

sex talk.

answers to your questions about sex and relationships

Female Orgasm Facts

We receive a lot of questions about female orgasms from our readers. Here are some of the most commonly asked questions and their answers.

What is a clitoris and where can I find one?

Also known to many as the “joy button,” the clitoris is a part of the female genitalia and is usually the pleasure center for most women. It is located just under the upper vaginal lips and is about the size of a pea. It has around 8,000 sensory nerve endings which is double the amount compared to the penis! Stimulating the clitoris has been proven to be the most likely way for women to orgasm. The type of satisfying stimulation (pressure, motion, speed, etc.) varies from person to person.

Is the G-spot real? Where is it?

The existence of a G-spot has been debated among both researchers and women alike. The G-spot is believed to be a very sensitive area behind the front wall of the vagina. For some women, stimulating this area may lead to orgasm, for others it will not.

How long does it take for women to orgasm?

It depends. On average through masturbation, women can reach orgasm in less than four minutes. Reaching orgasm during foreplay and vaginal intercourse is another story. On average it may take 10-20 minutes to reach orgasm, or it may not happen at all. For college-aged women, estimates show that 40-60% do not typically reach orgasm during sex. How long it takes also depends on how and what is being stimulated. To find out what arouses your partner, all you have to do is ask!

Any tips for getting women to orgasm?

Communication, patience, foreplay, and practice. Ask her what feels good, have her show you, and do it! Keep in mind women may have different erogenous zones, but the most common way women achieve orgasm is through clitoral stimulation.



wildfact

FREE CONDOM FRIDAY!

Pick up free condoms, latex dams, and more every Friday between 12-2pm at Free Condom Friday: UA Campus Health, 3rd Floor, in Health Promotion!



www.health.arizona.edu

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



CAMPUS HEALTH

SexTalk is written by Lee Ann Hamilton, MA, CHES, David Salafsky, MPH, and Carrie Hardesty, MEd, CHES, health educators at the UA Campus Health Service.