

# sex talk.

answers to your questions about sex and relationships

## wildfact

The average vagina is 3-4 inches in length and elongates during arousal.

### Q I'm concerned about the small size of my penis. Does size matter?

A. For some lovers, yes, for many more... no. It is common for men to be concerned about penis size. In the same fashion, women sometimes worry about the size of their breasts. Humans come in a wide variety of shapes and sizes; however, penis (and breast) size has little to do with personal enjoyment or pleasing a partner.

You may be comparing yourself, unfairly, to the penises you've seen in porn movies or magazines where there is a tendency to show male genitals in "bigger-than-life" dimensions. Men who pose naked are often selected because they are bigger than average. When comparing size, remember that there is a visual difference between the view you get of your own package (it may appear shorter because of your viewing

angle) and the glance you get of someone else's penis across the locker room. According to the revered Kinsey Institute, the length of the average erect penis is 5.5-6.5 inches and the girth (circumference) is 4-5 inches around. When not aroused, the typical penis is 1-4 inches in length.

More important than size (are you paying attention?) are the ways in which you use your penis – and fingers, mouth, voice, and mind – during sexual activity. Focus on setting the mood, foreplay, fantasy, exploration, arousal, etc. instead of proportions. Sex can be enjoyable, no matter what size you are. It's quality over quantity. Remember: *"It's not the size of the boat; it's the motion of the ocean..."*

### Q I'm bigger than normal. Any tips for having sex?

A. Sometimes "above average" length and girth can present painful situations for the "receptive" partner, whether the large penis is entering a vagina, anus, or mouth. Some tips to make it better for you and your partner(s):

use lots of lube, try different positions and activities, communicate when entering, go slowly, and don't go deep (most nerve endings are at opening of vagina and anus).



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

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