IU AND YOUR ORGASM:

Your Pleasure is Your Power, Learn How to Make it RED HOT.

About the Author

Christiana von Hippel is a second-year graduate student at IU studying women's sexual health through a Master of Public Health degree. This booklet is one part of her 2012 research and outreach work at IU Health Center.

References:
- Das (2007).
- Laumann et al. (2000).
- Ménard & Offman (2009).
- Sanchez & Kiefer (2007).

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Resources

If this guide has raised any questions, concerns or desires for further information, please consult the following resources.

At IU Health Center
- Health & Wellness Education, x7338
- Medical Services, x7688
- Counseling Services, x711
- Christiana von Hippel, Sexual Health Educator (cvonhipp@indiana.edu)

Online
- www.kinseyconfidential.com
- www.goaskalice.com
- http://healthcenter.indiana.edu/wellness/health-info/

Books
- Becoming Orgasmic by Dr. Julia Heiman, Ph.D.
- Sex for One by Betty Dodson, Ph.D.
- Because It Feels Good by Dr. Debby Herbenick, Ph.D.
- Sex Made Easy by Dr. Debby Herbenick, Ph.D.

Health & Wellness Education

Indiana University Health Center
Bloomington, IN 47405
http://healthcenter.indiana.edu/wellness/services/sex-ed.shtml

Orgasm 101
An Introduction to Sexual Pleasure
What is *orgasm*?

Orgasm is the explosive release of sexual tension at the peak of sexual arousal. Orgasm can result from all kinds of arousing stimulation including, 

*Masturbation, Partner sex, Touch, Kissing, Fantasy*

Did you know that 25% of college-aged women have never had an orgasm? You can *learn* how to become part of the other 75%.

**I have never had an orgasm. Am I normal?**

**YES!** Female sexuality varies widely. Many women have difficulty with orgasm at some point in their lives. So if you have difficulty with it, you are not alone...

**What is pre-orgasmia?** *(Line B in Figure 1)*

A sexual dysfunction *(DSM-IV)* in which: 

- Woman’s orgasmic capacity is less than reasonable for her age, sexual experience, and adequacy of sexual stimulation
- Lack of orgasm causes distress or interpersonal difficulty
- Lack of orgasm is not due to another psychological or medical disorder

Learning to Orgasm through Body Awareness:

Each day, spend 5-30 minutes lying still and noticing how your body feels. Your mind will wander – that’s normal – and your job is to notice when your mind wanders and redirect your thoughts back to the sensations in your body. Week by week, add erotic stimulation, gradually increasing its intensity. At first, just touch your body in a general way and notice how that feels. After a week or so, add *breast stimulation*. Maybe another week later, add *genital stimulation*. Notice any physical changes as your body becomes aroused; notice how your breathing changes, how the sensitivity of your skin changes, how tension in your muscles changes. If you find yourself worrying about your body or your response, gently return your attention to the sensations in your body.

*To increase the intensity of the sensation, try using a vibrator to stimulate the clitoris.*

*Sexual Students, your pleasure is your power. Do it because it feels good. You deserve it!*