

sex talk.

answers to your questions about sex and relationships

wildfact

26% of UA students report that they have never had vaginal or anal intercourse.

(2018 Health & Wellness Survey, n = 5,438)

What is an orgasm?

The highly pleasurable peak of intense sexual excitement and release of sexual tension, characterized by involuntary contractions of the muscles of the genitals, and accompanied

by a dramatic increase in heart rate, blood pressure, and breathing. Orgasm is usually observed with the ejaculation of semen in males and by vaginal contractions in females.

Why is the female orgasm so fickle?

Males are very likely to experience an orgasm after sexual arousal; however, ladies find that the “Big O” is much more capricious or unpredictable. The answer may lie in evolutionary science which asks the question, what is the function of the female orgasm anyway? Researcher Elisabeth Lloyd, author of *The Case of the Female Orgasm*, observes that male orgasm is required for reproduction since it is usually associated with ejaculation and the transfer of sperm through seminal fluid. By contrast, female orgasm may be the equivalent of male nipples – an evolutionary holdover which is hard to explain.

Women are more likely to experience orgasm through clitoral rather than vaginal stimulation. The vagina, which only has a few nerve endings

located mostly in the lower third of the organ, may offer a woman feelings of closeness or fullness during intercourse. The clitoris, located just under the upper vaginal lips (labia), is more likely to elicit an orgasmic response, due to its bundle of highly sensitive nerve endings. In fact, the clitoris appears to have only a single function: pleasure.

Estimates show that 40-60% of women in the college age group do not typically reach orgasm during sex. The primary reason for this is often a relative lack of sexual experience both in women and their partners. With time and experience, however, women find that they become more aware of and comfortable with their bodies, and are able to make the female orgasm a little less fickle.



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



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