

SEXTION FIVE

**YOU DON'T
HAVE TO HAVE
A CLITORIS TO
BE CLITERATE**



If you want to educate the men in your life, you can use the following chapter to do so. Giving it to your lover will help your own sex life. And to spread the orgasm revolution more broadly, give it to your male friends and relatives. If you want to read it before passing it along, though, know that it will be like reading a shortened version of this book. That's because it contains the same messages and information you read but in a condensed form and written for a male audience. Still, I honestly think you'll relish reading it, because it'll underscore just how much you've learned. Reading it might also further cement the knowledge and principles for becoming cliterate for you. As a bonus, you'll find some totally new information, such as advice for when men lose their erections during sex, as well as for men who think they orgasm too quickly. Whether you read it or not, I hope you'll share it with the people in your life who don't have clitorises—they can become cliterate too!



11.

CLITERACY—FOR HIM

Our society teaches us that sexual pleasure between a man and a woman depends on the man's ability to get and stay hard. What a demented view of sex. This puts a lot of pressure on guys to be consummate cocksmen. It makes us more dick-centered than necessary, at the expense of everyone.

—Paul Joannides, *The Guide to Getting It On*

The idea that genital penetration might be seriously overhyped is a bitter pill to swallow, especially for those men of the world who base much of their sexual self-esteem on the value of their penis in stimulating female pleasure. . . . The pill doesn't have to be bitter, and once swallowed, it can be incredibly liberating. . . . Sex is no longer penis-dependent, and we can let go of the usual anxieties about size, stamina, and performance.

—Ian Kerner, *She Comes First: The Thinking Man's Guide to Pleasuring a Woman*

You're reading this chapter because you're interested in sex. I guess that means

- you're male, and
- you're breathing.

While it's no secret that most men are pretty interested in sex, most haven't gotten sound advice that will actually make them great lovers. Congratulations. You're about to.

Let me briefly introduce myself. I'm a psychologist in private practice helping clients of all ages and walks of life enhance their lives, including their sex lives. I'm also a professor who teaches human sexuality to hundreds of college students each year. During this class, I lecture on the orgasm gap—the fact that men are having *way more* orgasms than women are. While this occurs in all kinds of sexual contexts (e.g., relationships, friends with benefits), the orgasm gap is especially wide in hookup sex. A lot of popular media explains this by male bashing, claiming that millennial-aged men care about only their own pleasure, especially during casual sex. I simply don't buy this explanation. The men I talk to genuinely want to bring women pleasure. In fact, guys who are hooking up tell me that they're constantly worried about performance. And in one research study, about two hundred men in long-term relationships said that the number one thing they wanted out of sex was to pleasure their partner. Yet most guys lack both knowledge of women's bodies and sexual communication skills. Similarly, women lack knowledge of their own bodies and communication skills to tell men what they need to orgasm. The truth is neither men nor women are to blame. This is a cultural problem—but it's fixable.

I created this book to address this societal problem and to give women the knowledge and skills needed to orgasm. But women can't do this alone. Men need to be onboard and in the bed to reap the benefits! Thus, I wrote this chapter to share with you. Think of this as the CliffsNotes version of an entire book about female orgasms, written just for you. Here's what you'll find:

1. First, I will blow (no pun intended) the number one lie you've likely learned about the importance of your penis for female pleasure.
2. You'll then learn about the true key to female orgasms, with a crash course on just where her sensitive parts are.

3. After that, you'll read about the surefire ways to put this information to use so any woman you're with experiences pleasure and orgasms.
4. Further cementing your ability to pleasure a woman, you'll get a second crash course, this one on sexual communication.

Not only will the information you learn teach you how to pleasure a woman but it's guaranteed to increase your own sexual satisfaction as well. Let's get going!

FEMALE PLEASURE: THE FICTION

If you're like most people in our culture, you've learned that intercourse is the ultimate sexual act and a man's penis is the most important tool needed for a woman's pleasure. You've probably also received the message that the bigger the better, and the longer you last (and perhaps the harder you thrust), the more pleasure a woman will have. Well, I'm here to tell you that this is **the number one lie about getting laid!**

Here's the truth: In one survey, an expert on male sexuality asked hundreds of women an open-ended question about what's most important to them during intercourse, and not one mentioned penis size. Instead, they talked about men who care about their pleasure. And in a recent online survey of over three thousand women, conducted by a group of sex educators, the overwhelming majority of women said that sexual communication skills were much more important than penis size. And in another survey, performed across multiple years of college classes and conducted by a human sexuality professor, the overwhelming majority of female students said that penis size makes *no* difference to their pleasure. While a woman can love the feelings (both emotional and physical) she gets from intercourse, it isn't usually going to result in an orgasm for her.

Penis Size: Anxiety, Actual Size, and Asinine Humor

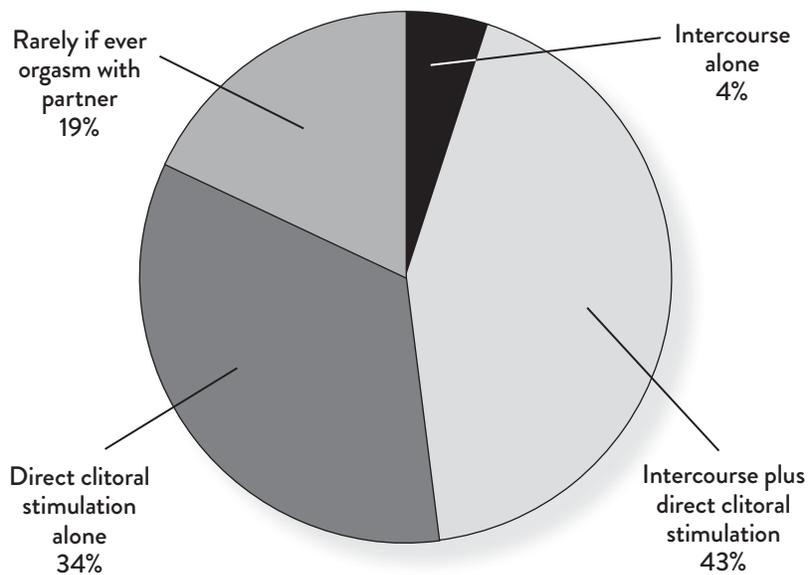
Only about half of all men are satisfied with the size of their penises. And among the dissatisfied men, all but a few think their penis is too small and they want it to be larger. Strikingly, though, almost all men who want to be bigger are actually average size to begin with. Average circumference is 4.6 inches when erect. Average length is 3.6 inches when limp and 5.2 inches when erect. Only about three of every one hundred men have penises that are 7 inches or longer when erect (i.e., about the size we see in porn). Some rare men have penises shorter than about 1.2 inches when limp. Yet even women who've been with such men generally say it doesn't matter. They say a man's personality is much more important than the size of his dick. Given this reality, I told women readers that it was time to stop making penis size jokes. They may get a laugh, but they're not based in truth and they fuel penis size anxiety. So please join me and the women readers of this book in cutting the cock jokes. Instead, if you want to make a joke that's both funny and based on truth, brag about the flexibility of your fingers and tongue (which I'll get to shortly)!

FEMALE PLEASURE: THE FACTS

If intercourse with a big thrusting penis isn't going to cause a woman to orgasm, what is? It's stimulating her clitoris, or clit. Are you wondering what this is and where it's located? If so, you aren't alone. A recent study found that 25 percent of men were unable to locate it on a diagram. That's why there's a picture in this chapter. We'll get to that in a minute, but for now, what you need to know is that the most sensitive part of the clitoris is on the *outside* of a woman's genitals, not on the inside of her vagina

where you put your dick. That's why the vast majority of women don't orgasm from just intercourse alone.

Perhaps you're wondering exactly what the "vast majority" means. Most times, when magazines talk about this, they throw around the statistic that only 25 or 30 percent of women can reach orgasm during intercourse. But, as pointed out by a scholar who analyzed the studies that came up with this statistic, there's a big problem: most of these studies don't differentiate between women who can orgasm from *just* a thrusting penis and women who orgasm during intercourse by making sure their clitoris is also being stimulated (e.g., by touching it herself or by having intercourse in a position that enables her to rub it against your penis or pubic bone). Interestingly, though, when this differentiation was made in two different recent surveys, both found that only about 15 percent of women have orgasms from thrusting alone. And the numbers decrease further when I ask my female students about their *most reliable* way to orgasm. Averaging across multiple years of anonymous polls, here's what the women in my classes say their most surefire route to orgasm is:



Even more striking, looking only at the women who can orgasm:

95 percent of women need clitoral stimulation to reach orgasm!

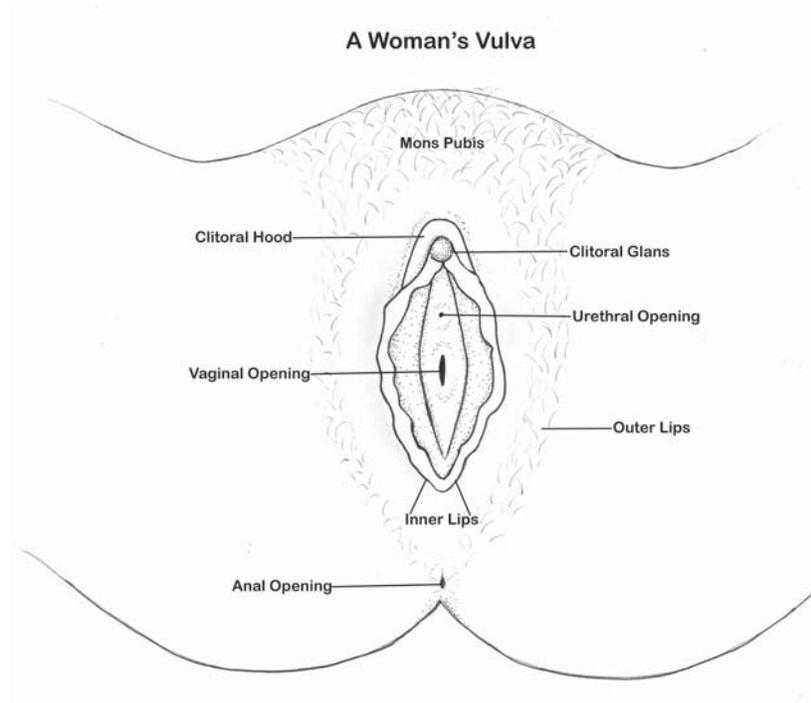
The clitoris is *the key* to women's orgasms. Further proof of this is the fact that only 1.5 percent of women pleasure themselves *solely* by putting something inside their vaginas. Another 12 percent sometimes or always put something inside their vaginas, yet they do this at the same time they touch their clits. And the rest—a whopping 86.5 percent—pleasure themselves by focusing exclusively on their clits. As pointed out by another professor, “one of the most striking things about female masturbation is how likely it is to produce orgasm and how little it resembles, mechanically, the stimulation received from intercourse.” Thrusting gets *you* there, but not her. She needs clitoral stimulation, plain and simple.

But She Came with Me!

Maybe you're thinking that you've been sleeping with those rare women who orgasm during intercourse from your thrusting alone. Well, I hate to break it to you, but there's a good chance your partner(s) were faking. Research shows that almost 70 percent of women say they've faked orgasms during intercourse. When women are asked why they fake, they say it's because they think they *should* orgasm during intercourse and worry that if they don't, their male partner will feel bad about himself. This doesn't help either party, and when both partners take the responsibility for female orgasm off the penis, it can open up exciting avenues for mutual satisfaction. Knowing about the clitoris renders female faking unnecessary, *and* it will save you from the pressure of defining your manhood by the size and performance of your dick.

CRASH COURSE ON THE CLIT (AND OTHER PLEASURABLE PARTS)

Remember the study in which a quarter of men were unable to locate the clitoris on a diagram? Let's make sure you're not one of them. Below you'll find a simple picture of a woman's external genitals, with the clitoris and other parts labeled. Keep looking at this picture as we go through these parts, one by one. If you have a female partner (maybe the one who gave you this book), you can also ask her if you can take a look at her vulva to try to locate all the labeled parts. And while you're looking, you may as well touch and lick too—but we'll get into that in another section!



Clitoral Glans and Hood. If you've read about the clitoris before, these were the parts that were likely being referred to, since they're the only ones you can see and touch directly.

Vulva Versus Vagina: What's in a Name?

A woman's external genitals are called a vulva. Yet in our culture we call everything "down there" a vagina. By doing so, we're calling women's genitals by the place that gives men the most pleasure—and leaving women's own most erotic organ unspoken. Thus, I'd like to ask you to join me in using the terms "vulva" and "vagina" properly. Use "vulva" for her whole external genital region and "vagina" for the canal in which you stick your dick. Even more important, please start saying "clitoris" and "clit" loudly and proudly. I promise the women around you will appreciate it!

The Need for Directions "Down There"

Women vary in terms of just how their nerve endings are situated across their vulvas. Some have nerve endings spread out evenly across their clits and inner lips, and others have an especially high concentration of nerve endings in one place (e.g., to the right or to the left of their clitoral hood). These differences explain something important: the fact that *how every woman likes to be touched is unique to her!* Making things even more complicated, what any one woman needs to reach orgasm can change from one encounter to another (depending on where she is in her menstrual cycle, for example). I share this to emphasize that to bring a woman to orgasm, you have to be willing to ask for directions and feedback. The key to a female orgasm lies in the two c's: the clitoris and communication. You're getting a crash course on the clit now, and later you'll get one on communication. So by the time you're done reading, you'll have the tools you need for a woman to orgasm!

The clitoral glans (also called the tip) is a small, smooth, round bump that is jam-packed with nerves. To truly grasp the sensitivity of this organ, let me quote a Go Ask Alice! column:

**Imagine all of the nerve endings in the penis
poured into an area as small as a pea.**

In fact, many scientists claim that there are more touch-sensitive nerve endings on the clitoral glans than anywhere else in the human body. That's why the vast majority of women find touching the glans itself to be too intense (it can actually be painful) and they instead like to stimulate it through the hood that covers it. But some women even find that too intense for their glans to take and like more indirect touching—through their panties, for example.

The clitoral hood provides a loose covering for the clitoral glans—and it's analogous to a male foreskin (which many of you may have had removed by circumcision). In our picture of the vulva, the hood is pulled back to expose the glans. But if you were to look at real women, some would have hoods that totally cover the glans and others would have hoods that only partially cover it. When pleasuring themselves, it's common for women to lightly press their fingertip against the hood and rub small circles, round and round, thereby stimulating the glans that lies beneath the hood. Another way women stimulate their hood and glans is by touching, caressing, or even lightly tugging on their inner lips.

Inner Lips. The reason that playing with the lips stimulates the clitoris is because, as you can see by taking another look at the illustration of a woman's vulva, both the glans and hood connect to her inner lips. The inner lips are also sexually reactive in and of themselves. Like penises, inner lips are made of erectile tissue. They double or triple in size when aroused. In fact, a woman's inner lips are made of the same tissue as the head of your penis. No wonder they'll like your attention! And there's another part you might not have heard about that will appreciate some attention: her mons.

I Love Your One-of-a-Kind Lips!

Just like penises come in all shapes and sizes, so too do inner lips. Yet, akin to men's anxiety about their penises not being as large as those shown in porn, many women have angst about their lips not being as small and symmetrical as those shown in porn. And, just like real men's penises are rarely 7 inches long, real women's inner lips are rarely even and petite. In fact, it's not unusual for a woman to have one lip that's as much as twice the size of the other. So the next time you're down there, you might want to tell her that you like her one-of-a-kind lips or that you find her vulva beautiful!

Mons Pubis. This area is at the very top of a woman's vulva (above what looks like a closed slot when she's not excited). When you put your hand there, you should feel a small mound of fat, and if you press down, you'll also feel her pubic bone. A lot of women like it when you push on, pull upward, or make a circular motion on their mons. The reason this feels good is because the mons is full of nerve endings and it covers a part of the clitoris that you can't see with your naked eye. We'll talk about this internal clitoris a little later. Now let's talk about the part of her genitals that gives you (but not her) the most pleasure.

Vagina. The only part of the vagina you can see in our diagram is the opening to it. The vaginal opening also has a lot of sensitive nerve endings (although not as many as the clit), and that's why some women like to be touched there—even more than inside the vagina. Don't believe me? Next time you're using your fingers to pleasure a partner, touch around the outside of her vaginal opening instead of penetrating her. You'll probably see her squirm and moan with pleasure—even though nothing is going inside. You can also use your penis as a touching tool, since some women say they enjoy their partner teasing them with his penis at the vaginal opening before going inside.

Wait—You Missed Some Parts!

You may have noticed there are a few labeled parts in the illustration that I haven't gone over. First, the *urethral opening* is where a woman's pee comes out. Some women like to be stimulated around that opening (but some don't, so you'll have to ask with those communication skills you're going to learn). The *anal opening* is where her poop comes out—and again, some women like to be touched there. But be very careful with anal penetration. This carries the highest risk of pain and sexually transmitted infections of any sexual activity; read up on it and have a serious talk with any partner before doing it. (For information, check out *The Guide to Getting It On* by Paul Joannides [Goofy Foot Press, 2015].) Finally, the *outer lips* are simply folds of tissue that protect what's beneath them, and in our picture, they've been pulled apart so you can see the important parts we just talked about. Her outer lips are from the same tissue as your scrotum is (the sack that encases your balls)—same skin, same protective function.

The inside of the vagina is a hollow canal. When a woman isn't aroused, the walls of her vagina lie flat against each other. But when she's aroused, her vagina does two things. First, it lubricates, or gets wet. Second, it expands from about 3 to 4 inches in length to about 5 to 6 inches—long enough to accommodate your penis. These changes are really important to a woman's pleasure; if you enter her before they happen, intercourse will feel painful to her, rather than pleasurable. How do you know if she's ready? By asking—with those sexual communication skills we'll get to later. But first, more about the vagina.

There are important differences between the front and back of a woman's vagina. To understand these differences, you first have to know about its different types of nerve endings, including those that are sensitive to

touch and those that are sensitive to pressure. Like the vaginal opening, the first third of the vaginal canal has a lot of touch-sensitive nerve endings. On the other hand, the inner two-thirds of the vagina has almost no touch-sensitive nerve endings and, instead, has a lot of pressure-sensitive nerve endings. In fact, there are so few touch-sensitive nerve endings in the innermost two-thirds of the vagina that one study found unaroused women couldn't even detect when they were being touched with a probe in this part of their vagina, and another source said women could have minor surgery there without anesthetic (although I wouldn't want to try this!). It's also why women can generally wear tampons without discomfort.

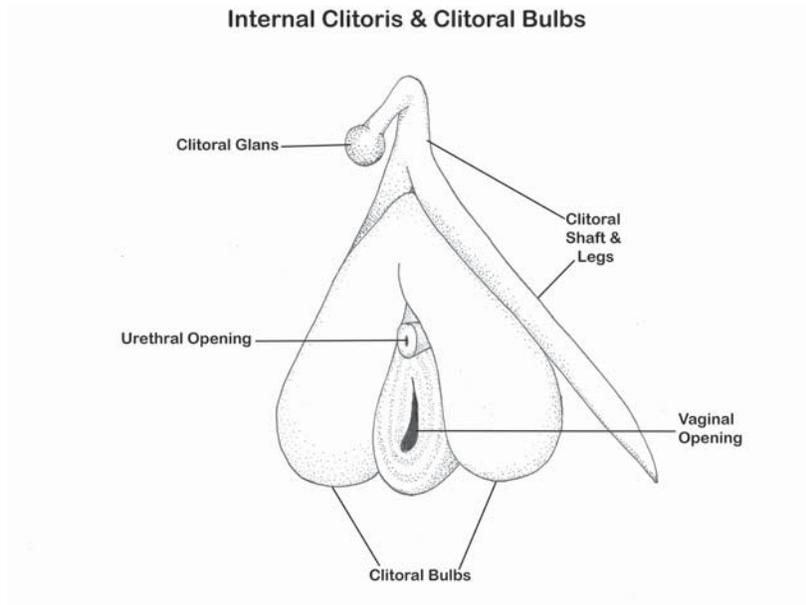
Lest you think the back part of the vagina is insensitive, it's not—it's just sensitive to pressure, not touch. And these pressure-sensitive nerve endings are why some women find that your penis in the back of their vagina feels really good when they're excited—and often especially while their clitoris is being stimulated at the same time.

Yep, that's right. We're back to the clitoris, because stimulating this is what will bring a woman to orgasm. To reemphasize a central point, the inside of a woman's vagina creates the ideal stimulation for your orgasm, but not for hers. Expecting her to orgasm during intercourse is like expecting yourself to orgasm while giving her oral sex—you wouldn't be able to because your most sensitive part (your penis) wouldn't be getting stimulation. In short, despite what you may think or have heard about a woman's vagina being the female equivalent of the male penis, it's not. Her clitoris—and inner lips—are!

Female Erections?!

One way the clitoris is similar to the penis is that it's made up of erectile tissue. In fact, when women are aroused, their clitorises and clitoral bulbs will get anywhere from 50 to 300 percent larger. In other words, you get an erection on the outside, and she gets one on the inside.

Now let's look at the parts of a woman's clitoris that you can't see or touch.



The internal clitoris is wishbone shaped—it has both legs and a shaft. The shaft sits underneath a woman's mons, further explaining why women like to be touched there. Playing with her mons stimulates her internal clit. In fact, stimulating the mons can give the internal clit its own version of an erection. Speaking of erections, notice the big teardrop-shaped organ in the diagram: the clitoral bulbs. They sit nestled under a woman's lips and are chock-full of erectile tissue. This helps explain why many women like to be rubbed under their lips (sometimes even pressing firmly); doing so may stimulate these bulbs below.

Notice also that the clitoral bulbs straddle the vagina. Some say those rare women who orgasm from penetration alone do so because a thrusting penis potentially stimulates these engorged bulbs. Still, this illustration also clearly shows why the vast majority of women *don't* orgasm from a thrusting penis alone—and it has to do with the distance between the vagina and the clitoral glans. That is, **they're too far apart**.

Look closely at the picture, and notice the distance between the vaginal opening and the glans of the clitoris. This gives you a clear visual of why penetration is not necessary for a female to orgasm. Penetration is happening too far away from where a woman's most sexually responsive organ—her clitoral glans—is. In fact, studies find that the farther away a woman's glans is from her vaginal opening, the less likely she is to orgasm from intercourse alone. This is sometimes referred to as the “rule of thumb,” because the women who have more than about 2.5 centimeters (about the length from the tip of your thumb to your first knuckle) between the tip of their clitoris and their vaginal opening are less likely to orgasm from the stimulation of just a thrusting penis. This scientific finding underscores that having an orgasm from intercourse alone is related to a woman's biology—it's not something she or your penis has the power to change.

The Ear Moves the Cheek But . . .

For some women, under some circumstances, a thrusting penis pulls the inner lips, clitoral hood, and clitoral glans in just the right way for an orgasm to occur. But, using a great metaphor provided by another author, pulling her ear slightly back and forth can also pull the skin on her cheek, but if you really want her cheek to move, it's best to move it directly.

MORE FACTS (VERSUS FICTION) ON FEMALE BIOLOGY

Although not illustrated in the pictures, here's the truth about the G-spot and female ejaculation. For those of you who haven't heard of it, the G-spot is supposedly an area on the inside of a woman's vagina that (if found) will result in sheet-gripping and sheet-wetting (i.e., squirting liquid) orgasms. Well, here's the scientific truth: it's not even clear that

all women have such a spot. And among those who do, only a small percentage say that stimulating it results in an orgasm. The others say it does nothing for them. Likewise, when they orgasm, some women do “ejaculate,” or squirt liquid from their urethral opening (see the illustration “A Woman’s Vulva,” page 203, to find this body part). Yet most don’t. So when squirting is filmed in porn, an actress’s *vagina* is often filled up with water until she can’t hold it anymore and then the camera rolls. In other words, it’s not real and doesn’t even come from the right hole!

REAL SEX: LET’S PLAY THIS DIFFERENTLY

Now that you know more about fake porn images, let’s talk about what real sex looks like. Let’s start with how it now generally plays out and then talk about ways to make it play out better—so you and your partner *both* come for real.

As you likely know from experience (and psychological research confirms this), most heterosexual sexual encounters follow what academics call the “traditional sexual script.” In this script, first there is foreplay (i.e., the stuff you do to get her ready for intercourse, including touching her clit or giving her oral sex) followed by sex (i.e., intercourse, during which you have an orgasm), after which sex ends. In this script, you’re responsible for your partner’s orgasm and you try to “give” her one by lasting long and thrusting hard. Her role (which she may have been playing so well that you didn’t know it was an act) is to protect your ego by pretending she’s orgasming during intercourse, instead of having an orgasm for real. Since you now know that women don’t typically orgasm from thrusting alone, it’s time to rework this entire script.

Continuing the “script” metaphor, we’re going to go over four modern plays. And these plays are named for when your orgasm occurs in relation to her orgasm:

- *You Come Second*
- *You Come First*

- *You Come Together*
- *Only One of You Comes*

Before reading about the four plays in more detail, let's start with Act I, which will be the same for all the plays that follow.

ACT I: "FOOLING AROUND FOR TWENTY MINUTES"

All these modern-age plays center on what you and your partner do between your legs, but most women require about twenty minutes of fooling around (making out, caressing, etc.) before you should even reach between her legs. It takes most women that long to get aroused and thus for their genitals to be lubricated enough to be comfortably touched. Yet, strikingly, in one survey about heterosexual sex, men and women said the average amount of time spent on such warming up was only five minutes. So you've seriously got to increase the time you spend on Act I!

New Plays Require New Language

We need to stop using the word "sex" to mean intercourse, because doing so gives the false impression that intercourse is the main event for *both* men and women and you now know that it's not. From now on let's use the word "sex" to denote the whole sexual encounter, not just the intercourse. And when you want to refer to "intercourse," use that word or another that means the same thing (e.g., fucking, screwing, playing hide the salami). Also, since sex will no longer mean just intercourse, we can do away with the word "foreplay," since foreplay means all that comes before intercourse. This is super important because the activities we've previously relegated to "just foreplay" (e.g., clitoral caressing, oral sex) are generally the main play for her, the ones during which she's most likely to orgasm.

Here's a sampling of things you can do to get warmed up in the first act of all the plays:

- Kiss each other on the lips—in the limitless ways that people kiss (lightly, heavily, with tongue, without tongue).
- Kiss each other on the neck and ears and other parts of the face with clothes on.
- Stroke and caress each other's bodies through your clothes.
- Grind and roll around together with your clothes on.
- Take your own or each other's clothes off.
- Stroke, kiss, and caress your partner's breasts.
- Play with your partner's nipples, maybe rolling them gently between your fingers, sucking on them, tugging on them, or giving them a little pinch if that turns her on.
- Stroke and kiss each other's naked bodies, focusing mostly on all-over body caressing but slowly moving to Act II—the scene set between your legs. (Many women say they like it when their partner touches their genitals and then returns to another area of the body and teases back and forth for a while like this.)

Act I can also include showering and bathing together, as well as laughing and joking with each other. Yes, it's A-OK for you to be playful in these modern-age sex scripts.

I hope I've given you some good ideas to start with, but please know it's impossible to make an exhaustive list of warm-up acts. Be creative and make up your own.

PLAY 1: YOU COME SECOND

In this play, you and your partner *take turns* having orgasms and you take your turn second. This is going to work great if you're with a

Different Women (and Men) Need Different Plays

To help understand how I came up with the scripts for the four plays that follow, let me share something I've discovered from talking to women. Some say that their orgasms are enhanced when they get penetration and clitoral stimulation at the same time, while others say that the feeling of a penis in their vagina makes it harder—even impossible—to reach an orgasm from clitoral stimulation. Look back at that graph at the start of this chapter and you'll clearly see this illustrated: some women say their most reliable route to orgasm is penetration plus clitoral stimulation and some say it's clitoral stimulation alone. In the plays that follow, you'll read quotes from women talking about these different styles. You'll also read about things that will appeal to you, and others you have no interest in doing. That's because I wrote these plays to be as inclusive as possible. Just skip over the stuff that doesn't interest you, knowing that another guy may think it sounds pretty good to him!

woman who orgasms most reliably from clitoral stimulation without penetration.

After the first act of “Fooling Around for Twenty Minutes,” try either of the following two versions for your second act.

Act II—Version 1. You pleasure your partner *for as long as it takes her to orgasm!* You use your tongue, hands, a vibrator, your penis, water, or a combination—*whatever and however she prefers!*

“I like him to grip my ass hard, suck on my clitoris, and just let me move!”

“I lie on my stomach and he's on my back, reaching up under me, and he makes me come and come, and he won't stop and he won't let me up. Wow!”

“I lie on my back with my partner between my legs, flicking his tongue very gently, over and over. I like not doing anything else except concentrating on the sensations until I orgasm.”

Act II—Version 2. Your partner stimulates herself to orgasm while you watch, hold, or touch another erotic part of her body.

“The best thing we’ve found so far is for me to stimulate myself directly before fucking. This lubricates and prepares my vagina for intercourse, which I then enjoy very much. And my husband enjoys watching me do this. So it works.”

“As Long as It Takes”

You may be wondering just how much time “as long as it takes” is. Generally, women take anywhere from fifteen to forty minutes to reach an orgasm. But here’s a cool statistic: if you spend twenty or more minutes on clitoral stimulation, about 92 percent of your female partners will orgasm. While that might sound like a long time, here’s what famous sex therapist Ian Kerner said when he compared this rate of orgasm to women’s usual rate of orgasm in heterosexual sex: “That’s a shift of tectonic proportions—from two out of three women *not* being able to reach climax to nine out of ten achieving satisfaction—all because of a matter of minutes. Few, if any, of the world’s problems can be solved with a mere twenty minutes of attention, and yet here, in the complex sociopolitical landscape of the bedroom, we have an opportunity to create bilateral satisfaction.”

Act II Continued. It's your turn! What you do will depend on what you like. You could

- have intercourse.
- have your partner give you oral sex or a hand job.
- combine these activities (e.g., get oral sex and then have intercourse).
- pleasure yourself while your partner watches and touches other parts of your body.
- use sex toys designed for your pleasure, such as a prostate massager (check out men's toys at Babeland.com).

But My Boner Is Gone

Perhaps you've been wondering what to do if you lose your erection during the twenty minutes that you're pleasuring her (or any other time). First, know that it's extremely rare for a man to go through his whole life and never lose an erection. And here's the advice sex therapists give for lost erections: stay calm and continue the sexual stimulation (e.g., have your partner touch you some more). If you do this, your erection will likely come back. Therapists call this the "wax and wane" erection. You won't see it in porn, but it's for real. Therapists also advise that if you can't get your erection back, don't let it ruin a sexual encounter; ask your partner if she'd like more clitoral stimulation or maybe just a long back rub instead. And if you constantly lose erections and want help, check out *Coping with Erectile Dysfunction* by Barry McCarthy and Michael Metz (New Harbinger Publications, 2004). You can also find trained sex therapists by visiting the website of the American Association of Sexuality Educators, Counselors, and Therapists (www.aasect.org/referral-directory).

Hey, Wait—Isn't That My Job? Nope, Not Always!

If you and your partner choose a play in which she pleasures herself in your presence, please don't buy into the idea that this is a lesser form of sex than you doing the touching. It's definitely not. And for some women, especially those with self-pleasure styles that are difficult, if not impossible, for others to replicate, it's the only way they can orgasm.

“After years of trial and error, my lover and I finally found a foolproof way for me to orgasm. We have intercourse and then before he has an orgasm, he pulls out and uses his penis to stimulate my clitoris. I guide him with my hand. I invariably orgasm this way, and while I am in the throes of it, he enters, we fuck, and he orgasms.”

I hope this gives you an idea about how sex in which you come second would go. Now let's look at our second play. It's actually pretty similar to the first, except in this one, you come first.

A Five-Star Play

A woman receiving oral sex, followed by the man receiving oral sex and/or intercourse, is a favored turn-taking model for many. There's even a great book that teaches men oral sex skills: *She Comes First: The Thinking Man's Guide to Pleasuring a Woman* by Ian Kerner (William Morrow, 2004)—the same guy who just told you to give her clitoris twenty minutes of undivided attention.

PLAY 2: YOU COME FIRST

In this play, you and your partner also *take turns* having orgasms, but you take your turn first. This works well for female partners who need full-on clitoral stimulation and who have their most intense orgasms after a lot of stimulation—including, for example, clitoral stimulation that is arousing but not orgasmic, followed by intercourse. This play will also work best for women who say they can't relax and get into their own pleasure until they know you've had your orgasm.

However—as I mentioned earlier—if a woman has intercourse before she's wet enough and before her vagina elongates, this will hurt her. So you're going to have to ask her or take enough time so you know without a doubt she's ready for you. While women don't usually orgasm from intercourse alone, most like the feeling a lot and some say they crave your penis in their vagina, after they're *really* excited. Also, it's important to know that some women get excited but just don't get wet enough on their own. If you're with such a woman, please be encouraging of her using lube.

Now on to more details of the *You Come First* play. After the first act of "Fooling Around for Twenty Minutes," try either of the following two versions for your second act.

Act II—Version 1. This version of Act II involves you pleasuring your partner until you're both ready for intercourse. This could include your hands, a vibrator, or oral sex. She could also touch herself in any way that gets her excited. Perhaps pleasuring a woman is going to be arousing enough for you to become ready for intercourse. Or perhaps you'll need your partner to do something for you (e.g., touch your penis with her hand, give you oral sex, rub your penis around her vulva and tease you until she lets you in).

You and your partner then have intercourse. After you have your intercourse-based orgasm, you pleasure your partner any way she wants. This could include touching her with your hands or a vibrator, wiping her off and giving her oral sex, or hopping into the shower or bath and using

I Don't Want Her Vibrator Replacing Me!

You've likely noticed I'm including vibrators in the plays. Sometimes men get upset at the idea of using a vibrator during a sexual encounter, with the most common concern being that the vibrator will take their place. But here's the deal: Vibrators aren't replacements for men. They can't cuddle, kiss, talk, make a woman laugh, or make her feel loved. They can only give the type of intense clitoral stimulation that many women need to orgasm. Once you understand female sexual anatomy enough to know that your penis in her vagina is not going to guarantee her orgasm, you'll also understand that a vibrator on her clitoris most likely will.

Research shows that women's sexual satisfaction is highly related to their partner's knowing about and liking their vibrator use. You want her to be satisfied—after all, that's the reason you're reading this chapter! So if you have a long-term partner, talk to her about the idea of incorporating a vibrator into sex.

What about vibrators and hookup sex? One man who learned about the importance of clitoral stimulation bought a vibrator to use during hookups and says he's been "killing the game" ever since. (If you buy one, make sure to buy a sex toy cleaner and apply it after each use.)

water to help her come. (Don't worry. If she likes this, ask her to show you how.) She could also bring herself to orgasm while you watch, hold her, or touch another erotic part of her body.

"We fool around until we're both ready. Then we put lube on his penis and all around my pussy and we screw. After he comes, he pulls out and I lie on my back and he uses my vibrator on my clit, sometimes playing with my nipples at the same time. I always come this way."

“I have my most satisfying orgasm lying on top of my partner after he’s come. He lies there exhausted and I rub my clitoris against him.”

“I need a really specific type of finger motion to orgasm and I’ve never been able to teach a partner to do this for me. I have to be lying on my stomach, and I rub up and down on both sides of my clit while pushing really deep and hard and rocking my hips. So with my current partner it works really well if we fool around enough to get us both ready for intercourse. We use all kinds of positions, and sometimes I also rub my clit during intercourse or use my vibrator, but I can never come that way. So after he comes, no matter what position we’re in, I roll onto my tummy and finish myself off with my fingers. He lies really close to me and caresses my back and plays with my ass.”

Act II—Version 2. In this version of Act II, your partner gives you oral sex or a hand job, during which you come. Then you do the same for her or she does the same for herself. As an alternative, you could stimulate yourself to orgasm while your partner watches and touches other erotic parts of your body. Then you give her an orgasm any way she wants.

“We fool around and then I give him a blow job while I’m using my vibrator on myself. After he comes, he takes control of the vibrator and brings me to orgasm.”

I hope this gives you an idea of how taking turns where you come first would transpire. Now let’s talk about another way to take turns.

PLAY 3: ONLY ONE OF YOU COMES

Our third play also includes turn taking, but only one partner reaches orgasm during this sexual encounter. Truth be told, this is what's already happening in a lot of heterosexual encounters, except it's the guy having the orgasm. The unusual part is to think of this in a reverse manner: the man stimulates the woman to orgasm and gets no stimulation in return. Still, this does happen. In fact, a reader wrote about this in the comments of my *Psychology Today* blog. He said:

It is a *shame* that the “Love Button” does not get attention! It is so unique, beautiful, and feminine, yet most men are oblivious to its anatomical structure and how to stimulate it. . . . Every man should find some quiet . . . time with his lover and explore her clitoris. Have her lie back and close her eyes, slowly explore and observe. Listen to her breathing, watch her chest rise with each deep breath. Hear her moans and watch her wriggle. I try to do this with my wife every Sunday morning, and it is a loving and giving experience that pays huge dividends!!

He clarified, “It is almost always an asynchronous experience and I am totally fine with that.” He also asked, “How can a man be in love with a woman, sexually intimate with her, and not explore the most sensual part of her body?”

This play is all about asynchronous turn taking, which means sometimes you use the skills and methods you just learned to focus all on her, asking nothing in return for yourself—and sometimes she does the same for you. Perhaps it's obvious—unless you or your partner are the type of lovers who like only to give, not receive, pleasure, this style will generally work best for a long-term couple between whom the turn taking evens

out over time. Still, instead of being the mainstay of a couple's sexual life, this type of turn taking could be done in addition to encounters that involve mutual stimulation.

Speaking of mutual stimulation, that's the focus of our next play.

PLAY 4: YOU COME TOGETHER

This play is about you coming while engaged with your partner in the same sexual act, rather than when the focus is all on one of you.

Again, after the first act of "Fooling Around for Twenty Minutes," move on to the second act. The second act has three versions, two with and one without intercourse.

Act II—Version 1. In this version of the second act, you could

- give each other oral sex simultaneously (often called "69").
- give each other hand and/or vibrator stimulation at the same time.
- lie near each other and do your own thing.

"I enjoy mutual face-to-face voyeuristic masturbation!"

Act II—Version 2. Because of our distorted cultural perceptions of what "real sex" is (i.e., intercourse), you don't have to look very far to see countless magazine articles touting "The Best Sex Position for Her Orgasm." For example, you might have read about the "woman-on-top position" or the "coital-alignment technique" as solutions for women's "problem" of not having an orgasm during intercourse. Or maybe you've heard that it helps to put a pillow under the small of a woman's back or her rear end during missionary-style intercourse. Since this kind of advice is bountiful in the rest of the world, I'm not going to go into detail about anything like that here. Instead, I'll point out that if these tips work, they generally do so because the woman involved is getting her

Too Much Going On!

While “69” gets a fair amount of attention in the media, it doesn’t work that well for many people. That’s because it’s hard to focus on pleasuring someone else while also being fully absorbed in your own pleasure. In the words of one woman, “It’s just too much going on at once!”

clitoris stimulated by rubbing or grinding it against a part of the man’s body, typically his penis or pubic bone. While this does indeed work for some women, for others it provides insufficient stimulation. So, if your partner needs more intense or direct clitoral stimulation, you’ll be better off using the next version instead.

“I have an orgasm when I assume the dominant position and rub my clitoris against his belly and pubic area.”

“I lie on the bottom with my legs around him, then grind my pelvis and pubic area against him.”

Act II—Version 3. In this version of pairing clitoral stimulation with intercourse, you or your partner can use a hand or a vibrator. Many (but not all) women who use this method say they prefer to “do it themselves,” since they best know what they need at any given moment.

“He lies on his side close to me and facing me, and I lie on my back with one leg over his legs, angled so we can have intercourse, during which either he or I touch my clit.”

“I like to lie on my belly, over a pillow, and he enters me from behind. He reaches underneath me and stimulates my clitoris with his hand at the same time that he penetrates me.”

There are also little-known but super-fun wearable vibrators that provide clitoral stimulation during intercourse. With one type, you wear a cock ring that has a vibrating clitoral extension attached. You place the ring (which will also enhance your erection and make you last longer) at the base of your penis with the clitoral vibrator facing in the direction where it will stimulate your partner's clitoris during intercourse. You can find these types of toys by looking in the couples toy sections at Babeland (Babeland.com) or in the wearable vibrators section at A Woman's Touch (SexualityResources.com).

There is variation in these toys, both in terms of how tight or stretchy the cock ring is and the style of the clitoral vibrator attached to the cock ring, so some trial and error in purchasing may be necessary. There are also wearable vibrators that can be worn by women. If a woman you're intimate with has given you this chapter, she's read about these and I'd suggest asking her if she wants to try one out. To see some examples, check out the We-Vibe (We-Vibe-Shop.com) and the Eva (in Babeland's wearable vibrators section).

Which Intercourse Position Is Best?

You might be wondering which intercourse position is best when you're pairing clitoral stimulation with intercourse. The answer I like most comes from a woman who uses the following technique: "It can be done in almost any position with a little effort." Still, here's a handy tip for you: Ask her what she prefers. Or if you and she are comfortable with the conversation, ask her if she pleasures herself on her stomach or her back, because the closer she comes to mimicking her self-pleasure position while getting clitoral stimulation (by you or by her) during intercourse, the more likely she is to orgasm.

Simultaneous Orgasm: Not Part of the Script

It's key to not expect some magical, mythical simultaneous orgasm. If your partner orgasms during intercourse, maybe it will be before you and maybe it will be after. Either way, it's okay!

How Long Should I Last?

Now that you've given up the idea that your penis is the key to her orgasm, you can give up worries about lasting "long enough." Still, maybe you're wondering about how long men generally last during intercourse. Most men typically require 2 to 10 minutes of intercourse to reach orgasm, with a recent study finding that 5.7 minutes was the average amount of time it took hundreds of men from five different countries to orgasm—counting from the time they put their penis into a vagina until they ejaculated. Famous sex researcher Alfred Kinsey came up with a shorter time: he said the typical male lasts about 2.5 minutes. Despite these facts, likely because of unrealistic porn images, many men think they're coming too quickly. If you're one of them, you now have the remedy for that worry: simply have more realistic, as opposed to porn-based, expectations. In fact, most women say they actually *don't* want intercourse to go on and on and on (they get sore). But for a "real" problem with coming too quickly (usually defined as either less than a minute and/or feeling like you have no control over your orgasm), check out Ian Kerner's e-book (found at GoodinBed.com) called *Overcoming Premature Ejaculation* or a book by Barry McCarthy and Michael Metz (available at online booksellers) called *Coping with Premature Ejaculation* (New Harbinger Publications, 2004). You can also find sex therapists at the website of the American Association of Sexuality Educators, Counselors, and Therapists (www.aasect.org/referral-directory).

PUTTING IT ALL TOGETHER: SEX IN A CLITERATE WORLD

I hope you now have some new, fun ideas to try. There's one more thing to know: you can combine these four plays in limitless ways. Get creative! But remember, in all of these plays her orgasm is as important as yours. I know you already thought that, but now you know how to do it!

// “We go in the missionary position. He fucks me for a while, then sort of leans sideways, so I can play with my clitoris while he's still inside. When I get to a certain point, he starts fucking me again. We take turns till somebody gets tired or can't take it anymore. Sometimes I come first, and if so, I'm super sensitive inside and can feel waves of his orgasm. Sometimes he comes first and then he stays in me till the last sensations have subsided, then lies beside me, lending encouragement while I bring myself off.”

Knowing how to pleasure a woman often feels easier than actually *talking* to a woman about what she likes—and this is especially true with new partners. But soon this will feel comfortable too. That's because you're about to get a crash course on simple and effective ways to find out what any partner likes.

A CRASH COURSE IN SEXUAL COMMUNICATION

Sexual communication is a subset of good general communication. You can't be a poor communicator in other aspects of your life and then expect to be great at it in bed! So before I give specific sexual communica-

tion advice, what follows are my top three general communication tips. I promise learning these will help you in all your relationships, sexual and otherwise.

First, **start sentences with “I” rather than with “you.”** Starting a sentence with “you” is almost guaranteed to come across as an accusation and put the other person on the defensive. Contrast how you would react if your partner said “You never go down on me!” with her saying “I’d love you to go down on me more often.” Also, putting an “I” at the start of a “you” statement doesn’t count. To illustrate, “I think you’re acting like an asshole” is still a “you” statement. An “I” statement would be “I feel really pissed when you [insert whatever behavior prompted the ‘asshole’ sentiment].”

Speaking of dealing with someone who has pissed you off, my second tip is **fight to resolve conflict**. Oftentimes, we’re taught to fight to win, as well as to prove a point. This is rarely constructive and can harm relationships. People who care about each other are much better off taking the attitude that the purpose of disagreeing is to get closer rather than to win. Something that really helps is to **find the grain of truth** in what the other person is saying. In other words, when you’re in conflict with someone (especially someone you care about), keep in mind that there’s likely some truth in what this person is saying. If you can find it and acknowledge it, the disagreement will de-escalate. For example, say “I think you’re right about . . .” or “I see your point.” Likewise, **reflect what you hear**. Reflection is using your own words to repeat what someone said and, if possible, to also acknowledge their emotions. Reflection is extremely useful when talking to someone, especially a woman, about something she’s upset about. You’ve probably heard women complain that men give them advice when they just want to be comforted. Well, reflection is the solution! Instead of saying “I think you should . . .” say “Wow. That sounds really distressing.”

Third, to avoid upsetting others, **don’t ask questions that aren’t actually questions**. The receiver is likely to hear these as criticism. As an example, asking “Why’d you do that?” is almost surely going to result in the other person feeling defensive. Saying “I’m feeling upset that you did . . .” is a lot more likely to lead to a productive conversation. Also,

think about the question “Do you want to have sex?” It’s not really a question at all; instead, it’s usually a statement about your desire for sex. It often means you want to have sex and hope that she does too, but it can sometimes mean you aren’t in the mood and hope she isn’t either.

Now let’s talk about good sexual communication. Sexual communication includes talking before, during, and after sex, as well as at nonsexual times and places. Let’s go over all four.

Talking Before Sex. The notion of talking before sex goes against another false idea you might have and that is that sex is supposed to be spontaneous. Well, sorry to blow another unrealistic belief, but sex is rarely unplanned. To illustrate, think about going out for the night, maybe with a long-term girlfriend or to meet up with someone you just met on Tinder. You start the evening off knowing you want to have sex—it doesn’t just happen without forethought. And once you realize this and let go of the unrealistic notion that sex *should* be spontaneous, it opens the door to helpful talks that occur *before* a sexual encounter. These talks are useful because in real life, unlike in the movies, one partner may want to have sex and the other may want to study, work, watch TV, or just go to sleep. Also, learning to talk before sex can help you get (and give) consent. Sex educators are increasingly teaching people to explicitly—verbally—ask for consent before a sexual encounter, as well as emphasizing that individuals have the right to revoke consent at any point in an encounter. (To learn more about consent skills, check out a series of four really cool videos by Planned Parenthood called Consent 101, which you can find on YouTube.) Now that I’ve hopefully convinced you about the importance of talking before sex, let’s discuss the reverse.

Talking After Sex. Many couples benefit from talking immediately after sex (or soon after waking up from their post-sex nap!). While this may be easier to do in longer-term relationships, it can be very helpful after any encounter. A female client of mine recently told me that after a first-time hookup, her male partner said, “I got the feeling you weren’t comfortable.” She replied honestly, telling him that she didn’t feel at ease, and that she requires a slower start-up than they had. They had a really nice talk about this. They then hung out together the rest of the weekend,

including having another sexual encounter. After that encounter, they agreed that the sex had been much better! Clearly, processing a sexual encounter after it occurs can be great even in the context of a hookup or a new relationship. It's also helpful in longer-term relationships. It can lead you and your partner to make improvements the next time or allow you to feel more confident in continuing to do what you're doing. Of course, if you run into a more serious problem during sex with a partner, it's best to talk it through outside the bedroom. That's our next topic.

Kitchen-Table Sex Talks. These talks don't have to take place at the kitchen table; they can occur in any nonsexual location. They can be general, positive discussions of things you want to try to make good sex even better. Or they can be used to solve problems. In fact, it's best not to bring up sexual dissatisfaction or any other difficult topic in bed, because it may create a negative association with a place you want to be fun, exciting, and positive. No matter where you have such "kitchen-table sex talks" (e.g., on a walk, in the car, at the actual kitchen table), when trying to problem-solve, the key is to use the general communication skills discussed earlier. Say, for example, "I think it would help me get turned on if you . . ." rather than "You don't know how to turn me on." One really fun topic for kitchen-table talks is sexual fantasies. When partners share sexual fantasies, it can open the door to trying fun new things together. Of course, sharing a fantasy doesn't mean you'll actually engage in it. It needs to be okay for either you or your partner to give a nonjudgmental "No" to trying out the other person's fantasy. If you want to talk about sexual fantasies, say something like "Do you have any fantasies you want to try out?" or "I have a fun idea. Let's share our secret sexual fantasies with each other."

But, here's one almost universal female fantasy that goes hand in hand with the plays we just went over: make sure she knows that her orgasm is important to you and that you're willing to do what she needs to get her there. To this end, communicate with your partner, outside of bed, about the stimulation she needs to orgasm. Have a kitchen-table sex talk focused on this. For example, you could open the conversation by saying something like "I'd like you to orgasm and I want to talk about what you

need.” Alternatively, if you want your partner to teach you *exactly* how she stimulates her clitoris, something that works wonders is to tell her that you’d love to watch her pleasure herself while you observe. If she’s willing (and don’t push if she isn’t), I promise it will be both educational and arousing.

Another equally instructive and exciting option is for you and your partner to watch a realistic video of women masturbating and to talk about it. I’d specifically suggest you pay the fee to watch any (or all!) of the over fifty videos of women touching their clits at OMGYes.com. If you aren’t involved in a relationship, the videos at OMGYes will still be extremely helpful for you to watch alone. They’ll show you twelve common ways women touch their clits while masturbating. There’s even touch-screen technology to help you practice techniques on a virtual vulva and to get feedback as you do. Practicing on a virtual clit will no doubt make you more skilled when you touch a real one. On that topic, here’s the moment perhaps you’ve been waiting for. . . . *Here it comes, here it comes, here it comes.* . . . Let’s talk about communicating *during* sex!

In-the-Midst Sex Talks. The tips in this section are useful for both communicating your desires and learning about hers while having sex. But since our focus is on bringing her to orgasm (which, if you’re like most men, you find much more elusive than having your own orgasm), the advice I’ve included will help you encourage a woman to tell you how she likes to be touched. It won’t be hard (there I go with the puns again) for you to extrapolate these ideas to telling her what you want too.

First, you can:

Let her fingers do the talking.

In other words, put your hand on top of your partner’s as a signal that you want her to show you how she likes to be touched. When she does, follow her lead in terms of location, pressure, and motion. You can then find out if you’ve got it right by actually asking!

Indeed, another way to communicate sexually is:

Use your words.

Except for really explicit dirty talk, talking during sex is rarely portrayed in either porn or mainstream films. Yet it can be one of the most effective ways to discover what a woman needs to orgasm. Most of these communications will be brief, but they can make a big difference. For example, you can say something like “Tell me what you like” or “I want you to tell me if you like this” or “I want to pleasure you. Show me how you like it.” Such talk is necessary because, again, every woman likes something different. Remember, because each woman’s nerves are positioned differently, they will each like to be touched in different ways (with panties on, with panties off) and with different pressures (hard, soft) and rhythms (fast, slow). Most women also need something different as they get closer to orgasm than they do at the start of getting aroused. But, here’s a word of advice: Start out gently on her clit and let her tell you when to touch harder. Clits are delicate organs, and so:

It’s better for her to say “More” than “Ouch.”

In sum, it’s truly impossible to know what a woman wants unless you have her show or tell you; this is especially true for new partners. Once you know her way, you may talk less, but since what a woman needs changes from one encounter to another, it’s always good to be willing to ask if how you’re touching her feels good. It’s also helpful to ask what intercourse positions she likes (especially if she’ll want to reach her clit during intercourse). Try a simple “Let’s do it how you want.” Plus, know that you can also briefly talk during sex to check something out and make sex better, such as saying “I feel like this isn’t working for you. Tell me what to do different.” If this sounds

unromantic, think about how much more romantic it is than a woman faking an orgasm with you!

But no more worries about that. You now have enough knowledge about women's bodies and sexual communication to help a female partner orgasm for real. Woo-hoo! Good for you!

But I Want More!

This chapter summarized the main points of a whole book. So, if you're intrigued and want more information, I'd recommend reading select chapters of *Becoming Cliterate*. Specifically, for more information on female anatomy, read chapter 4. You can also read more about the ways women masturbate at the start of chapter 6. For more information on communication, read chapter 8. And to learn a really simple, effective way to focus on your sensations during sex (rather than worrying about if you're doing it right), check out the section on mindfulness in chapter 5. And, what about if you want more information on sexuality in general and male sexuality in particular? I recommend the many relevant chapters in Paul Joannides's *The Guide to Getting It On*. Also, though it was originally published decades ago, *The New Male Sexuality* by Bernie Zilbergeld (Bantam, 1999) remains full of relevant and useful information for men today.