

sextalk.

answers to your questions about sex and relationships

factoid

December 1, 2008 is the 20th Anniversary of World AIDS Day.
For more info, go to www.worldaidscampaign.org

Q. Is it normal not to orgasm while having a sexual encounter? I am not sure my girlfriend has ever had an orgasm.

A. We often hear from women who aren't having orgasms during sexual activity and may be faking it to make their partner "feel better" or at least stop the sex when it's not feeling so good for them. Men often think that deep penetration will drive their woman wild. Sometimes it does, but many women do not achieve orgasm through penile-vaginal thrusting alone. The fact that you're concerned is a good sign and the first step toward success.

Show her that you care without putting pressure on her. Ask her what feels good. Where are her erogenous zones? Has she ever masturbated to orgasm? Ask her what she wants you to do. 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. Encourage her to show you what feels good to her.

Physiologically, men become aroused more quickly than women. When it comes to sex, it seems that men are like microwaves and women are like crock-pots. They both get cookin' but sometimes at very different speeds. This is why foreplay is important. While you may get hard just looking at your girlfriend, she probably needs more time to become aroused. Take time to talk and romance her. Light some candles. Whisper sexy things to her. Take a shower together. Ask what turns her on. Slowly excite her with a gentle massage (use oil in her favorite scent). Warm her up with sensuous caresses and kisses.

Help arouse her by licking and gently touching the sexually sensitive areas of her body – breasts, neck, nipples, or back. Some women will orgasm just from the right amount of manual stimulation to the inner surfaces of the labia minora, the head and shaft of the clitoris, and the first inch and a half of the vagina. Sexual fulfillment happens in many different ways and at different times. Few couples have simultaneous orgasms from intercourse alone (unless it's in a movie or romance novel). Communicate. Take turns. Have fun. And remember to make your sex safer with condoms, lube, latex dams and/or birth control.



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

SexTalk is written by Lee Ann Hamilton, M.A., CHES, David Salafsky, MPH, and Roberta Padilla, MS, health educators at The University of Arizona Campus Health Service.

