

## 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:

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- Kinsey Institute. (2008).  
<http://www.kinseyinstitute.org/resources/FAQ.html>
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- Nagoski, E. (2010)
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### Thanks to:

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*IUHC H&WE Director*  
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*IUHC H&WE Sexual Health Educator*  
Dr. Debby Herbenick –  
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## Health & Wellness Education

Indiana University Health Center  
Bloomington, IN 47405

<http://healthcenter.indiana.edu/wellness/services/sex-ed.shtml>

## IU AND YOUR ORGASM:



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

## 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
- ★ IUHC Medical Services, x7688
- ★ IUHC Counseling Services, x5711
- ★ Christiana von Hippel, Sexual Health Educator (cvonhipp@indiana.edu)

### Online

- ★ [www.kinseyconfidential.com](http://www.kinseyconfidential.com)
- ★ [www.goaskalice.com](http://www.goaskalice.com)
- ★ <http://www.goodinbed.com/ebooks>
- ★ <http://healthcenter.indiana.edu/wellness/health-info/>

### Books

- ★ *Becoming Orgasmic* by Dr. Julia Heiman, Ph.D.
- ★ *Because It Feels Good* by Dr. Debby Herbenick, Ph.D.
- ★ *Sex Made Easy* by Dr. Debby Herbenick, Ph.D.
- ★ *A Scientific Guide to Successful Relationships* by Dr. Emily Nagoski

# Sexual Communication

Asserting Your Way  
to Pleasure



# Sharing is caring...

If you aren't feeling it, DON'T FAKE IT.

Did you know that about 85% of men report that their partner had an orgasm at the most recent sexual event; this compares to the 64% of women who report having had an orgasm at their most recent sexual event. (A difference that is too large to be accounted for by some of the men having had male partners at their most recent event.) (NSSHB, 2010.) Tisk, tisk.



## Communicate Your Way to Pleasure: Ask for 100% of what you want, be ready to hear "No."

**Self Assertion:** asking for what you want. Do you trust your partner to ask for what he or she wants?

**Self Protection:** saying no to things you don't want. Do you trust your partner to say no? *These skills are the foundation of trust. (M & J)*

### What if I don't know what I want?

Go. Really. Slowly. You don't have to know what you want ahead of time. You are **TOTALLY** allowed to keep the brakes on until you are feeling confident and passionate. "God, that feels **SO AMAZING**," you can tell your partner as they fondle your breasts. "Gosh, I'm not ready to go any further than that." With practice, it'll get easier. Your inner voice that says, "Yes!" and "No!" will gain confidence and clarity and pretty soon you'll be able to go fast. It's like driving or riding a bike! With practice comes skill, ease and fun.

### What if I don't know what to say?

If you find yourself at a loss for words, here are some useful adjectives to help you describe what you want and how you feel during sex:

- ★ Pressure = harder, lighter, deeper, shallower
- ★ Speed = faster, slower
- ★ Friction = rougher, softer
- ★ Temperature = warmer, cooler
- ★ Timeless = more, less

If using these words make you uncomfortable or you just want another way to tell your partner how good/not so good their touch feels, you can always fall back on the [1-10 rating system](#). Any rating below a 10 means there is room for improvement, which can be much more helpful than just saying, "That was good, Honey." Wouldn't you want to ask, "How good is good?"

**Sexual Students, your pleasure is your power. Empowerment is sexy!**