

DOWNLOAD PDF WHY DOES MY PARTNER USE A VIBRATOR TO HAVE AN ORGASM?

Chapter 1 : I can't orgasm from intercourse and it's ruining my relationship! | Scarleteen

"Although I am able to have fantastic and, sometimes, multiple orgasms, using a vibrator, I have never been able to reach orgasm with my partner. We've been together 6 years, he is "the One" and we've always had amazing chemistry, and it is so disappointing for me, and, for him!" Let's start with.

A friend of mine referred me to this website to sort out some of my complications that arise during sex. I am 17 and have been sexually active for probably the past 6 months but not once have I reached an orgasm. I can orgasm through clitoral stimulation but that is it and I do not know what else I can do. Nothing in the world is wrong with you. Sadly, more women than not have just never been informed as to how their sexual anatomy works, and that vaginal intercourse is not often "the" sex for women, or a kind of sex which results in orgasm for most all by itself. I am 19yrs old and I have been sexually active for 4 yrs and I have never had an orgasm. I have lost boyfriends over it because they think its them I have had sex with three guys, and I can NOT orgasm through sexual intercourse. I can however, orgasm by rubbing my clit or with my vibrator. I have been with my current boyfriend for a year and a month. We have been having sex for about 8 months. For instance, check out what Dr. Drew Pinsky and Dr. Gail Saltz have to say here: Women take on average 20 minutes of stimulation and arousal to have an orgasm. Men take quite a bit less. Women also have more variation in what they find to be stimulating as well as having more difficulty defining exactly where and how stimulation works best. Only 20 percent of women are able to orgasm with intercourse alone, most women need some sort of direct clitoral stimulation. Yes, men and women are wired differently, moreover women are wired differently from each other. Many times women will feel as though they are flawed because they are not living up to a certain standard of climaxing. You might also find this New York Times interview of Dr. Elisabeth Lloyd on the evolutionary purpose of female orgasm interesting, and check out what she has to say on this matter: Central to her thesis is the fact that women do not routinely have orgasms during sexual intercourse. She analyzed 32 studies, conducted over 74 years, of the frequency of female orgasm during intercourse. When intercourse was "unassisted," that is not accompanied by stimulation of the clitoris , just a quarter of the women studied experienced orgasms often or very often during intercourse, she found. Five to 10 percent never had orgasms. Yet many of the women became pregnant. Kinsey, who in his book "Sexual Behavior in the Human Female" found that 39 to 47 percent of women reported that they always, or almost always, had orgasm during intercourse. Lloyd said, included orgasms assisted by clitoral stimulation. And take a look at what renowned sexuality researcher Shere Hite has always found, too. How could our bodies be a problem just as they are? The problem is defining a kind of sex -- intercourse -- as THE sex, which is very often satisfying for men and even more often NOT satisfying for women. Imagine, if you would, if women expected their male partners to orgasm frequently or all the time when we rubbed their bottoms.

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Chapter 2 : The Great No-Orgasm-From-Intercourse Conundrum | Scarleteen

However, I find I'm embarrassed to ask to use a vibrator to be able to orgasm while my partner watches, and sometimes I'm unable to come because of that. but you and your partner have to be.

What do you think is wrong? Or are we just too inexperienced? If so how do I tell my boyfriend about it? Here are just a few more recent ones: I have been with my boyfriend for the last three years, and just last May we had sex for the first time. I was a virgin, he was not. We have had sex on a few occasions, but I cannot reach orgasm through oral or vaginal sex. This can be very frustrating. I am able to reach an orgasm through masturbating, but nothing else. Could it be that I am so used to masturbating that I cannot reach an orgasm in any other way? We love each other very much, but this one thing is proving to be difficult. If I masturbate and do not touch my clit, I get nothing. Many help sites suggest to find a way of reaching orgasm through masturbation first, but if I cannot do so I am 18 yrs old and currently in a relationship that has lasted around 3 years. I love him and he loves me, but we have the classic problem of not being able to make me orgasm. I am sexually attracted to him and am not ashamed of my body and I have orgasmed before but only on my own. Until recently, the only way I could get myself to orgasm was by using a vibrator or allowing water to run over my vagina in the bath. However, I am really trying to get to a point where I can orgasm with him without any sort of stimulation from a vibrator, etc. We thought that if I got to know myself better through masturbation that would help. I can now bring myself to orgasm through my own stimulation, but only when I read about or see something sexual. We are both really trying and I would love any sort of outside help. Thank you for all of your help! I want to enjoy sex. What can I do to enhance my sexual feelings to the maximum? The vagina, all by itself, is not all that rich with sensory nerve endings. The sensory nerve endings it has are not only within the first couple inches of the vagina the reason why penis length really is a non-issue for people with vaginas who sleep with cis men, but they tend to be more responsive to very targeted stimulation rather than the more general stimulus vaginal intercourse usually provides. For sure, plenty of people with vaginas still enjoy vaginal intercourse. From a physical perspective, that feeling of fullness can be nice, and can also provide some stimulation of the internal clitoris. Some sexual positions for intercourse -- like being on top, for instance -- can also provide more direct clitoral stimulation. From an emotional perspective, intercourse has a lot of good publicity as something that is important and brings people closer and even just thinking it so can make it so sometimes, risking pregnancy tends to up the emotional ante, and just being face-to-face with any sort of sex can create a feeling of closeness. A lot of the time we get asked about this, the person asking does already know at least one thing -- and usually more than one -- which does work for them when it comes to what feels great and gets them to orgasm. Our vaginas are really about reproduction more than anything else when it all comes down to it. With people with penises, for the most part, their bits are more all-in-one: All of that really only has to be a bummer if you and yours make it one. Some of that backwards-thinking has to do with long-time ignorance, some of it with patriarchy, some of it with heterosexism, some of it with how some folks really, really, only want sex to be about reproduction. What "real sex" is is the sex anyone is having which is stimulating, exciting and satisfying, and for women, that tends to be either things other than intercourse or intercourse which is combined with other things. Again, for most women, making it a goal to reach orgasm during intercourse is a bit like making it a goal to find that elusive pot of gold held by a cute little leprechaun at the end of the rainbow. While most men can reach orgasm through intercourse for just a few minutes, plenty of women are going to need 20 minutes -- sometimes more -- of a kind of sex that really revs her engine, and that often will include more than just touching her genitals or breasts. Heck, even men benefit a lot when sex is about the whole body and about more than one activity. Another common response I get is that women can get sooooo close to orgasm, but then pull back because things feel too intense. Sometimes, people have unrealistic expectations about what orgasm even feels like. If we have real chemistry matters, and sexual chemistry is a crazy, sometimes random

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thing. But those times are the exception, not the rule. Much of that just boils down to time again: For instance, check out the findings of this study at The Guttmacher Institute: Many sexually active young women perceive that they do not have the right to communicate about or control aspects of their sexual behavior. They used a pretty small sample for that study: Channel your inner broad, says I. Take a look at a couple examples: It seems like I can get her almost there, but then she makes me stop because it hurts. I tried gentle oral sex, but it just seems like right before she is about to orgasm her clitoris get so sensitive that it has a painful burning sensation, and i have to stop before she gets there. It will take about 2min before I can touch her without it hurting. After that it just repeats, and I can never seem to get her to orgasm before her clitoris becomes over sensitive. I was just wondering what is going on, or what I can do to help her. Any advice at all would be much appreciated. She confessed a few days ago that she has never had an orgasm. As her most recent partner I am almost intimidated by the fact that she openly knows that she will not orgasm during sex. My question may sound ignorant, but it goes like this: Is there anything that I can do as a partner to maximize, and really maximize, the chances of giving her an orgasm, or is there a limit to what a partner can do? You can talk to these guys and tell them what feels good. They want to know. Since that exploration and experimentation is one of the best parts of sex, that should be exciting for anyone, not a drag. Pass some of this stuff on to your female partners. Ask a lot of questions and be responsive to the answers. Certainly, it is also about intimacy, about closeness, often about love, about personal growth, but just having a good time has a place in all of that, and just having a good time is going to get you a lot closer to orgasm than stressing out about it. And with that, I leave the lot of you with a few links to help -- hopefully -- put this puppy to bed:

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Chapter 3 : 3 Reasons Why Every Woman Should Use A Vibrator (At Least Once)

I stopped using my vibrator, because it makes it really difficult to have an orgasm with my boyfriend. I can get off in a couple mins with my vibe, but it was making me not stimulated enough by.

Orgasm What is an orgasm? Orgasm is a physical reflex, usually a pleasurable one, when the muscles that were tightened during sexual arousal relax and the body returns to its pre-arousal state. During sexual arousal there is increased blood flow to the genitals and tensing of muscles throughout the body and particularly in the genitals. Orgasm reverses this process through a series of rhythmic contractions. For people with vulvas, contractions occur in the lower part of the vagina, in the uterus, anus, and pelvic floor. About 10 percent of people with vulvas also ejaculate fluid from the urethra at orgasm. For people with penises, contractions occur in the penis, anus, and pelvic floor and most will experience ejaculation from the penis at orgasm. What does an orgasm feel like? Where the physical contractions of orgasm occur and what particular sensations you experience are two different things. Each person has a unique experience of orgasm but common experiences include changes in breathing, a feeling of warmth, sweating, body vibrations, altered consciousness, or an urge to moan or cry out. During orgasm, endorphins are released into the bloodstream and these chemicals might make you feel happy, giddy, flushed, warm or sleepy. First, you are not alone. Many people – including about one out of three people with vulvas – have trouble reaching orgasm when having sex with a partner. This is even more common for younger people who are just beginning to explore sexual relationships. Getting to know your own body and preferences will make sex more pleasurable and can help you discover what brings you to orgasm. If you would like to experience orgasm, you can teach yourself by learning what type of touch and stimulation gives you pleasure. Generally speaking, masturbation is the most direct route to an orgasm. Experiment with different levels and rhythms of touching and pressure. Experiment with stimulating your vagina, penis, or anus with your fingers and hands, with a vibrator, or with a stream of water. Getting to know your body is the key to becoming orgasmic. It can also be important to consider whether there are other factors which might be making it more difficult for you to have an orgasm. For some people, concerns might also include the worry that asking your partner to concentrate on your pleasure will put too much pressure on you and that this pressure will make it harder for you to have an orgasm. Taking the focus off of having an orgasm and just paying attention to your feelings of arousal and pleasure can be helpful in these situations. Concentrating on actual physical sensations rather than thoughts can be helpful as well. How can I orgasm with a partner? So if you are having difficulty reaching orgasm with a partner, try clitoral stimulation during, before, or after vaginal intercourse or oral sex. Masturbation can also be an important step in learning to be orgasmic with a partner. Once you have discovered what type of touch and stimulation you enjoy, you will be better able to give your partner's helpful directions. The clitoris has a central role in the rising feelings of sexual tension which reach their peak in an orgasm. During arousal, the clitoris swells and changes position. The blood vessels throughout the pelvic area also swell, causing engorgement and creating a feeling of fullness and sexual sensitivity. You or your partner can stimulate your clitoris in a number of different ways - by rubbing, sucking, body pressure, using a vibrator. Although some people touch the glans of the clitoris to become aroused, for others it can be so sensitive that direct touching is uncomfortable or painful, even with lubrication. Also, focusing directly on the clitoris for a long time may cause the pleasurable sensations to disappear. Having your partner use their mouth and tongue to stimulate the vulva in general and the clitoris in particular can be very arousing and can help you to orgasm. Leaning forward and down a little can help you get in the right position to experience this. If your partner is on top they can position themselves high enough so that their pubic bone presses against your clitoral area. You or your partner can also stimulate your clitoris with fingers or a vibrator during vaginal intercourse to help bring you to orgasm. For some people, the outer third of their vagina is also very sensitive. When this area is stimulated during intercourse or other vaginal penetration, some women will experience orgasm without clitoral stimulation. Some things you and your

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partner might try to help you reach orgasm: Focus on touching, kissing, and caressing each other to heighten arousal. Experiment with various positions, particularly those that stimulate the clitoris, and with manual and oral stimulation of your vulva and clitoris. Relax and take it slow. Talk with each other about what feels good and how you both like to be touched. How do I talk to my partner s about orgasm and sexual pleasure? If this discussion seems daunting, remember that your partner s will probably be glad to know how to please you. There is no reason why your partner would automatically know how best to help you have an orgasm. Telling your partner what works for you is not a judgment of their skills or abilities in bed. And having this "conversation" can be as simple as offering one or two word directions like "more," "slower," "faster," "lower," or "right there. You and your partner can also undertake a little research together. You might also spend some time surfing the links below. Learning about sex together can be a non-threatening and fun way to address the issue. What are Kegel Exercises? Kegel exercises were developed by Dr. These exercises can help increase the intensity of your orgasms. Then release those same muscles to let the urine flow again. Contract the pelvic muscles hard for one second and then release them, ten times in a row. Repeat this process five to ten times a day. You can vary the exercise by holding the contraction for a count of three and then releasing it, doing fast short holds, or a mix of long and short holds. Kegel during commercials, every time the phone rings, in line at the Ratty-find your own regular pattern. Kegel during sex for added pleasure for you and your partner. What about vibrators or other sex toys? You can use vibrators or sex toys for masturbation or for sex play with a partner. Visit our sex toys page for more information on types of sex toys, tips for using them safely, and links to further sex toy information resources. Are orgasms different depending if you have a penis or a vulva? The physical process is actually pretty similar. These contractions, in the sexual and reproductive organs, the muscles of the pelvic floor, and the anus occur at the very same intervals 0. Ejaculation with orgasm is much more common if you have a penis. About 10 percent of people with vulvas ejaculate -a clear fluid spurts from the urethra during intense sexual excitement or during orgasm. Instead it is very like the fluid found in semen produced by the prostate gland. This is not entirely true. During masturbation, people tend to reach orgasm in very similar amounts of time. On average, people with vulvas reach orgasm in a little less than four minutes. The difference in the time it takes to reach orgasm during foreplay and vaginal intercourse is greater. On average, it takes someone with a vulva minutes to reach orgasm. People with penises reach orgasm after minutes overall, but average two to three minutes after beginning intercourse. What about trans students and orgasm? If you are a trans student you may have a hard time finding information that speaks in language that reflects how you feel about your body. No matter how you label your body parts, if you are having difficulty achieving orgasm, taking steps, like some of those described above, to discover what kinds of touch give you pleasure and sharing this information with your partner s can be helpful. You can visit the sexuality section of Trans-Health. For further information and resource links, please visit our Trans Health page.

Chapter 4 : Is it Healthy to Use a Vibrator?

I have an online course for women who want to learn how to orgasm, and it includes a vibrator as part of the package p. Most women will be able to have their first orgasm thanks to the steadfast.

Chapter 5 : Orgasm | Health Promotion | Brown University

I can however, orgasm by rubbing my clit or with my vibrator. I have been with my current boyfriend for a year and a month. I have been with my current boyfriend for a year and a month. We have been having sex for about 8 months.