

# SEXtalk)))

Answers to Your Questions about Sex and Relationships

Have a ??? Email [sextalk@u.arizona.edu](mailto:sextalk@u.arizona.edu)

## factoid

Mosquito intercourse typically lasts 2 seconds. Intercourse of the Western Diamondback Rattlesnake can last up to 25 hours.

(Sex Trivia Quiz Book, 2002)

**Q.** *My girlfriend and I are both nineteen years of age, have been dating for a little over a year, and have been sexually active for about six months. Our form of contraceptive is the pill. Whenever we have sex, I have a hard time helping her climax. I can give her an orgasm any other way than intercourse. Sometimes she tells me that I am very close to giving her an orgasm during sex, but then I climax before she does. Is there anything that I can do to help her climax during sex? How can I last longer during intercourse?*

**A.** Your situation is quite common among couples on campus that write to us. Images from popular movies and books lead us to believe that sexual partners should have simultaneous orgasms. Rarely does this happen without “practice”, time, communication and some luck.

Suggestions to help you last longer: Wear a condom to reduce sensitivity. Delay the arousing skin-to-skin contact which gets you most excited. Focus on foreplay with your girlfriend and put your energy into pleasing her first. Women typically need more time than men to become aroused.

Suggestions to improve your girlfriend’s response: Spend more time “romancing” with playful kissing, massage, teasing and caressing her breasts or other erogenous areas -- giving her more time to become excited. Penetration into the vagina is not always the most satisfying activity for women. Ask her what feels best, then do it, or let her show you herself. Changing positions may help. Allow her to control the body-to-body pressure by being on top of you.

For both of you: Relax, enjoy and have fun.

**Q.** *If I am currently taking birth control and paying +\$32.00 a month, is there anyway I can purchase them from Campus Health?*

**A.** Bring in your current pill pack, pharmacy phone number or prescription to the Campus Health Pharmacy. They can easily transfer your prescription. It will only cost about \$14.00 per pack. Call 621-6516 if you have any questions.

---

Sex Talk is written by Lee Ann Hamilton, M.A., C.H.E.S. & Melissa McGee, Ph.D., M.P.H., health educators at the University of Arizona Campus Health Service. Send your questions to “Sex Talk” c/o Health Promotion & Preventive Services, 200 W. Old Main or E-mail to [sextalk@u.arizona.edu](mailto:sextalk@u.arizona.edu). “Sex Talk” appears every Monday. Paid by Campus Health Services.