

Orgasms With Partners

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A. Question:

1. What % of the time do both parties orgasm when having sex?

B. Research found on the question:

1. "The Archives of Sexual Behavior studied 52,500 adults in the US and found that, in relationships, 95% of straight men usually or always climax during sex – compared to only 65 percent of heterosexual women."

- *Jacob Geanous, "Women in relationships have 30% fewer orgasms than their male partners," metro.co.uk, 4/30/2019*

2. "How do I last longer [during sex] as a woman? [My partner] always takes longer, and once I've climaxed, I feel bad if I continue.

Good sex is about timing. Often, while one person is trying to have an orgasm, the other person is trying not to. While very few studies have been done on this subject, one study conducted in Portugal in 2011 (surveying 510 women aged 18 to 45) found that 40 percent of women had a 'premature orgasm' 'every once in a while,' 14 percent had them 'frequently,' and 3 percent had them 'all the time.' So your problem is more common than you'd expect. And much like men who ejaculate too quickly, there are several things women can also do to adjust the timing of the big O."

- *Anka Radakovich, "'Help! My Partner Takes Longer Than I Do to Climax So How Can I (a Woman) Last Longer Too?'" brides.com, 4/14/2019*

3. "Only 25 percent of women are consistently orgasmic during intercourse. The old in-out doesn't provide much stimulation for women's orgasm trigger, the clitoris, which sits an inch or two above the vaginal opening under the top junction of the vaginal lips. ...

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Almost all women can climax solo by hand or vibrator, but with partners, around 30 percent have problems. That's what University of Chicago found in a study of 3,299 women age eighteen to eighty-five. Fortunately, the overwhelming majority can learn to have orgasms. In the words of sexologist Erwin J. Haeberle, 'Orgasm is learned. The teacher is masturbation.'

- *Michael Castleman M.A., "How to Recognize Women's Orgasms," psychologytoday.com, 1/31/2019*

4. "The participants were also asked about how satisfied they were with their sex life and their relationship. The findings reveal that the orgasm gap is still very much alive in modern society, even in committed and loving relationships. While 87 percent of husbands said they consistently experienced orgasm during sexual activity, only 49 percent of wives could say the same.

Some of this could be due to anatomical differences, which make it easier for men to climax. Regardless of the cause - whether cultural, or physical, or some mix of both - closing the orgasm gap is in the interests of both men and women.

Another part of the study found that a person's sexual satisfaction, no matter their gender, was linked closely to how often they thought their partner was orgasming."

- *Carly Cassella, "The Orgasm Gap Definitely Still Exists, New Evidence Shows," sciencealert.com, 11/23/2018*

5. "Researchers out of Brigham Young University were interested in better understanding how an orgasmic experience is connected to sexual and relationship satisfaction, and chose to focus on heterosexual newlyweds for their investigation. They asked 1,683 couples to rate individually how frequently they orgasmed and how frequently they thought their partner orgasmed. They also analyzed how well the couples communicated with one another about their sexual needs and desires, and factored in satisfaction.

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The study confirmed that self-reported orgasm and the perception of a partner's orgasm were positively associated with both sexual satisfaction and relationship satisfaction. According to the study's results, 87 percent of husbands said they consistently climaxed during sex. Women, however, had a different story to tell: Only 49 percent of wives said they regularly reached the Big O.

Researchers also found that almost half (43 percent) of husbands 'misperceived' how often their partners experienced orgasm. Yikes."

- *Kimberly Lawson, "A Woman's Orgasm is the Key to Better Sex," brides.com, 10/1/2018*

6. "A brand new study, which surveyed 2,300 women from around the world, aged between 18 and 65, has found that women who sleep with women are 32 percent more likely to reach orgasm than those who sleep with men. Wow.

What researchers discovered was that, although straight couples were sleeping together more often (on average 16 times per month), same-sex couples were enjoying themselves waaay more. So much so that some of the women in lesbian relationships reported climaxing as many as 55 times (!!) per month versus just seven times for the women getting it on with men."

- *Barbara Pavone, "Women Orgasm 32% More When They Have Sex With Women, Says Study," askmen.com, 3/18/2018*

7. "The study purpose was to assess, in a U.S. probability sample of women, experiences related to orgasm, sexual pleasure, and genital touching. In June 2015, 1,055 women ages 18 to 94 from the nationally representative GfK KnowledgePanel® completed a confidential, Internet-based survey. While 18.4% of women reported that intercourse alone was sufficient for orgasm, 36.6% reported clitoral stimulation was necessary for orgasm during intercourse, and an additional 36% indicated that, while clitoral stimulation was not needed, their orgasms feel better if their clitoris is stimulated during intercourse. Women

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reported diverse preferences for genital touch location, pressure, shape, and pattern. Clinical, therapeutic, and educational implications are discussed.”

- *Herbenick D, Fu TJ, Arter J, Sanders SA, Dodge B, “Women's Experiences With Genital Touching, Sexual Pleasure, and Orgasm: Results From a U.S. Probability Sample of Women Ages 18 to 94.” ncbi.nlm.nih.gov, 2/17/2018*

8. “Online sex toy retailer, Lovehoney recently conducted a survey of 4,400 adults living in the U.K. What they found was 90 percent of couples have achieved a shared orgasm at some point in their relationship. While Lovehoney's sex expert, Jess Wilde called the news ‘fantastic,’ which it is, they also found that shared orgasms only happen about a third of the time for couples in long-term relationships.

The survey also found further proof that the orgasm gap is huge. Nearly 75 percent of men say they orgasm almost every single time they have sex in comparison to only 28 percent of women. That's why the company is currently pushing their ‘Mind the Gap’ campaign, which aims to help couples share more orgasms between them.

‘If you're trying to reach orgasm at the same time you have to communicate to one another where you are in the process,’ psychotherapist and certified sex therapist, Kristie Overstreet tells Bustle.”

- *Kristine Fellizar, “How To Orgasm At The Same Time As Your Partner, According To An Expert,” bustle.com, 3/16/2017*

9. “The study, conducted by Chapman University, Indiana University and the Kinsey Institute, shows that the culprit for this orgasm disparity seems to be the lack of agency that straight women take over their own well-deserved pleasure — and the lack of awareness that straight men have about pleasing their women partners.

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More than 52,000 adults of varying sexual identities were surveyed for the study. Heterosexual men reported that they usually or always orgasm 95 percent of the time that they're sexually intimate. Gay men reported having an orgasm 89 percent of the time, with bisexual men following up close behind at 88 percent. As for women, lesbians reported that they orgasm 86 percent of the time. But when a male partner was introduced into the dynamic, those numbers dropped notably. Bisexual women reported having an orgasm 66 percent of the time. As for heterosexual women, they reported that they usually or always orgasm at a rate of 65 percent."

- *Jenavieve Hatch, "Straight Women Are Having Fewer Orgasms Than Everyone Else,"*
huffpost.com, 2/22/2017

10. "There is a notable gap between heterosexual men and women in frequency of orgasm during sex. Little is known, however, about sexual orientation differences in orgasm frequency. We examined how over 30 different traits or behaviors were associated with frequency of orgasm when sexually intimate during the past month. We analyzed a large US sample of adults (N = 52,588) who identified as heterosexual men (n = 26,032), gay men (n = 452), bisexual men (n = 550), lesbian women (n = 340), bisexual women (n = 1112), and heterosexual women (n = 24,102). Heterosexual men were most likely to say they usually-always orgasmed when sexually intimate (95%), followed by gay men (89%), bisexual men (88%), lesbian women (86%), bisexual women (66%), and heterosexual women (65%). Compared to women who orgasmed less frequently, women who orgasmed more frequently were more likely to: receive more oral sex, have longer duration of last sex, be more satisfied with their relationship, ask for what they want in bed, praise their partner for something they did in bed, call/email to tease about doing something sexual, wear sexy lingerie, try new sexual positions, anal stimulation, act out fantasies, incorporate sexy talk, and express love during sex. Women were more likely to orgasm if their last sexual encounter included deep kissing, manual genital stimulation, and/or oral sex in addition to vaginal intercourse. We consider sociocultural and evolutionary explanations for

these orgasm gaps. The results suggest a variety of behaviors couples can try to increase orgasm frequency.”

- *David A. Frederick, H. Kate St. John, Justin R. Garcia, and Elisabeth A. Lloyd, “Differences in Orgasm Frequency Among Gay, Lesbian, Bisexual, and Heterosexual Men and Women in a U.S. National Sample,” link.springer.com, 2/17/2017*

C. Articles on the orgasm gap and other research

1. “Researchers wanted to know if knowledge of the orgasm gap and the unequal gender scripts contributing to it could improve women's sexual experiences. ... Their findings? Of the 271 women they surveyed in total, those who'd taken the class that talked about the orgasm gap saw a clear improvement in their sexual functioning. Not only did they have more and better orgasms, but they felt more entitled to sexual pleasure during sex and communicated more with their partner during sex. They were more able to advocate for their own pleasure in bed, more confident about how their genitals looked, and less distracted by performance anxiety or anxiety about how they looked during sex.”

- *Kelly Gonsalves, “Just Learning About The Orgasm Gap Improves Women's Sex Lives, Study Shows,” mindbodygreen.com, 5/5/2019*

2. “In 2005, a study was done that looked at individuals' brains while they were climaxing. Professor Gert Holstege and his colleagues at The University of Groningen in the Netherlands asked 13 heterosexual couples between the ages of 19 and 49 to participate in the experiment. The researchers looked at the difference between male and female orgasms through a series of tests that included doing a brain scan on one partner while the other stimulated them until they climaxed. The researchers also conducted scans while the subjects faked orgasms.

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It was a staged environment, and the temperature may have affected the results. At first, only 50 percent of the couples achieved orgasm. Thinking maybe they were cold, Holstege gave everyone socks to wear during the next round of the experiment. While wearing the socks, about 80 percent successfully climaxed. That's a 30 percent increase, just from adding socks to the equation.

Environment is key when having sex, especially for women. Holstege found that the reason socks tend to boost the female sex drive is because they help women to feel safe and secure. If you're trying to reach climax, you'll have a tougher time if the parts of your brain that cause fear and anxiety are active. As you likely know, you need to be in the right state of mind to have an orgasm. Wearing socks can make you feel cozy and warm, which relaxes your body and mind and makes it easier to orgasm.”

- *Jamie Kravitz, “Do Socks Help You Orgasm? Here's Why This Random Trick Actually Leads To Hotter Sex,” elitedaily.com, 4/2/2018*

3. “According to Rowland, Cempel, and Tempel, as reviewed in their recent study ‘Women's Attributions Regarding Why They Have Difficulty Reaching Orgasm,’ reports of difficulty or inability to orgasm in women range from 10 to 40 percent. Many factors can impede orgasmic capacity: age, hormonal status, sexual experience, physical stimulation, general health, type of stimulation, the kind of sexual activity (e.g., masturbation or not), and whether the relationship is a brief encounter or longer term. Further studies show that while the majority of women can masturbate to orgasm, up to 50 percent of women do not orgasm during sexual intercourse, even with additional stimulation.

Why do women have difficulty with orgasm? There are many possible factors, ranging from reduced sexual desire, pain during intercourse, difficulty becoming sexually aroused, and psychological and relationship factors, including anxiety and post-traumatic symptoms. Researching sexuality is difficult because of complex and inter-related factors, including statistical challenges as well as social stigma and taboos around discussing sexuality.”

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- *Grant Hilary Brenner MD, FAPA, "11 Reasons Why Many Women Might Not Have Orgasms," psychologytoday.com, 2/17/2018*

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