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).

Thanks to:
- Cathlene Hardy Hansen – IUHC H&WE Director
- Kathryn Sterritte Brown – IUHC H&WE Sexual Health Educator
- Dr. Debby Herbenick – Assistant Research Scientist, IU AHS

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, x5711
- 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 202
Expanding Your Sexual Potential
Do it because it feels good.

Women’s sexuality is context dependent, sensitive to situations and relationships.

So if it does not feel good, it is often more helpful to change the situation than it is to change the stimulation. Can you dig it?

If you don’t cultivate your orgasmicity, no one else will.

Kegel to give yourself more control over your orgasm.

The pubococcygeal muscles of your pelvic floor, the ones you squeeze to stop your pee mid-stream, also control the intensity of your orgasm. **Exercise these muscles for at least 5 minutes every day** to make your orgasms easier to achieve and more intense.

Kegel Exercises from *Becoming Orgasmic* (see resource list):
1. Contract the PC muscles, hold for a count of 3, then relax. Breathe regularly.
2. Contract the muscles while inhaling, pulling them upward.
3. Contract and relax the muscles as quickly as possible while breathing regularly.
4. Bear down on the muscles as if pushing something out of the vagina or trying to urinate in a hurry.

Tips for Taking it to 11:
- Set aside time to focus on your own pleasure (even 5 minutes/day can make a big difference)
- Avoid distracting anxieties such as pregnancy/STI fears by making sure you have protection
- Include all erogenous zones in your touching, kissing, etc., not just the genitals (i.e., thighs, breasts, neck, earlobes)
- Try using a sex toy (clitoral vibrators are especially good for proving strong + constant stimulation)
- Use lubricant on your clitoris with any kind of stimulation (also necessary with penetration)
- Stimulate the g-spot (make a “come hither” motion with two fingers against the front wall of the vagina)
- Try new positions (ones that stimulate the clitoris + g-spot especially). Switch positions during sex to change + increase sensation
- **Communicate** (see Sexual Communication guide for more info)
- **Advocate for your pleasure. You deserve it.**

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