm, stop, focus on your partner in another way, and give your body time to relax before resuming intimacy.
- *Try the squeeze technique.* Applying pressure to the ridge between the head and shaft of your penis can help delay orgasm. Also, gently pulling your testicles lower when they start to hug your body may help.
- *Practice, practice, practice!* Premature ejaculation usually results from overstimulation, anxiety about sexual performance, and lack of experience (either in general, or with a particular partner). Repeated intimate experiences with your girlfriend will help you become familiar with the sensations, and more comfortable with her and your physical intimacy together.

Finally, here's a critical tip for you and your girlfriend's happiness together – sexual satisfaction does not end just because you've reached your peak. There are many ways to make love to a woman, and give sexual pleasure that do not require an erect penis. Start exploring them now, and let your girlfriend lead the way.

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

SexTalk is written by Lee Ann Hamilton, M.A., CHES & Melissa McGee, Ph.D., MPH, health educators at The University of Arizona Campus Health Service.

